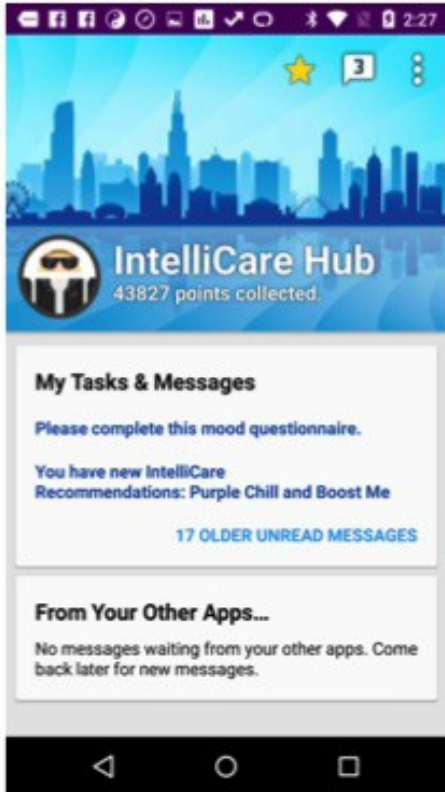


Supplement

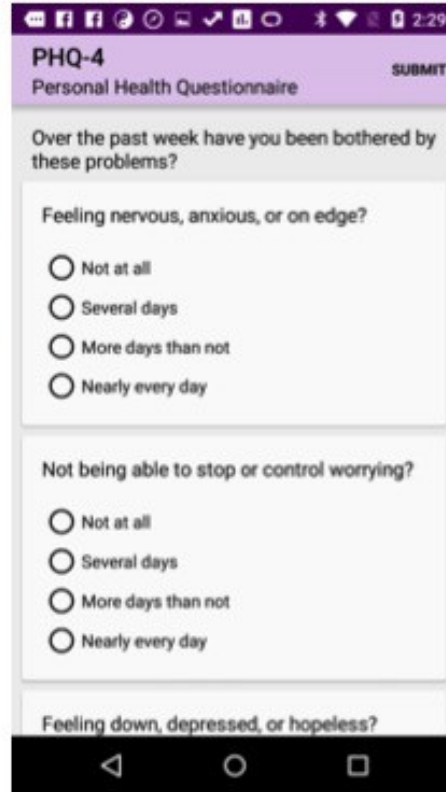
Sample Screenshots from Six of the Patient-Facing Apps and from Coordinator Dashboards

IntelliCare Hub

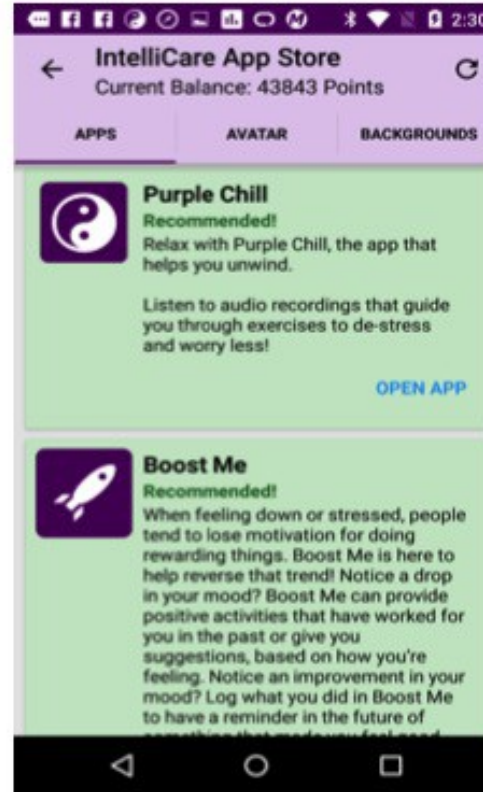
Manages messages and notifications from the other apps within the IntelliCare collection.



App home screen consolidates messages from all IntelliCare apps.

