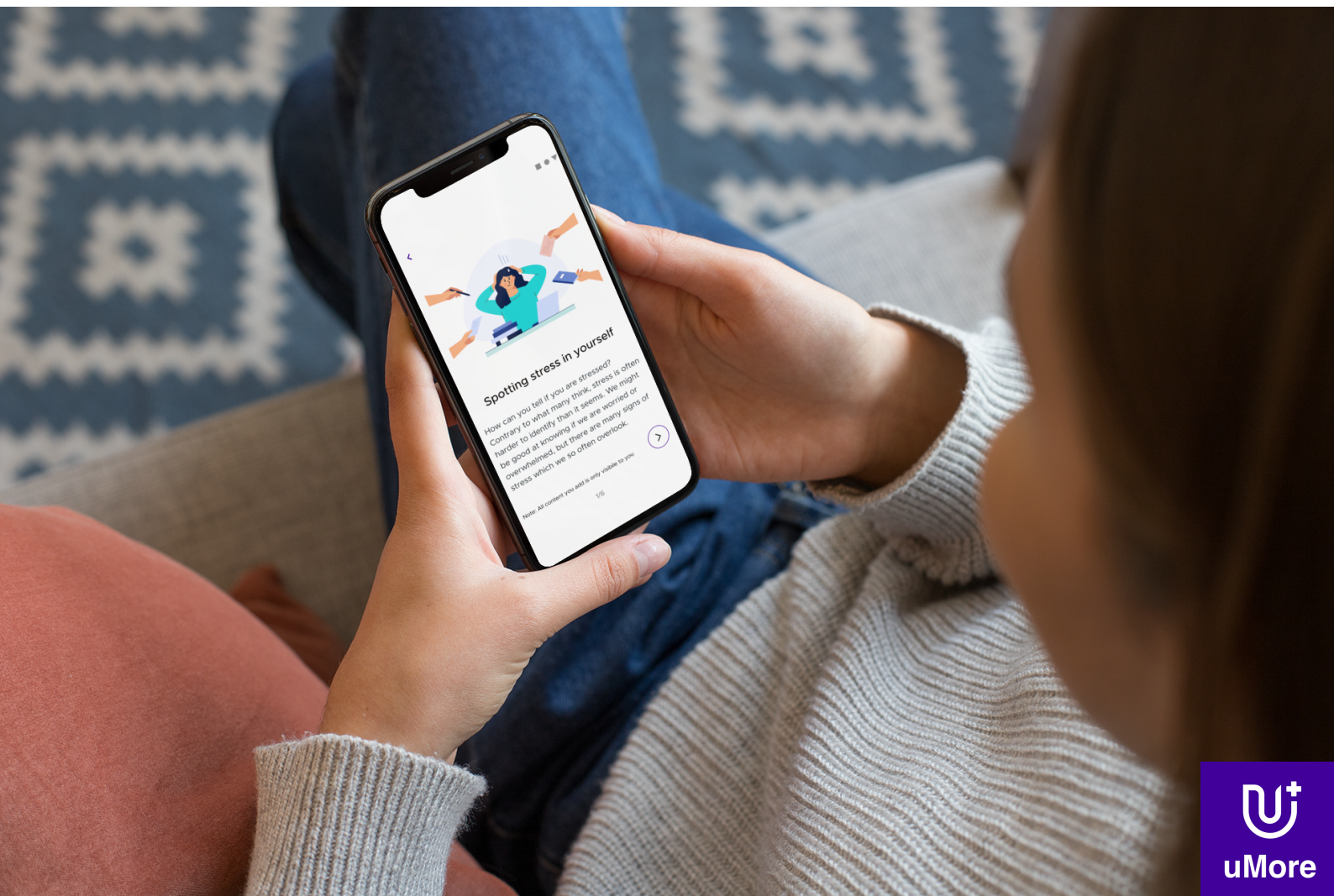# FOSTERING UNDERSTANDING WITH SELF-CARE

Impact report on uMore self-care activities

uMore launches the first collection of self-care activities designed to help users take action to improve their personal well-being. Each self-care activity is based on scientific evidence and helps foster health-promoting abilities.

September 2021

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SUMMARY

uMore launches self-care activities on iOS

uMore launches the first collection of self-care activities designed to help users take action to improve their personal well-being. Each self-care activity is based on scientific evidence and fosters health-promoting abilities.

Initial user feedback from the first self-care activities in-app has revealed that the activities have proved helpful to the user to identify stress, better understand how they feel, and manage their stress response. Overall, users who engage more frequently with activities are less prone to exhibit high-stress levels.

