

TMS TRENDS

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YOUR SMARTPHONE KNOWS IF YOU'RE DEPRESSED

<http://www.cnn.com/2015/07/15/health/smartphone-depression-diagnosis/>

The Purple Robot, a smartphone app still in the development stage, created by researchers in Northwestern University, has produced interesting results from a two-week study with 28 participants. By simply tracking GPS data, the study showed that the Purple Robot could identify 87% of the participants who were at risk for depression according to the PHQ-9, a nine-question assessment for depression. Essentially, the more users moved around, the less likely they were to be at risk for depression. Additionally, the Purple Robot study found that more frequent usage of a smartphone correlates with being at risk for depression. Sohrod Saeb, one of the developers of Purple Robot, explains, "The main reason for the development of the app is to see if we can objectively and passively identify if people are depressed".

Researchers plan to pursue a lengthier study with a larger sample size to test the effectiveness of the Purple Robot app, as well as its ability to detect behavioral changes over time.



KEEPING UP THAT POSITIVE FEELING: THE SCIENCE OF SAVORING EMOTIONS

<http://www.sciencedaily.com/releases/2015/07/150721193858.htm>

According to research, savoring positive moments contributes to improved well-being. At the University of Wisconsin-Madison, Heller and colleagues wanted to find out why and how some people are better than others at keeping the feeling alive. Participants in their study, published in *The Journal of Neuroscience*, played a guessing game with monetary rewards (to induce positive emotions), and answered a series of follow-up questions (to measure savoring of emotions) both in the field and in the lab using functional MRI scans. Findings suggest that the amount of time specific circuits in the brain are active, even for a duration of seconds, can predict the persistence of emotion minutes or hours later. Participants with more persistent activation of the ventral striatum (the area of the brain associated with reward) reported sustained positive emotion for longer periods of time after the game.

THE TMS INSTITUTE OF PENNSYLVANIA WELCOMES NEW CLINICAL COORDINATOR

The TMS Institute of Pennsylvania's clinical coordinator, Michelle Mackey, graduated from West Chester University with a Bachelor of Arts degree in Psychology. She has research experience dealing with both stress and coping in youth, as well as in wilderness adventure therapy. Michelle has been certified to deliver TMS Therapy and will be a welcome addition to the clinical team.

Our previous clinical coordinator, Christina, is leaving to pursue her doctoral studies in clinical psychology. We wish her all the best!