

Results of the November 2021 One-Day Beta Test

Summary

A one-day beta test of 143 volunteer participants the basic training portion of the Feeling Good App indicated that the app outperformed the improvement documented in large numbers of outcome studies involving human therapists using a variety of forms of psychotherapy. The outstanding results were observed in 73 participants with mild or no depression at the initial evaluation as well as 60 participants with moderate to extreme levels of depression at the initial evaluation.

In fact, the mean depression reduction in the patients in the most 60 severely depressed beta test group was 62%, as compared with a mean reduction of only 44% in the patients treated by cognitive therapists, and only 47% in patients treated by non-CBT therapists, even though the patients in our severe beta test group were much more depressed than the patients treated in outcome studies involving human therapists. This result was especially striking, since the human therapists treated their patients for many sessions over many weeks, whereas the app study was limited to one day.

In addition, the Feeling Good App was comparably or even more helpful for the six additional negative feelings we tracked, which included anxiety, guilt, inadequacy, loneliness, hopelessness, and anger, as you'll see in the following tables. We also studied changes in happiness during the day. The one-day boost in happiness was also significant, including an astonishing 80% in the most severe group, and 33% in those without significant depression.

The following tables also show that the Feeling Good app was surprisingly and comparably effective in the 73 mildly or non-depressed individuals,. Many of these individuals had elevated levels of other negative feelings, including anger, anxiety, loneliness, inadequacy, and so forth.

The powerful impact of the Feeling Good App on all of these negative feelings was surprising. These findings indicate that the app will be helpful to practically anyone who wants to feel better, including individuals who are not significantly depressed.

You'll find careful documentation of these findings in the following pages. The data were estimated using OLS (ordinary least squares) as well as SEM (Structural Equation Modeling). The SEM estimates are the most conservative, since they provide consistent parameter estimates, even in the presence of missing data. The OLS estimates are similar.

On the next page, you'll find a brief overview, comparing our findings with the results of large numbers of outcome studies involving human therapists with a variety of orientations. On page 4, you'll find the impact on all seven negative feelings as well as happiness in the mildest and most severe groups.

**Outcome Results, One-Day Beta Test
of the Basic Training Portion of the Feeling Good App**

	Feeling Good App % change in 1-day beta test		Human Therapists % change in outcome studies*	
	No or Mild Dep N = 73, initial dep = 13.6	Mod to Extreme Dep N = 60, initial dep = 61.8	45 CBT studies N = thousands, initial dep = 25.7%	78 non-CBT studies N = thousands, initial dep = 25.7%
Feeling				
Depression	51%	62%	44%	47%
Loneliness	68%	69%	--	--
Anxiety	66%	59%	--	--
Inadequacy	61%	59%	--	--
Hopelessness	61%	59%	--	--
Anger	81%	70%	--	--
Guilt	78%	54%	--	--
Happiness	+ 33%	+ 80%	--	--

* Cuijpers, P, Karyotaki, E, and Weitz, E., et al. The effects of psychotherapies for major depression in adults on remission, recovery and improvement: A meta-analysis, *Journal of Affective Disorders*, 159 (2014) 118–126.

Types of studies using Beck Depression Inventory (BDI)	BDI Baseline	BDI End	Change
78 studies (many forms of therapy)	25.7	13.4	46.9%
45 CBT studies	25.7	14.4	44.0%

**November 2021 One-Day Beta Test Outcome Values
Most severely depressed group, (N = 60, Initial Dep = 61.8)
Structural Equation (SEM Estimates: most conservative)**

Feeling	Start Value	S.E.	P	End Value	S.E.	P	% Change
Depressed	61.8	1.9	***	23.4	2.7	***	62%
Lonely	46.8	3.8	***	14.5	2.6	***	69%
Anxious	54.6	3.4	***	22.3	3.4	***	59%
Inadequate	51.1	3.8	***	20.8	3.1	***	59%
hopeless	50.1	3.4	***	20.2	3.0	***	59%
Angry	42.3	3.7	***	12.7	2.5	***	70%
Guilty	43.9	3.6	***	20.3	3.1	***	54%
Happy	39.1	2.6	***	70.5	2.3	***	80%

**Outcome Values, November One Day Beta Test
Mild / non-depressed participants (N = 73, Initial Dep = 13.6)
Structural Equation (SEM Estimates: most conservative)**

Feeling	Start Value	S.E.	P	End Value	S.E.	P	%Change
Depressed	13.6	1.3	***	6.6	1.3	***	51%
Lonely	16.2	2.6	***	5.2	1.4	***	68%
Anxious	23.2	2.6	***	8.0	1.9	***	66%
Inadequate	16.8	2.2	***	6.6	1.6	***	61%
hopeless	13.2	2.2	***	5.1	1.4	***	61%
Angry	19.7	2.7	***	3.7	1.1	***	81%
Guilty	13.5	2.2	***	3.2	.9	***	78%
Happy	59.2	2.0	***	78.9	2.6	***	33%