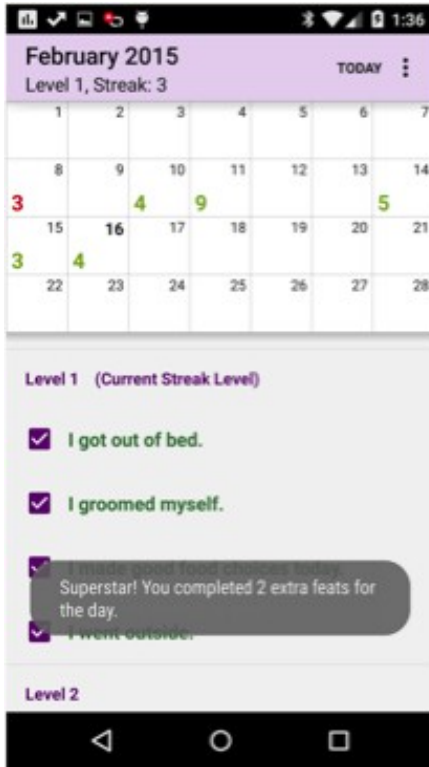


Users are prompted by completion of symptoms from other IntelliCare apps likely to be useful for the IntelliCare app. Users can be downloaded directly through the Hub.

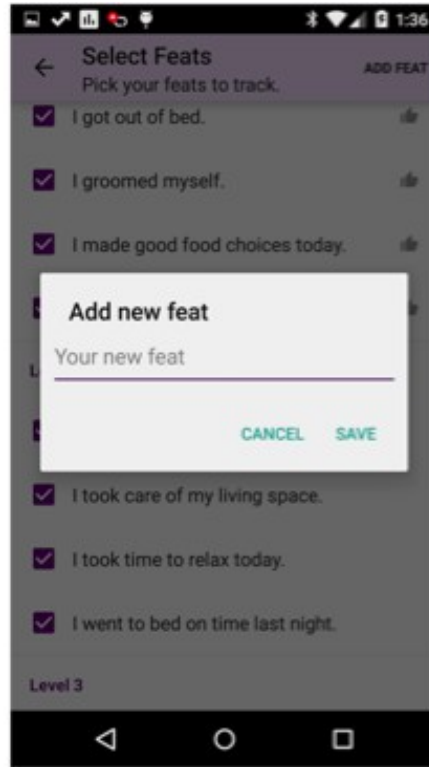


Daily Feats

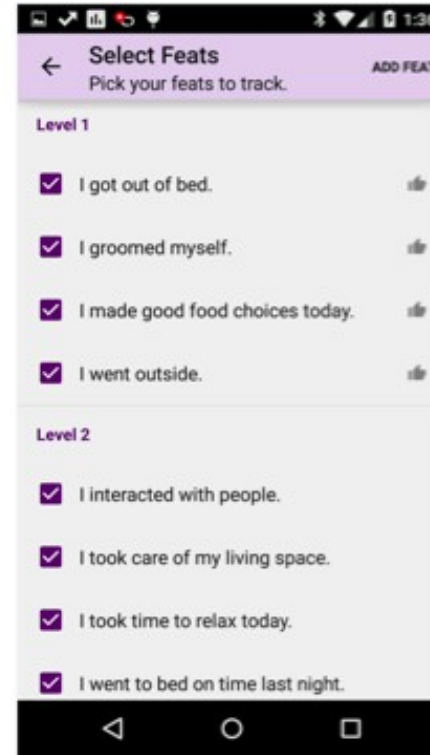
Encourages the user to incorporate worthwhile and productive activities into the day. Users add accomplishments to the Feats calendar, where they can track their positive activity streaks and level up by completing more tasks.



On download, user answers a few questions about their mood. Users are given 4 mood-appropriate “feats” to check off each day.



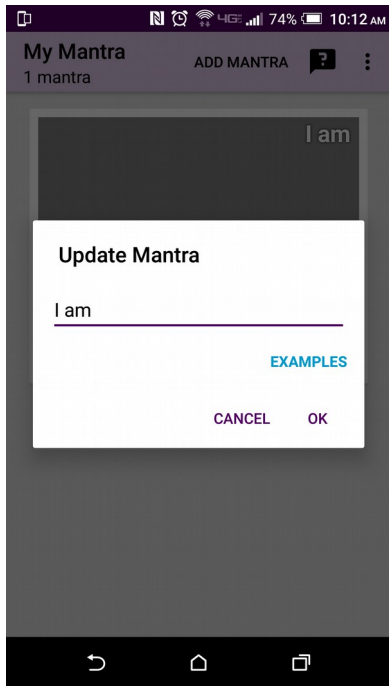
Users are given the option to add their own personal activity goals to their list



