


Mood Coach

Reference Guide for App Features



***NOTE: App only available on iOS devices**

Prior to using this app with patients, recommend that providers set up their own activity plan within app. A separate **Mood Coach Provider Guide** with screenshots is available upon request.

My Plan: Create a Plan

App Feature/Tool	Description	Recommendations for Use of Feature
Easy Plan	Easy: Select 6 values and 1 activity per value	Identify pleasant activities consistent with Veteran's values. Schedule activities.
Intermediate Plan	Intermediate: Select values and add 3-4 activities per value	Use to set up a more complex activity plan. This plan sets a higher goal for the number of activities to be completed in a week. It is recommended for use after Veteran has completed at least one easy week. Choose easy, important, or fun activities to do.
Advanced Plan	Advanced: Select values and add 5 or more activities per value	Use if Veteran is very comfortable with intermediate goals for the values. It is recommended for use after Veteran has completed more than one intermediate week. Choose easy, important, or fun activities to do.
Create New Plan with custom activities (Intermediate to Advanced)	After reaching Intermediate Level, Veteran will have the opportunity to create custom activities by selecting "manage activities" button and selecting the  button	Use if Veteran is comfortable with selecting activities and goals. It is recommended for use if the Veteran has completed more than one easy week and if the Veteran would like to create activities that are specific to their experience.

My Plan: Manage Activities

App Feature/Tool	Description	Recommendations for Use of Feature
Rate activities	Rate activities when added to My Plan according to Difficulty, Fun, and Importance.	Use to assign activities personalized point values. Provider may encourage Veteran to rate 20 or more activities during the week. With more activities rated, Veterans can use more aspects of the app (i.e., search/sort/suggest functions).
Sort activities based on personal criteria	Sort activities alphabetically and by score. After 20+ rated activities, sort by difficulty, fun, or importance 	Facilitates activity plans with distinct goals. For instance, can include a mix of fun, easy/hard, and important activities.
Suggest activity	Suggests an activity based on past rated activities (need to have 20+ activities rated) 	Suggestions based on ease, importance or fun ratings.

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Track Progress: Daily Mood Ratings & Assess My Symptoms

App Feature/Tool	Description	Recommendations for Use of Feature
Daily Mood Ratings	In the moment mood rating slider scale ranging from happy to sad	Complete daily mood ratings during the week's activity plan. May be used independent of activity plan to gather daily mood ratings. Can review mood rating or assessment history with Veteran to track progress.
Assess My Symptoms	Patient Health Questionnaire-9-item (PHQ-9)	Complete PHQ-9 once every 2 weeks.

Learn

App Information	Description	Recommendations for Use of Feature
Depression & Depression and PTSD	Information about what depression is and how it is related to PTSD	Read to learn about depression and its relationship with PTSD.
Behavioral Activation & Behavioral Activation and PTSD	Information about what behavioral activation is and how it is useful for individuals with PTSD	Recommend as reading when developing the initial activity plan.
Goal Based Action & Values	Provides rationale regarding selection of different types of action and values	Use as reading when developing activity plans, rating activities, and sorting activities.
Working Through Barriers	Suggestions about how to work through barriers involved in an activity	Consider as reading after completion of first activity plan.

Get Support

App Feature/Tool	Description	Recommendations for Use of Feature
Crisis Resources	Provides direct contact to emergency services and the Veteran's Crisis Line	Discuss availability of resources when introducing app as part of safety planning.
My Support Network	Creates a list of trusted supports from Veteran's contact list or via manual input	Suggest to Veteran when introducing app as part of safety planning and personal outreach.
Professional Care	Provides links to professional resources	Discuss as a resource when introducing app. Provides direct links to VA Facilities, DoD Outreach Center, Military OneSource, and Behavioral Health Treatment Services.

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About & Settings

App Information	Description	Recommendations for Use of Feature
Tutorial	Provides basic instruction about app and app use	Discuss availability to re-engage in tutorial when introducing app.
Settings	Personal preference settings to change notifications and anonymous data usage	To ease Veteran's worries about data sharing or to set up Plan/Activity or Mood notifications.

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