PsyberGuide helps empower people to make informed and responsible decisions about digital mental health tools.

With the continuing expansion of technology, clinicians and consumers are presented with a range of new opportunities to use digital tools to help manage physical & mental health. There are thousands of mental health apps out there; recent estimates suggest over 22,000. However, only a small number of these apps have actually been tested or reviewed, and therefore guidelines to help consumers choose good mental health apps are lacking.

With a bewildering abundance of apps to choose from – how do you separate the good from the bad?

We're here to help!

What we do:
- We identify available digital mental health products.
- We conduct thorough and unbiased reviews – we look at the scientific evidence behind the app, and try to understand the user experience.
- We provide information and guidelines for developers so that they can develop high-quality, effective apps.

How We Review Apps

**Credibility**

The Credibility Score represents the strength of the scientific research support for the app itself, and the therapeutic interventions the app provides.

**User Experience**

Our collaborators use the Mobile App Rating Scale (MARS) to assess the design, accessibility of information, and overall experience that the app provides.

**Transparency**

The Transparency Score represents the clarity of the app's privacy policy in detailing the data storage and collection procedures of a mobile health product and its associated servers.

Generous contributions from our donors so far have helped us:
- expand the number of apps reviewed on our site - we now have over 200 apps reviewed (and counting!)
- conduct research with consumers to gain insights into their experiences and opinions of mental health apps
- develop an additional metric to gauge the transparency of an app's data storage and collection policies
- relaunch our website in a brand new stakeholder-informed and data driven design
2019 Goals

- Improve the emphasis on broader content and mental health resources on our homepage, not just app reviews and our app guide
- Obtain additional review of apps from experts in the field, and increase visibility these reviews
- Engage with diverse stakeholders and professional groups who can benefit from our resource (e.g. social workers)
- Add additional apps & resources for children and for underserved and minority groups
- Continue to add to the number of apps reviewed on the site
- Enhance search/filter functions on site
- Improve accessibility for differently-abled visitors to our website
- Search-engine optimization
- Increase website traffic and newsletter subscription

“A HUGE Thank You to all our supporters from the PsyberGuide Team!

Stephen Scheuller
Executive Director

Martha Neary
Project Manager

Diana Steakley-Freeman
Web Development Consultant

John Bunyi
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Research Assistant

“PsyberGuide is an essential support for our community. There is so much information and misinformation online – it’s important to have a reputable organization to give guidance to an otherwise confusing landscape.”

- Paul Gionfriddo, President & CEO, Mental Health America