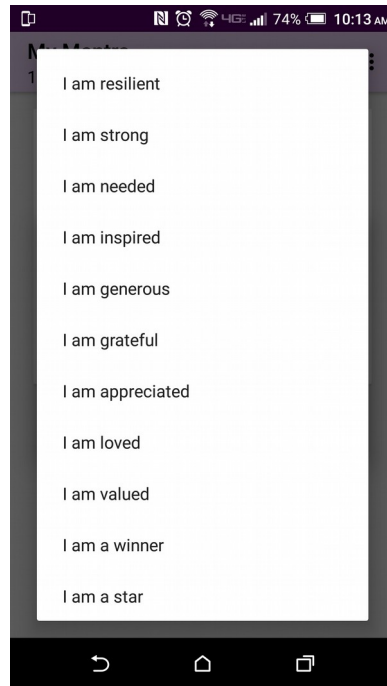
When users complete a streak (by completing more than 2 feats at their current level for 5 consecutive days), they are moved to the next level.

My Mantra

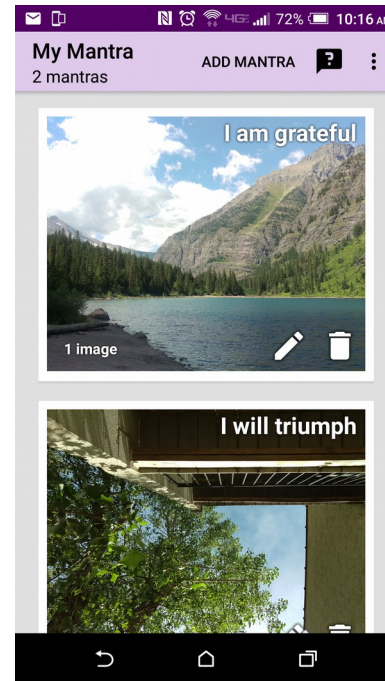
Prompts the user to create mantras (or repeatable phrases that highlight personal photo strengths and values and can motivate one to do and feel good) and construct virtual albums to serve as encouragement and reminders of these mantras.



Users are prompted to enter a mantra upon opening the app



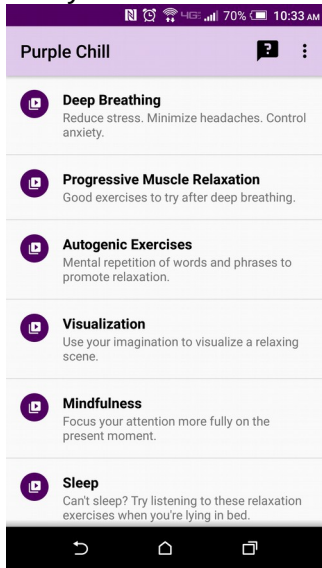
To get users started, a list of examples is provided



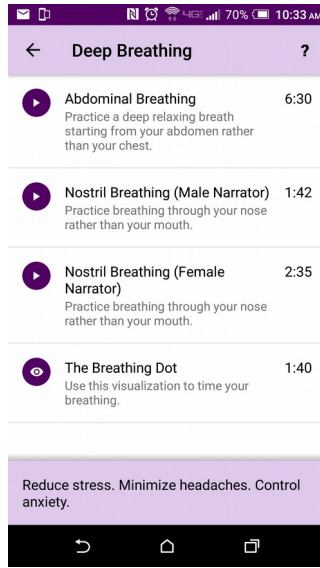
After a mantra is created, the app prompts the user to add a photo. Previously entered mantras and their associated pictures appear on the home screen

Purple Chill

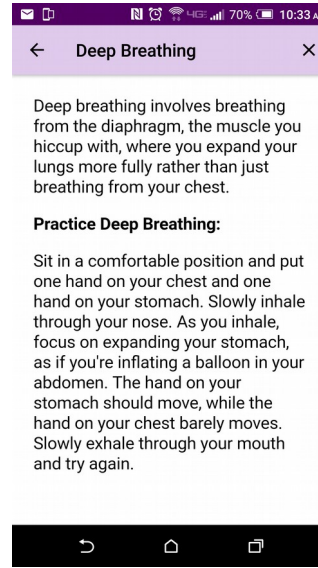
Provides users with a library of audio recordings to relax and unwind. Teaches a variety of relaxation and mindfulness practices to de-stress and worry less.



