

NEWS RELEASE

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A Smart Phone Solution for Mood Tracking

Joint Base Lewis-McChord, Wash.—A smart phone mobile application developed by the Department of Defense makes it easier for servicemembers, veterans and families monitor their emotional health as they cope with psychological experiences from combat deployments.

The T2 Mood Tracker, released this week by the National Center for Telehealth and Technology, helps users monitor trends of emotions and behaviors from therapy, medication, daily experiences and changes in their environment such as work and home.

“Therapists and physicians often have to rely on patient recall when trying to gather information about symptoms over the previous weeks or months. Research has shown that information collected after the fact, especially about mood, tends to be inaccurate.” said Dr. Perry Bosmajian, psychologist with the National Center for Telehealth and Technology. “This application can improve the quality of the treatments for the provider and the patient. The best record of an experience is when it’s recorded at the time and place it happens.”

Bosmajian and other psychologists and software developers at the center, known as T2, created the application for users to track and record emotional experiences for a few days to several months to see results over time. The results can also be shared with therapists and physicians to monitor a patient’s behavior throughout a treatment plan.

The application is now available for smart phones using the Android operating system. It will be available for iPhone users early next year.

T2 Mood Tracker was recently recognized as a winner in the “Apps for the Army” (A4A) application development challenge. After further development and beta testing, the application is now available to the public. During the beta testing phase, more than 2,800 users around the world downloaded the application.

The National Center for Telehealth and Technology is a center with the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. Located on Joint Base Lewis-McChord, Washington, it is the primary office of responsibility in the Defense Department for integrating technology with psychological health and traumatic brain injury care.

More information about T2 Mood Tracker is available at www.t2health.org/apps.

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