



Data-driven Mental Health Treatment

MOOD TRACKER QUICK GUIDE

Manufacturer:

Medified Solutions Oy

VAT: FI29866078

Business ID: 2986607-8

Tampere, Finland

www.medified.fi

info@medified.fi

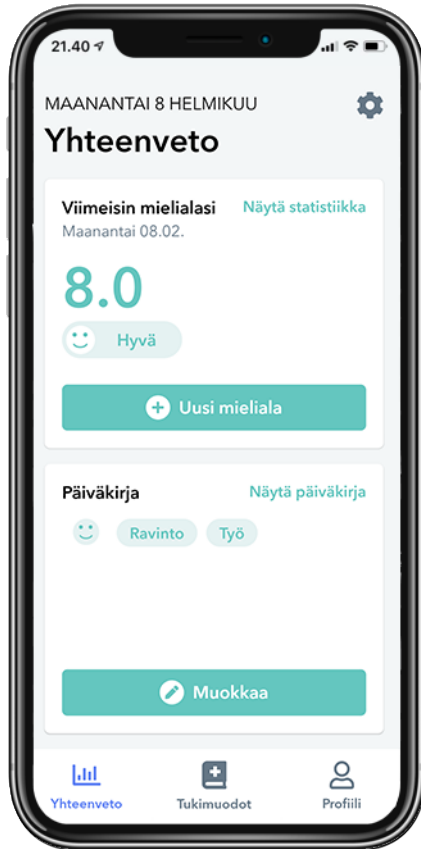


The mobile application "Mood tracker" is a registered CE-classified, Class I (MDR) medicinal device created by Medified Solutions Oy

(Rek. No: FI-CA01-2020-0789)



Download the mobile application



Link to the application in Android:
[Mielipäiväkirja](#)



Link to the application in iOS:
[Mielipäiväkirja](#)

- 1 Search for the application in the application store
- 2 Keyword: Mielipäiväkirja
- 3 Download the application.
- 4 You will receive an email activation code. Register as a new user.
- 5 Start daily use.



Mobile application for the patient

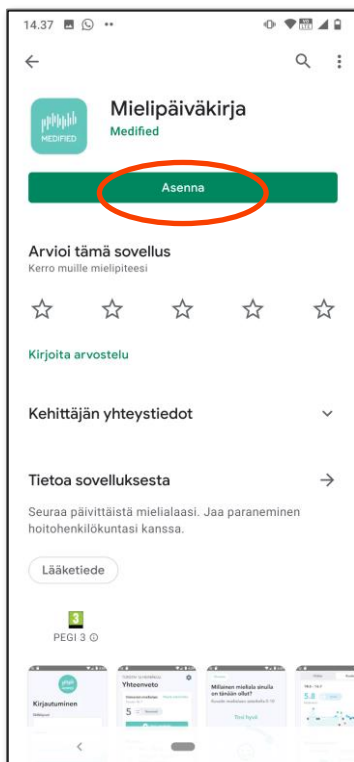
- Daily well-being survey
 - You **support** and **activate** your wellbeing by completing a short daily **presence survey**
 - Rate your mood on a scale of 0-10
 - Additional clinical questions are based on BDI, PHQ-9 & MDQ questionnaires
 - **Daily reminders**
- Mood tracker
 - It's important for you to learn **to identify** the factors (feeling/activities) that **affect** your mood
 - You can add a short diary entry
- Clinical surveys
 - Low threshold self-assessment – from the home couch
 - **Self-assessment** is part of supporting your well-being
 - In the application you can fill AUDIT, BDI-21 and GAD-7 surveys
 - Information about the results of the queries is passed on to the attending health care professional





Registration ja installation

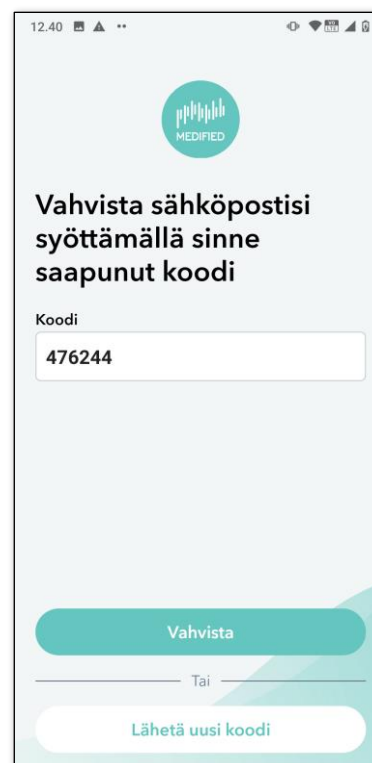
Download the application from the application store



