



moodscope
...with a little help from your friends

Problemstellung:

Depressiven Menschen kann häufig nicht geholfen werden. Sie brauchen einen Weg sich selbst zu helfen.

Zielsetzung:

Depressiven Menschen eine Möglichkeit geben sich selbst dabei zu helfen ihre Laune zu verbessern.

Methode:

Webseite



Existing user? Your email address

Your password

LOG IN

LATEST — Tuesday October 25, 2011 — Moodscope members average score yesterday was 50.9%. Scores ranged from 0% to 100%.

Like 3022 likes. Sign Up to see what your friends like.

Lift your mood.

1. Clean your teeth, wash your face, measure your mood. A daily must-do.
2. Track your ups and downs on a graph to understand what gets to you.
3. Share your scores with trusted friends so they can support you. Everybody needs a buddy.

It only takes a couple of minutes.
And thanks to some rather fast fingers the explanation on the right takes even less.

Watch the video now.

How Moodscope works

YouTube

AS FEATURED IN THE TIMES The New York Times

Take control of your mood at the click of a button. This one.

JOIN FREE

mit einem Selbsttest, Statistiken und Möglichkeit, Freunde zu informieren.

HOME

TAKE TEST

MANAGE ACCOUNT

INVITE BUDDY

CHECK GRAPH

LOG OUT



Please read why Moodscope founder Jon Cousins is appealing for your help.



How are you Cye?

Welcome back to Moodscope. What would you like to do now?

1. Capture how you're feeling right at this minute by taking the daily [Moodscope test](#).
2. Check your [graph\(s\)](#) to keep track of your moods.
3. Let someone you trust (really trust) have [access to your Moodscope graphs](#) so they can assume the role of your buddy, and help keep an eye on you.
4. To let someone see your Moodscope graphs without them getting daily emails, give them this URL (copy and paste):

<http://www.moodscope.com/me.php?a=sp69&b=i6b8>

Selbsttest: Adjektive, die die momentane Stimmung beschreiben sollen, werden vorgegeben. Man gibt an, ob man sich so fühlt oder nicht. (0-very slightly or not at all, 1-a little)

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Turn and spin card until topmost label shows how you feel right now.
Click on it to choose it and move to next card.

active:



TURN BACK TO FRONT

SPIN HEAD TO TOE

6/20

Accidentally clicked on the wrong label? Go [back](#) one place, remembering all your other scores.

Moodscope is © Moodscope Ltd 2011. Worldwide patents pending. Developed from scales which are © American Psychological Association.

(2-quite a bit, 3-extremely)

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Statistik: Durch die manuellen Eingaben wird die Stimmung berechnet (100% gut - 0% schlecht) und in einem Diagramm dargestellt.

HOME

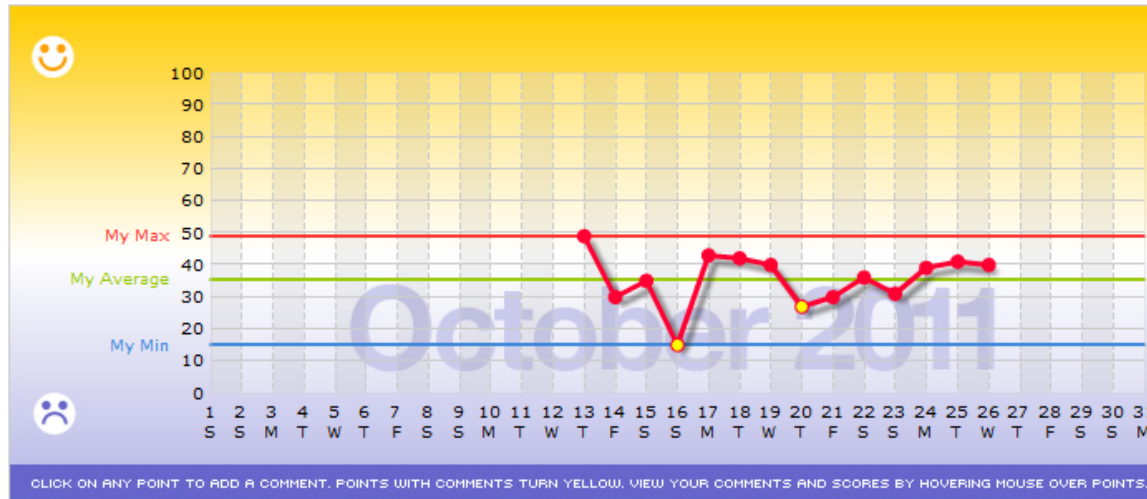
TAKE TEST

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CLICK ON ANY POINT TO ADD A COMMENT. POINTS WITH COMMENTS TURN YELLOW. VIEW YOUR COMMENTS AND SCORES BY HOVERING MOUSE OVER POINTS.

