



Work With Us Partners with MoodFx to Feature New Mood Tracker App

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The *Work With Us* program is proud to partner with MoodFx in featuring their new app aimed at helping Canadians better monitor mental health, particularly the symptoms of two of the most common illnesses in Canada, major depression and anxiety. The app was developed by a team of researchers at the University of British Columbia Hospital's Mood Disorders Centre and the UBC eHealth Strategy Office.

Designed to address current gaps in diagnosis and treatment for those with depression, this new web-based tool can be used on any computer or mobile device (e.g., smartphones and tablets) with access to the Internet. It helps Canadians living with major depression and anxiety to better monitor their symptoms and collaborate with care providers, and lets them set weekly appointment and mood monitoring alerts. Users can easily assess their symptoms using clinically relevant and scientifically validated questionnaires prepared by experienced medical professionals.

Developed in close consultation with Canadians living with clinical depression, the app also monitors frequently overlooked aspects of the disorder, such as its impact on cognition and work functioning. Whether a person is experiencing depression, anxiety, cognitive difficulties or difficulty performing day-to-day tasks, the app helps assess how someone is doing over a period of time by using easy to understand graphs to chart results.

The impact of mental health in the workplace is significant. The Mental Health Commission of Canada estimates that mental illness has cost Canadian businesses more than \$6 billion annually in lost productivity from absenteeism and employee turnover.

As a partner program offered by Mood Disorders Society of Canada and The Arthritis Society, *Work With Us* is a workplace-based mental and physical health promotion program that has been offered to over 70 public and private sector employers across Canada. The initiative both raises awareness about mental health and the connection between depression and chronic pain from arthritis and promotes access to important self-management tools.



For more information, MoodFx is available for use for free at www.MoodFx.ca. You can read more about MoodFx on the [Vancouver Coastal Health Research Institute website](http://www.vancouvercoastalhealthresearchinstitute.ca) and follow us on Twitter (@MoodFx).

For more information about this new, free workplace offering, please visit us at: www.workwithus.ca and www.travaillezavecnous.ca or follow us on Twitter @WorkWithUsCA and Facebook /WorkWithUsCanada.

About the Mood Disorders Society of Canada:

The Mood Disorders Society of Canada was launched in 2001 to provide people with mood disorders, their families and caregivers a strong, cohesive voice at the national level on issues relating to mental health and mental illness. With

particular regard to depression, bipolar disorder and other associated mood disorders, the MDSC aims to improve access to treatment, inform research, shape program development and government policy to improve the quality of life for people affected by mood disorders.

About the Arthritis Society:

The Arthritis Society's mission is to provide leadership and funding for research, advocacy and solutions to improve the quality of life for Canadians affected by arthritis. As a leader within Canada's broader arthritis community, The Society conducts research to better understand the impact of arthritis, advocates for progressive arthritis policies, works with stakeholders to promote appropriate standards of care and deliver educational programs to empower those living with arthritis to self-manage their disease.