



MyMoodCoach (powered by Monsenso) has recruited more than 1000 participants across four countries despite COVID-19

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Since the EcoWeB project launched MyMoodCoach (an app powered by Monsenso) in November 2020 it has recruited more than 1000 young participants in Belgium, UK, Spain and Germany.

The EcoWeB research study, led by Professor Ed Watkins University of Exeter, seeks to understand what influences mood, how emotions change over time, and which emotional skills increase well-being among youth.

The participants are asked to use MyMoodCoach to monitor their emotions in daily life, while giving them access to "Tools" and "Challenges" to boost their mental health and wellbeing. 'Tools' provide the participants with strategies to help them if they feel sad, stressed, anxious or have a problem. 'Challenges' help them to learn new skills, develop a positive mindset, improve their confidence and gain insight into their emotions.

The strong pick up of MyMoodCoach reflects a desire among youth to take better care of their mental wellbeing.

"We are very pleased to contribute to this project, as young people have been particularly impacted by COVID-19." says Thomas Lethenborg, CEO of Monsenso. "Mobile health solutions have proved true value during the pandemic, allowing both clinical practice and important research projects to continue despite lockdowns."

About the project:

The EcoWeB project is led by Professor Ed Watkins, University of Exeter, and involves 13 different institutions across 8 European nations (the UK, Germany, Belgium, Spain, Greece, the Czech Republic, Denmark, and Switzerland). The project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No. 754657.

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About Monsenso

Monsenso is an innovative technology company offering a mobile Health (mHealth) solution. Our mission is to help provide better mental health to more people at lower costs. Our solution helps optimise the treatment of mental disorders and gives a detailed overview of an individual's mental health through the collection of outcome, adherence and behavioural data. It connects individuals, carers and health care providers to enable personalised treatment, remote care and early intervention. Based on continuous research and development, our team is committed to developing solutions that fit seamlessly into the lives of individuals, increase their quality of life and improve the efficacy of mental health treatment. To learn more visit www.monsenso.com

Attachments

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