

Abstracts of the 2021 Technology, Mind, & Society Conference

Brief Report: Development of App-based CBT Program for Depressive College Students: Mind Booster Green

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Mind Booster Green is a self-guided CBT mobile application for college students, which aims to relieve depressive symptoms and prevent depressive disorder. It consists of 28 sessions in total and 5 training zones of cognitive-behavioral therapeutic constructs, such as symptom education, self-observation, cognitive restructuring, behavioral activation, problem solving, social skills training, and relaxation. At the beginning of the program, a customized program is recommended through the evaluation of one's depressive symptoms. It also provides Thought diary and Relaxation helper, tools aimed to help apply skills learned throughout the training program to everyday life. The application development started in February 2020. Five certified clinical psychologists have participated in contents development and UX/UI designers, illustrators, and app developer have collaborated to implement the application. The effectiveness and usability were evaluated through the RCT study (N=157; intervention = 73, control = 83). The result demonstrated significantly decreased depressive symptoms and negative automatic thought level in the intervention group after completing of 28 CBT sessions which the application provided. In the usability test, participants rated the app as moderate to high in the aspects of entertainment, functionality, aesthetics, and information quality.