



PsyberGuide helps empower people to make informed and responsible decisions about digital mental health tools.

With the continuing expansion of technology, clinicians and consumers are presented with a range of new opportunities to use digital tools to help manage physical & mental health. There are thousands of mental health apps out there; recent estimates suggest over 22,000. However, only a small number of these apps have actually been tested or reviewed, and therefore guidelines to help consumers choose good mental health apps are lacking.

**With a bewildering abundance of apps to choose from – how do you separate the good from the bad?
We're here to help!**

What we do:

- We identify available digital mental health products.
- We conduct thorough and unbiased reviews – we look at the scientific evidence behind the app, and try to understand the user experience.
- We provide information and guidelines for developers so that they can develop high-quality, effective apps.

How We Review Apps

Credibility



The Credibility Score represents the strength of the scientific research support for the app itself, and the therapeutic interventions the app provides.

User Experience



Our collaborators use the Mobile App Rating Scale (MARS) to assess the design, accessibility of information, and overall experience that the app provides.

Transparency



The Transparency Score represents the clarity of the app's privacy policy in detailing the data storage and collection procedures of a mobile health product and its associated servers.

In 2017, your generous contributions to PsyberGuide helped us...

- expand the number of apps reviewed on our site - we now have 136 apps reviewed (and counting!)
- conduct research with consumers to gain insights into their experiences and opinions of mental health apps
- develop an additional metric to gauge the transparency of an app's data storage and collection policies
- relaunch our website in a brand new stakeholder-informed and data driven design

Want to continue to support PsyberGuide's mission?

DONATE NOW

All contributions will support our current and future projects and help PsyberGuide continue to provide information to help users and clinicians choose the best software to treat and improve mental health conditions.

You can make a donation at <https://psyberguide.org/donate/>

If you prefer to donate by check or money order, you can make payable to:

One Mind – PsyberGuide

(Include “PsyberGuide” in the memo line)

Mail to: One Mind, PO Box 680, Rutherford, CA 94573

PsyberGuide is a project of One Mind. One Mind is a 501c3, not-for-profit, public benefit corporation. All or part of your donation may be tax-deductible as a charitable contribution. Federal Tax ID #68-0359707.

Current projects

- Improving accessibility for differently-abled visitors to our website
- Re-reviewing apps to maintain a high level of quality and ensure all information is accurate and up to date
- Obtaining additional review of apps from experts in the field

2018 Goals

- Enhance search/filter functions on site
- Increase PsyberGuide visibility through PsyberGuide “badge” for app developers
- Search-engine optimization
- Gain the "user perspective" - user reviews and comments on tried & tested apps
- Train team on additional rating scales
- Continue to add to the number of apps reviewed on the site



A HUGE Thank You from the PsyberGuide Team!



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“PsyberGuide is an essential support for our community. There is so much information and misinformation online – it’s important to have a reputable organization to give guidance to an otherwise confusing landscape.”

- Paul Gionfriddo, President & CEO, Mental Health America