New activities will continue to be released on the uMore app, following the feedback from the activities featured in this paper.
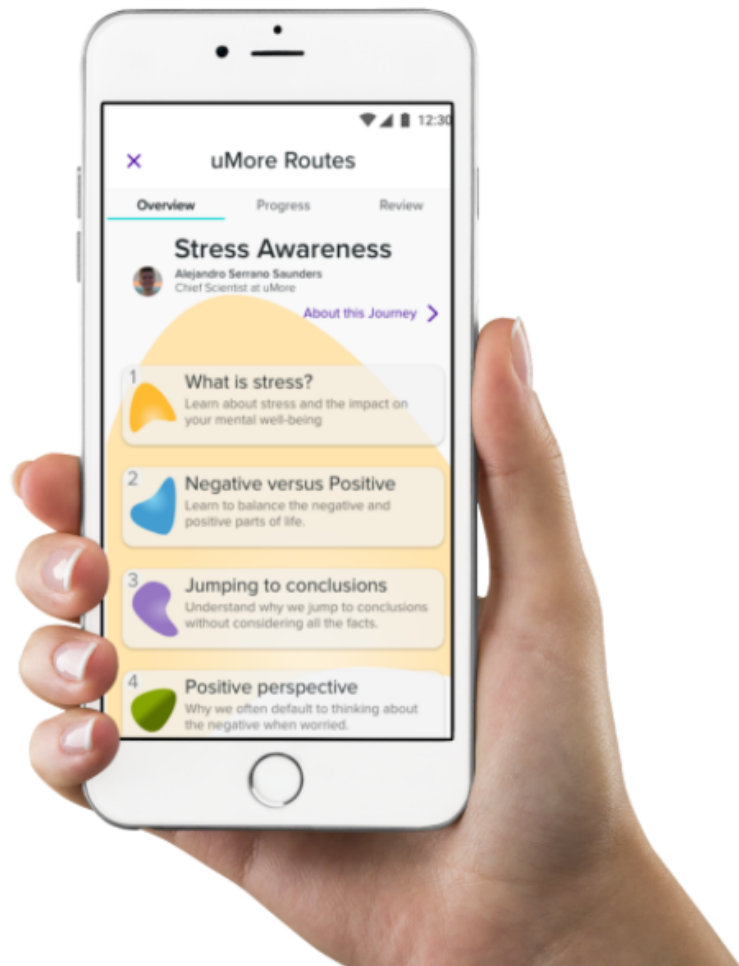
HOW DO THE UMORE SELF-CARE ACTIVITIES WORK?

The uMore self-care activities are designed to help users learn about their mental well-being, manage the effects of distress as it arises, and promote positive behaviors that are good for our health.

They are all based on real science and evidence from psychological research. There are activities based on mindfulness meditations, cognitive behavioral therapy, gratitude, relationship exercises, and many more!

Each one has a start and a finish, interactively asking meaningful questions throughout the activity. Every activity has a different goal in mind, helping users identify the health-promoting abilities that they want to strengthen.

A uMore activity made to help the user challenge negative thoughts with interactive screens.

Self-care is not a substitute for receiving help from a medical professional. uMore's self-care activities can be used to learn more about and manage our mental health, but they are not a form of therapy. If you feel your mental health is in need of or could benefit from the help of a clinician, contact your local healthcare center today. The uMore app also features a database of telephone helplines to contact in the case of significant mental distress.

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WHAT ARE SELF-CARE ACTIVITIES?

When we self-care, we make sure that we manage our health and promote actions that help us improve our personal well-being. At uMore, we believe in looking after ourselves. It is now more important than ever to make sure that we care for our mental well-being by being kind to our minds.

So far, uMore's measurement and monitoring tools have been used by over 9.000 people worldwide, which has allowed them to keep track of their stress, anxiety, and depression through the uMore app. To complement this, uMore has launched a series of activities designed to help identify stress and help manage its effects.

WHY IS SELF-CARE SO IMPORTANT?

Studies have shown that self-care is deemed important to improve and maintain our mental health. It can help us become better equipped to manage challenges as they arise and prevent downturns in our mental health in the future.

uMore enables users to measure and track their mental health. If we can know how we feel, we should also know what we can do to help us feel well. For this reason, uMore is releasing self-care activities.

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HOW HELPFUL ARE UMORE'S NEW SELF-CARE ACTIVITIES?

In this report, we will be highlighting the response of uMore users to the first two activities launched on the uMore app.

These are titled "How To Identify Your Stress Signs" (which helps users identify which symptoms of stress they most often experience) and "Challenge Negative Thoughts" (which helps users question whether their stress-inducing thoughts are likely to come true at some point in the future).

Both activities are designed to support uMore users to identify and manage their stress.
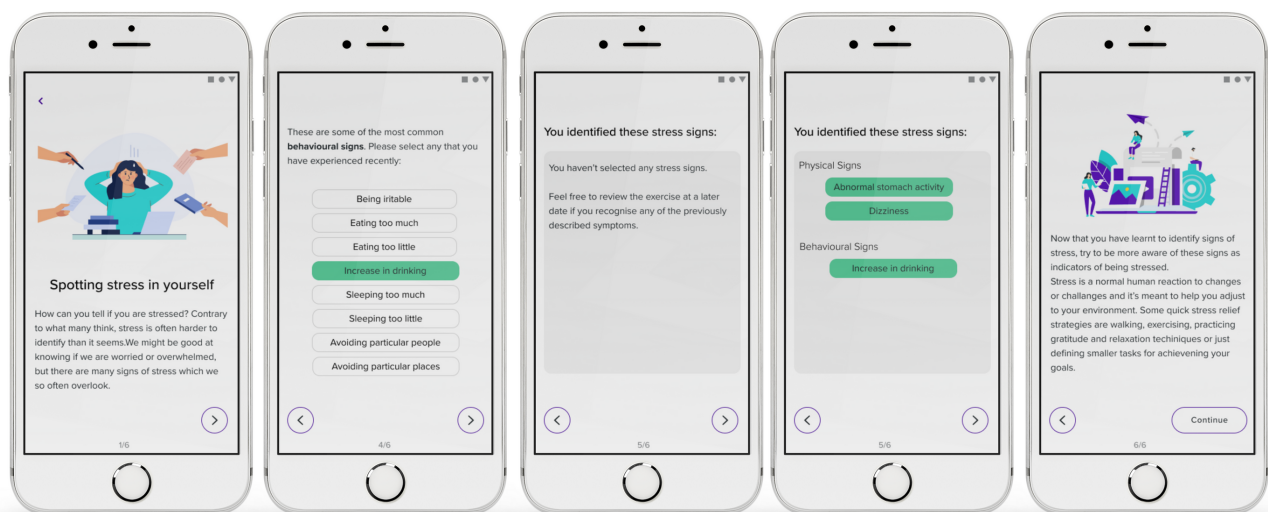
An array of the steps users make their way through in the "How To Identify Your Stress Signs" activity.