40%
Your score today

<< Back | Current month | Forward >>

Nice achievement Cye.

Wednesday October 26, 2011

Nice achievement Cye. Today you have a score of 40%, which is only 9% below your best-ever result of 49%. Life appears to have been fairly level for you since you took the test most recently and scored 41%.

You're still in a similarly acceptable mood, in spite of your score having dropped a little. It may well be nothing to concern yourself about, but don't forget that you've got the ultimate ability to control your emotions. Be kind to yourself and make certain that there is no further descent.

Although your result today is not quite as good as the last time, you're in a good position compared to your average of 35.6%. You're above your all-time minimum score of 15%. You have progressed well since then.

It was yesterday that you last took the test, which is ideal. Aim to continue using it every day to get the most from Moodscope.

To date you've captured your score 14 times with Moodscope. It's the first time you've taken the test today, so your score has been recorded and plotted on your graph.

You currently have no active buddies so no emails have been sent.

Your vital stats

Average: 35.6%

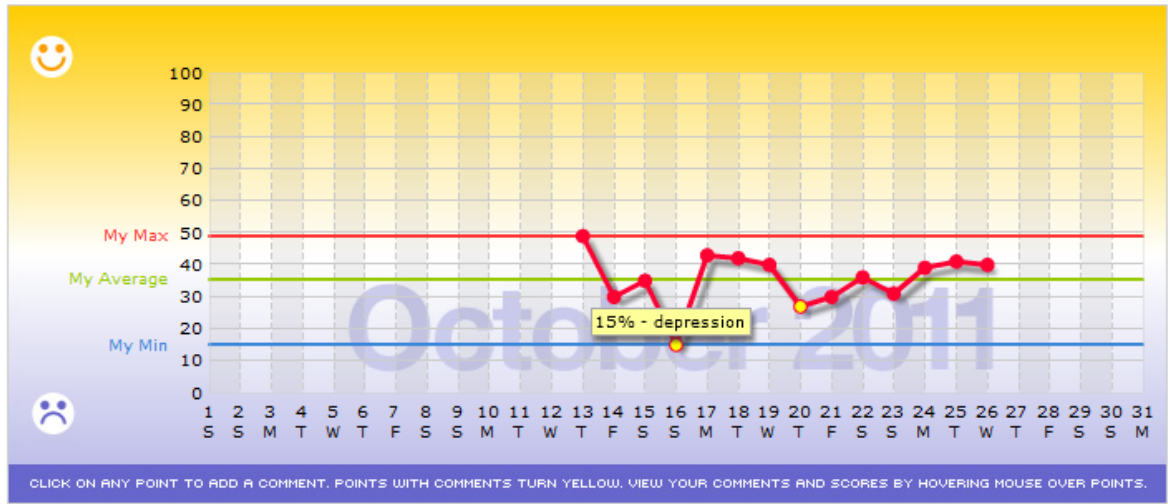
All-time high: 49%

All-time low: 15%

Scores recorded: 14

Joined: Oct 13, 2011

Der Benutzer kann Eintragungen machen, wieso er sich so gefühlt hat am entsprechenden Tag, um einen Überblick zu erhalten, was die Laune fördert und was nicht.



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Benutzer bekommen täglich Mails, die sie an den täglichen Selbsttest erinnern und gleichzeitig oft aufmunternde Geschichten beinhalten.

Hi Cye,

Making porridge in a microwave is mighty convenient. No saucepans to wash up. Sadly, though, if you overload your bowl there's the distinct possibility that it will bubble over and ooze everywhere as it heats up.

But this doesn't happen when you buy (relatively expensive) sachets of 'special' microwaveable oats.

I set to work to find out why.

It turns out that the makers add something called lecithin, a soy-based product which acts as an emulsifier.

Basically it stops your porridge bubbling over.

Next port of call was a health food store to buy a tub of lecithin, then a simple experiment showed that one teaspoon of it in each bowl, followed by the porridge, does the trick admirably.

Perfect porridge with a four minute zap and zero oozing.

Hang on though. What can this possibly have to do with mood?

Right. Learning new things is a great way to lift your spirits and what I hope we've just demonstrated is that learning can take many shapes and forms.

It doesn't have to be anything formal, but it can often be fun.

And sometimes oats-so rewarding. (Sorry. I'll get my coat.)

OK, it's time to record your Wednesday score at Moodscope. Just click below:

<http://www.moodscope.com>

Number of days since you last recorded a score: 1

Thought for today: Balance work and play.

Like today's post? Please share it (minus the personal bits) on Facebook:

<http://www.facebook.com/sharer.php?u=www.moodscope.com/2011/10/26/ping-goes-the-porridge.html>

Thanks,
Jon
The Moodscope Team

If you would prefer not to receive these reminders please log in to your account at <http://www.moodscope.com> and click on the Manage Account button.