Register and accept the privacy policy



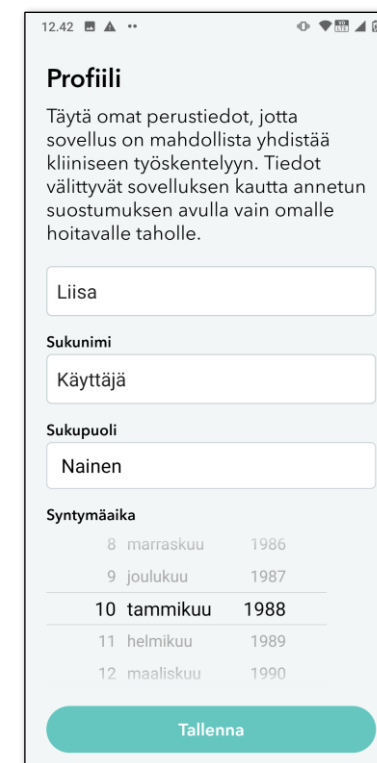
Enter the activation code you received in the email



Read the brief instructions for using the application



Fill in your basic information for the application





Daily well-being survey

Quick and easy to assess your mood. Move the ball in a semicircle

Assessment and reflection of feelings and symptoms

Assess how much feelings affect you today

Answer to individual clinical follow-up questions

You will receive individual feedback & advice on new ways of working



Self-assessment & treatment forms

Answer self-assessment surveys on your own

Hei,
Noora
Kyselyitä tehty 2/3 Tähtiä kerätty 7 ★

Alkoholikysely
Lyhyt kysely alkoholin käytöstä.

Masennuskysely
21 itsereflektioivaa kysymystä masennuksesta.

Ahdistuneisuuskysele
7 oleellista kysymystä ahdistuksesta. 5 min

Hoitohenkilökuntasi >
Lisää täältä itsellesi hoitohenkilökuntaa

Yhteenveto Tukimuodot **Profiili**

Answer to standardized questions

Peruuta

3 / 21

Valitse parhaiten kuvaava vaihtoehto.

En tunne epäonnistuneeni

Minusta tuntuu, että olen epäonnistunut useammin kuin muut ihmiset

Elämäni on tähän saakka ollut vain sarja epäonnistumisia

Minusta tuntuu, että olen täysin epäonnistunut ihmisenä

Takaisin Seuraava

Feedback on your survey responses

12/63p, lievä masennus

Vastauksesi perusteella sinulla on lieviä masennuksen oireita ja mielialasi on tavallista alentuneempi.

Tavalliseen tunne-elämään kuuluu ajoittaiset alakulon ja surun tunteet. Lyhytaikainen mielialan alentuminen voi olla tavallinen reaktio elämän erilaisiin muutoksiin tai tapahtumiin. Pitkittynyt mielialan alakuloisuus yhdessä muiden oireiden, kuten keskittymisvaikeuksien, huononmuuden tunteen ja väsymyksen kanssa, voi viitata varsinaiseen mielen sairauteen, masennukseen.

Lisätietoja

Valmis

View your treatment forms from the "support forms"

Tukimuotosi

BRINTELLIX 5 mg

Psykoteraapia 4x/kk

Vertaistuki 1x/kk

Lisää tukimuoto

Yhteenveto **Tukimuodot** Profiili

Add your own form of treatment to the application

Peruuta

Lisää uusi tukimuoto

Tyyppi

Lääkitys

Lääkitys x

BRINTELLIX

Lääkityksen vahvuus:

5 mg 10 mg 20 mg

Lääkityksen ohjeistus:

