MHCE-R System Now Includes T2 Mood Tracker Functions

The popular T2 mobile app, Mood Tracker, has now been successfully integrated into the TATRC-hosted Mobile Health Care Environment Research (MHCE-R) System. This project was a collaboration between the TATRC mHIC team and T2, and provides a means to do secure, bi-directional communication and tracking of Service members and other patients using the Mood Tracker mobile app features and their assigned behavioral health providers. T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very 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 features of the Mood Tracker app have been seamlessly integrated into the MHCE-R system’s secure mobile app, mCare, and allow validated users to input feedback on 10 standard scales, and any custom rating scales they create within the mCare application. Additionally, the input the mobile user provides is shared with their assigned providers through a secure web portal interface to the MHCE-R system. This will allow the T2 team to evaluate how mobile users interact with the Mood Tracker features over time, and also assess how this tool can be used in a dynamic way to connect patients and providers between clinical encounters. TATRC’s mHIC lab manager, Jeanette Little stated, “Working in collaboration with our peers at T2 has been a pleasure, and we hope this Mood Tracker project is the first of many opportunities to partner in ways that bring out both organizations’ strengths as a value-added effort.”

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