

# First Validated iPhone Medical Application for Depression and Anxiety

*Provides a connection via the Web or phone for people displaying suicidal thoughts.*

WASHINGTON, D.C., May 6 (SEND2PRESS NEWSWIRE) – M-3 Information entered the smart phone application environment by offering the M-3 Checklist, a scientifically validated screen for depression and anxiety disorders, at the iTunes store on Friday, April 30, 2010. Adapted from M-3 Information's existing [mymoodmonitor.com](http://mymoodmonitor.com) Web site, this mobile version, called mym3, provides the same validated mental health questionnaire optimized for smart phones. A first in iPhone applications, mym3 is designed to create a bridge between user responses and recommendations set forth in the content-rich M3 Web site application.

For users in distress and at risk of suicide, mym3 provides a direct, one-button link to call a national suicide hotline.

Interactive applications of this sort, offering users validated medical assessment and feedback in real-time, has the potential to greatly improve the dynamics of healthcare delivery for individuals who might otherwise suffer in silence. The value of this technology to college and military populations, among others, is considerable.

The "mym3 app" is available to iPhone (telephone and data) and iTouch (data only) users through the Apple iTunes applications store, where it is for sale for \$2.99. M-3 Information contributes a portion of the proceeds to Mental Health America. Applications for the Droid and Blackberry operating systems are currently under review.

## **About the M-3 Checklist:**

Since the publication of the validation article in March, 2010 the M-3 Checklist has been taken by people in over 120 countries and all 50 states. The M-3 Checklist was validated in a study performed at the University of North Carolina and reported in the March 2010 issue of the Annals of Family Medicine. The study was based on the responses of 647 patients at the University of North Carolina Family Practice Medicine Clinic. Patients can track their M3 score on Microsoft HealthVault via [mymoodmonitor.com](http://mymoodmonitor.com).

## **About M-3 Information, LLC:**

The M3 was developed by a team of mental health, strategic communications, and information management experts, including Robert M. Post, MD, head of the Bipolar Collaborative Network; Bernard M. Snyder, MD, assistant clinical professor of psychiatry at Georgetown University and a cognitive behavioral therapist; Michael L. Byer, director of M-3 Information; Larry Culpepper, MD, family practice program at Boston University; Gerald Hurowitz, MD, assistant clinical professor of psychiatry at Columbia University and a clinical psychopharmacologist.

The free and private screener is available at [www.mymoodmonitor.com](http://www.mymoodmonitor.com) and is independently funded by M-3 Information without pharmaceutical industry support.

News issued by: M-3 Information



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Original Story ID: (5913) :: 2010-05-0506-002

Original Keywords: M-3 Information LLC, M-3 Checklist, Michael L Byer, smart phone application, iPad application, mym3 iPhone app, iTouch, mymmodmonitor, my mood monitor, validated medical assessment and feedback in real-time, one-button link to Mental Health America National Suicide Hotline, M3 score, Microsoft HealthVault, iTunes app store, corrected-copy M-3 Information Washington District of Columbia WASHINGTON, D.C.

Alternate Headline: First Validated iPhone Medical App for Depression and Anxiety Provides Connectionfor People Displaying Suicidal Thoughts

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