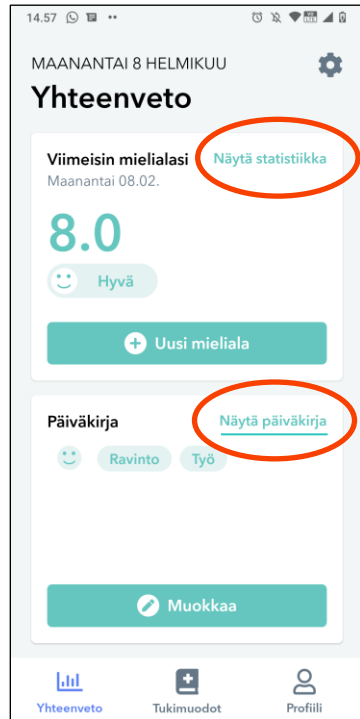
Kerran päivässä aamuisin

Lisää

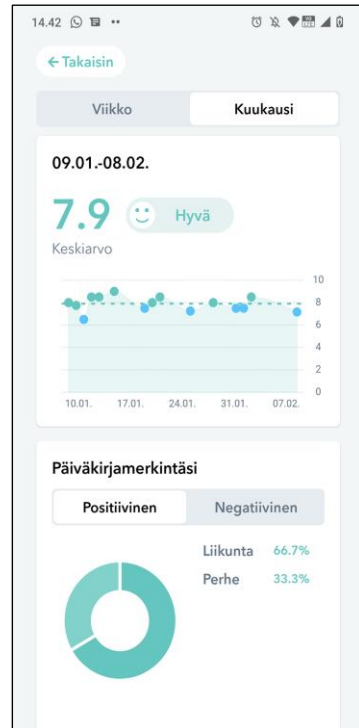


Summary & diary

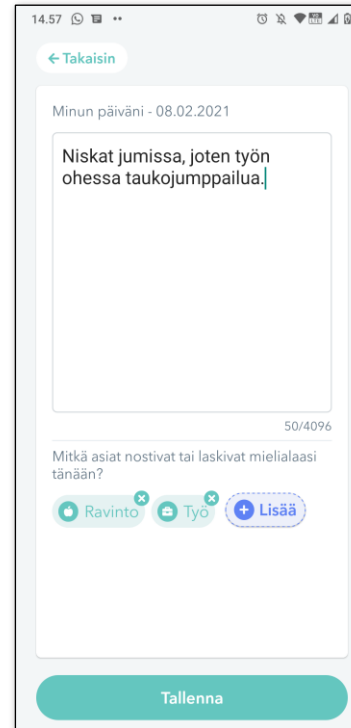
A summary of your day
(feelings/notes)



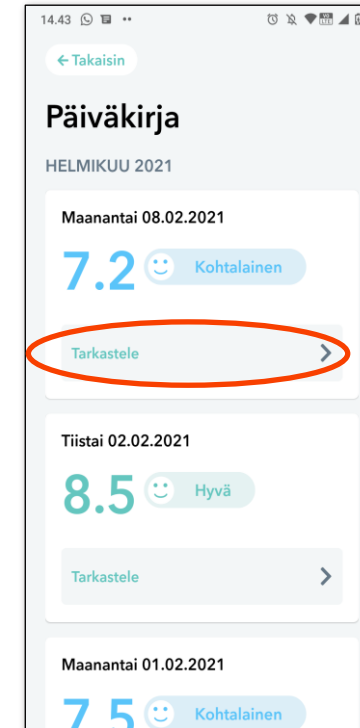
A summary of your mood.
Click "Show statistics" [picture 1].



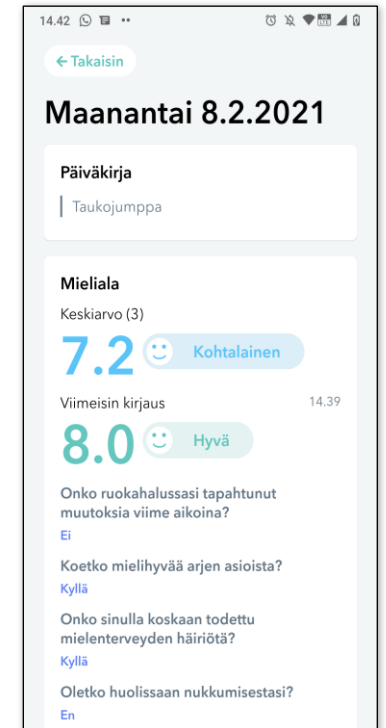
You can write your thoughts
up in the diary feature



A summary of the week's
diary entries [picture 1].



