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## The use of mood 24/7 in the treatment of major depressive episodes in the outpatient setting

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Psychiatrists usually monitor their patients' moods retrospectively at office visits and/or through patients' handwritten diaries, and yet handwritten diaries have compliance rates of 11%. Mood 24/7 was developed to improve the accuracy and compliancy of tracking a patient's mood by using SMS texts and web-based technology. Patients using Mood 24/7 receive a daily text message to their cellular phone to which the patient can text back their mood on a 1-10 scale. Adherence studies have shown compliancy to increase almost 8-fold with Mood 24/7 compared to handwritten diaries. The present study aimed to measure the accuracy and validity of Mood 24/7 in tracking mood using an outpatient cohort at the Johns Hopkins Hospital who were undergoing standard of care treatment for mood disorders. Retrospective analyses were used to measure the relationship between a patient's Mood 24/7 data, the blinded psychiatrist's clinical assessment of that patient's mood, and the patient's standardized depression assessment score on the revised Hopkins Symptom Checklist (SCL-90R). Mood 24/7 patient daily ratings correlated significantly with their psychiatrist's assessments and their SCL-90 scores ( $n=15$ ;  $r=0.8215$ ,  $P=0.003$  and  $r=-0.5733$ ,  $P=0.0203$ , respectively). A cohort of the patients was tracked over multiple days and outpatient visits, for which a significant positive correlation was found between the Mood 24/7 data and the clinician assessments ( $n=9$ ,  $r=0.83$ ,  $p<0.0001$ ). The findings of this study support Mood 24/7's reliability and validity for tracking mood in an outpatient psychiatric setting.

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