

I am a psychiatrist with a very busy small town practice. I have too many patients and am looking for ways to help people help themselves so they need less of me.

**Email from Joel Rice**

**Psychiatrist in U.S.A**

**Received 12 Nov 2008**



A suite of mental health applications that integrate providers with clients on a daily basis

# Assumptions

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- ▶ Each person's experience of mental illness is unique

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- ▶ A large proportion of people with a mental illness need medicine as a primary treatment, but medicine is often not enough on its own.

# Assumptions

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- ▶ Optimism applications are effective as part of the treatment toolkit



# Assumptions

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- ▶ Optimism applications are effective as part of the treatment toolkit
- ▶ By being proactive about their health clients can achieve better outcomes than by being reactive

# Record Screen

Theme: ■ ■ ■ ■ ■

 Options Help Sign Out

Record Charts Report Isolate Plan

Delete Range Save

Calendar Today

◀ Saturday, January 22, 2009 ▶

Clear Fields Fill From Last

Core Data

Rate Your Mood Today

0 1 2 3 4 5 6 7 8 9 10

Very Depressed Very Elevated

Rate the Quality of Your Sleep

0 1 2 3 4 5 6 7 8 9 10

Very Poor Great Sleep

How Long Did You Exercise

0 10 20 30 40 50 60+

Minutes

Rate How Well You Coped

0 1 2 3 4 5 6 7 8 9 10

Not At All Well Very Well

How Many Hours Did You Sleep?

(including day sleeps)

Did You Take Your Medication?

☐ Yes ☐ No ☒ N/A

Modules

Stay Well Strategies

Customize

☐ Adequate sleep

☐ Minimal Alcohol

☐ Alternative Therapies

☐ Activities With Others

☐ Healthy Meals

☒ Medicine Taken

☐ Routine Day

☐ Time Outside

☒ Plent of Water

☐ Professional Support

☒ Avoiding Conflict

☐ Positive Thinking

☒ Minimal Caffeine

☐ Social Support

☐ Enjoyable Activities

☒ Looking Outwards

Triggers

Customize

☐ Stress at Work

☐ Too Much to Do

☐ Caffeine Consumpti...

☐ Medicine Not Taken

☐ Stress at Home

☐ Negative Self Talk

☒ Alcohol Consumpti...

☐ Ill-health or Pain

☒ Change in Treatment

☐ Lack of Sleep

☐ Relationship Problem

☒ Poor Diet

☐ Difficult Life Changes

☐ Change in General

☒ Lack of Exercise

☐ Arguing

☒ Recreational Drugs

☐ Workplace Changes

☐ Lack of Routine

☒ Emergency Situation

Symptoms

Customize

☐ Irritability

☐ Feeling Guilty

☒ Insufficient Sleep

☐ Suicidal Thoughts

☒ Loss of Libido

☐ Anger

☐ Feeling Hopelessness

☒ Excessive Sleep

☐ Poor Concentration

☐ Behind with House...