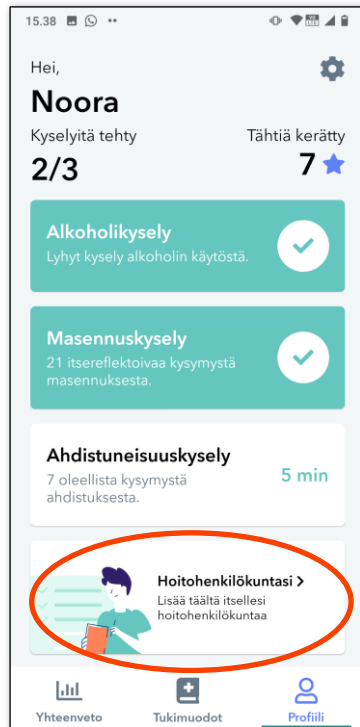
Diary entries for one day.
Click "view" [picture 4]



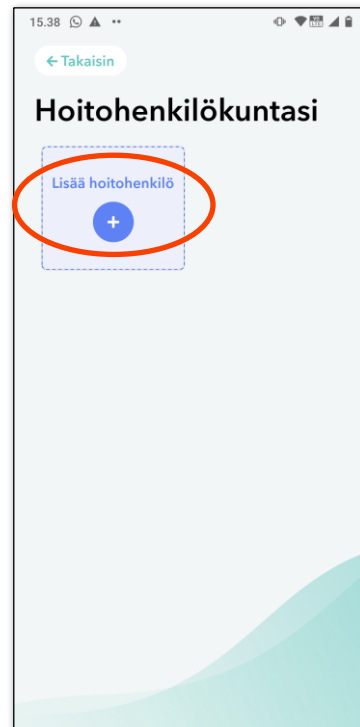


Addition of a health care professional

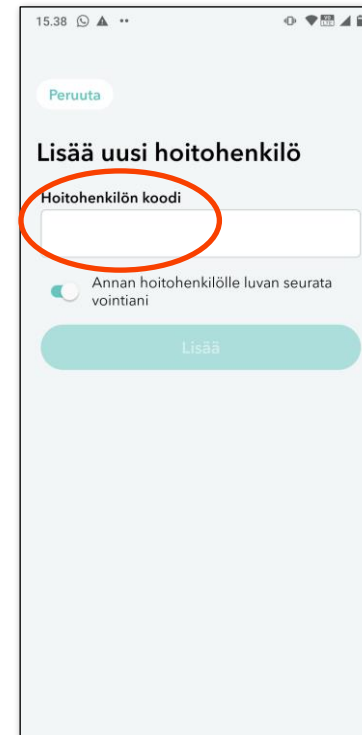
Go to your profile and add your healthcare professional contact.



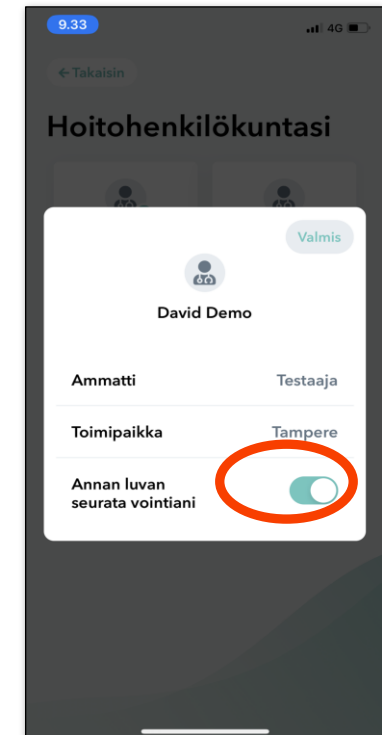
Add health care professional.
Press the blue plus sign.



Add the activation code provided
by your healthcare professional



View professional information and
manages read access to data





Medical Device & Data Privacy



Reg. No: FI-CA01-2020-0789

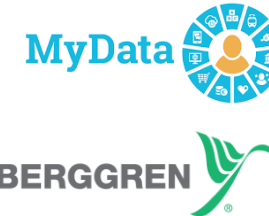
The application has an established quality management system in accordance with the requirements of the class I medical device (MDR). Documentation and validation have been audited by an external consultant.

Based on a comprehensive clinical evaluation, risk management, and software validation, the software has been applied for the CE mark which was granted by Fimea in September 2020.

The application has been developed in close collaboration with mental health professionals (psychiatrists, psychologists, and psychiatric nurses).

The suitability of the application for its intended use has been confirmed in multiple usability experiments which were performed in clinical operating environments in both primary and secondary care.

In this deck we have gathered a few highlights from these previous usability experiments. There is possibility to receive comprehensive and detailed reports on past experiments via email.

