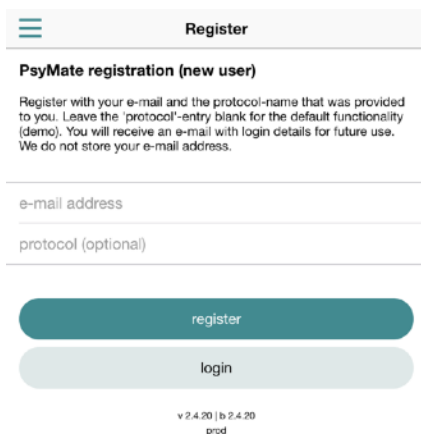# User manual PsyMate™

It is often difficult for yourself to discover how to get out of a negative spiral. It could be helpful to monitor what you are doing and how you are feeling during these activities. When you do this consistently, you gain insight into which actions might help you to feel better in time. But… how do you do that?

To help you with this, we developed a freely available app: PsyMate 2. This app can be downloaded from the Google Play Store and App Store. The PsyMate™ provides a signal several times a day at random moments. The PsyMate™ asks how you feel, what you do, where and with whom you are at that moment. Completing a questionnaire takes approximately one minute.

The PsyMate™ stores your data securely and transforms it into graphs and charts. These figures can be accessed yourself through a secure link (reporting.psymate.io) or viewed online together with a healthcare professional or loved one. Over time, you will increasingly gain insight into how your feelings are related to the things you do. This information can help you to seek helpful activities purposefully. This insight is often the first step to personal recovery.

Download

Go to the Google Play Store or App store to download PsyMate 2 for free. An internet connection is required for this step. After the app is installed and you are registered, the app works without an internet connection. It automatically takes on the language setting of your phone.


Registration

Enter your **e-mail address** in the first box 'e-mail address' and leave the second box 'protocol (optional)' empty. Then, click on register. You will receive an e-mail with login credentials, which you need to gain access to your online feedback. Please keep this e-mail carefully because we do not store your e-mail address.

You can also register by scanning a QR-code. Please see the folder for this code.

Click on 'Start here' to give consent for the storage of your anonymous data (personal answers to the PsyMate™ questions). This is necessary to get started with the app. You can also give consent for the donation of your anonymous data for scientific use. This is a choice and not necessary for the app to function. The app is now activated. You can expect a first notification to complete a questionnaire within two hours.
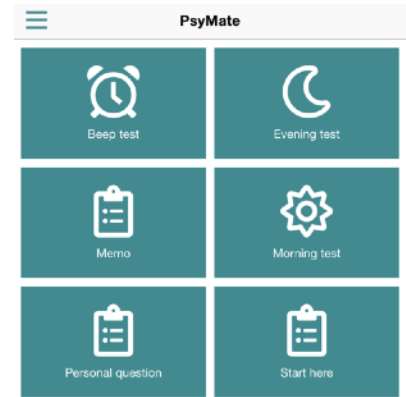
The tiles 'beep test', 'evening test' and 'morning test' are practice examples to get an idea of the questions used in the questionnaires. The data of these tests are not stored. Get familiarized with the app by selecting these tests. You can go through these questionnaires twice before they will disappear from the home screen. Click on '*Beep test*' to go through the questions you will complete several times a day. Click on '*Personal question*' to add an item you may have missed in the beep questionnaire. After you used the app for a while, it is possible to add multiple personal questions to the questionnaire. Click on '*Morning test'* to go through the questions you will complete every morning. Click on '*Evening test'* to go through the questions you will complete every evening. Click on '*Memo'* to provide comments/information that are relevant during your data collection (for example 'an important phone call'). You can do this at any time and as often as you want. Doing so will help you to better understand your data.

Use the PsyMate™

The PsyMate™ will provide a signal to complete a questionnaire ten times a day, at random moments between 7.30AM and 10.30PM. Click on the notification as soon as possible to go to the questionnaire. In order to avoid missing a beep, it is important that the sound of your phone is on. Do not postpone completing a questionnaire and do not dwell too long on an answer. Complete a questionnaire with attention so that you do not make mistakes. Assume the moment just before the notification when answering the questionnaire. Do not adapt your life to the app. Do you sleep longer or go to bed earlier? Make sure your phone/the PsyMate™ does not disturb you.

Are you not able to respond to a notification immediately? The questionnaire remains available for a short time and can be retrieved by opening the app. Can you no longer see the questionnaire? Then too much time has passed since the notification. After a while, tthe app will

automatically provide a new notification.

To gain insight into your sleep pattern and potential consequences during the day, you have to complete an additional questionnaire in the morning and the evening. The morning questionnaire has to be completed when you get up and the evening questionnaire before you go to sleep. You have to retrieve the morning and evening questionnaire yourself by opening the app because we do not know when you get up or go to sleep. These questionnaires will be available on the home screen; you can start them by clicking the tiles.

The app works offline, you only need an internet connection to start the app and register for the first time. You also need an internet connection to send the collected data so you can view your feedback online. This happens automatically as soon as there is an internet connection. The collected data is sent anonymously through a secure internet connection. Only you have access to your data. It may be necessary to check your device settings to allow app notifications (especially so for Android devices). A battery saving system might sometimes prevent notifications from getting through.

Answer mood questions by choosing one of the numbers between 1 (not at all) and 7 (very). Use the whole scale and try to find out for yourself what the difference is between for example a 5 and a 6.
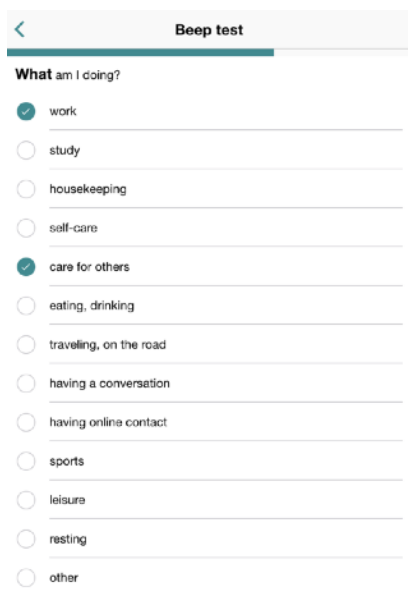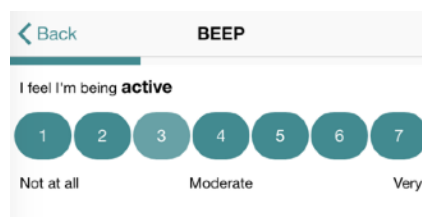
With the questions 'What am I doing?', 'Where am I?' and 'Who am I with?', it is important to select the most relevant options. Once you have selected these, you can press the green button with 'OK'.

View your feedback online

You can view your feedback online at reporting.psymate.io. Enter the login credentials that you received via e-mail during registration. The collected PsyMate™ data are presented in graphs and charts. You can view questions (for example relaxed or irritated) separately or you can view several at the same time to discover patterns. For this, it is important that you have used the app for a while. We recommend that you view your data after a week of data collection. It can be helpful to look at your data together with a loved one or a healthcare professional. You decide whether you want to share your data.

If the PsyMate™ seems to stop working, if the PsyMate™ did not beep for more than four hours or if you stopped receiving notifications, please contact the helpdesk: info@psymate.eu.