

# Use of the MyPossible Self App in Care and Management of Depression

Jenna Minnix, Kate Lynch, Chloe Niesen, Caroline Roop



## Introduction

Modern technology has allowed for countless improvements in access to mental health resources. One way in which this has been improved is through the use of smart phone applications that allow for tracking of symptoms, management techniques, education, and improved availability of resource. MyPossible Self is an app which allows all of these functions and supports multiple different aspects of mental health, not only depression.

## Diagnostic Criteria

What is depression?  
Depression is classified as a mood disorder under the DSM-5 criteria.  
DSM-5 outline that depression includes 5 or more of the following symptoms: depressed mood, loss of interest or pleasure, significant unintentional weight loss, sleep disturbance, psychomotor changes, fatigue, sense of worthlessness, impaired thinking or concentration, or recurrent thoughts of death. These symptoms occur most of the time for at least 2 weeks (Substance Abuse and Mental Health Services Administration).

## Epidemiology

Depression has an estimated worldwide effect on 5% of the world population. It is seen that women have a greater prevalence than men, however we also know that men are less likely to receive a diagnosis. Depression is known to increase levels of suicide, the 4th leading cause of death for 15–29-year-olds. Due to lack of resources, social and economic barriers, over 75% of people in low-income countries do not seek or receive treatment (WHO, 2023).

## App Analysis

MyPossible Self offers a holistic approach to mental health by offering a variety of tasks, materials, and experiences tailored to each user's input, struggles, and goals.

- Use of Cognitive Behavioral Therapy to help make problems feel more manageable by breaking them down into 5 categories: situations, thoughts, emotions, physical feelings and actions.
- Mood tracking: daily check in to see how your mood fluctuates over time, at different times of day, and with different stressors.
- Journaling: Offers space for mood, sleep, diet, activity, grief, anxiety, and thought journaling.
- Relaxation Exercises: Guided breathing, meditation, yoga, sleep meditation, sounds, and stories.
- Nutrition: Articles, recipes, exercise, podcasts all on mental health and nutrition.
- Lifestyle: Podcasts, articles, and sessions focused on lifestyle changes and improvements.
- Self-Love: Motivation through articles, podcasts, and affirmations. (My Possible Self, 2021).

My Possible Self is completely free to use, there are no premium resources, all are included making it accessible to more populations.

All these resources allow for a multifaceted approach to mental health. Implementing consistency through tracking, allowing for in the moment intervention in times of need, and allowing for reflection on patterns and tendencies. In the case of depression, all of these things are necessary to help individuals to access their minds and allow for growth and symptom improvement. For patients, this app may provide a sense of control over their mental health.

