



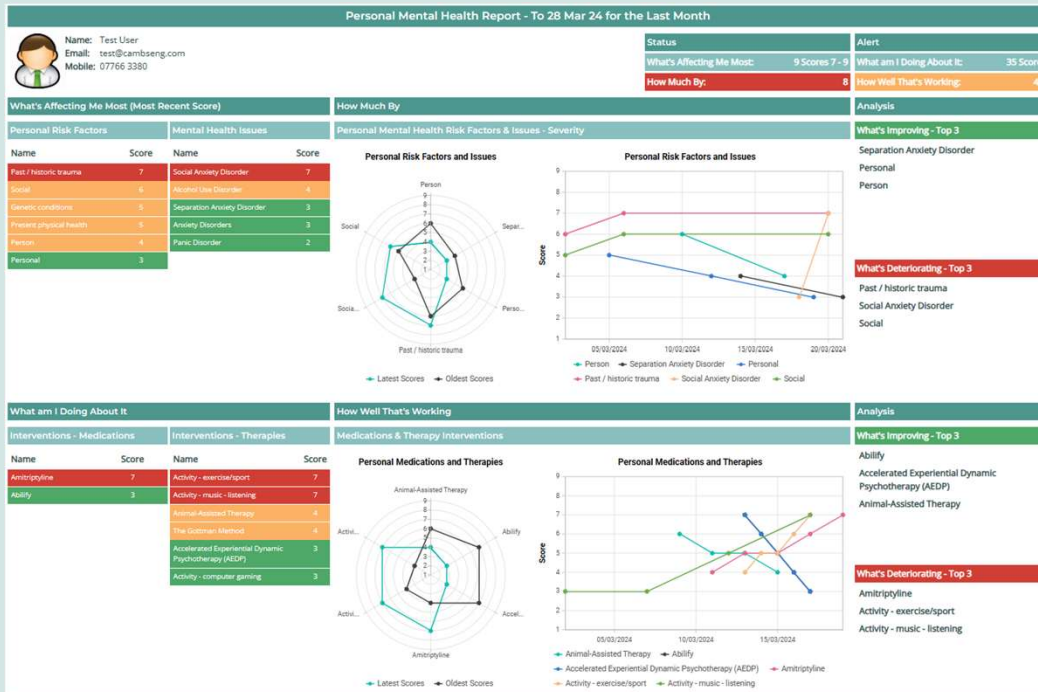
Emocien[®]

