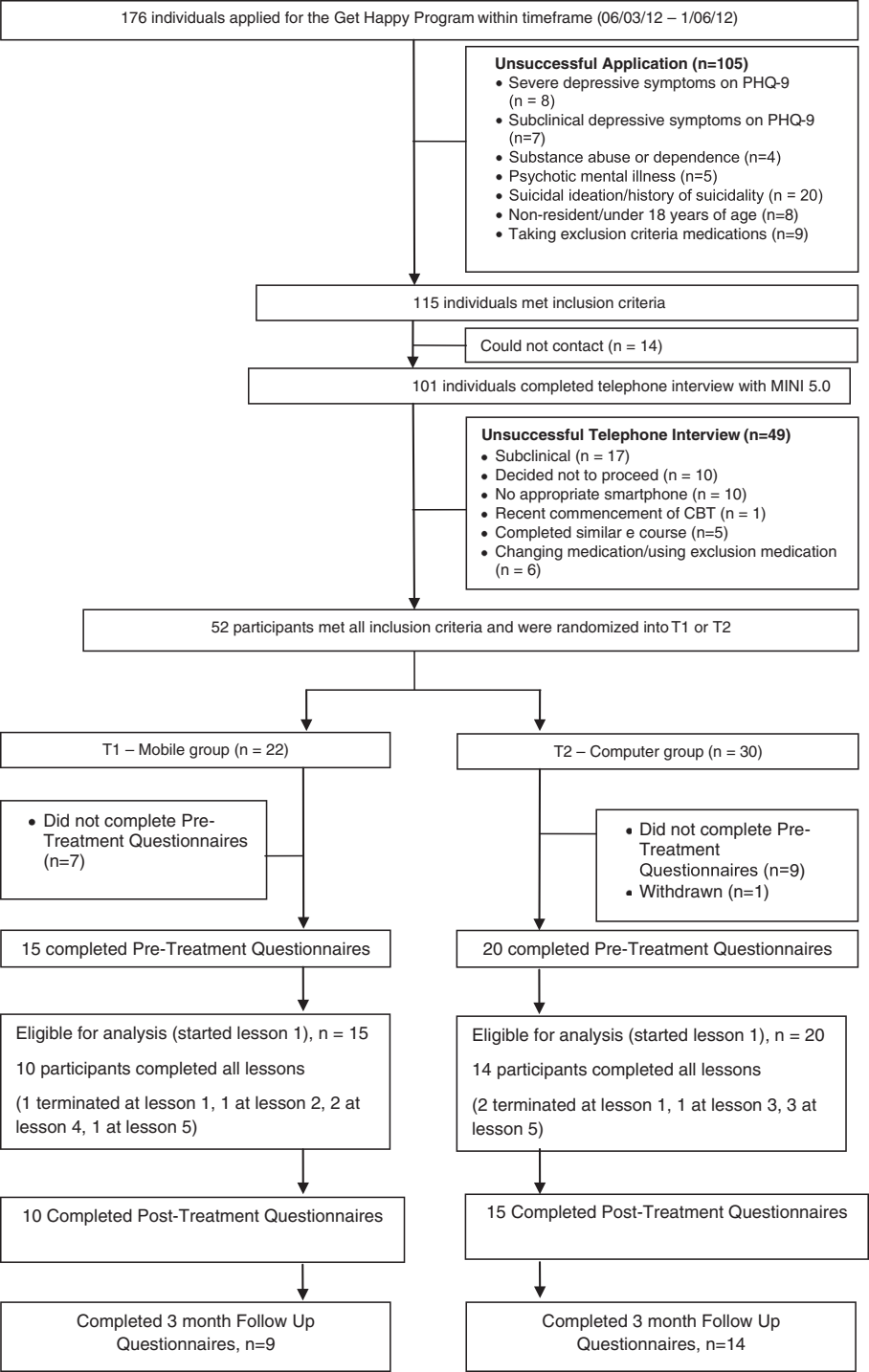
176 individuals applied for the Get Happy Program within timeframe (06/03/12 – 1/06/12)
Unsuccessful Application (n=105)
• Severe depressive symptoms on PHQ-9 (n = 8)
• Subclinical depressive symptoms on PHQ-9 (n=7)
• Substance abuse or dependence (n=4)
• Psychotic mental illness (n=5)
• Suicidal ideation/history of suicidality (n = 20)
• Non-resident/under 18 years of age (n=8)
• Taking exclusion criteria medications (n=9)
115 individuals met inclusion criteria
Could not contact (n = 14)
101 individuals completed telephone interview with MINI 5.0
Unsuccessful Telephone Interview (n=49)
• Subclinical (n = 17)
• Decided not to proceed (n = 10)
• No appropriate smartphone (n = 10)
• Recent commencement of CBT (n = 1)
• Completed similar e course (n=5)
• Changing medication/using exclusion medication (n = 6)
52 participants met all inclusion criteria and were randomized into T1 or T2
T1 – Mobile group (n = 22)
T2 – Computer group (n = 30)
• Did not complete Pre-Treatment Questionnaires (n=7)
• Did not complete Pre-Treatment Questionnaires (n=9)
• Withdrawn (n=1)
15 completed Pre-Treatment Questionnaires
20 completed Pre-Treatment Questionnaires
Eligible for analysis (started lesson 1), n = 15
10 participants completed all lessons
(1 terminated at lesson 1, 1 at lesson 2, 2 at lesson 4, 1 at lesson 5)
Eligible for analysis (started lesson 1), n = 20
14 participants completed all lessons
(2 terminated at lesson 1, 1 at lesson 3, 3 at lesson 5)
10 Completed Post-Treatment Questionnaires
15 Completed Post-Treatment Questionnaires
Completed 3 month Follow Up Questionnaires, n=9
Completed 3 month Follow Up Questionnaires, n=14