HOW HELPFUL ARE UMORE'S NEW SELF-CARE ACTIVITIES?

At the end of every activity, users have the option to provide feedback relating to the helpfulness of the activity. Users are asked if they thought the activity was helpful and provided with a "Yes" or "No" multiple-choice response option. Additionally, users may provide any written feedback in a text box supplied on the screen.
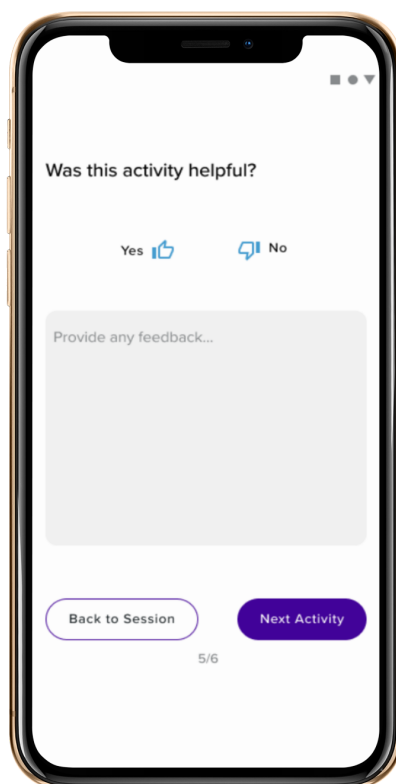

A feedback screen designed to assess
the activity's perceived helpfulness.

Prior to commencing any of the activities in the uMore app, users complete a survey designed to assess their self-perceived level of stress, anxiety, and depression. As such, the users' scores will be included in part of the analysis within this report. All data collected was supplied between the dates of July 8th (date of uMore's iOS launch) and September 2nd (date of publication), 2021.
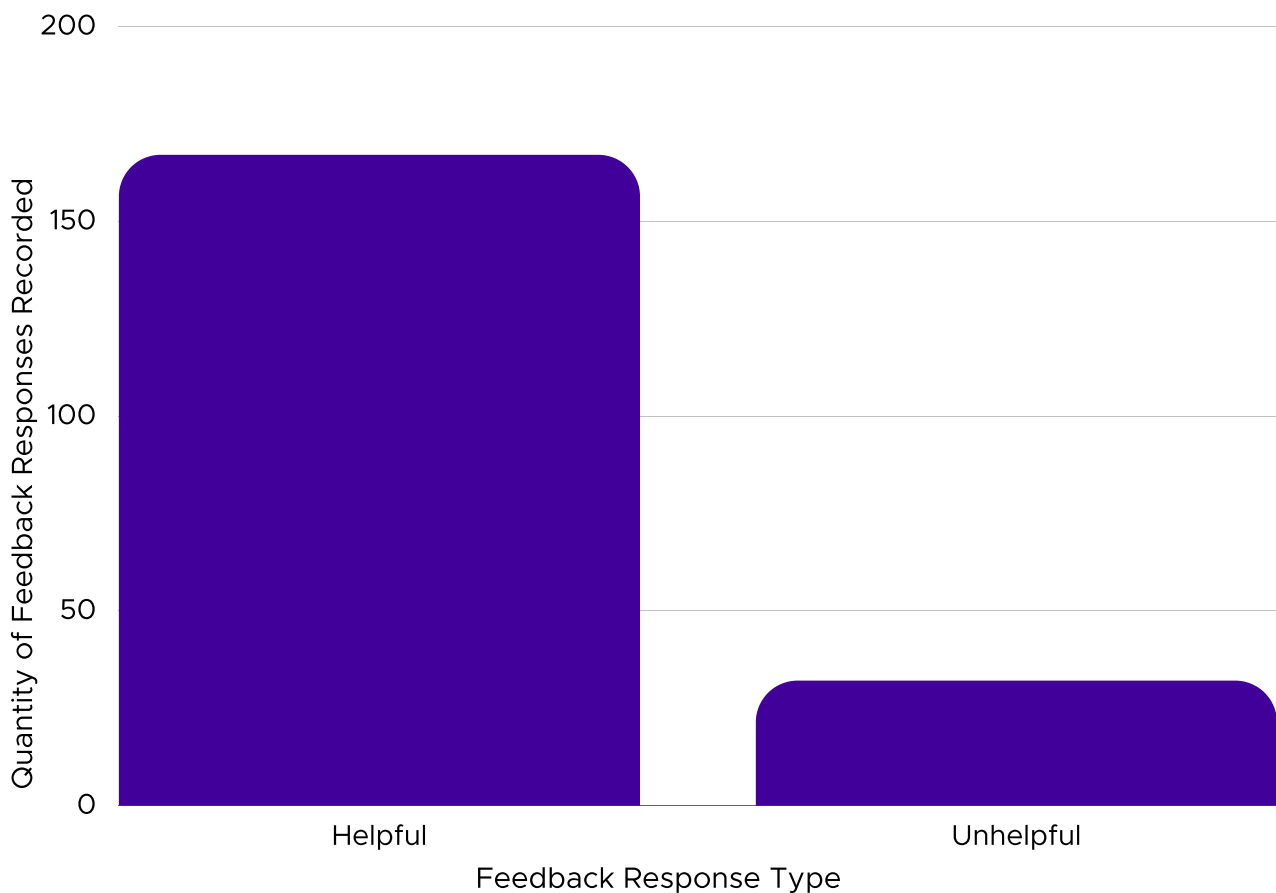
HOW HAVE UMORE USERS RESPONDED TO THE ACTIVITIES?