Mental Health Analytics

How to read your
Emocien report



Emocien report: Data-driven

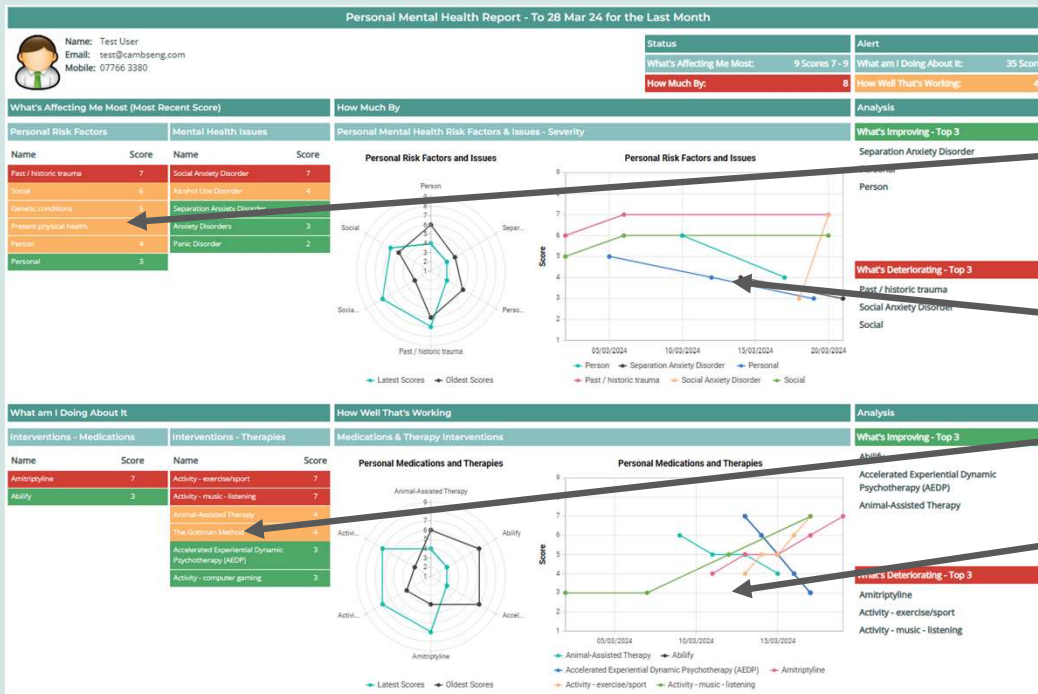


Your Emocien report:

- .. is driven by data you enter into the Emocien App
- .. becomes more detailed, the more data you enter
- .. The more detailed your report, the more effectively you and your caregiver can manage your mental health



Emocien report: Overview

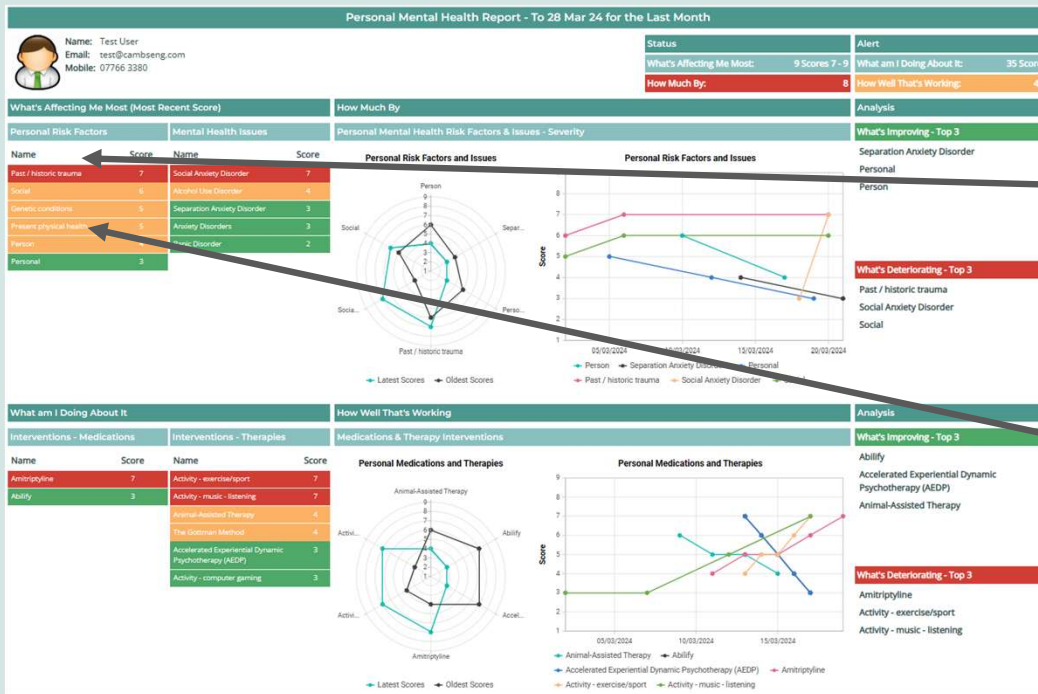


Your Emocien report sets out:

- What's affecting your mental health
- How much by
- What you're doing about it
- How well that's working



