



GUIDE

WELLNESS & RESILIENCE

CLINICAL TRIAL

We partnered with a research team from the University of Pennsylvania to find out how **The GUIDE App supports wellness and resilience** among first responders, veterans and active-duty military. *This is what we learned.*

OUR STUDY

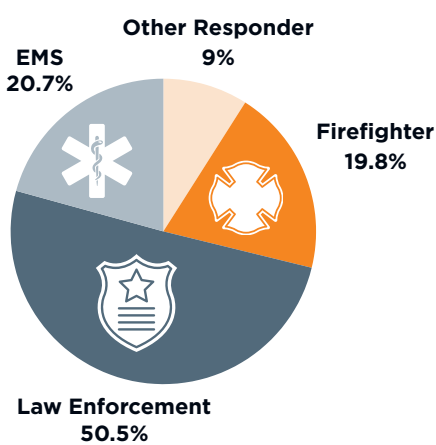
115

Participants

MILITARY AFFILIATION



FIRST RESPONDER TYPES



CLINICAL SYMPTOMS

Anxiety 71%

Depression 27%

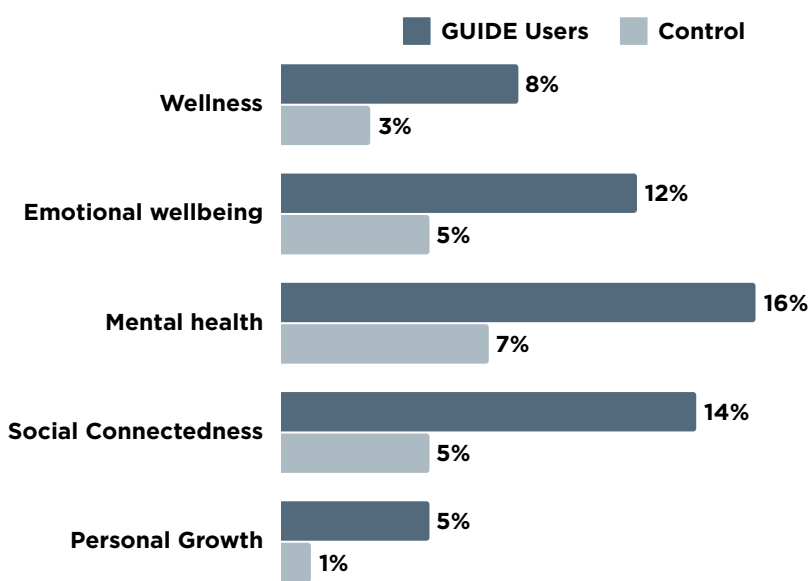
Heroes in crisis...

- Prevalence of moderate to severe **anxiety** over **10x higher** than the U.S. population.*
- Prevalence of moderate to severe **depression** over **3.5x higher** than the U.S. population.*

* Compared to GAD-7 and PHQ-8 data from 2022 National Health Interview Survey (NHIS) conducted by the National Center for Health Statistics.

OUR FINDINGS

AVERAGE % IMPROVEMENT



Participants who used GUIDE improved more than the control group on all 15 wellbeing measures after 4 weeks.

ANXIETY

↓ 9%



Reduction in symptoms over 4 weeks among participants using **GUIDE**

Based on pre/post GAD-7 scores.

DEPRESSION

↓ 32%



Reduction in symptoms after 4 weeks for participants using **GUIDE**

Based on pre/post PHQ-8 scores.

PARTICIPANT FEEDBACK

“It would be a wonder if more people were aware of and utilized this app. Great concept.”

“Excellent app with a lot of topics that relate to us in law enforcement. Felt engaged. Also enjoyed the anonymous small forum to comment with each other.”

“I feel that this app is very appropriate for supporting first responders in their mental wellness.”

“This has been a great app. I look forward to documenting my feelings daily and receiving support from others who understand my line of work and the struggles.”

“I really enjoyed using the app and it has helped me in my everyday wellness.”

