

Evidence-Based Apps		
CBT		<i>IntelliCare</i> is a series of NIH-funded CBT-based apps for anxiety, depression, and insomnia. The full suite is at http://intellicare.cbitts.northwestern.edu/ and individual modules are in most app stores.
Deep breathing		<i>Breathe2Relax</i> teaches deep breathing exercises.
Insomnia		<i>CBT-i Coach</i> is a free app that helps patients track their progress in CBT-Insomnia.
Mindfulness		<i>Stop, Breathe & Think</i> is an accessible mindfulness app. Other mindful options include <i>Insight Timer</i> , <i>Smiling Mind</i> , <i>iMindfulness</i> , and <i>Mindfulness Daily</i> .
Mood charting		<i>DBSA Wellness Tracker</i> teaches patients how to rate their mood in a daily chart. Most other mood trackers focus on emotions rather than symptoms that are more specific to mania and depression.
Suicidality		<i>Virtual Hope Box</i> reminds clients of reasons to live and employs CBT-based crisis survival skills for suicidality.
Med reminders		<i>Medisafe</i> was the top-ranked app in a systematic review of 272 options. For privacy, it can be used without registering. The free version works fine, but \$4 a month gets reminders in Barack Obama's voice and a host of other features.

From the Expert Q&A
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with John Torous, MD, MBI

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