Monitoring/Tracking Apps

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| Mymedschedule.com | Free | Adherence/tracking, schedule, reminders, refills |
| Iheadache  (blackberry available | free | Headache diary |
| T2 Mood Tracker  (android available) | free | Mood tracker |
| Mindfully Me | $0.99 | Mindfulness reminder app; 3 main functions of app: timer (set meditation timer, start & end with chime); guided (2 guided meditations); and reminders (mindfulness reminders throughout day) |
| Depression Monitor | free | Answer list of multiple choice questions (based on Patient Health Questionnaire-9) – then gives a score & severity rating, tracks scores over time in a list view and also in a graph |
| Moodology | $0.99 | Tracks 6 moods (happy, sad, confused, anxious, angry, neutral) - number of moments, time since last reported that mood, month/day/hour/general time of day when that mood is most common for you; makes a pie chart of the moods (%), graphs happiness level by day of week <http://konec.ky/software/moodology/> |
| My Daily Plate | $0.99 | App based on current USDA nutrition guide (replaced the food pyramid). Lets you log your food by food group. Keeps track over course of day, and then keeps a history of daily intake. Uses nutrition info from USDA website. Limitations: current version doesn’t let you had your own foods (top complaint of most reviewers); nutrition guidelines may not be applicable to individuals with special dietary needs |
| Various “stress” apps | Varies | Various apps available that claim to measure stress levels by either: 1) using the phone’s built in flash/camera to read blood pressure in finger tip, or 2) measure how much you tremor/shake. I personally doubt the reliability of these apps and consequently of their utility |
| Attitude Tracker | $0.99 | Lets you track attitude by: joyful, peaceful, powerful, scared, mad, sad. Graphs it by general time of day and by day of week; offers a thought-guidance phrase by th efeeling you log; also has a diary feature; can be password protected |
| FeelingsOnTap | $0.99 | Personalizable – use your own photos & songs; has positive quotes; has >50 pre-made Facebook status updates |
| iDepressionTracker | $2.99 | Track depression; track meds & other symptoms; track daily notes, sleep, anxiety; can also create custom items to track; create line graphs; can also log into website and access chart data from there too |
| Moodies | $1.99 | Track daily mood using emoticons :D :| :(  See mood history; graph of weekly moods; history graphs of last 30 and 90 days |
| T2 Mood Tracker | Free | Track moods on 6 pre-loaded scales (anxiety, stress, depression, brain injury, PTSD, general well-being); can also can add customized scales; rate mood using a swipe bar; can also add notes to document related events like med changes, treatments, or daily events |
| iMind & Mood | $1.99 | Answer questions to gauge level of stress, likelihood of having various disorders (anxiety disorders, depressive/bipolar disorders, adhd), severity; Offers recommendations on how to tackle concerns independently; recs on when to seek professional help; track progress; email results to yourself or to therapist |

Relaxation/Stress Relief

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| [www.meditationoasis.com](http://www.meditationoasis.com)  (limited Android and Blackberry apps available) | Free podcasts, apps $0.99-$2.99 | meditation podcasts for free  variety of apps for relaxation and sleep |
| HealthyStar (ebook) | Free | relaxation exercise for younger children |
| RelaxMelodies | free | White noise ambience for sleep, meditation, yoga  30 relaxing sounds/music |
| Gaze HD Beach Lite  Gaze HD Beautiful Views Life | Free (additional scenes $0.99) | Beach/other calming scenes |
| MyCalmBeats  (Android and Blackberry apps available) | free | Promotes heart rate variability through  breathing exercises |
| Breath2relax | free | Psychoed component stress management  Beats/change tones |
| Tactical Breather  (adroid available) | free | Manage physiological/psychological response to stress  Geared for older teens/adults |
| Hypnotic Sleephour | $0.99 | Ambient sounds app – plays hour-long programs; includes nature pictures |
| Panic Aid  <http://panicaid.co.uk/> | $2.99 | Various breathing & relaxation exercises; explains how anxiety & stress impact body & thoughts; can push button during panic attack & anxiety symptoms to initiate exercises to help deal with them as they happen; programmable training schedule; claims the exercises are based in CBT and that they plan to conduct research in the future on the app’s effectiveness |
| Stress Relief: Smash Edition | $0.99 | Smash over 3 dozens items; uses photographs; includes sounds of the item being smashed |

Other Therapy

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| PTSD Coach | Free | Designed for vets, so may not be age-appropriate; provides info about PTSD; info about care; self-assessment; included tools range from relaxation skills & positive self-talk to anger management and other self-help strategies; includes a distress meter |
| Kid’s Sleep Clock | $0.99 | Programmable sleep & wake times; provides a visual alarm – clock glows blue when it’s time to sleep; glows yellow when time to wake-up – useful for kids who wake too early, and esp if can’t tell time; glows all night so can double as night light (recommended to keep it plugged in at night); also has 2 short-term modes like for time-outs |
| SayItForMe | $0.99 | Lite version available for free; lite version is not customizable  A basic AAC device; intended for those with impaired speech; advertised to be especially useful when a person in is a medical care facility and has difficulty communicating with staff; 9 customizable colored squares (can say phrases); includes no, yes, and stop buttons. Tap the button and the device says the word or phrase for you. Also has an optional alarm that can be triggered by shaking the device |
| MoodKit – Mood Improvement Tools | $4.99 | Many features; trackers, pocket therapy; draws on CBT and psychotherapy; customizable; may be too high tech for kids |
| iCouch CBT | $1.99 | Pocket CBT – log “what happened”, resulting negative thoughts, add emotions, rate their intensity, “think about it”, describe those thoughts, evaluate the distortions, create a non-distorted thought, what could you do next time, etc;  In-app purchase option is to send it to a licensed psych for an eval; can email yourself or friend |
| CBTReferee | $4.99 | <http://www.cbtreferee.com/>  for both apple and android devices |
| PAR Assessment Toolkit | Free | Tool for clinicians Included features: normal curve, conversion chart, age calculator, stopwatch, compliancy calculator (calculate end date)  In-app purchases of scoring/conversion modules (of PAR’s common assessments’ raw scores to T-scores) |

Cancer Specific

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| Cancer Wars | free | <http://app.net/cancerwars>  game where you shoot lasers at cancer cells. I think that everytime you re-arm your lasers it makes a donation, you pay for lasers, looks a little violten. |
| Cancer Zapper | $.99 | Cute game made by family of patient with ALL |
| AYA Healthy Survivorship app | free | For survivors ages 15-39, assessment tool that provides a score for lifestyle, physical activity, diet, nutrition, and well-being. It also offers personalized tips for being more active, eating better, and living a healthier life and information and related links about the late effects of treatment, provided by CureSearch for Children’s Cancer. |
| Chemo Calendar | free | Track blood cell count (white, red, platelets), symptom tracker (key symptoms that chemotherapy patients should report to their doctors), medication reminder (input your meds & dosing frequency; track meds to be taken, already taken, and that which you did not take); event calendar- organize life during chemotherapy (day-to-day activities and related notes)  Can email your info to doctors/caregivers in graphical and detailed-report format  Password protection feature  Downside: labs get input using a slider instead of typing it in, so it may be hard to input precise numbers |
| Colin’s Journey through cancer | free | Story of a 3 year old boy’s journey through cancer, written by a CHOP pt and her siblings. |
| PainSquad | ----- | There’s also this: <http://www.thestar.com/business/article/1173980--sickkids-iphone-app-pain-squad-helps-children-with-cancer-report-their-pain>  pain tracking app for kids w/cancer that rewards them with a level-up for every 3 pain reports they complete—from hospital for sick children in Toronto—research only so far? |