

## edupression.com® Mood Chart

### INSTRUCTION MANUAL

This instruction manual will help you to use edupression.com® properly. Therefore, please read this document carefully and follow the instructions contained therein as closely as possible. If you have any questions, the edupression.com® team is available to answer them in the supported forums or via the e-mail address [kontakt@edupression.com](mailto:kontakt@edupression.com) during normal business hours.

### INTENDED USE

The edupression.com® Mood Chart is designed to continuously record and monitor changes in patients' mood, lifestyle habits, and factors that may affect their mood. It includes the monitoring

- of depression symptoms,
- of mood instability,
- of residual symptoms of unipolar depressed patients
- as well the presence of depressive "sub-threshold symptoms",

which gives the patient visual feedback on disease progression and therapy response.

In addition, the mood chart is used to monitor newly developing depressive symptoms in the context of a relapse and thus supports the early detection of a relapse by the patient.

In addition, the edupression.com® Mood Chart supports the patient's recognition of temporal relationships between depressive symptoms and factors that can have a positive or negative influence on the course of the disease or the response to therapy. Thus, the edupression.com® mood diagram supports desired behavioral changes by the patient.

### FUNCTION

By using the edupression.com® mood chart, patients receive a graphic representation of

their complaints; this gives them the opportunity to monitor the course of the disease during therapy, but also an early warning system that indicates possible deteriorations after recovery ("remission").

Through the graphical feedback of the edupression.com® Mood Chart you can immediately recognize changes in mood. Furthermore, you can make an intangible illness visible and tangible for yourself and his/her social environment. This may help in dealing with work colleagues, friends and family and creates understanding for an illness that is still stigmatized.

### CONDITIONS OF USE

You need a computer, a laptop, a smartphone or a tablet PC with Internet access as well as a browser in a current version (Google Chrome, Mozilla Firefox, Internet Explorer/Edge or Safari). Furthermore, you need an e-mail address. Special computer skills are not required.

Language skills in German or English are required.

### AREA OF APPLICATION

edupression.com® Mood Chart is suitable for all unipolar depressive disorders without psychotic symptoms, as well as for depressive moods that are below the diagnostic threshold of a depressive episode.

### CONTRAINDICATION



edupression.com® Mood Chart is not suitable for patients with bipolar depression, or patients with psychotic symptoms or suicidal ideation.

### METHOD AND DURATION OF APPLICATION

Access to edupression.com® is possible via a code to be entered during registration. The period of use per code covers the prescription period from initial registration.

During this period, users are given access to the activity feed (Home). This is used to query the mood on a daily basis (daily log). The visual history can be viewed and downloaded under Reports.

## NOTES

A medical examination should always be carried out at the beginning of treatment for unipolar de-pressive disorder in order to exclude physical causes (e.g., thyroid disease). Any change in existing medication and/or treatment should not be made without consulting your doctor/psychotherapist. Furthermore, we recommend contacting your doctor or your therapist if your mood and condition do not improve for a longer period of time (several days/weeks) or if they even worsen acutely.

Suicidal thoughts or thoughts of harming yourself can occur as a symptom of depression. If you experience these thoughts acutely, we strongly recommend that you consult your doctor or psycho-therapist, or the nearest hospital.

SOFY GmbH recommends the use of the edupression.com® Mood Chart in consultation with the treating doctor, psychotherapist or psychologist. (These three professional groups are often simplified at edupression.com® as "depression specialists").

## FREQUENCY OF USE

The mood chart should ideally be used daily, preferably in the evening before going to bed.

## MINIMUM AGE

edupression.com® Mood Chart is suitable for patients aged 18 and over.

## SIDE EFFECTS

We are not aware of any side effects.

Not all patients may be able to benefit from program use. This can potentially trigger feelings of disappointment.

If any side effects occur in connection with the use of edupression.com® Mood Chart, report them immediately to your doctor or psycho-therapist or contact us by e-mail at [kontakt@edupression.com](mailto:kontakt@edupression.com).

## INTERACTIONS

We are not aware of any interactions.

## EMERGENCY INFORMATION

In case of emergencies (e.g., crises, suicide risk), contact your attending physician/psychotherapist, or a hospital in your area immediately. Alternatively, please dial the emergency numbers applicable to your country.

## MANUFACTURER



SOFY GmbH, Am Renninger 8, 3400 Klosterneuburg, Austria

## STATE OF THE SOFTWARE

For the current software version of edupression.com® Mood Chart, please refer to the imprint of the edupression.com homepage.

## STAND OF INFORMATION

2022-03-23

## FURTHER INFORMATION

For further questions, please contact us by e-mail [kontakt@edupression.com](mailto:kontakt@edupression.com).