The home page displays groups of relaxation tracks organized by relaxation technique



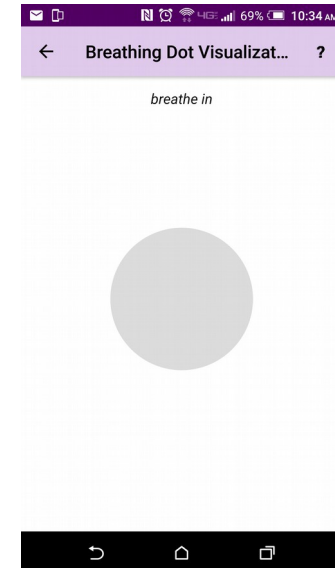
Users are provided with brief information about the nature and length of the track



There is an introduction to each group of tracks that provides additional information about the technique



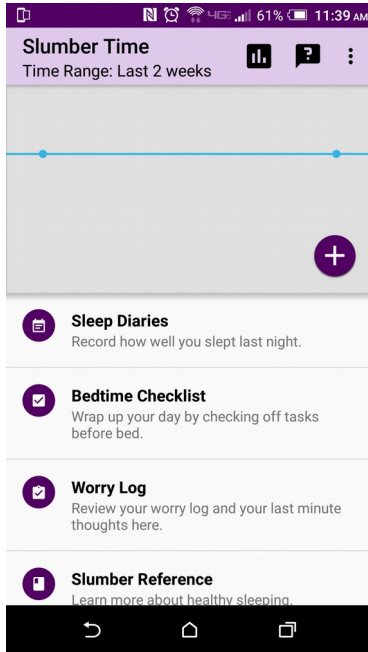
Audio tracks are paired with a relaxing visual image and can be paused



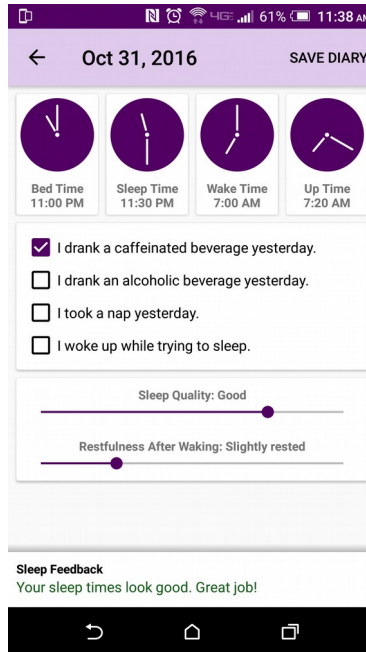
Visualizations are provided, such as the breathing dot in which the dot expands and retracts to guide breathing

Slumber Time

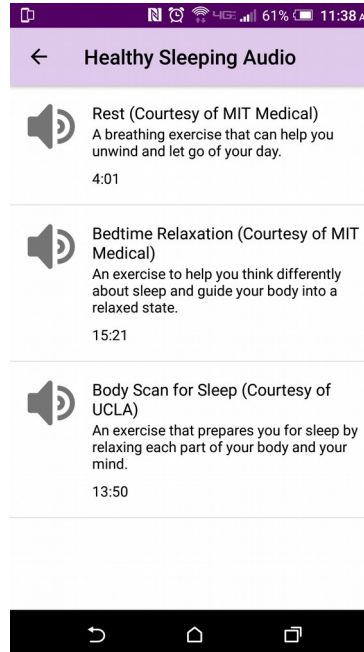
Prompts the user to complete sleep diaries to track sleep. Provides a bedtime checklist intended to clear one's mind before going to sleep. Provides audio recordings to facilitate rest and relaxation. Features an alarm clock function.