☐ Sadness

☐ Feeling Worthless

☐ Loss of Energy

☐ Relating Poorly

☐ Anxiety

☐ Negative Self Talk

☒ Loss of Interest

☒ Change of Appetite



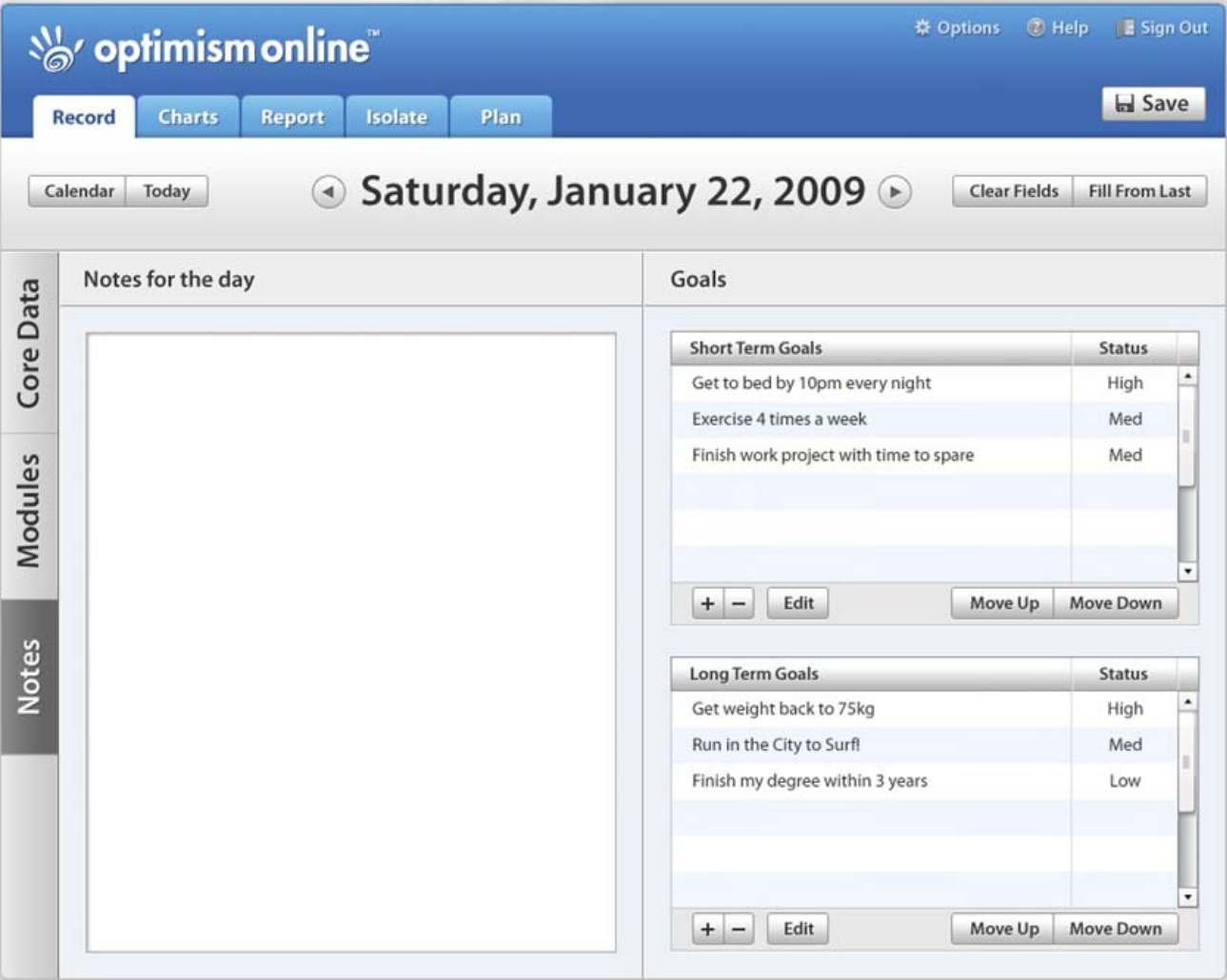
# Modules

The screenshot displays the OptimismOnline web application interface. At the top, the header includes the 'optimismonline' logo, navigation links for 'Options', 'Help', and 'Sign Out', and a 'Theme' selector. Below the header is a secondary navigation bar with tabs for 'Record', 'Charts', 'Report', 'Isolate', and 'Plan', along with a 'Save' button. The main content area shows a date selector for 'Saturday, January 22, 2009' and a sidebar with categories: 'Core Data', 'Modules', and 'Notes'. The 'Medicines' module is selected, displaying a table of medication records.

Start Date or Date of Change	Name of Medicine	Dosage	Units	Time Taken	Change?
10/4/09	Effexor XR	200	milligrams	Morning	<input type="checkbox"/>
10/4/09	Lamictal	150	milligrams	Night	<input type="checkbox"/>
15/9/09	Effexor XR	125	milligrams	Morning	<input checked="" type="checkbox"/>

Below the table, there is a section for 'Notes for Medicines on 10/4/09' with a text input area. The sidebar also shows a 'Your Modules' list with 'Medicines' selected, and a 'Notes' section with a list of fields: 'Start Date or Date of Change', 'Name of Medicine', 'Dosage', 'Units', 'Time Taken', and 'Change?'.

# Notes Screen



The screenshot shows the 'Notes Screen' in the Optimism Online application. The interface has a blue header with the 'optimismonline' logo and navigation links for 'Options', 'Help', and 'Sign Out'. Below the header is a secondary navigation bar with buttons for 'Record', 'Charts', 'Report', 'Isolate', 'Plan', and a 'Save' button. The main content area is divided into two sections: 'Notes for the day' on the left and 'Goals' on the right. The 'Notes for the day' section is currently empty. The 'Goals' section contains two tables: 'Short Term Goals' and 'Long Term Goals'. Each table has a 'Status' column and a list of goals. Below each table are buttons for '+', '-', 'Edit', 'Move Up', and 'Move Down'. The date 'Saturday, January 22, 2009' is displayed in the center of the interface, with 'Calendar' and 'Today' buttons on the left and 'Clear Fields' and 'Fill From Last' buttons on the right. A vertical sidebar on the left contains links for 'Core Data', 'Modules', and 'Notes'.

