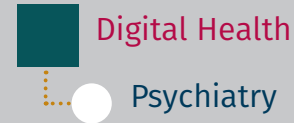


Appsy - Antidepressant medication companion



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SUMMARY

Antidepressants are widely used in the treatment of psychiatric disorders including major depression. Many patients want to discontinue antidepressants in the course of treatment, but face substantial barriers, since most physicians aren't trained in safe de-prescribing. Stopping antidepressants may lead to clinical deterioration due to relapse or discontinuation symptoms that affect up to 60% of patients and may be severe and long-lasting. Appsy is a patient-centered digital application that accompanies the antidepressant discontinuation process, so that the patients can safely and successfully discontinue the medication in the outpatient setting.

PROJECT GOALS

- Development of a strong proof of concept
- Initial validation of concept with stakeholders

LONG-TERM GOALS

- To provide safe antidepressant discontinuation and enable patients to lead lives without medication