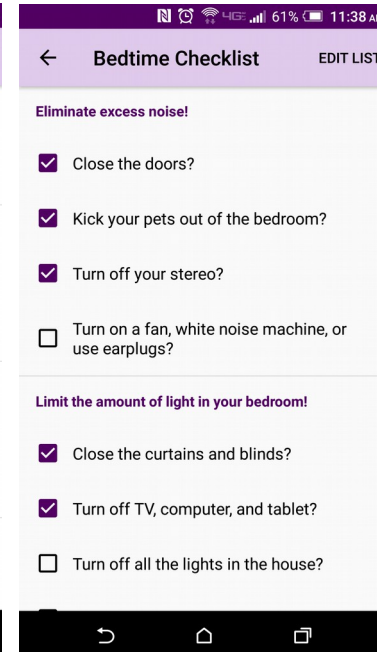
The home screen provides a graph of recently entered sleep data and allows the user to select different features of the app



Users are prompted to complete a sleep diary each day and receive automated feedback



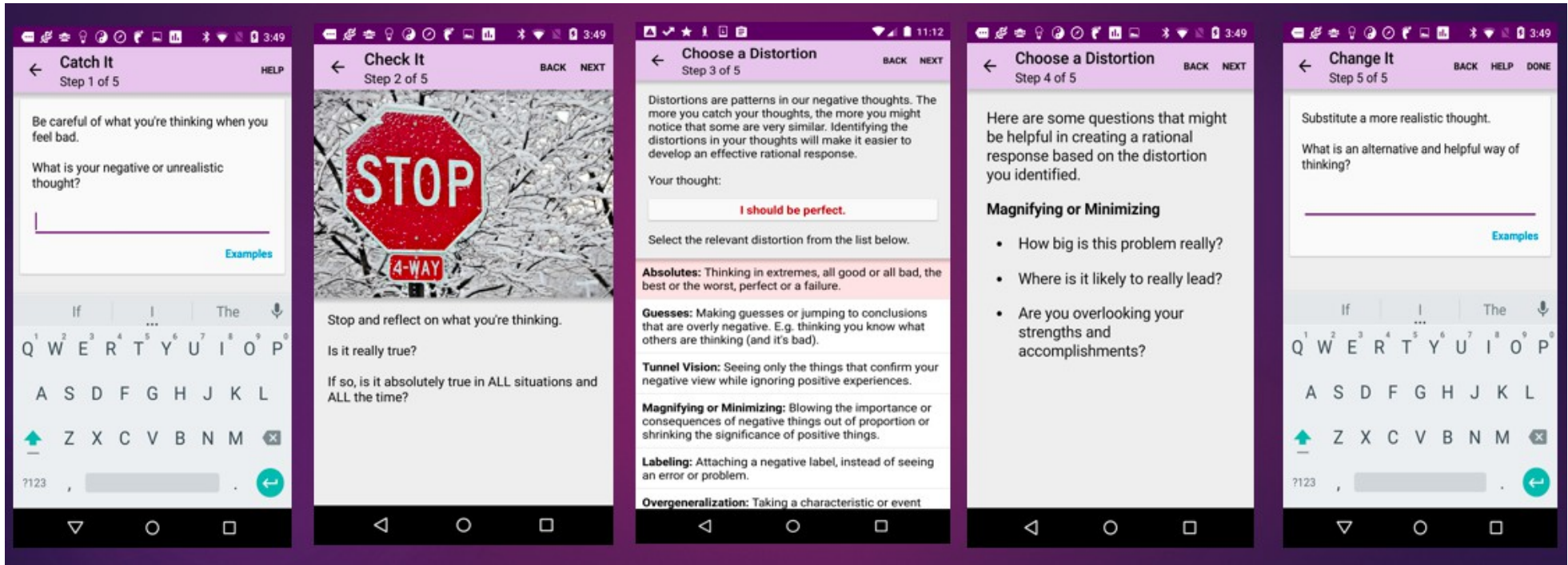
Users can access a library of audio tracks intending to prepare the user for sleep



The bedtime checklist includes preprogrammed items and allows the user to add new, original items

Thought Challenger

A more traditional app that guides the user through an interactive cognitive restructuring tool to examine thoughts that might exaggerate negative experiences, lead one to be overcritical and bring down one's mood. Teaches the user to get into the habit of changing perspective and moving toward a more balanced outlook on life.



To begin the thought challenging process, users are prompted to identify a specific



Next, users are prompted to question the validity of their



Users view information on different types of cognitive distortions, and select the relevant type



Users are prompted with distortion-specific questions to help them create an alternative thought

Finally, users are prompted to enter an alternative thought and can access examples to help guide them

IntelliCare Coach Dashboard

Our IntelliCare coach dashboard houses the text messaging interface and displays patient engagement with the app suite, including which apps are being used and when. The dashboard also includes alerts to support efficient triage and clinical decision-making and patients total score on brief symptom questionnaire (PHQ-4). Due to research protocols, this dashboard does not contain content from the apps (e.g. data from text fields as displayed below), which would be added in the proposed study.