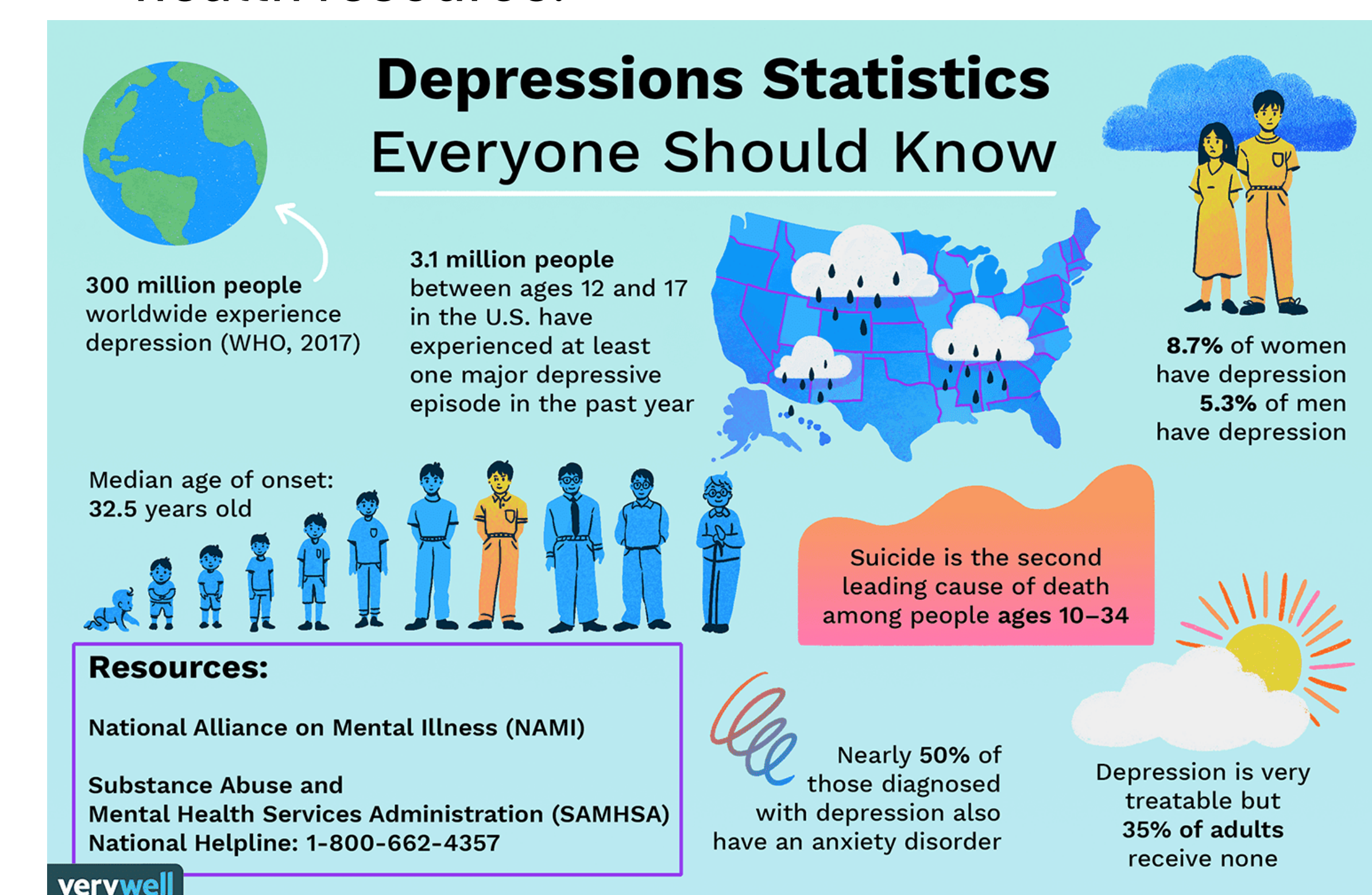
## MARS Scale

Section	Mean Score
Engagement	4.2
Functionality	5
Aesthetics	5
Information	3.9
App Quality Mean	4.5

(Young and Well Cooperative Research Center)

## Conclusion

My Possible Self was created by Joanne Wilkinson with collaboration from Priority Healthcare a leader in Mental Health Services. My Possible Self is a great tool for nurses to refer to clients who are diagnosed with mental illness or raise concern about their mental health. Its cohesive approach allows for easy access to a variety of resources and offers immediate help in the event of a mental health emergency. This app also encourages consistency and application of care behaviors into patients' daily routines. As a user My Possible Self is incredibly easy to use and navigate, completely free of charge, and attractive to the eye encouraging use and engagement. Many aspects of this app encourage personalization with the ability to target different behaviors, thoughts, and patterns making it ideal as a mental health resource.



## References

- Amy Morin, L. (2022, April 19). *How many people are actually affected by depression every year?*. Verywell Mind. <https://www.verywellmind.com/depression-statistics-everyone-should-know-4159056>
- Substance Abuse and Mental Health Services Administration. (n.d.-b). *Table 9, DSM-IV to DSM-5 major depressive episode/disorder comparison - DSM-5 changes - NCBI bookshelf*. *DSM-5 Changes: Implications for Child Serious Emotional Disturbance* [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK519712/table/ch3.t5/>
- The Mental Health App; self-help learning, Mood Tracking and insights*. My Possible Self. (2021, March 11). <https://www.mypossibleself.com/how-it-works/>
- World Health Organization. (n.d.). *Depressive disorder (depression)*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/depression>
- Young and Well Cooperative Research Center. (n.d.). *MARS App Classification Scale*.