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New app tracks military members' mental health

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There's now an app to track a service member's mental health.

The Department of Defense has developed the [T2 Mood Tracker](#) -- a smart phone mobile application that allows users to monitor their emotional health on a daily basis.



"The idea behind this was basically self monitoring," says Perry Bosmajian, a psychologist at the National Center for Telehealth and Technology.

The innovative application is targeted to service members, veterans and their families, though anyone can download it for free.

It goes beyond tracking how you're feeling by using a pen and paper. Users can rate themselves in six areas: depression, anxiety, post-traumatic stress, head injury and stress. It allows users to create custom scales as well.

The information then can be shared with mental health providers to provide more accurate data about a person's

well-being.

So far the app "has really taken off," Benjamin says.

The app has been available for about a month. It's been downloaded 3,000 times and used about 5,000 times.

The Defense Department hopes to make the Mood Tracker available on iPhones by early next year.

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[Darci Marchese](#), wtop.com

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