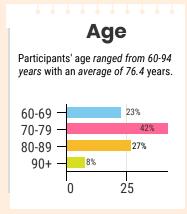


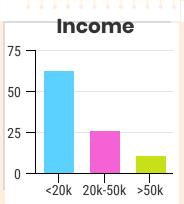
HAPPY@HOME STUDY REPORT

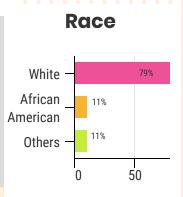


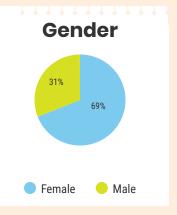
Happy@Home is the first study that tested an internet-based cognitive behavioral therapy program among homebound older adults who are getting paid home care. The study is conducted by researchers from the School of Social Work at the University of Michigan. 30 older adults contributed to this study, including 26 older adults who started the therapy program. In addition, 13 home care workers (aka caregivers) participated in the study.

Participants









Program completion and satisfaction

4.7

The average number of sessions completed was **4.7** (good job)! About a quarter finished the entire program.



8.5/10

Participants rated
8.5 on a scale of 0
(not satisfied at all)
to 10 (fully
satisfied) for the
help they received
using the program.



86%

of participants would recommend this program to others who experience depressed mood.



76%

of participants reported having a **positive reaction** to the program.



71%

of participants found the program an **acceptable way** of dealing with depressed mood.





Improvements in mental health and well-being after the program

Improved mood

Overall, participants
had a significant
reduction in
depressive symptoms
Their average score of
the depression
screening test PHQ-9
decreased by over 4
points after the
program.

62.5%

of participants who initially scored above 10 on the PHQ-9 scored below 10 after the program. This indicates clinically significant improvement.

Reduced anxiety

Participants had a significant reduction in anxiety symptoms. Their average score on the anxiety screening test GAD-7 decreased by 3.5 points after the program.

Improved quality of life

Participants had a significant increase in their quality of life ratings on a validated instrument called the EQ-5D-5L.



Stable cognitive abilities

Participants did not experience significant deterioration in their cognitive abilities based on the cognitive test MoCA. In fact, their MoCA scores increased slightly.

Conclusion and participants' feedback

Implication

Internet-based psychotherapy is as an acceptable and potentially effective treatment modality for homebound older adults with depression.





Refinement

Participants provided many useful suggestions for refining the program to better meet their needs and capabilities, such as easily adjustable font size, louder and clearer narration track, ageappropriate stories, and easier navigation.

75%

of participants reported that it would be "very" or "extremely" difficult to do the program without help. This suggests that help from caregivers is very important in therapy engagement and completion.

Caregiver

Caregivers who participated in the study reported feeling closer to their clients and learned skills about better managing mood and stress.

Most caregivers were equipped to assist clients with the program and able to fit the program into their routine home visits.