Emocien report: Setup

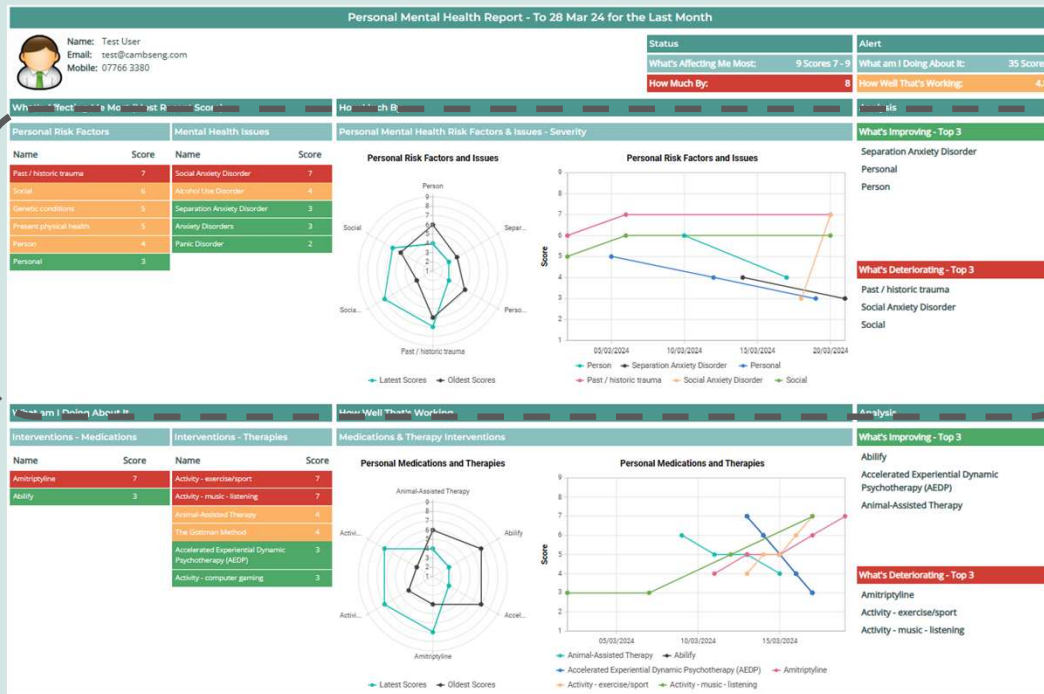


You can choose and personalise:

- .. mental health categories (ADHD, ASD/autism, menopause, anxiety, depression etc); and
- .. mental health symptoms (low mood, worry, panic, stress, racing thoughts etc)



Emocien report: **What's affecting you**



Your report's **middle row** shows:

- .. what's affecting you (categories and symptoms), and
- .. how much by (severity)



Emocien report: **What you're doing**

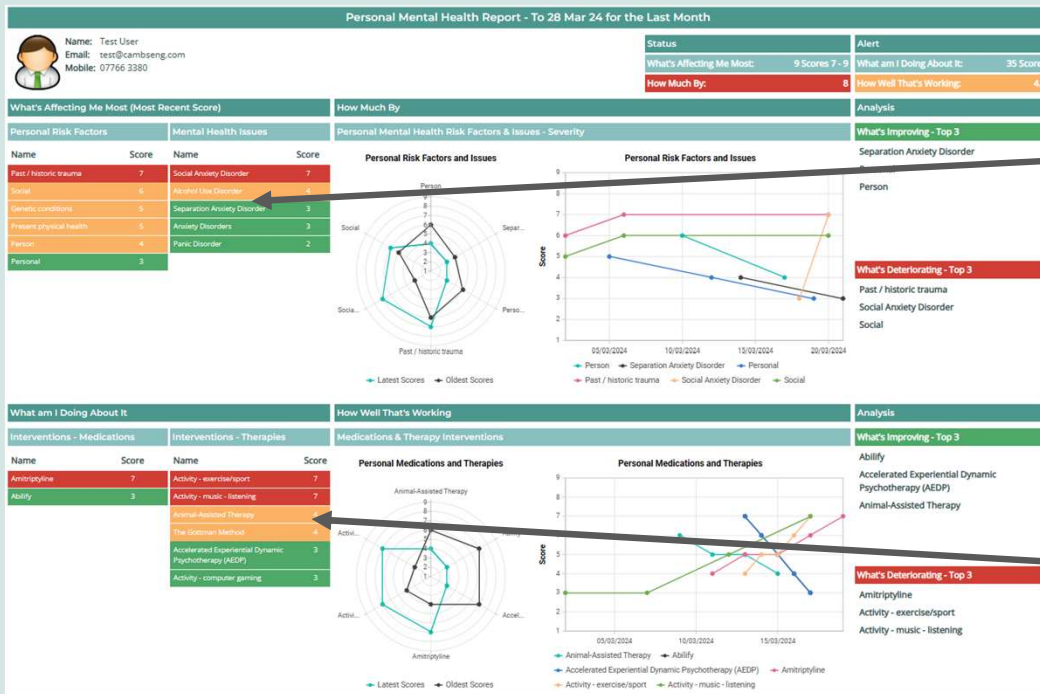


Your report's **bottom row** shows:

