

There's An App for That

Apps for Recovery, Health, and Wellness

Washington Behavioral Healthcare
Conference

June 25, 2015

Office of Consumer Partnerships



Transforming lives

Scope and Purpose of App Review

- The apps reviewed in this presentation are not endorsements by DBHR, and are not meant as recommendations for use. The reviews are chosen to demonstrate the many types of healthcare apps available. Choosing to use a healthcare app should be based on personal research, individual preference, and in communication with your healthcare team.

Objectives

- Identify types of common health and wellness apps
- Gain tools to evaluate apps
- Understand advantages—and limitations of apps
- Explore a variety of health apps
- Gain experience in using apps

Personal Apps

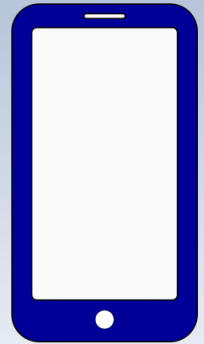
- Do you use any health or wellness apps?
- How many personal apps do you have on your phone?
- Could using apps
 - Improve your health?
 - Reduce stress?
 - Increase happiness?

Thousands of Health Apps

- Over 40,000 health and wellness apps
- Revenues in the billions
- Expected growth of health apps: 20% per year

Is There An App for That?

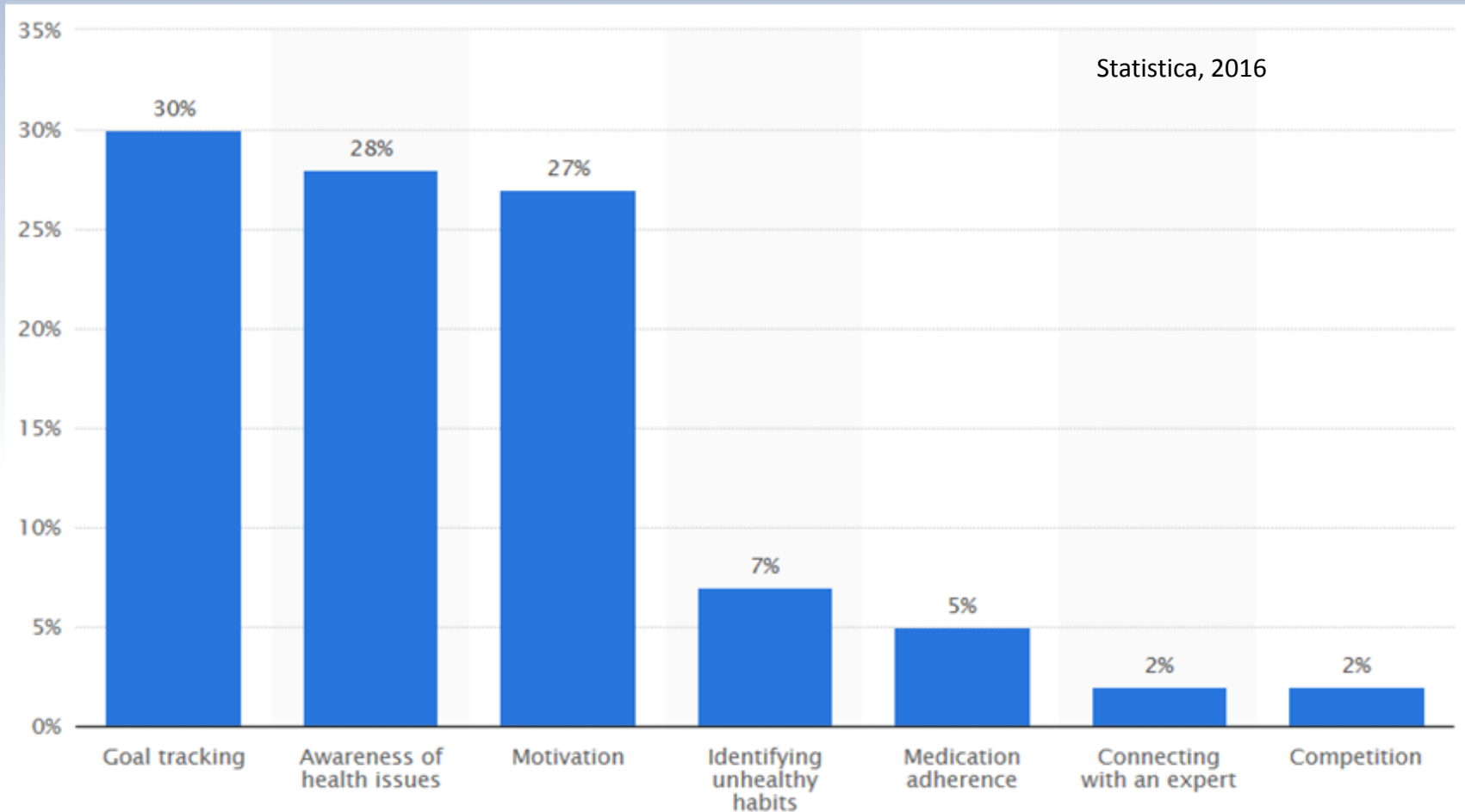
- [There's an app for that | The Economist](#)
- [Is there an app for that? | Tomorrow's World](#)
- [Got diabetes? There's an app for that | Fox News](#)
- [There is no App for that! – YouTube](#)
- [There's No App For That, And That's Good – InformationWeek](#)
- [There's an App for that - Apps for Everything on Pinterest ...](#)
- [There's an App for \(Almost\) Everything | ...](#)



