

My Mood Diary and mental wellbeing

Introduction

The Covid-19 crisis has had a profound impact on the mental health of many young people. Young Minds say this may be related to fears about the virus, social isolation, the loss of routine and structure, and in some cases bereavement or other traumatic experiences.

The mental health of looked-after children is significantly poorer than that of their peers, with almost half of children and young people in care meeting the criteria for a psychiatric disorder. Young people leaving care in the UK are five times more likely to attempt suicide than their peers

The screenshot shows the 'myView BUILDING CONNECTIONS' app interface. It features a 'DIARY ENTRY' section with the following fields:

- TRIGGER:** my friend shouted at me
- NEGATIVE THOUGHT:** people don't like me. I'll lose my friends
- MOOD RATING:** A slider from 'very sad' to 'very happy' with a blue dot positioned slightly past the midpoint.
- HOW STRONGLY DO YOU BELIEVE NEGATIVE THOUGHT:** A slider from 'not at all' to 'totally believe' with a blue dot positioned about one-third of the way.
- OVERALL MOOD RATING FOR THE DAY:** A slider from 'very sad' to 'very happy' with a blue dot positioned about one-third of the way.

At the bottom is a blue button labeled 'ADD TO MOOD DIARY'.

The information section in My Mood Diary app provides tips for young people on caring for themselves and improving their mental well-being. Different things work for different people at different times. Young people are encouraged to try what they feel comfortable with, and what they find helpful.

My Mood Diary

My Mood Diary is a way to help young people identify and take action around their feelings. If someone can keep track of changes in their mood, they may find that they have had more good days than they thought. It can also help them notice if any activities, places or people make them feel better or worse.

Recording triggers, associated thoughts and rating these has been shown to reduce anxiety and depression. One reason: putting down problems on paper often helps us see the causes — and therefore solutions — more clearly.

Self-report mental wellbeing screening has been shown to be more accurate than the reports of other people. Self-assessment questionnaires can help young people get a better understanding of how they've been feeling. Research shows that adults, parents and teachers in regular contact with young people, typically underreport depressive symptoms compared to self-report by young people.

Self-assessment mental well-being questionnaires, based on measures used by health professionals, are available with Viewpoint for use with My Mood Diary. Responses indicate depressive symptom severity and anxiety symptom severity.

Depression is a common mental health problem that causes people to experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

Anxiety can show itself in many ways, such as feeling restless, being constantly on edge, irritability, difficulty concentrating or avoiding your friends.