POSITIVE ACTIVITY JACKPOT

FIND LOCAL ACTIVITIES TO IMPROVE MOOD
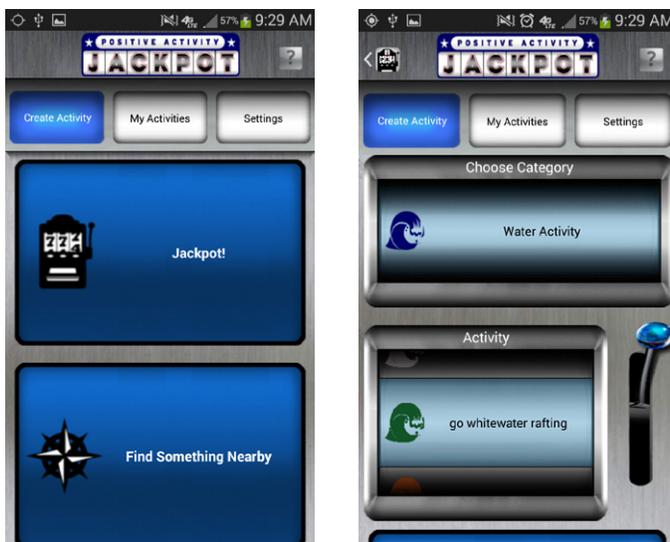
DHA
Defense Health Agency ®
SOLUTION DELIVERY DIVISION

Positive Activity Jackpot combines a behavioral health therapy called Pleasant Event Scheduling (PES) with augmented reality technology to help users find interesting things to do close to where they live.

The Positive Activity Jackpot lists items to help users decide on pleasant events they might participate in to build a pleasant event schedule. In practice, users should select one or several manageable events every day. The events are meant to improve the overall quality of life, not necessarily as crisis management. Users who can't decide what to do can "pull the lever" and let the app's jackpot function make the choice.

PES has also been found useful for individuals without any mental health difficulties. In a meta-analytic review of behavior activation (BA), of which a primary element of treatment is PES, BA was found to have a significant, positive effect on mood for participants as well as those with depressive symptoms.

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

Key Features

▸ Uses Pleasant Event Scheduling (PES) to overcome depression and build resilience

▸ Helps clients decide on pleasant events to participate in to build a pleasant event schedule

▸ Meant to improve the overall quality of life

▸ PES proven useful for individuals without mental health issues

Key Benefits

▸ Uses augmented reality technology to suggest and find nearby activities for users

▸ "Pull the lever" feature lets the app's jackpot function make the activity choice

▸ Activity suggestions based on the event lists created by Lewinsohn (1974) and Linehan (1993) and modified by the DOD

▸ Available for free download for iPhone and Android devices

SDD is a component of the DHA DAD IO (J-6). To subscribe for SDD product news, please visit https://public.govdelivery.com/accounts/USMHSDHSS/subscriber/new.

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