Most uMore users benefit from self-care

The majority of uMore users report that the self-activities are helpful to them, providing positive feedback 84% of the time.

84%
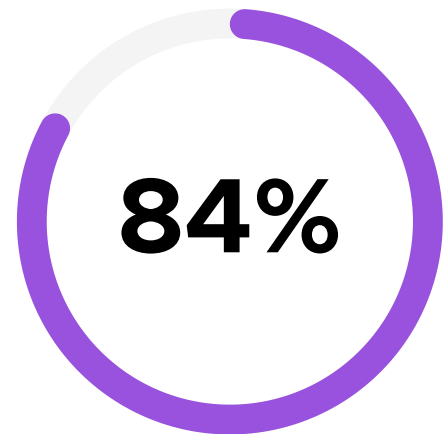
### Quantity of feedback responses from self-Help activities

A total of 199 responses were collected, with 167 of those recorded as helpful and 32 recorded as unhelpful.

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FEEDBACK FROM ACTIVITY 1: HOW TO IDENTIFY YOUR STRESS SIGNS

Quantity of feedback responses from "How to identify your stress signs"

Quantity of Feedback Responses Recorded

200	
150	
100	
50	
0	

Helpful   Unhelpful

Feedback Response Type
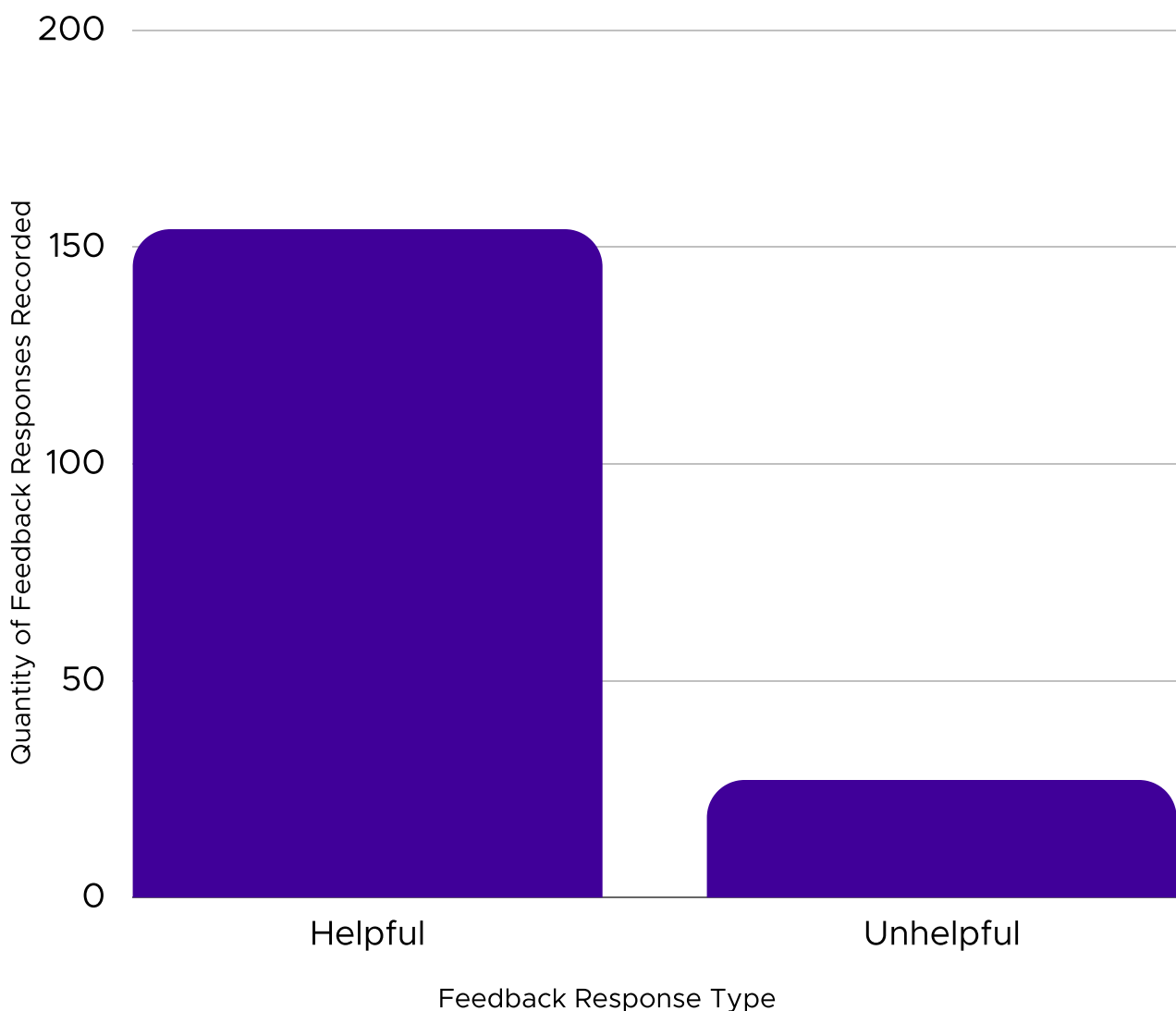
The "How to identify your stress signs" activity was reported to be helpful 85% of the time, and unhelpful 15% of the time.

