

# Tackling Anxiety and Depression

## Randomised Controlled Research Trial Summary

Thrive: Feel Stress Free - May 2017



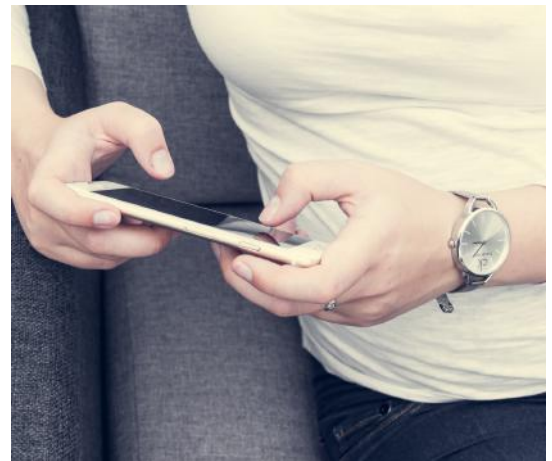
Thrive conduct regular clinical research trials on their app, Feel Stress Free, to test and improve its efficacy for the end user.

The trial concluded in May 2017 with University College London and the University of Roehampton.

The trial ran for 6 weeks to test the impact Feel Stress Free had to provide treatment for anxiety and/or depression symptoms in current and post-graduate students aged 18 – 54.

## THE TRIAL

Having enrolled 372 people to the trial, 168 met the required randomised criteria for testing. They were split in to two groups, 84 in an intervention group who used the app as their treatment, and 84 who were put on a 'waiting list' for mental health treatment with no additional support. The trial lasted for 6 weeks, with clinical screening scales completed by each participant every two weeks.



## THE OUTCOME

Participants using the app saw superior rates of recovery after both 2 weeks, 4 weeks, and 6 weeks against those without any support, proving the app does improve recovery rates and offers support to those who may not seek it elsewhere.

