 This study has not been approved to GO LIVE as yet.

# Enhancing Engagement with Psychosocial Interventions (EEPI)

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## ANXIETY METER

You've just completed a quiz measuring anxiety symptoms.

Your score of **5** indicates that you are currently experiencing mild symptoms of anxiety.

### Does this sound right to you?

It's normal to experience some anxiety, but when those feelings start to interfere with the things you need to do in your life, or make you feel upset or distressed **it's time to do something about it.**

Psychological therapies are **highly effective** at improving symptoms of anxiety. Starting now is important as it can also help you prevent your symptoms from getting any worse.

The myCompass program is easy to use, and can help you learn effective psychological techniques to **improve how you feel today** and in the future.



## DEPRESSION METER

You've also completed a quiz measuring depression symptoms.

You've also completed a quiz measuring depression symptoms.

Your score of **5** indicates that you are currently experiencing mild symptoms of depression.

### Does this sound right to you?

It's normal to sometimes feel depressed or sad, but when those feelings start to interfere with the things you need to do in your life, or make you feel upset or distressed **it's time to do something about it.**

Psychological therapies are **highly effective** at improving symptoms of depression. Starting now is important as it can also help you prevent your symptoms from getting any worse.

The myCompass program is easy to use, and can help you learn effective psychological techniques to **improve how you feel today** and in the future.

Visually appealing content

Feedback about symptoms

Addressing lack of motivation

Addressing ease of use and potential for improvement

Just a score - No comparison to others (e.g., graph)

Showing this program can help them.

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Trustworthy source with existing reputation

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Coloured, but neutral imagery (to increase broad appeal)



## WHAT IS IT?

- **myCompass** is a **free program** you can use to help improve your mental health.
- **myCompass can help you**, because our test showed that you are experiencing **mild-to-moderate symptoms** of depression, anxiety and/or stress.
- **myCompass** is private and confidential.

Cost-free

Privacy/data security – link to privacy policy



## HOW DOES IT WORK?

- **myCompass** is **tailored to you**. It provides **information and strategies** for challenging unhelpful thoughts and feelings to help you improve your mood and reduce your stress and anxiety.
- Depending on your responses to questions during registration, **myCompass** recommends online learning modules that will **best match your needs**.
- You can also choose to do the **modules you want**, based on your interests.
- **myCompass** will show you how to track your thoughts, feelings and behaviours and will help you **learn about your own thought patterns and triggers**.

Tailored

Info about content

Tailored

Variety in content

Information about program content

Flexible, tailored to personal preferences



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\*note – underlined text will link out to evidence.

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## HOW MUCH TIME DOES IT TAKE?

- The program is **flexible**, but you will get the most out of it if you do **two modules each week for 7 weeks (14 total)**. Two modules take about 60-90 minutes.
- The modules are split into **three short 10-15 minute sessions** so you can fit them into your day.
- Mood-tracking only takes around **1-2 minutes per day**.

Addresses concerns about time issues



## DOES IT WORK?

- **myCompass** contains proven psychological techniques that psychologists use, such as cognitive behaviour therapy (CBT).
- myCompass can be as effective as antidepressants and can help you achieve longer-lasting and more permanent improvements to mood, anxiety and stress.

Evidence that the program is effective

Challenging lack of e-mental health knowledge - Evidence that it is equivalent to other treatments



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\*note – underlined text will link out to evidence.

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Go to Mycompass

## WHY SHOULD I DO IT?

- It works.
- It's easy to use
- The tests you took suggest you **may be experiencing some difficulties** with symptoms of anxiety or depression. myCompass is designed to reduce these unhelpful feelings.
- It's **worth your time** to improve your life.
- Online programs and apps are being increasingly used by people in the community to **look after their mental health in their own time**.

More evidence that it works

Ease of use

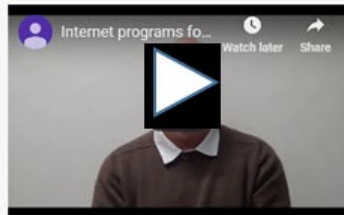
Worth the "effort"

Addressing societal and peer norms

Accessible transcript

## WHAT PEOPLE SAY?

Video Transcript



Testimonials x 2

*Millie: "Practising some of the activities can be really difficult at first, and some days you just won't want to do any of it – but it is worth keeping going, because it can actually make a difference to how you feel"*

*John: "With e-mental health services you can track your progress, and even do it in your pyjamas late at night"*

Key motivating quotes (x2) for adherence and ease of use



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