



Technical Information

myCompass for Health Professionals

DESCRIPTION

- myCompass is a free Cognitive Behaviour Therapy (CBT) based program for people with mild to moderate depression, anxiety and stress.
- Its fully automated (no therapist input) and available on any internet-enabled device, including mobile phones, tablets and desk-top computers.
- No referral needed and registration is free.
- Funded by the Commonwealth Department of Health.

WHO IS IT FOR?

Requiring minimal technical skills, myCompass is for people who meet the following criteria:

- Would like to improve their mental health.
- Depressive, anxious and/or stress symptoms in the mild-to-moderate range.
- Aged 18 – 75 years.
- Read English with ease.

HOW IT WORKS

- myCompass provides a tailored online program for the user based on the completion of a profiling questionnaire at registration. In-built algorithms determine the three highest ranked symptom areas and recommend the self-monitoring dimensions and psychoeducation activities that may be of greatest benefit.
- Psychoeducation activities derive from CBT (predominantly), Interpersonal Psychotherapy, Problem-solving Therapy and Positive Psychology.
- myCompass also provides symptom tracking, allowing the user real-time self monitoring of problem moods, thoughts and behaviours. Graphical feedback is presented to users each time they monitor their symptoms, prompting them to look for unhelpful patterns and possible triggers.

USER COMMITMENT

- Ideally, users need to commit to the program for a minimum of seven weeks to gain the full benefit.
- Psychoeducation activities are comprised of up to three 10-15 minute sessions that can be completed at the users convenience.
- Completing the mood tracking component takes around 1-2 minutes per day.

CONTRAINDICATIONS

- The effectiveness of mycompass in severely distressed adults has not been examined. While this does not prevent people within this symptom range from using myCompass, use should be supported closely with human contact from a GP or Mental Health Professional.
- The effectiveness of myCompass in people under 18 has not been examined. As program content within myCompass has been developed to support an adult audience, use of myCompass in this age group is not recommended.





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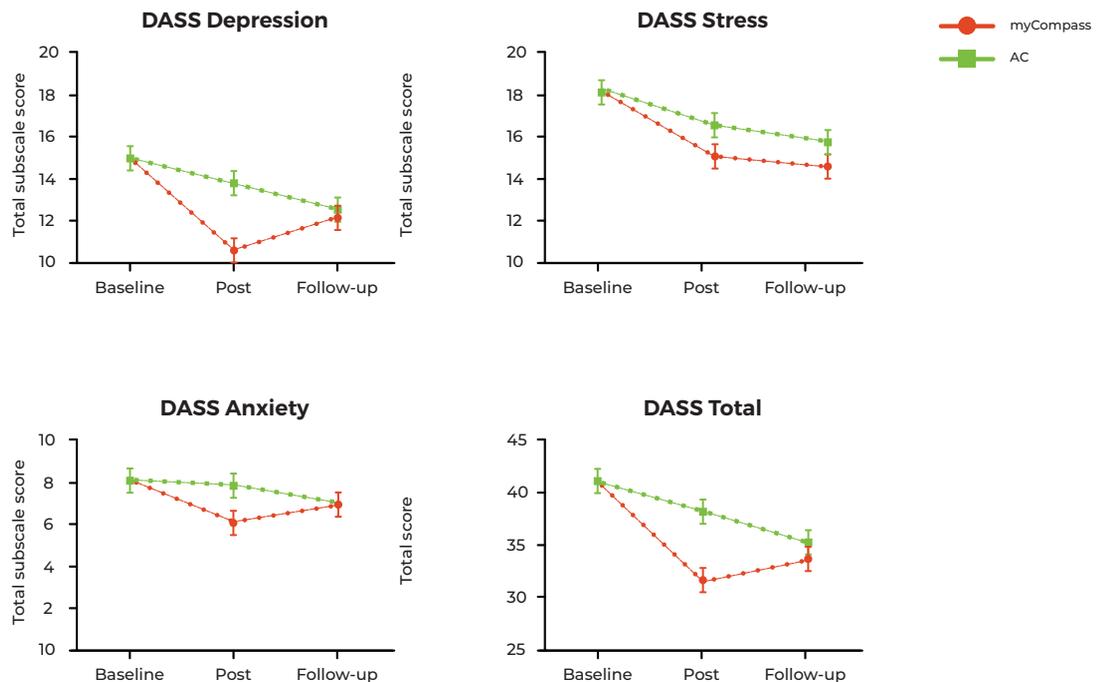
REFERRING PATIENTS TO MYCOMPASS

- Familiarise yourself with myCompass.
- Use the 'myCompass brochure for Health Professionals' as a guide for your conversation with the patient.
- Include any myCompass recommendation in your patient notes and on the Mental Health Treatment Plan.
- Use the 'Share myCompass' link available from the [myCompass Health Care Professionals landing page](#) to email the patient a direct link to the myCompass registration page.
- Make follow up plans with your patients about their use of myCompass. Ask about any difficulties they are having and/or gains being made.

CLINICAL TRIALS

myCompass has demonstrated through randomised control trial significant improvement in symptoms of depression, anxiety and stress and in work and social functioning with improvements persisting for 3 months. Community-based volunteers with mild-to-moderate depression, anxiety and/or stress (N = 720) were randomly assigned to the myCompass program, an attention control intervention, or to a waitlist condition for seven weeks. Participants' symptoms and functioning were assessed at baseline, post-intervention and 3-month follow-up, using the Depression, Anxiety and Stress Scale and the Work and Social Adjustment Scale.

The figure below depicts the estimated marginal mean scores comparing the myCompass and attention control (AC) groups at baseline, post-intervention and follow-up using the The Depression, Anxiety and Stress Scales measure (DASS-21).



Full Trial outcomes are published in BMC Psychiatry, and available at <http://bmcp psychiatry.biomedcentral.com/articles/10.1186/1471-244X-13-312>

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