optimismonline™ Options Help Sign Out

Record Charts Report Isolate Plan Save

Calendar Today Saturday, January 22, 2009 Clear Fields Fill From Last

Core Data Modules Notes

Notes for the day

Goals

Short Term Goals	Status
Get to bed by 10pm every night	High
Exercise 4 times a week	Med
Finish work project with time to spare	Med

+ - Edit Move Up Move Down

Long Term Goals	Status
Get weight back to 75kg	High
Run in the City to Surf!	Med
Finish my degree within 3 years	Low


+ - Edit Move Up Move Down

# Charts Screen





# Report Screen


Options Help Sign Out

Record Charts **Report** Isolate Plan
 Save

◀ Sunday, January 22, 2009 ▶
To
◀ Thursday, February 13, 2009 ▶

Calendar Today

Calendar Today

Diary Records from Sunday, July 26, 2009 to Thursday, August 13, 2009
 Printed: 2009-08-13

Date	Stay Well Strategies	Trigg	Symptoms
2009-07-26 (Sunday)			
Your mood 8	Adequate sleep		
How You Coped? 9			
Sleep (hrs) 5			
Exercise (mins) 40			
Medicine Taken? Y			
Sleep Quality 9			
2009-07-27 (Monday)			
Your mood 9	Adequate sleep		
How You Coped? 9			
Sleep (hrs) 5			
Exercise (mins) 40			
Medicine Taken? Y			
Sleep Quality 7			
2009-07-28 (Tuesday)			
Your mood 8	Adequate sleep		
How You Coped? 7			
Sleep (hrs) 6			
Exercise (mins) 30			
Medicine Taken? Y			
Sleep Quality 6			
2009-07-29 (Wednesday)			
Your mood 7	Adequate sleep		
How You Coped? 6			
Sleep (hrs) 6			
Exercise (mins) 30			

# Isolate Screen

**optimismonline™**

Options Help Sign Out

Record Charts Report Isolate Plan


## Search

Match All Match Any Search Reset


Search Criteria	Results			
	Date	Record	Charts	Reports
Stay Well Strategies Behind w/Housework > --	Thursday, January 1, 2009	[icon]	[icon]	[icon]
No. of Stay Well Strategies > --	Friday, January 2, 2009	[icon]	[icon]	[icon]
Day Before No. of Stay Well Strategies > --	Saturday, January 3, 2009	[icon]	[icon]	[icon]
Day After No. of Stay Well Strategies > --	Thursday, January 1, 2009	[icon]	[icon]	[icon]
Notes Contains	Friday, January 2, 2009	[icon]	[icon]	[icon]
Number of Hours of Sleep >	Saturday, January 3, 2009	[icon]	[icon]	[icon]
	Thursday, January 1, 2009	[icon]	[icon]	[icon]
	Friday, January 2, 2009	[icon]	[icon]	[icon]
	Saturday, January 3, 2009	[icon]	[icon]	[icon]

Save Criteria Load Criteria + Add Criteria

# Planning Screen

Options Help Sign Out

RecordChartsReportIsolatePlanPrintPDF

 The key to developing your stay-well plan is to chart your health over a few months. As you review your records you will see patterns emerging that show the triggers of a deterioration in your health and the symptoms or early warning signs that they produce. Test different strategies for staying well, and use the Chart and Report to examine their effectiveness. Fill in the boxes below as a permanent reminder of the things that work, and to establish a plan for when things go wrong. You may find it helpful to involve someone close to you or a treating professional in writing this plan.

Stay Well Strategies	Triggers	Symptoms	Signs That I Need Help	Getting Help
<p>There are two approaches and both are worth pursuing:</p> <ol style="list-style-type: none"><li>1. List specific strategies that will help lessen your triggers and symptoms.</li><li>2. Describe an overall lifestyle that you will follow to remain healthy.</li></ol>	<p>Triggers are the things that can spark a new episode of illness.</p> <p>Depending on the person and the illness, they might include conflict with people, stress, lack of sleep, lack of exercise or not taking medications.</p>	<p>Symptoms are the signs that something is wrong; mental and physical reactions to the triggers that you experience.</p> <p>By recording your symptoms you are more likely to recognize them at an early stage of a deterioration in health.</p>	<p>It is important to draw a line in the sand; the point at which your illness is out of hand and you need external, professional help.</p> <p>Examples are being unable to get out of bed, unable to complete daily activities, or having irrational arguments.</p>	<p>You may not be well enough to seek help when you need it most. Consider giving another person permission to get the ball rolling.</p> <p>Write clear steps in the box below that will be followed in the event that you fall very ill.</p>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>