Why Use A Healthcare App

- Provide education
- Monitor personal health
- Increase self awareness
- Support positive changes
- Increase motivation
- Maintain wellness and recovery

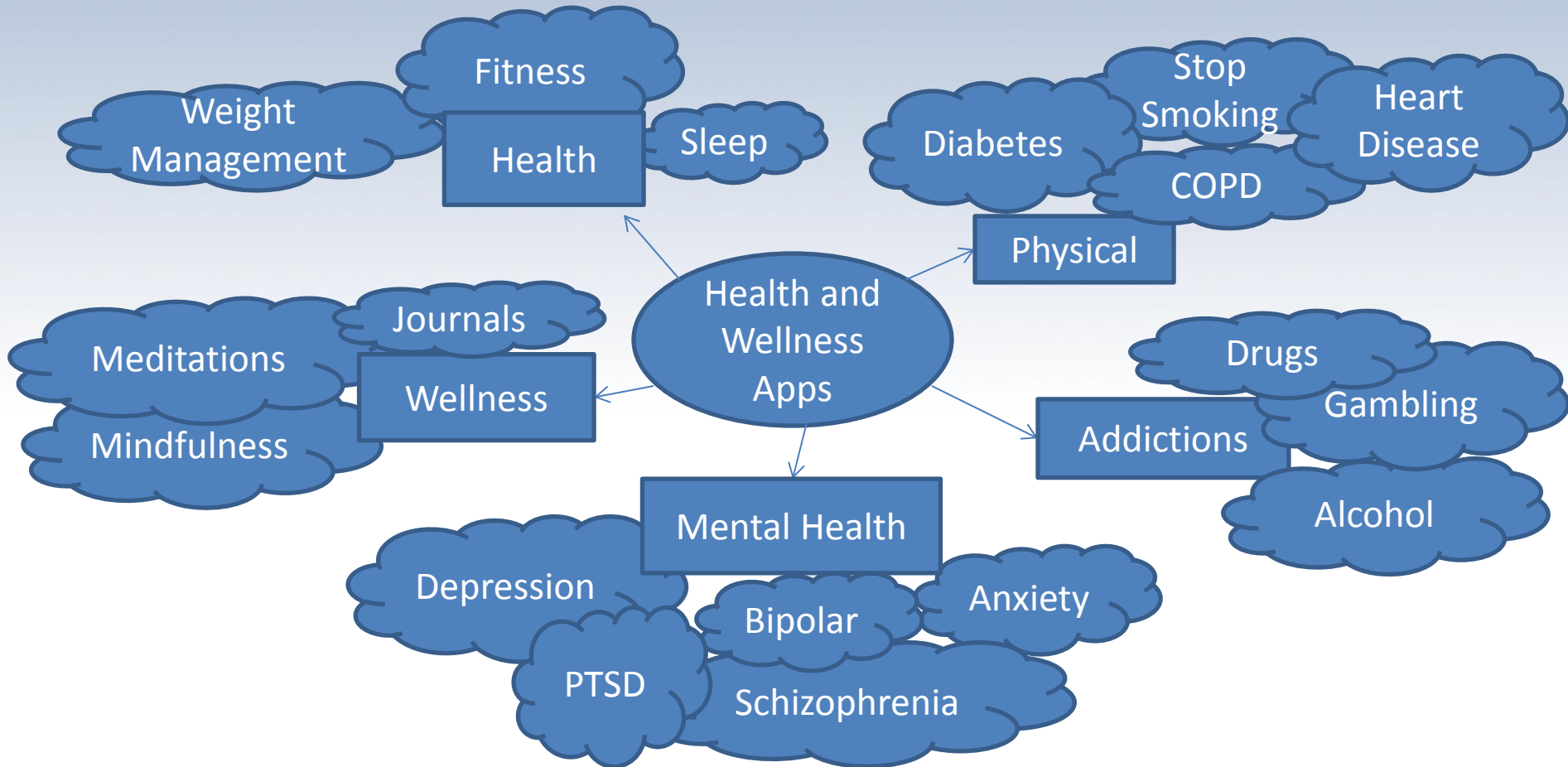
Primary reasons for using mobile health and fitness apps