The screenshot shows the IntelliCare Coach Dashboard interface. At the top, it says "IntelliCare Coach Dashboard" and "Logged in as leland.bardsley@northwestern.edu".

Participant Alerts:

- Urgent Alerts: 0
- Important Alerts: 0
- Other Alerts: 0

Active Participants:

Participant ID	Enrollment Date
1566	No Enrollment Date
1557	No Enrollment Date
1587	No Enrollment Date
1561	Enrolled Feb 5
1580	Enrolled Feb 4
✕ 1555	Enrolled Feb 2
1538	Enrolled Jan 29
1537	Enrolled Jan 28
1510	Enrolled Jan 22

App Usage (Last 2 Weeks): A dot plot showing activity for 3 apps over 6.693 days. A red arrow points to a dot on Feb 09, 2016, with a tooltip that says "Daily Feats". Another red arrow points to a bar at the bottom of the chart that says "Click to open for more information".

Participant Details:

- Study ID: 1561
- Enrolled: Fri, Feb 5, 2016
- Assessments: WAI, PHQ-4 (4)
- Installed Apps: Boost Me, IntelliCare Hub, Purple Chill
- Recommended Apps: Aspire, Worry Knot
- Phone Model: LGMS345

Text Messaging Interface:

Input field: "Please only enter the digits of the phone number..."

Message input: "Enter your message here..."

Status: "160 characters remaining" | "Sending from (312) 313-1368..."

Message 1: "Good Morning! You're now starting Week Two. As you are just getting familiar with Purple Chill, would you like to keep focusing on Purple Chill for this week?"
From: leland.bardsley@northwestern.e @ 9:58 am - Friday, February 12th 2016

Message 2: "Thank you! Me too!"
To: 1561 @ 7:14 pm - Thursday, February 11th 2016

Participant Notes:

- Week 1 App - Boost M

Annotations:

- "indicates text waiting" points to the ✕ icon next to participant 1555.
- "Hover over use dots for more information" points to a dot in the app usage chart.
- "Click to open for more information" points to a bar in the app usage chart.

IntelliCare Coach Dashboard (continued)

A pop-up window allows coaches to view PHQ-4 responses in more detail and includes individual responses, prior scores, and a graphical representation of change over time.

IntelliCare Coach Dashboard

Logged in as [Ieland.bardsley@northwestern.edu](#) | [Change Password](#) [Logout](#)

Participant Alerts

- Urgent Alerts 0
- Important Alerts 0
- Other Alerts 0

Active Participants

1566	No Enrollment Date	!
1557	No Enrollment Date	!
1587	No Enrollment Date	!
1561	Enrolled Feb 5	
1580	Enrolled Feb 4	
✉ 1555	Enrolled Feb 2	
1538	Enrolled Jan 29	
1537	Enrolled Jan 28	
1510	Enrolled Jan 22	
1477	Enrolled Jan 7	
1493	Enrolled Jan 7	

indicates text waiting

App Usage

3 apps, 6.69h

PHQ-4 History

Logged	total	anxious	hopeless	interest	worry
Feb 8, 2016	1	0	1	0	0
Jan 31, 2016	3	1	1	0	1
Jan 28, 2016	4	1	1	0	2
Jan 21, 2016	3	0	1	1	1
Jan 15, 2016	3	1	1	1	0
Jan 7, 2016	6	2	2	1	1

Participant Details

Study ID
1561 Active

Enrolled
Fri, Feb 5, 2016 Current Week
2 (Feb 12 - Feb 19)

Assessments

Assessment	Date
WAI	Feb 7
PHQ-4 (4)	Feb 5

Installed Apps

App	Last Use (Installed)
Boost Me	1d (Feb 5th)
IntelliCare Hub	Today (Feb 5th)
Purple Chill	Today (Feb 10th)

Recommended Apps

App	Date
Aspire	Feb 12
Worry Knot	Feb 12

Phone Model LGMS345 **Android Version** 5.1.1

Participant Notes

Week 1 App - Boost Me - 2/5-2/11

Participant Goals

[+](#)

Ieland.bardsley@northwestern.edu @ 8:40 am - Thursday, February 11th 2016