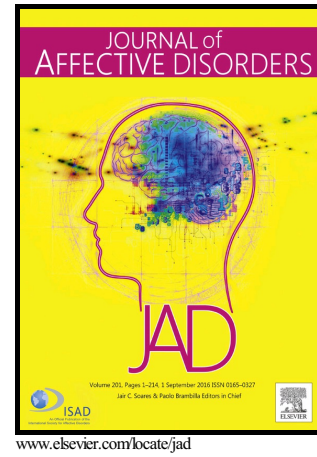# Author's Accepted Manuscript

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Engagement in mobile phone app for self-monitoring of emotional wellbeing predicts

changes in mental health: MoodPrism

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Abstract
Background

Mobile apps are being used increasingly for mental health purposes, but evidence of their

efficacy remains limited. The mechanisms underlying any effects of such apps are also

unclear. This study examined the effectiveness of a self-monitoring mobile phone app by

investigating the relationships between app engagement and mental health outcomes.

Method

Participants downloaded the MoodPrism app from the iOS and Android app stores,

completing in-app assessments at start of use and again 30 days later. The app prompted

participants daily to complete a short mood questionnaire and formulated their responses into

a mood diary. Data from 234 assessment completers (73% female; M age = 34.8 years) were

analysed via hierarchical and mediation regressions.

Results