Issues with Apps

- Few apps are scientifically tested
 - In a 2013 review, more than 1,500 depression-related apps were found in app stores with 32 research papers.
- Can contain inaccurate and even dangerous information.
- Some transmit personal health information without encryption
- Apps are minimally regulated by the FDA

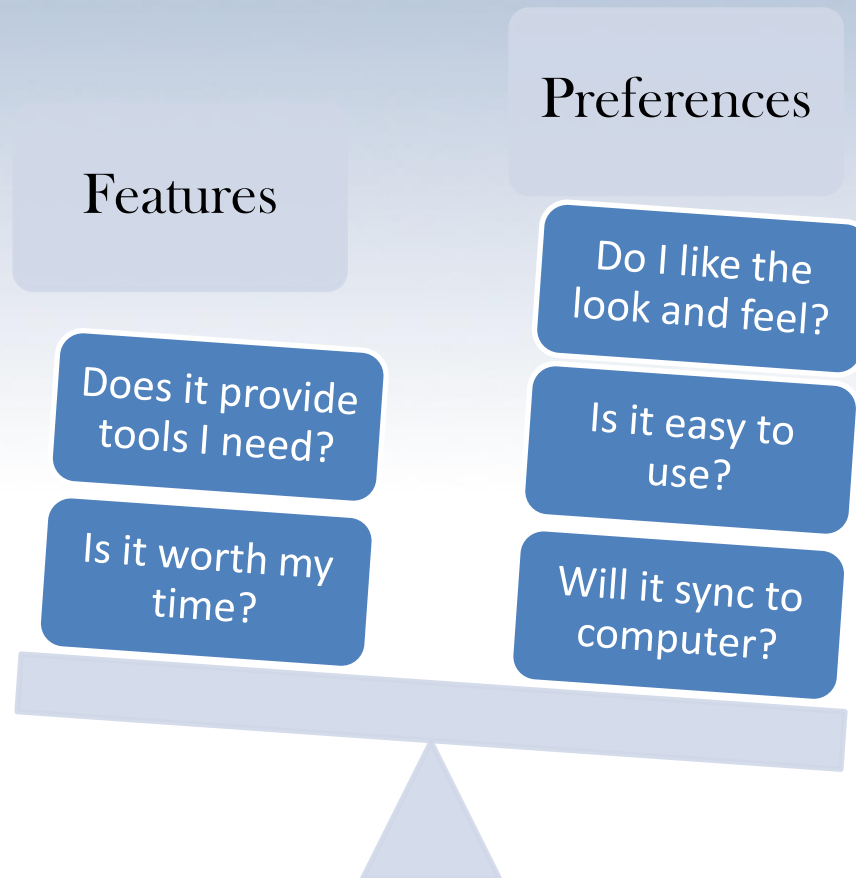
Types of Personal Healthcare Apps



Choosing Apps

- Research online
 - Search specifically for “best depression apps” or “DBT apps”
 - Search generally for “best mental health apps” or “best alcoholism apps”
- Search in your phone’s app store
 - Look up app online for examples of screenshots and description

