



MENTAL HEALTH RELIEF IN THE CHRONIC ILLNESS COMMUNITY

RESEARCH FINDINGS



CABANA

Mental health relief in the chronic illness community

Cabana helped members of the chronic illness community connect with mental health support, fast.

Chronic Disease Affects Mental Health

Those living with a chronic illness often face severe emotional and psychological struggles that impact self-esteem, identity, and social connectedness. The National Library of Medicine reported that 20–25% of patients with chronic conditions experience an affective disorder, most commonly depression or anxiety. This is substantially higher than the 4–8% prevalence of depression in the general population.¹

Our Health System Lacks Appropriate Support

Managing ongoing symptoms, navigating treatment, and dealing with the societal stigma and economic barriers to healthcare leave many individuals in the chronic illness community isolated and struggling to access mental health resources. This reality is compounded by a shortage of specialized providers, especially in rural areas, making comprehensive care a constant challenge.

Given these challenges, leaders in this community were seeking a mental health partner that could address both the emotional, psychological, and social needs of individuals in the chronic illness population. This solution needed to be accessible, engaging, and easy to integrate into users' routines while overcoming barriers to access and isolation.

Supporting Concerns Head-On

To address these needs, the chronic illness community adopted the Cabana app, a mental health support platform that offers professionally moderated live groups, on-demand micro-learning, and therapist-curated tools. Cabana's core offerings include:

- Live group sessions: Users can connect with others facing similar challenges, fostering a sense of community and shared experience to help combat isolation.
- Science-backed wellness tools: Cabana's tools provide evidence-based techniques for managing stress and enhancing mental well-being, which users can incorporate into their daily routines.

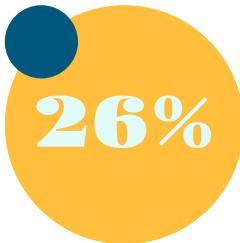
These features collectively empowered chronically ill users to take control of their mental wellness journey and manage their conditions with greater confidence and support.

The Cabana Team created live groups tailored to this community such as *Re-discovering who you are after chronic illness* and *Meditative resilience: navigating chronic illness*. These groups were led by those with lived experience from the chronic illness community.

The Cabana Team measured anxiety, depression, medication adherence, and loneliness across the chronically ill community over 60 days, using a self-reported assessment that included the GAD-2, PHQ-2, MARS-5, UCLA Loneliness Scale, respectively.

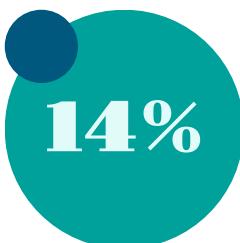
Participants completed this assessment at set time intervals: pre-Cabana account creation (baseline), 30 days post-account creation (D-30), and 60-days post-account creation (D-60). 16 participants completed all three assessments (baseline, D-30, D-60), and their results were analyzed and segmented according to their Cabana utilization.

Results



26%

decrease in GAD-2 scores
(anxiety) after 60 days
of Cabana



14%

decrease in PHQ-2 scores
(depression) after 60 days
of Cabana

The implementation of Cabana indicated improvements in mental health measures within the chronic illness community:

- Reduced anxiety and depression: Analysis of Cabana's impact revealed a 26% reduction in GAD-2 (anxiety) scores and a 14% decrease in PHQ-2 (depression) scores over 60 days, on average across utilization segments.
- Improved engagement and reduced isolation: High app utilization correlated with improved mental health, though some high-usage users self-reported increased loneliness, which the Cabana Team aims to investigate further.

While the Cabana Team set out to measure medication adherence, that section of the assessment was optional to complete, and therefore not enough data was collected to report on. As a result of this case study, Cabana continues to offer tailored groups weekly to the chronic illness community as well as the broader Cabana community. This ongoing commitment reflects Cabana's role in empowering individuals to better navigate their mental health journeys in a supportive, inclusive environment.

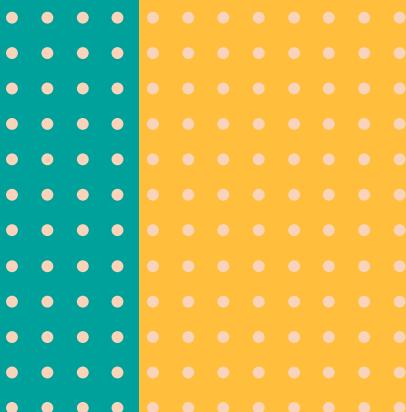
“ Cabana has become more than an app; it's a space where I feel seen, supported, and equipped to take on the daily challenges of chronic illness. I finally have the tools I need to prioritize my mental health.

CABANA USER



Because we all deserve to feel better.

Cabana is a leading, modern mental health provider offering confidential, tech-enabled support solutions tailored to the needs of diverse communities. Through live, professionally moderated group sessions, evidence-based content, and adaptable wellness tools, Cabana helps individuals proactively manage their mental health. Our mission is clear: to make mental health care more accessible through technology and human connection.



Questions?

Give us a shout at hello@yourcabana.com

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