A total of 181 responses were collected, with 154 of those recorded as helpful and 27 recorded as unhelpful.

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FEEDBACK FROM ACTIVITY 1: HOW TO IDENTIFY YOUR STRESS SIGNS

Qualitative feedback:

In terms of written feedback, the "How To Identify Your Stress Signs" activity most helped uMore users to self-monitor their feelings and better understand themselves. uMore users appear to use the activity at times to identify the causes of their stress in order to self-monitor what they feel.

> "Great activity love the way to capture stress signs."
> "Just wanted to see how I was feeling about myself."

The activity was also used as a way for uMore users to better understand themselves as individuals, as a way to help them recognize how they are feeling.

> "It assisted in identifying exactly what I feel."
> "Loved it! Really helped me to realize certain things about myself and take a step back to question how I'm doing."

Some users also were left wanting more guidance and left comments about their desires to engage with more actionable activities that help them manage their stress.

> "This makes sense, but I doubt if any of this will get me closer to taking action."
> "I wish there were more tips on how to handle stress and anxiety."

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FEEDBACK FROM ACTIVITY 2: CHALLENGE NEGATIVE THOUGHTS

Quantity of feedback responses from "Challenge negative thoughts"
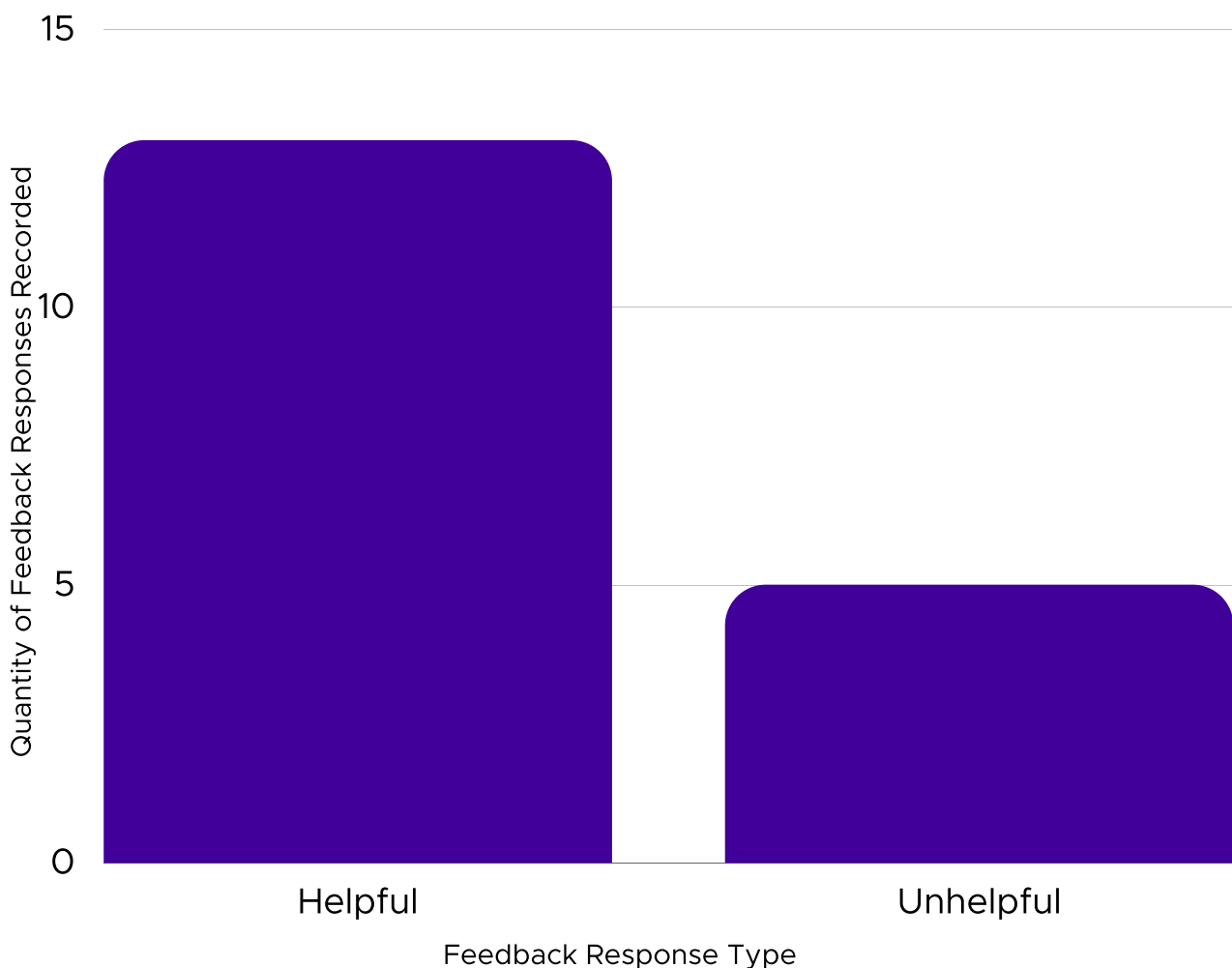
The "Challenge negative thoughts" activity was reported to be helpful 73% of the time and unhelpful 27% of the time.