Evaluating Apps

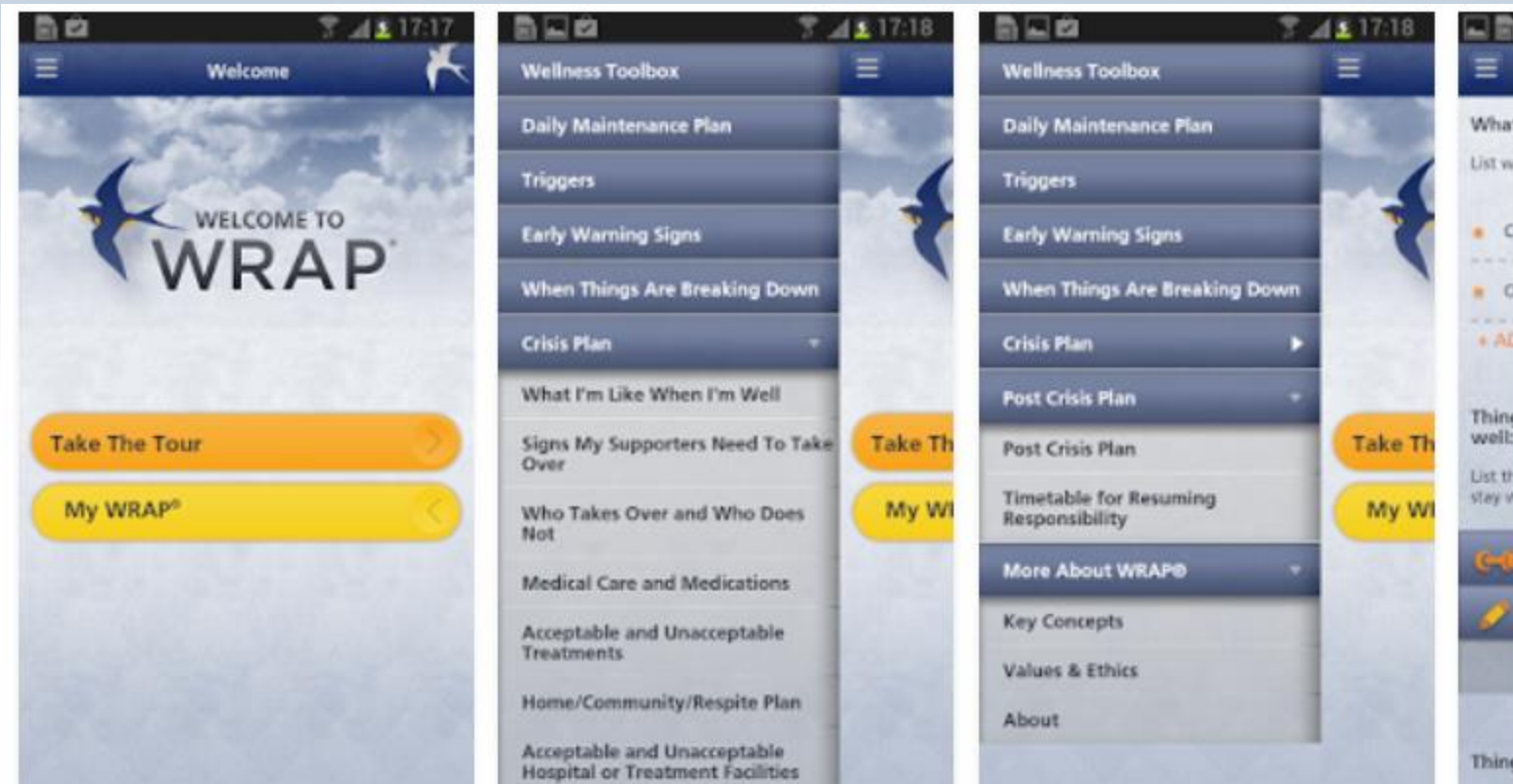


Medical Apps

- Apps to for medical monitoring
 - Track blood pressure
 - Link to equipment
 - Link to providers
- Apps for clinicians
 - Educational (DSM, pocket guides)
 - Assessment
 - Current research

Mental Health

- WRAP-Wellness Recovery Action Plan (\$4.99 A, IOS)



Specific Focus

It is important to consider whether an app could cause harm

- Few apps specifically for people with schizophrenia
 - Wizard (\$3.99) Game designed to improve memory and focus
- PTSD
 - Some good apps by the VA
- Panic Disorder