- .. what you're doing about it (eg. interventions: medication, therapy), and
- .. how well they are working (efficiency)



Emocien report: Scoring

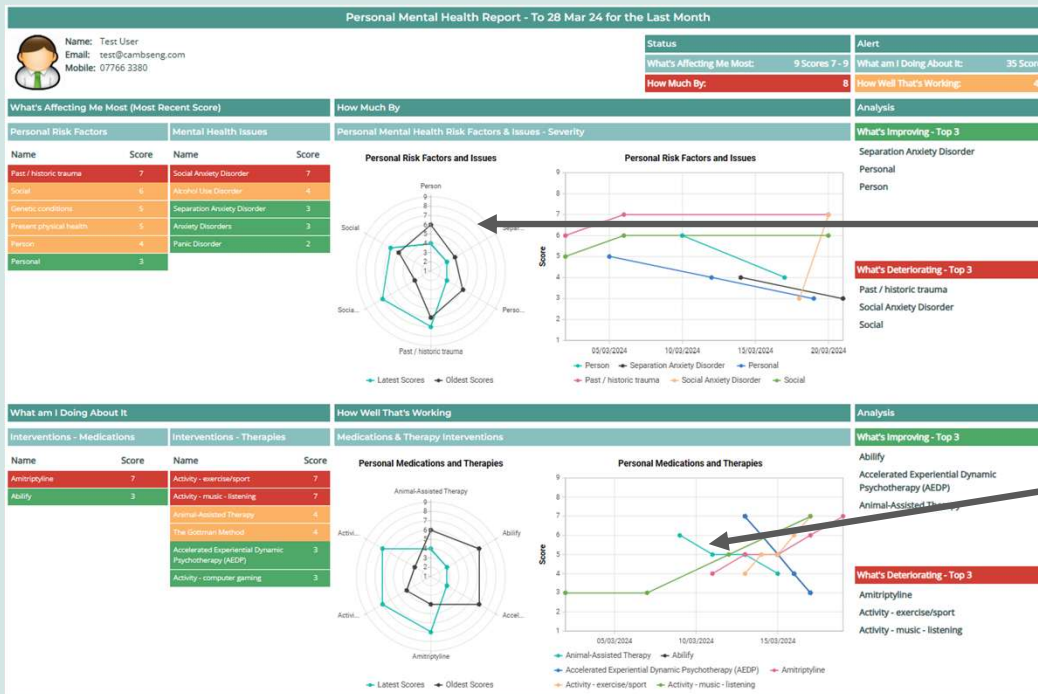


In the App, you will be asked to:

- .. select the mental health categories affecting you
- .. set a frequency (eg. weekly, monthly) for logging a severity score (1-9) for each category
- .. respond to a 'pop-ups' asking you to log your severity score at that time



