

## Using smart phone application to improve mental health

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### Issue / Problem:

Mental health of the population has a great impact on productivity, namely on GDP of a country, and is in strong relationship with physical health. Hungarian population has disadvantageous mental health characteristics indeed: prevalence of depression is the highest, suicide rate is the second highest in Europe. Modern technology can be used to improve mental health status of the population.

### Description of the problem:

Smart phone application is an excellent tool for initiating preventive activities (playing sport, stress management programs, etc.) in several special populations. Our newly developed application is able to identify high risk groups and encourage preventive and therapeutic actions.

To test the application, we would have liked to find a target group that is appropriate to get the first feedback information about our software. University students seemed to be such a population (they mostly belong to generations Y and Z and are at high risk of stress and mental disorders), therefore we asked them about using smart tools for mental health promoting activities.

### Results (effects / changes)

Students at higher education reacted really positively for our app. 45% of them would like to use such an application. The mostly required services (in the order of popularity) are:

1. stress management programs
2. personality development
3. psychological tests
4. social events in relevant topics
5. suggesting methods to prevent mental disorders
6. chat-function with relevant experts

### Lessons

Smart phone application is a relevant tool to stimulate mental health promoting activity among university students, so we have already started to test our system among them. The first experiences will be shared at the conference.

### Key messages:

- Using smart tools in mental health promotion is an innovative way to answer special needs and preferences of generation Y and Z.
- Further investigation is needed to specify functions of the application.