Mental Health—Bipolar Focus

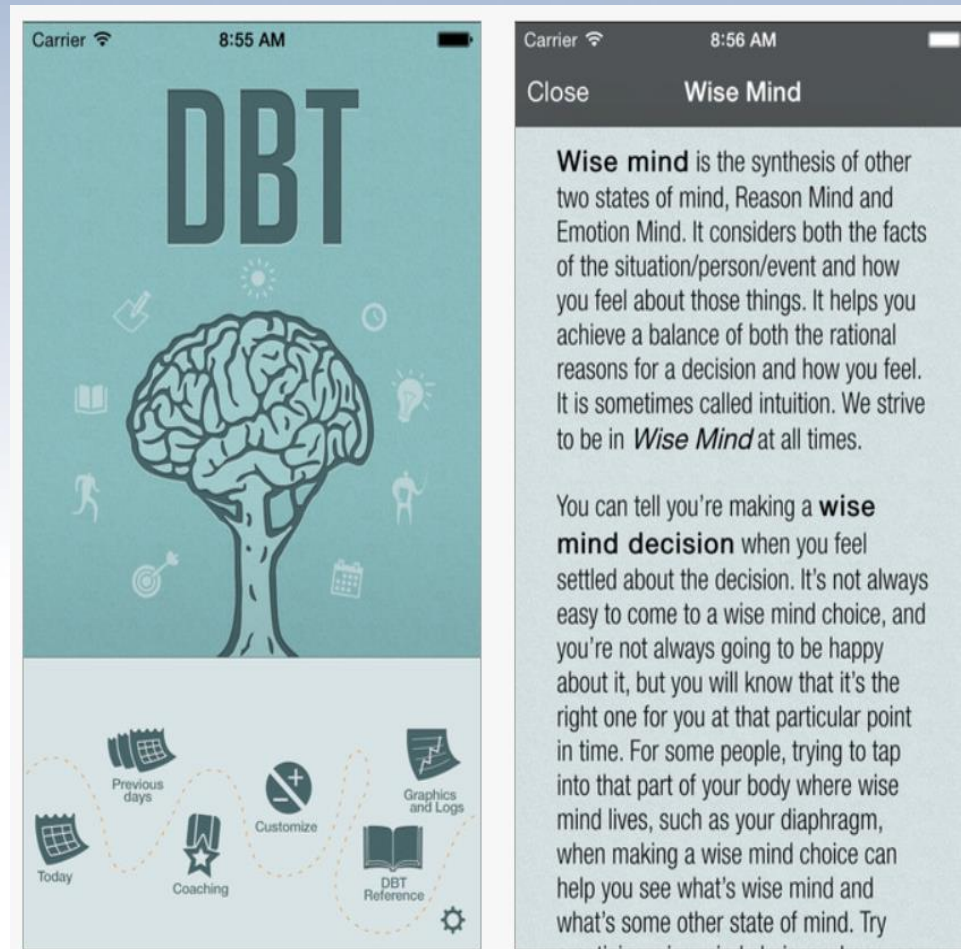
Mood Journals

- DBSA Wellness Tracker (A, IOS)
- In Flow(IOS):
 - daily reminders, support other users
- Moodlytics (A, IOS): charts,
private journal
- T2 Mood Tracker: build your own, graphs, reports



Mental Health-DBT

- DBT Diary Card and Skills Coach (\$4.99 A, IOS)
- DBT Trivia & Quiz (Free A, IOS)




Wise mind is the synthesis of other two states of mind, Reason Mind and Emotion Mind. It considers both the facts of the situation/person/event and how you feel about those things. It helps you achieve a balance of both the rational reasons for a decision and how you feel. It is sometimes called intuition. We strive to be in *Wise Mind* at all times.

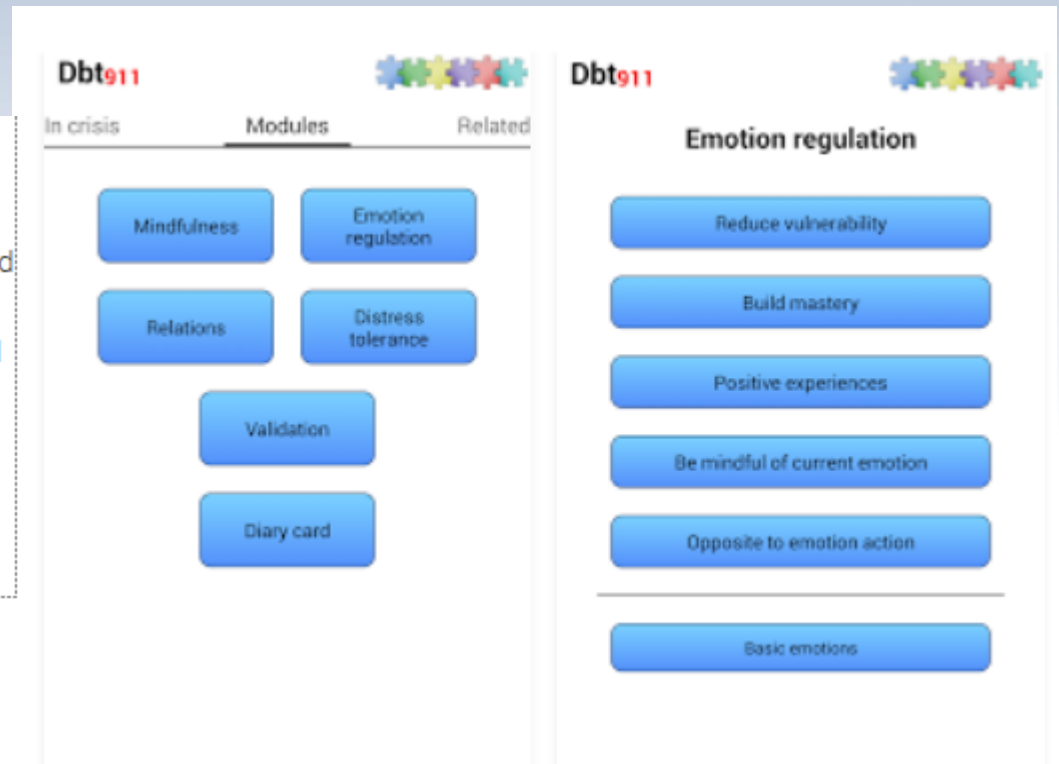
You can tell you're making a **wise mind decision** when you feel settled about the decision. It's not always easy to come to a wise mind choice, and you're not always going to be happy about it, but you will know that it's the right one for you at that particular point in time. For some people, trying to tap into that part of your body where wise mind lives, such as your diaphragm, when making a wise mind choice can help you see what's wise mind and what's some other state of mind. Try


DBT

- **Dbt911** (Free, A)

 **Sheryl Diani** February 9, 2016
★★★★★

Very useful tool. The best free android dbt tool out there that I have used . The daily diary is well thought out and easy to use. I love that it prompts me to write my emotions and skills as otherwise I would forget. There is lots of other valuable stuff too and it is all free. Amazing.