A total of 18 responses were collected, with 13 of those recorded as helpful and five recorded as unhelpful.

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FEEDBACK FROM ACTIVITY 2: CHALLENGE NEGATIVE THOUGHTS

Qualitative feedback:

The "Challenge Negative Thoughts" activity most helped uMore users to understand their thought processes that were producing stressful thinking. Some users seemed to appreciate having an active role in their stress management by objectively observing their thoughts once written down.

"It was nice to actually vocalize and write down what I already had in my head anyway."
"I am the experiment, I am the scientist."

Other users appeared to not understand how to derive a benefit from the exercise, unsure as to whether their actions in the activity helped them manage their stress.

"Not sure was able to get right benefit from the activity."

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# STRESS PROFILES OF UMORE USERS WHO COMPLETED ACTIVITIES

Once stress is measured within the uMore app, it is categorized as low, medium, or high. In order to view the differences in stress scores between users who did complete activities, and those that did not complete any activities, we looked at those who had recently completed an activity within the last seven days. Each group consisted of 83 users.
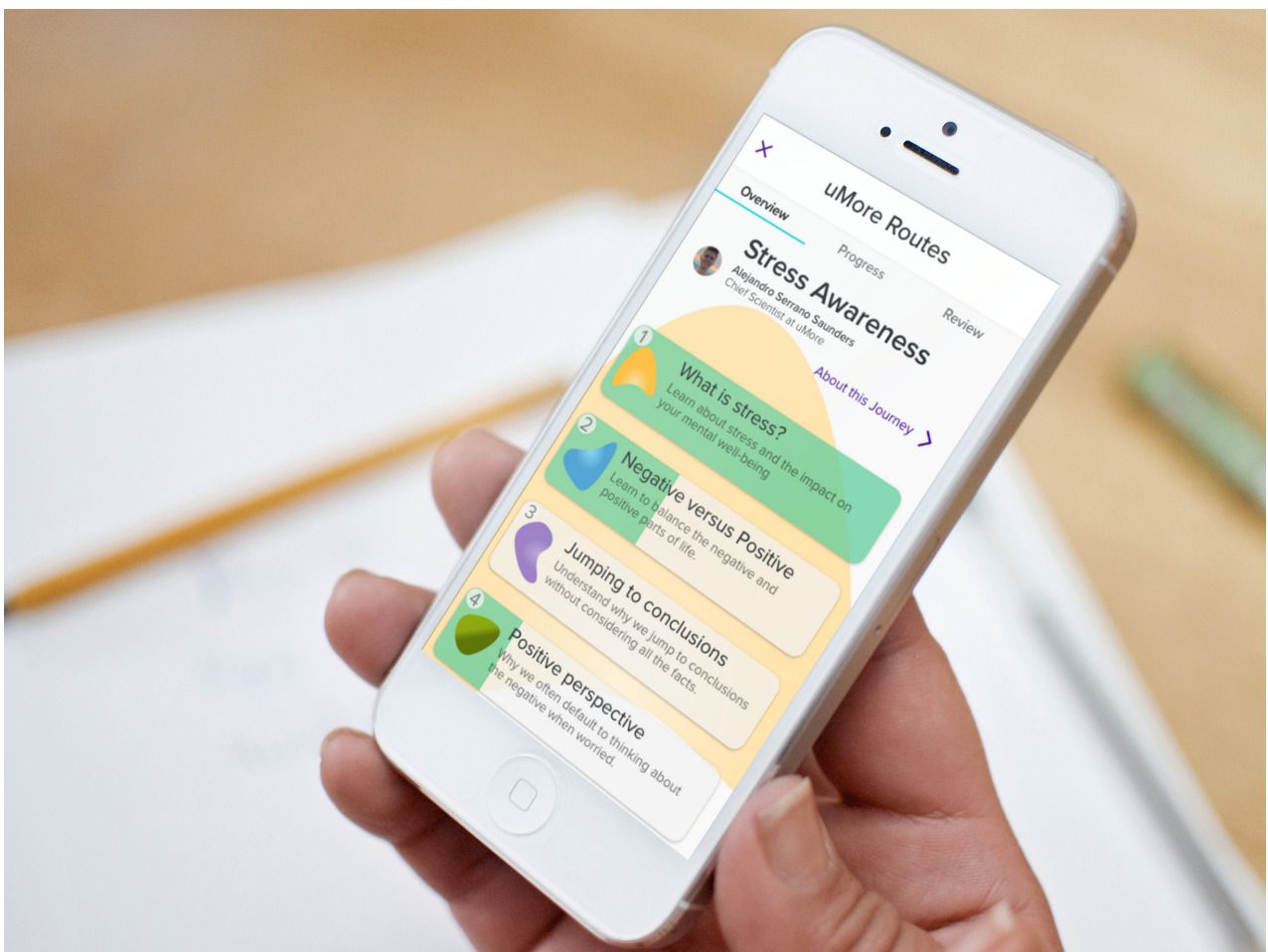
Users are considered to actively self-care if they have completed at least one activity in the last 7 days.