Emocien report: Analysis + reports

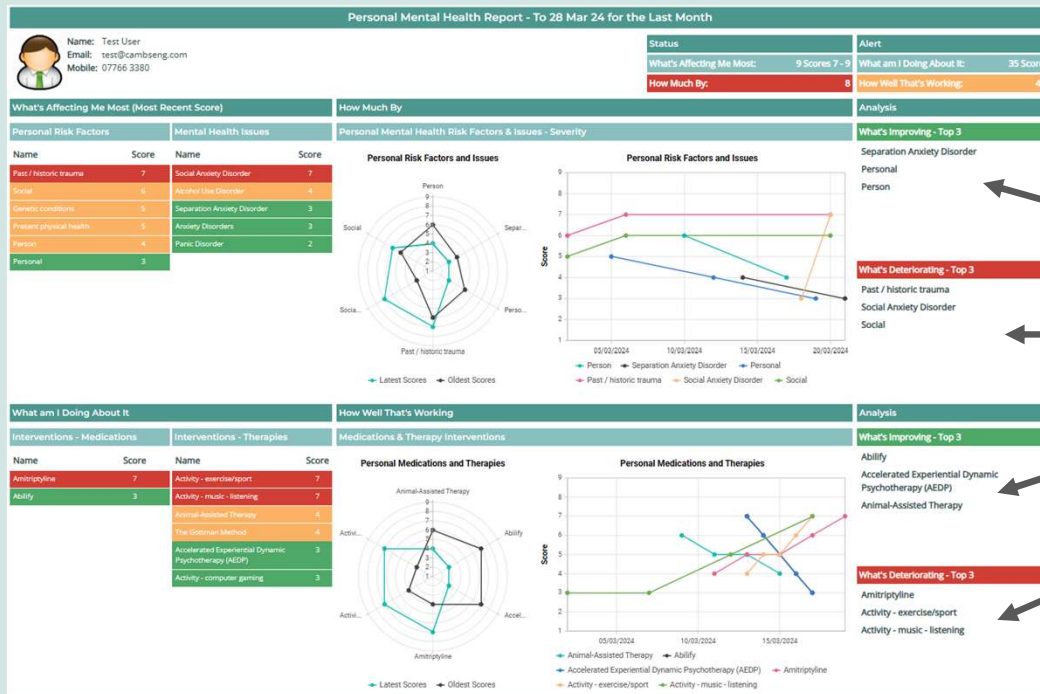


You can analyse your data and configure your report within the App

- Snapshot – to compare data at two points in time (eg. 31st Jan. this year with 31st Jan. last year), and
- Trends – to understand changes in severity and efficacy over a long period (eg. a year)



Emocien report: Action-able data

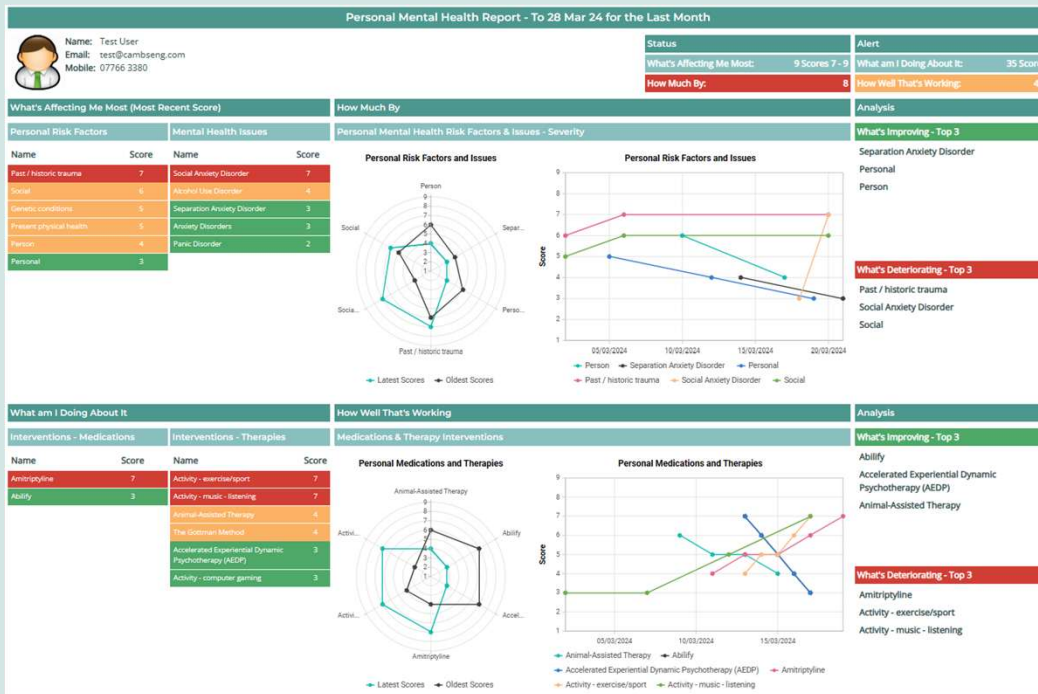


Your Emocien report also sets out areas for possible action :

- 3 x symptoms improving the most
- 3 x symptoms deteriorating the most
- 3 x interventions improving the most
- 3 x interventions deteriorating the most



Emocien report: **Sharing**



You can share your report with care-givers (or just use it yourself):

- .. sharing easy from within the App
- .. partial data sharing is possible, using the report 'redact' feature
- .. accidental sharing is impossible as a five-stage protocol must be followed



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Better data. Better care