Dbt911 


In crisis **Modules** Related

Mindfulness Emotion regulation

Relations Distress tolerance

Validation

Diary card

Dbt911 

Emotion regulation

Reduce vulnerability

Build mastery

Positive experiences

Be mindful of current emotion

Opposite to emotion action

Basic emotions

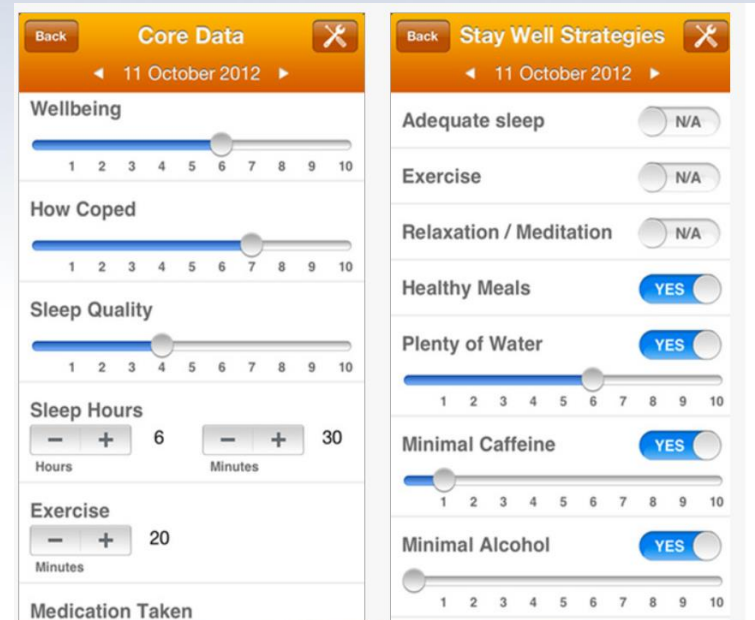
CBT

- What's Up
- ECBT Calm



Mental Health-Other

- **Optimism:** (Free A, IOS, syncs with desktop)
 - Track and chart moods
 - Bipolar, depression, Anxiety, other



IntelliCare Apps

- **Worry Knot:** Reduce your worry with a personal, guided worry management technique.

- **Aspire:** Follow your paths to your aspiration. Put your values into action. Practice them each day.

- **Thought Challenger:** A negative thought bothering you? Catch it. Check it. Challenge it.

- **iCope:** Inspirational messages. Encouraging words from the best author to write them: You.

- **Purple Chill:** Relaxing lessons. Purposeful meditations. Calming exercises. All in your pocket.

Anxiety

- **Worry Box** (Free A, IOS)
Simple app to journal and box up worries, with guided imagery audio



- **Inner Balance** (Free, IOS) Requires earlobe sensor to measure heart rhythms and stress)
- **Worry Watch** (\$4.99 IOS) Document worries, charts intensity, duration, and outcomes

Alcoholism Apps

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Lives

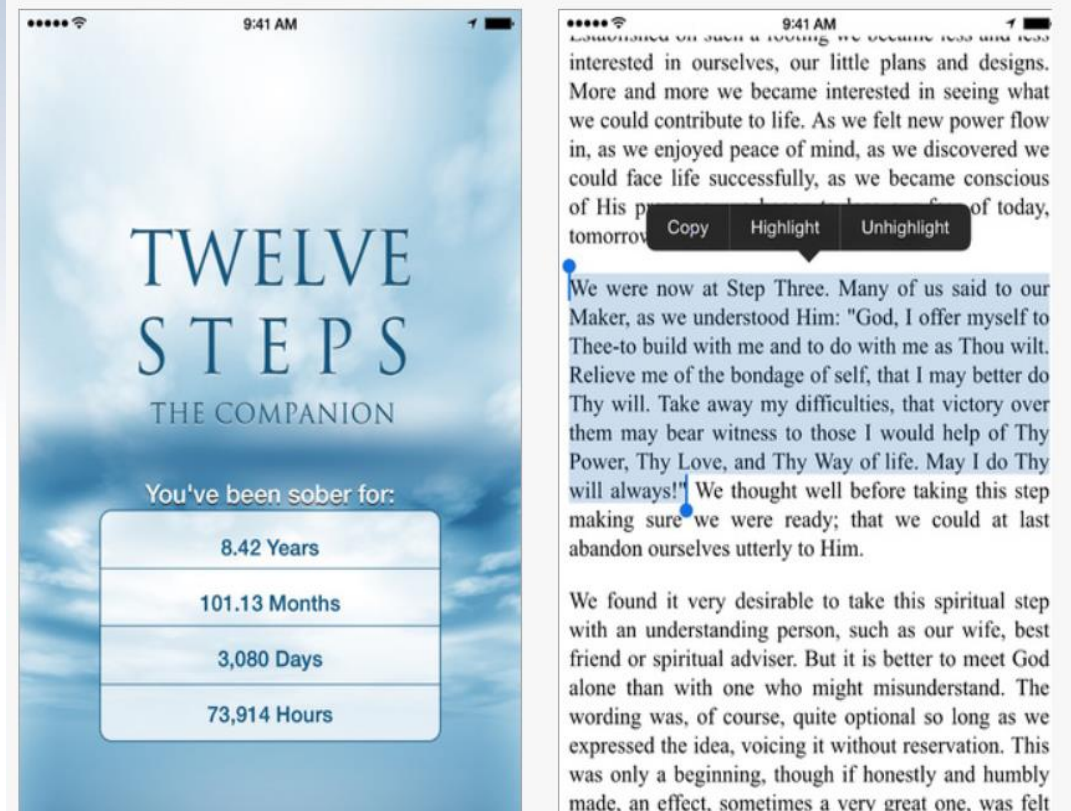
- 12 Steps AA Companion (A \$1.99 ,IOS \$2.99)
- AA Speakers (A \$4.99, IOS \$4.99)
- iRecovery Free (A, IOS)
- SoberTool (Free A, IOS)
 - Identify thoughts and feelings, rewards, sober time, daily reading
- Recoverize.com
 - Readings, sober time, meditation, chat