STRESS PROFILES OF UMORE USERS WHO COMPLETED ACTIVITIES

Self-reported stress score of uMore users who did not complete an activity within the last seven Days

Low Stress
18.1%

High Stress
34.9%
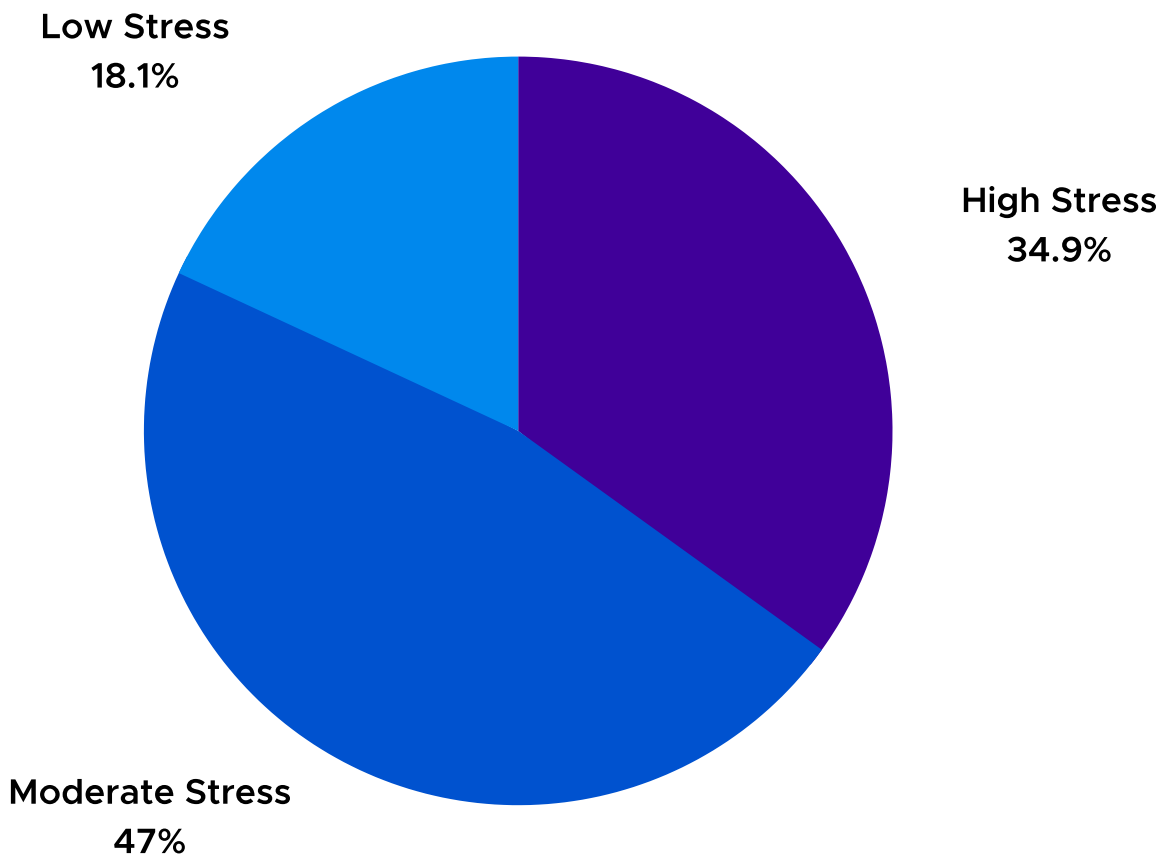
Moderate Stress
47%

Amongst those who did not complete a self-care activity within the last seven days, over a third of users registered high stress levels (34.9% of the total). Approximately half of the users report moderate stress levels (47%), and 18.1% of users show low stress.

We imagine that the percentage of people with low-stress levels who had not completed an activity is high (18.1%) as they did not feel a need to do an activity if their stress was already low.

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STRESS PROFILES OF UMORE USERS WHO COMPLETED ACTIVITIES

Self-reported stress score of uMore users who completed at least one activity within the last seven days

