

Executive Summary

Open Pilot Evaluation of an App to Support Adolescent Mental Health

Overview

This open pilot evaluation examined trajectories of mental health problems and well-being among middle and high school students who used the Alongside platform across a 3-month period. Student data were collected at baseline, 1-month, and 3-months.

- 67 students completed both the baseline and 1-month assessment, 27 of whom had clinically-elevated mental health symptoms at baseline.
- 117 students completed both the baseline and the 3-month assessment, 48 of whom had clinically-elevated mental health symptoms at baseline.

Top-Line Results



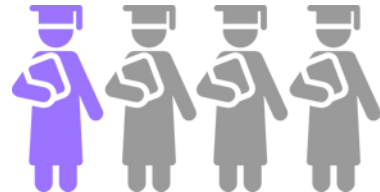
Students reported improvement in overall mental health after just one month of use

- Overall mental health problems significantly decreased from baseline to 1 month with a moderate effect size ($p = 0.03$)



Students with elevated distress reported clinically significant improvements

- 25% of students with mental health symptoms reported clinically-significant improvements
- Anxiety symptoms significantly decreased from baseline to 1 month
- Hopelessness significantly decreased from baseline to 3 months



LGBTQ+ Students saw the biggest benefit

- Across all students, identifying as LGBTQ predicted larger reductions in overall mental health symptoms at 3 months.
- Within the clinically-elevated student sub-sample, identifying as part of the LGBTQ+ community predicted larger reductions in overall mental health symptoms at 1-month and 3-months.