Best sobriety app ever :) This is one app I open up every single day. It's inspiring, motivating, and so much fun. Love the rewards, such a nice touch. And there are so many messages, I can't even get to them all. My thanks to the creator of this app, VERY well done! Thank you so much for the daily help!! ♥

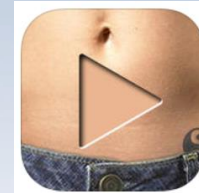
12 Step Companions Transforming Lives

Screenshots



Well-Being

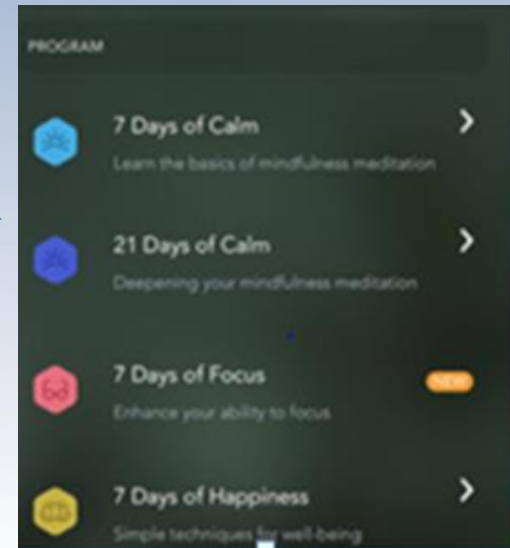
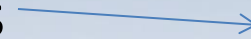
- **BellyBio** (A, IOS) Place your phone on your belly to see breathing waves and practice deep breathing.
- **Meditations:**
 - Calm-(IOS) 160 meditations
 - Meditation Studio (\$2.99 IOS)
 - Take a break!
- **Happify** (Free A,IOS) Activities, games, and skills to overcome anxiety, stress, and negative thoughts



Mindfulness

- Meditations:

- Calm-(IOS) 160 meditations
- Meditation Studio (\$2.99 IOS)
- Take a Break (Free A, IOS)
- Omvana (Free A, IOS)



- The Mindfulness App (\$1.99 A, IOS) Short mindfulness exercises sent daily bases on your schedule and goals

Sleep

- Sounds
 - Relax Melodies, Pzizz (A \$9.99, IOS \$5.99) Quotes, music, sounds, playlists
 - White Noise, Chroma Doze, Sleep Fan, Lightning Bug
 - Ambiance, Naturespace
- Sleep Cycle Trackers
 - SleepBot (free A, IOS)
 - SleepCycle (\$.99 IOS), Bio-Alarm clock (\$.99 IOS)

ISleepEasy (Free A,IOS) Array of guided meditations with calming music

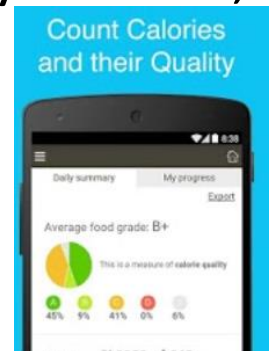
- Deep Sleep with Andrew Johnson (\$2.99 A,IOS)
 - Many popular meditations



Diet

- **MyFitnessPal** (Free A, IOS) The most popular app for calorie and exercise tracking. Huge database for food selection.
- **Lifesum** (Free A,IOS) Goals, tracking, reminders, feedback, and charts
- **Fooducate** (Free A, IOS) Grocery scanner, tracking, analysis)

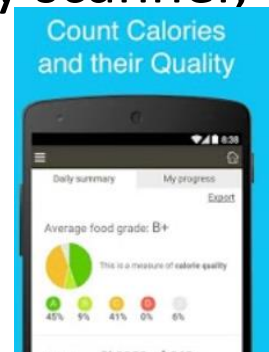
This is the best app I've used and appreciate the updates. I'm not an athlete, so this is perfect for the average person's lifestyle. I especially like the bar code scanner for the foods I eat. Good Job!



