



**Black Dog**  
Institute

myCompass

# myCompass

An online self-help tool for patients with depression, anxiety and stress.

Information for health professionals



# What is myCompass?

Black Dog Institute developed myCompass to help people better self-manage mild-to-moderate symptoms of depression, anxiety and stress. It delivers evidence-based psychological techniques via a range of online learning activities that are personalised based on the user's profile.

Approved by the Therapeutic Goods Administration (ARTG, 370955), it's an effective e-health tool for your patients as they can work their way through a self assessment and 14 interactive activities to improve their symptoms.



# How does it work?

- > The activities are personalised based on the user's needs, or they can select learning activities that interest them.
- > The lifestyle tracking feature allows users to track their thoughts, feelings and behaviours, and the tool will provide graphical feedback to help them recognise unhelpful patterns and possible triggers.
- > myCompass has demonstrated through randomised control trials<sup>1</sup> significant improvement in symptoms of depression, anxiety and stress and in work and social functioning with improvements persisting for 3 months.



# The benefits of eMental health

- > Provides convenient, flexible and easily accessible support that is available anytime, anywhere.
- > Can provide an introduction to therapy, or an alternative for people averse to face-to-face treatment.
- > Saves you time and can reduce waitlists, allowing you to focus on patients for whom e-mental health approaches are not appropriate.
- > myCompass is cost-effective to the health system<sup>2</sup> and can be accessed by large populations.

## Who is it for?

myCompass is for people who:

- > Have depressive, anxious and/or stress symptoms in the mild to moderate range.
- > Would like to improve their mental health.
- > Read English with ease.
- > Are aged over 18.



## What's the commitment?

- > Ideally, users need to commit to the program for a minimum of 7-weeks to gain the full benefit.
- > Each online learning activity is comprised of up to three 10-15-minute sessions that can be completed at the user's convenience.
- > Completing the tracking component takes around 1-2 minutes per day.

## Referring patients to myCompass

- > Familiarise yourself with myCompass, so that you know the key program features and how the program works.
- > Refer suitable patients to myCompass, either by e-mailing them a link to the program or providing them with a printed myCompass patient information sheet.
- > Show your patients what myCompass looks like on your desktop computer, tablet or mobile phone.
- > Follow up with your patients about their use of myCompass. Ask about any difficulties they are having and/or gains being made.
- > In addition to referring people with established mental health problems to the program, recommend it to people that you feel might be vulnerable by virtue of family history, personality and/or social-environmental factors.

1. Proudfoot, Judith, et al. Impact of a mobile phone and web program on symptoms and functional outcomes for people with mild-to-moderate depression, anxiety and stress: a randomised controlled trial. *BMC Psychiatry* 2013;13:312. <http://doi.org/10.1186/1471-244X13-312> Published online November 18, 2013.

2. Solomon, Daniela, et al. e-CBT (myCompass), Antidepressant Medication, and Face-to-Face Psychological Treatment for Depression in Australia A Cost-Effectiveness Comparison. *J Med Internet Res*, 2015 Nov; 17(11): e255. Doi:10.2196/jmir.4207 Published online November 11, 2015.



## More information

eMental Health. A guide for GPs.

> Available at: [racgp.org.au](http://racgp.org.au)

eMental Health in Practice.

> Available at: [emhprac.org.au](http://emhprac.org.au)

**[mycompass.org.au](http://mycompass.org.au)**



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myCompass has been approved by the Therapeutic Goods Act (ARTG, 370955). Follow the instructions for use.