

**Mood Coach** is a **free, easy-to-use mobile application**. It was developed by the Department of Veterans Affairs in 2016. The app can help Veterans and Servicemembers learn and practice behavioral activation. It can be used on its own by anyone who would like tools to help manage their mood, or as part of face-to-face care with a healthcare professional. It is not intended to replace therapy for those who need it.

## WHAT IS BEHAVIORAL ACTIVATION?

Behavioral activation is an intervention for depressed mood. It helps you include more experiences, activities, and people you enjoy in your life. These activities reduce the negative feelings that can come with posttraumatic stress disorder (PTSD) and depression. Participating in activities you enjoy can help you feel better.

## MY PLAN

Use the app to make a **one-week plan to improve your mood**:

- Select six value areas you would like to work on based on your personal goals. Example values: family relationships, mental and physical health, career and employment
- Schedule simple activities that support your values. For example, to support the value of "family relationships," you could:
  - Call a family member
  - Create a new tradition
  - Cheer for a family member in their activity or sport
- Rate each activity in terms of difficulty, fun, and importance
- Set reminders for future activities

## ASSESS MY SYMPTOMS

Use the **Assess My Symptoms** tool to answer nine questions about how you've been feeling over the past two weeks. You'll receive feedback based on your answers. Schedule times to retake the assessment in the future and track your progress.

## RATE MY MOOD

Rate your mood on a scale of one to ten with the **Daily Mood Ratings** tool. Review your mood history and see how it changes over time.

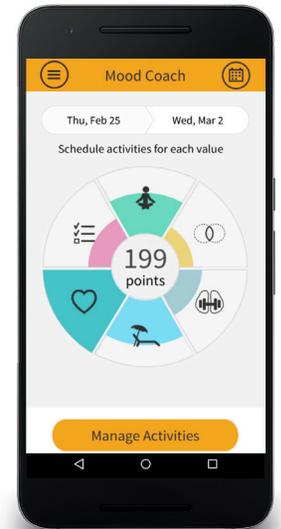
## LEARN

Learn more from short readings on topics like:

- PTSD
- Depression
- Goal-based Action

## GET SUPPORT

Use the app to connect to crisis resources and locate a mental health care provider. You can also set up your own personal support network by entering contact information for people you trust.



## REFERENCE

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07