# Data Capture

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# Data Capture

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- ▶ Desktop (Windows & Mac)

# Data Capture

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- ▶ Desktop (Windows & Mac)
- ▶ Web Application



# Data Capture

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- Desktop (Windows & Mac)
- Web Application
- 2 iPhone Applications
- Other Mobile Phones

# Optimism Sync & Mood Track



# Looking Forward

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# Looking Forward

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- ▶ Provider Application

# Looking Forward

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- ▶ Provider Application
- ▶ Versions Specific to Other Illnesses

# Implications for Health

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- ▶ Accurate
- ▶ Easy to Use and Better Compliance
- Ability to Synchronise
- Improves Preparation & Better Use of Consultation Time
- Ultimately Lowers Service Costs



Congratulations on your computerised mood diary. I think that it is very well designed easy to use and well presented. I am recommending it to many of my patients to monitor their progress.

**Dr Keith Roberts, psychiatrist**

**Bondi Beach**

**10 July 2008**

I intend to use Optimism religiously. I am a state legislator here in Massachusetts, and have struggled with depression over a number of years. I am doing quite well now, largely due to knowing myself better, and charting the steps or missteps that I take, as tracked by your program. Your dedication to this program is a blessing to more than you may ever know. I hope that you take comfort in that knowledge!

**Robert Antonioni, lawyer**

**Massachusetts USA**

**18 June 2008**

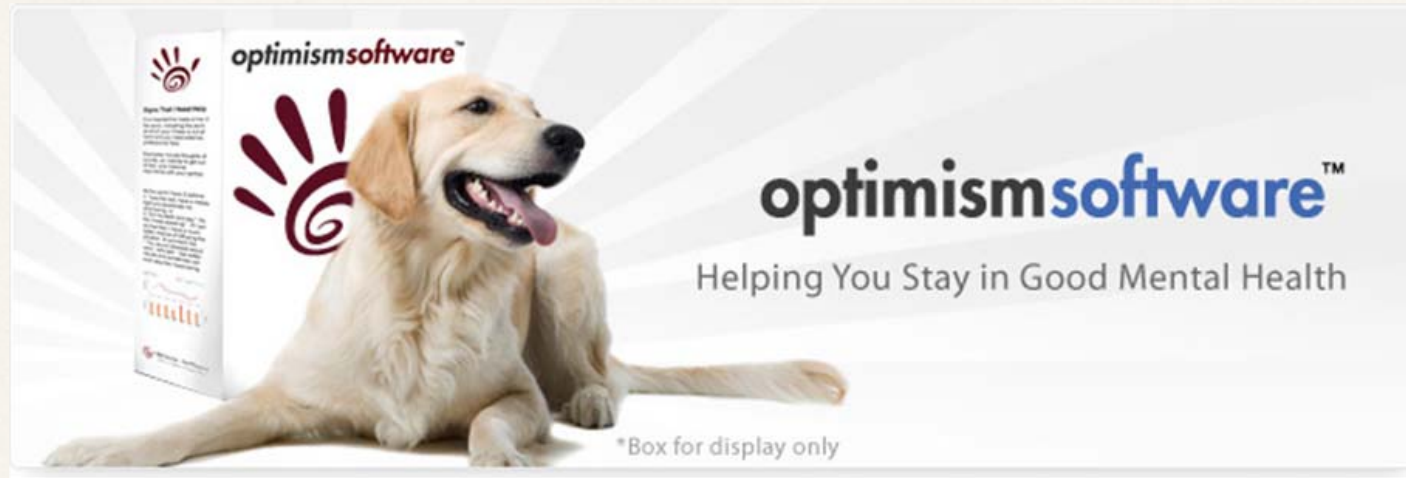
Your software is truly a blessing. I am bipolar and have always found it difficult to track my moods. This tool will greatly improve my ability to keep a journal of my ups-and-downs. I'm a visual person so the graphs will help me visualize my emotions in a way not possible before. I can't wait to share this with my psychiatrist and therapist. They are going to be thrilled with the idea and it will make a big difference in how we communicate.

**Ed, Optimism user being treated for  
bipolar disorder  
5 July 2008**



I would strongly recommend this product to any day patient, and would seriously suggest health professionals use the web based system to monitor clients, and give clients the confidence they are being helped all the time not just the one hour appointment once a week or month.

**Mark, Worcestershire UK**  
**17 August 2009**



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