

MENTAL HEALTH, AGING & TECHNOLOGY

RESEARCH UPDATE

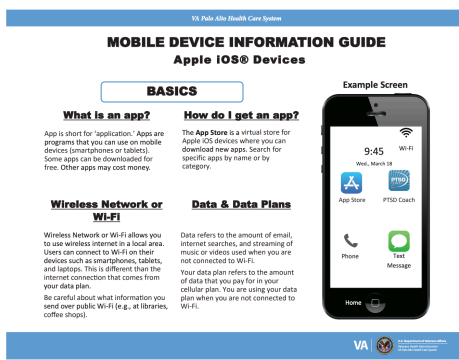
Gould Research Lab

www.gouldresearchlab.com

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- ◆ Thanks
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The Gould Research Team developed handouts to help novice smartphone users learn the basics of their devices and use them to stay connected with loved ones and their health care providers.



Go to <https://www.va.gov/GERIATRICS/>

Click **Coronavirus**, then **Stay Connected** to view and download the PDF guides.

In appreciation of you, thanks! As 2021 begins, we recognize all the people who helped us reach our goals. Since 2018 we have worked with Meru Health in assisting people to utilize technology for improving mood. Some of our findings are summarized below. Thank you to all who have helped us along the way!

Meru Health Study Findings

Since 2018, we have been studying the Meru Health Program in a series of studies. The app that was first tested in 2018 and 2019 was an 8- week version of the program. We are very grateful to the twenty individuals who provided feedback on this earlier version of the program. While a number of bugs and glitches with the app were detected, 85% of participants found the app to be helpful. We also found that 45% of participants had substantial improvements in anxiety, depressive symptoms, or both.

Participant Voices

"Talking with the therapist helped a lot."

"...learning about myself and learning helpful skills..."

"I'm confident that these tools will help me get through any disaster, calamity that I have to walk through"

Research Opportunities

Stanford University School of Medicine Department of Psychiatry & Behavioral Studies

Currently Recruiting Studies

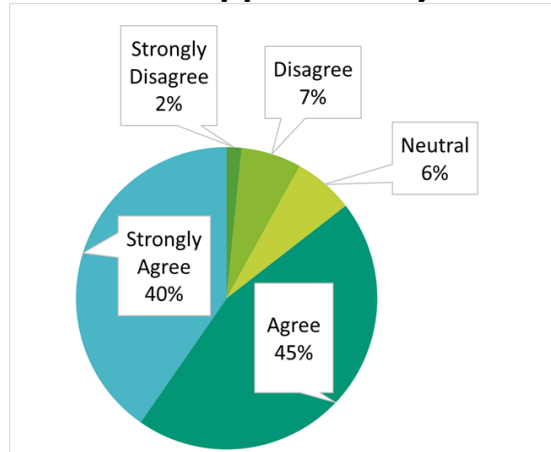
<https://med.stanford.edu/psychiatry/research/studies.html>

VA Palo Alto Health Care System Research Studies

<https://www.paloalto.va.gov/apps/research/>

In our second study conducted between 2019 and 2020, we tested a newer 12-week version of the program with 50 individuals. Fewer bugs/glitches were reported in the newer version. We also found that many participants experienced overall improvements in anxiety, depressive symptoms, sleep, and quality of life. Future studies need to compare this app to similar programs for a more rigorous investigation.

The Meru App was Easy To Use

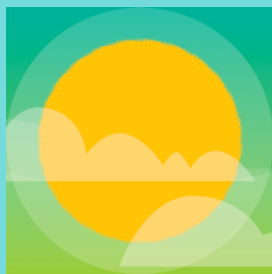


Our latest paper about the Meru Health program is currently being reviewed. Findings have also been shared at conferences such as the Association for Behavioral and Cognitive Therapies.

New Mobile App From Department of Veterans Affairs

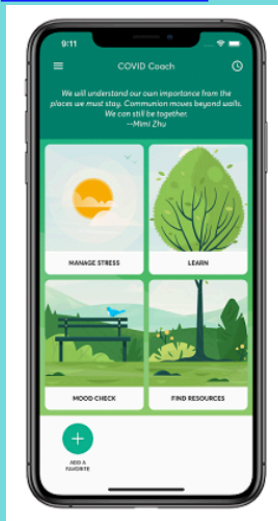
COVID Coach

Available for free from Apple App Store or Play Store.



https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

Includes education about coping during the pandemic, tools for self-care, and graphs to help visualize process over time. Check out 30 days of Self-Care with COVID Coach as a guide: <https://www.ptsd.va.gov/appvid/docs/30DaysSelfCareCOVIDCoach508.pdf>



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