Low Stress
9.6%

High Stress
24.1%

Moderate Stress
66.3%
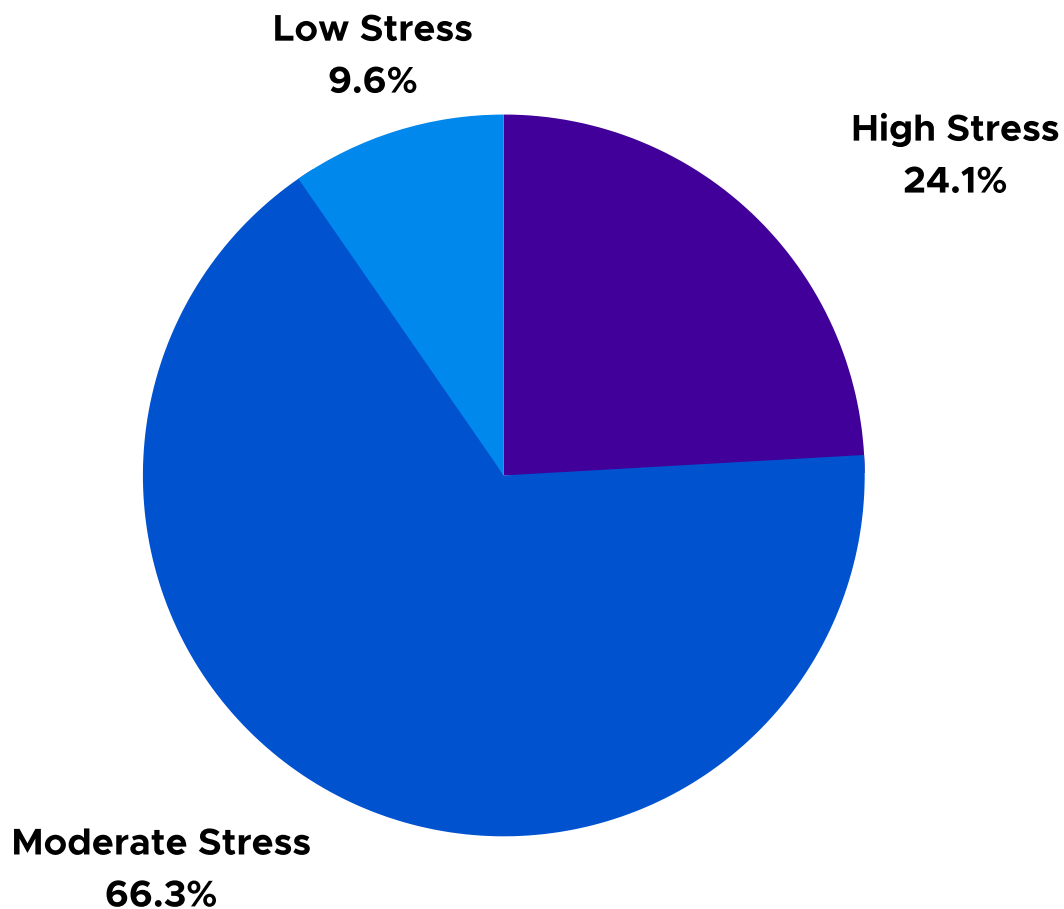
Amongst users who have completed at least one self-care activity in the last seven days, the proportion of people experiencing high stress is much lower, at 24.1%. About two-thirds of the sample experienced moderate stress, and 9.6% experienced low stress.

As such, it appears that overall, users who engage with uMore's self-care activities are less prone to experience high stress levels than those who do not.

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WHAT IS COMING NEXT?

What can uMore users expect from upcoming self-care activities?

After releasing the first two self-care activities on the uMore app, the feedback supplied by uMore users will help shape the design and content of upcoming self-care activities.

1

MORE CONTENT

Users can expect more activities to be uploaded every week, alongside new app store updates.

2

ANXIETY & DEPRESSION

Future activities will also include activities to help better understand the constructs of anxiety and depression and how to handle the feelings that arise from them.

3

CURATED COURSES

uMore will also be releasing "Routes," a curated selection of activities that help users work on spot interventions based on their unique circumstances.

4

AUDIO & VIDEO VERSIONS

Future activities will also be presented in audio and visual formats, including meditations and guided visual exercises.
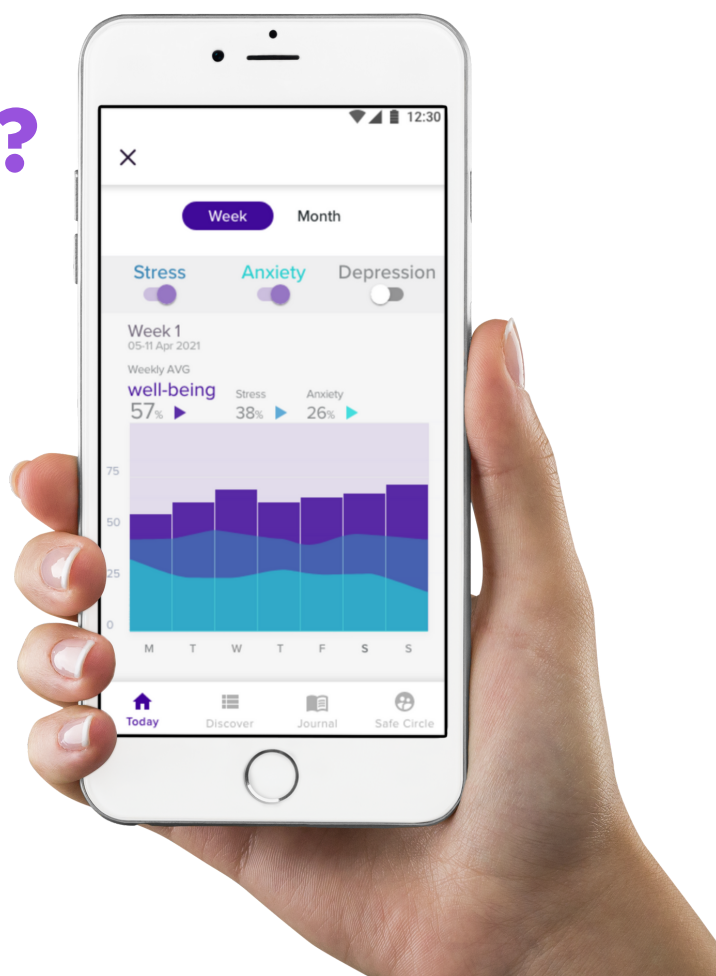
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HOW CAN YOU GET INVOLVED?

For researchers

If you are a researcher interested in mental health and are interested in working with anonymized data from the uMore app, please get in touch with us.

For research inquiries, please contact:
alex@umore.app

For press inquiries, please contact:
press@umore.app

If you have a query about the science, the technology or the product, we're ready to answer all your questions.

Contact

uMore Inc.
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