

Project scope: Feeling Good App

8 September 2022

Research question

Is the Feeling Good app (FG) clinically and cost effective for (1) the treatment of depression and anxiety in a clinical population, and (2) as a tool for improving wellbeing in a non-clinical population?

Inclusion criteria

The selection of studies for inclusion in the literature review element of the project will be based on the following criteria:

Population	<ol style="list-style-type: none"> 1) Adults with depression and/ or anxiety (no need to have a diagnosis) 2) Adults who want to improve their wellbeing
Intervention	<p>Feeling good is an audio programme delivered via an app. It consists of a training video and 12 audio tracks each lasting 18 minutes. The app delivers ‘positive mental training’ (PosMT) which includes ‘<i>therapeutic techniques from relaxation, mindfulness and positive psychology</i>’. The tracks cover relaxation, breathing, setting up a trigger, learning to visualise, cognitive exercises including positive future visualisation and desensitisation.</p> <p>The manufacturer states that when it is prescribed through primary care, access is guided.</p> <p>Questionnaires assessing depressive and anxious symptoms are offered when the app is downloaded, at 2 weeks and at 7 weeks.</p>
Comparator	<p>For anxiety and depression: other self-managed or guided self-help psychological programmes such as Beating the Blues, Silvercloud, Daylight, waiting for face to face appointment, medication, counselling/CBT</p> <p>For wellbeing: other self-managed or guided self-help psychological programmes such as Silvercloud or Daylight, doing nothing.</p>
Outcomes	<p>For anxiety and depression:</p> <ul style="list-style-type: none"> Clinicians’ opinion on FG as a tool for depression and anxiety Improved anxiety/depression scores Patient reported measures Engagement with app

	<p>Cost related outcomes</p> <p>For wellbeing: Patient reported measures, such as wellbeing, measures of psychological adjustment/positive affect, quality of life Engagement with app Cost related outcomes</p>
Limits	Achieving the outcomes is contingent on evidence being available to appraise and input from colleagues and stakeholder. Where it has not been possible to achieve the outcomes, this will be documented within the final report.

Planned activities

SHTG have agreed on the following activities to support the development of an assessment of a Feeling Good:

To review the evidence on the effectiveness of Feeling Good App to

- 1) Treat depression and anxiety and
- 2) Improve wellbeing in a non-clinical population.

To collect peer-review feedback on the assessment.

End products

At the end of the project, SHTG will publish:

- SHTG Assessment
- Plain language summary

Timescales (approximate)

November 2022