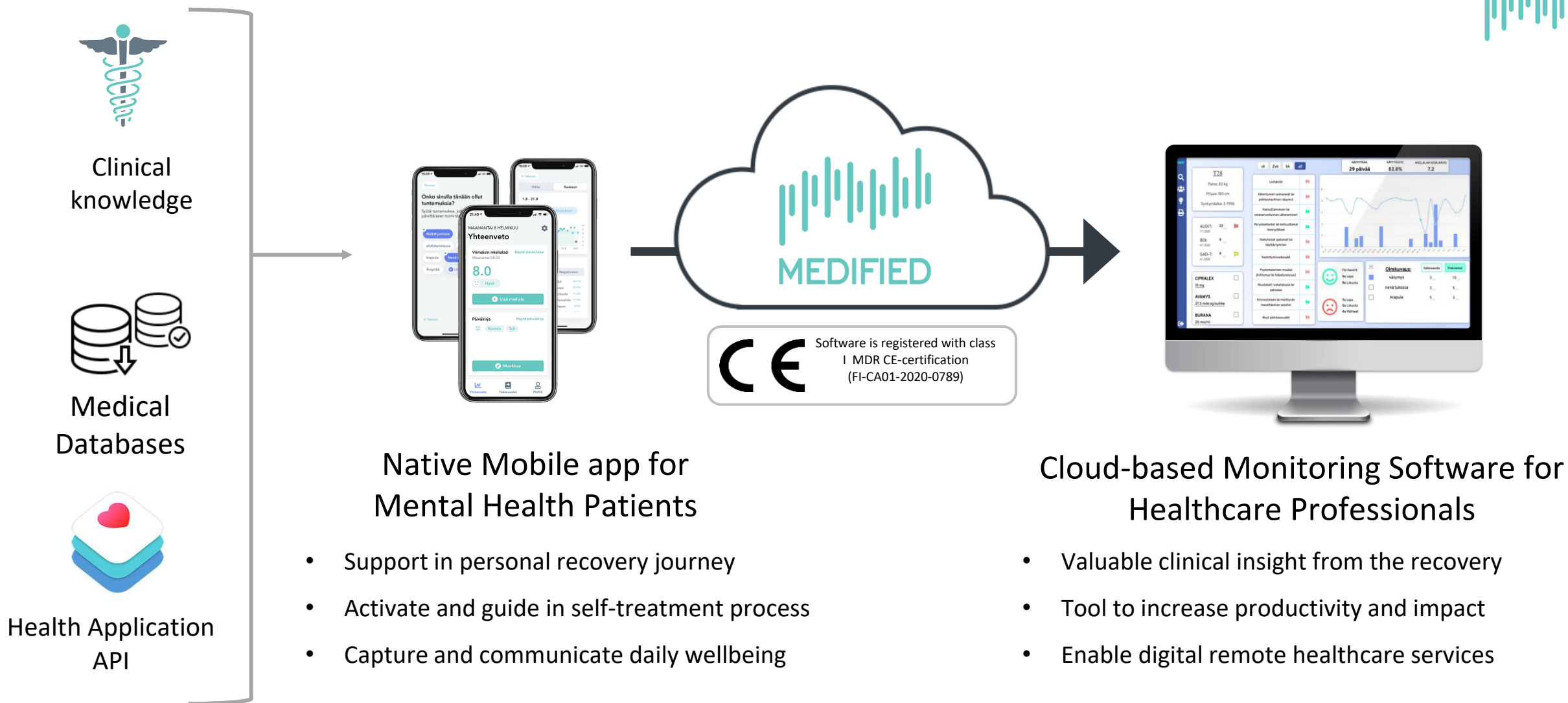


The software's privacy and security issues have been implemented in accordance with MyData policies.

The data protection has been planned and executed in collaboration with an external GDPR expert and a software lawyer (Berggren Oy).

More Information:

Valtteri Korkiakoski (Medified Solutions Oy)
Reggie Rusan (SimpleTec Solutions Oy)
Suvi Julin (Berggren Oy)

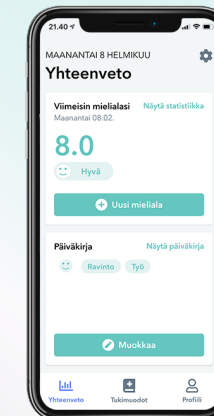


Free mobile application

To support mental health

A mutual tool for you and your healthcare professional
Accelerates treatment initiation and supports recovery

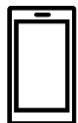
Download Mood tracker



More time for a connection at a doctor's visit



Mood monitoring as part of treatment



Free and easy to use



Share information directly with a familiar professional



Helps to understand own emotions



Information and Tools to Support Self-Care



Quick to register



Based on researched data



MEDIFIED

Data-driven Mental Health Treatment

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