

## FACT SHEET

# T2MOOD TRACKER

## MONITOR AND TRACK EMOTIONAL HEALTH



**The T2 Mood Tracker app allows users to monitor and track their emotional health. Developed as a tool for service members to record and review their behavior changes, particularly after combat deployments, it has now become popular with many civilian users around the world.**

The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user's general well-being. Users can also create items to track their progress in unique areas.

The saved results are displayed in an easy-to-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

T2 Mood Tracker received first place in the "General Wellness" category during the 2010 Apps4Army (A4A) competition.

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

### Screenshots



SDD is a component of DHA DAD IO (J-6). For more information, visit [www.health.mil/SDD](http://www.health.mil/SDD). To subscribe for SDD product news, visit <https://public.govdelivery.com/accounts/USMHS DHSS/subscriber/new>.



### Key Benefits

- ▶ Allows users to monitor and track their emotional health
- ▶ Records emotions like anxiety, stress, depression, head injury, posttraumatic stress and general well-being
- ▶ The data is saved in a graphic or spreadsheet file which can be transferred by email or wireless connection

### Key Features

- ▶ Monitor moods and behaviors as they happen
- ▶ Rate moods and save results in easy-to-understand graphs
- ▶ Track emotions and behaviors over time to identify trends or triggers
- ▶ Send results to personal computer
- ▶ Available for free download for iPhone and Android devices