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Fitness

- Music with a Beat
 - Motion Traxx, FIT Radio Workout Music
- Workouts
 - Nike+Training Club (customized workouts, competitions, sharing)
 - Endomondo (Set goals, virtual trainer)
 - Zombies, Run (highest grossing on iTunes in 2 weeks. Running complete a mission)

Run in the Real World.

Become a Hero in Another.

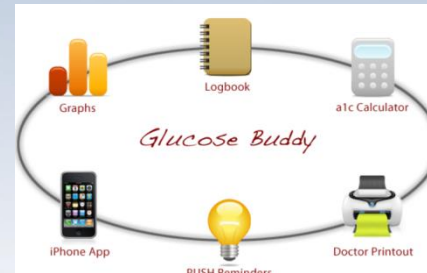
Only a few have survived the zombie epidemic. You are a Runner en-route to one of humanity's last remaining outposts. They need your help to gather supplies, rescue survivors, and defend their home.

Diabetes Management

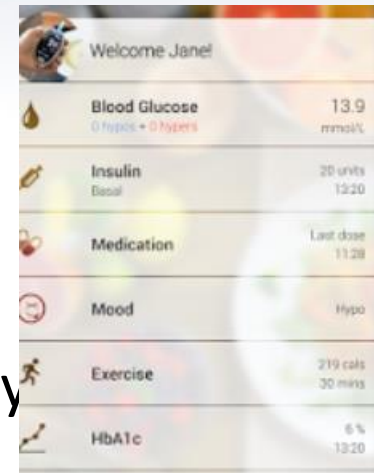
- Diabetes 360



- Glucose Buddy (Free A, IOS)



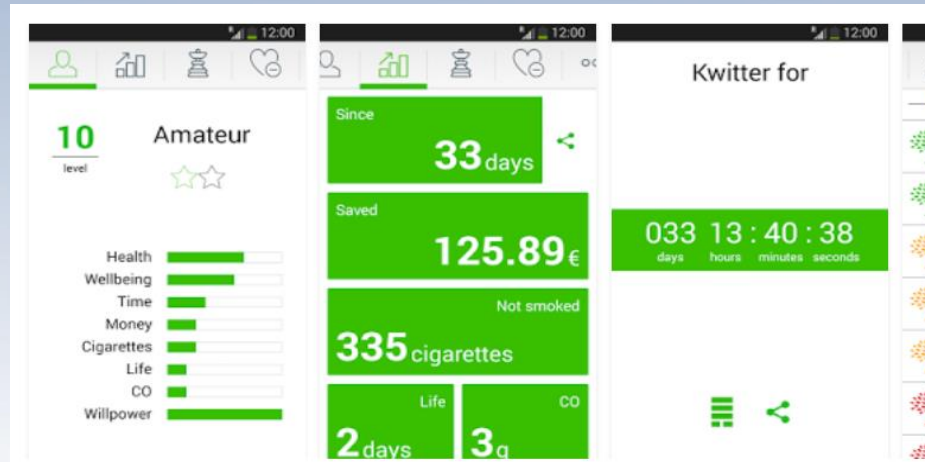
- Diabetes PA (Dashboard with glucose, medications, Alc, exercise and more)



- 2016: OnTrack Diabetes, BG Monitor Diabetes
- Children: Blue Loop, Carb Counting with Lenny

Smoking Cessation

- Kwit



Have you recently quit smoking, or been wanting to quit? Kwit is exactly what you need! Kwit uses game design techniques, game thinking and game mechanics to encourage people to quit smoking.

- Livestrong MyQuit

The LIVESTRONG.COM MyQuit Coach application creates a personalized plan to help you quit smoking. Through a physician approved, interactive and easy to use app, you'll evaluate your current status, set attainable goals and adjust preferences according to your needs. You'll finally be able to stop smoking.

Other Chronic Conditions

- Asthma
- Migraines
- Arthritis
- Pain
- Blood Pressure

Alternative Therapies Transforming Lives

- Acupuncture
- Home Remedies
- Color Therapy
- Hypnotherapy

Metasearch

- [Health and Fitness Apps: The Best Ones to Download | Greatist](#)
greatist.com
- [Phone Apps for Better Mental Health | Psychology Today](#)
<https://www.psychologytoday.com/.../phone-apps-better-mental-health>
- [Top 10 Mental Health Apps | World of Psychology](#)
psychcentral.com/blog/archives/2013/01/16/top-10-mental-health-apps
- [Apps for Healthy Kids | Devpost](#) *appsforhealthykids.devpost.com*
- [10 great mobile health apps - CNN.com](#)
www.cnn.com/2012/11/01/health/10-great-mobile-apps/index.html
- [The Best Health and Fitness iPhone Apps - Top Ten Reviews](#)
iphone-apps.toptenreviews.com/health-and-fitness

Discussion

- What apps would you like to try?
- Do you have an app you would like to share?
- How could apps help you with recovery and health/wellness?

Thank you!

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