



Plain Language Summary

An assessment of the Feeling Good app

SHTG Assessment | February 2023

What is the Feeling Good app?

The Feeling Good app provides mental health and wellbeing support. It is a set of audio files to listen to over a 12 week programme. The developers say the app uses positive mental training principles from sports psychology. It is to help patients who are feeling distressed. It includes breathing and relaxation techniques. It can help people to think about past memories in a more positive light.

Depression and anxiety questionnaires are built into the app. Users fill these in when they start using the app and at week 2 and week 7.

Why is this important?

Mental health and wellbeing is a major public health challenge in Scotland. Around one in four people experience mental ill-health each year. Services are struggling to cope with this demand. The COVID-19 pandemic has added pressure. Many people are not receiving the support they need. A digital app for mental health and wellbeing support could help many more people.

What we did

We looked for evidence about using the Feeling Good app. We checked to see if it improved wellbeing and depression and anxiety scores for users of the app.

We looked to see if the Feeling Good app meets the standards for use of digital technologies. This includes security of data and ease of use of the app.

What we found

We found the Feeling Good app complied with standards in digital technology.

There wasn't a lot of evidence to show if the Feeling Good app improved depression and anxiety.

What is our conclusion?

We advised the developer about improvements they could make. They could improve how they collect and report evidence. This would help them to prove the value of the Feeling Good app.

What next?

Publication of this report is on our website.

This plain language summary has been produced based on SHTG Assessment of Feeling Good app, February 2023