



Mobile Apps & Video Games Therapy

Mobile Apps

For many scleroderma patients, managing mental illnesses can be challenging as there are many different medications to take, appointments to remember, symptoms to keep track of, and lots of information to absorb. In fact, many smart phone applications are designed especially for you to help you maintain your overall wellness and cope with your disease.

We've provide this list of some of the best mobile apps to help you manage your illness:

Medisafe is an app that helps patients manage medications. Also, it helps them with dosage and reminds them of the exact times for taking their meds. All the patients' information can be shared with their healthcare providers and the pharmacy through this application.

Pain Diary works for anyone with a chronic illness. It allows patients to chart and score pain as well as record and track other symptoms of the disease such as fatigue and mood swings. This app also has a feature where patients can connect with others living with the same illness and swap best practices.

ZocDoc is a very helpful app for recently diagnosed patients, since one of the first things they need to do is find a doctor to treat them. ZocDoc allows patients to search for local specialist doctors who are approved by the patients' insurance company. This app can even tell the patients when the doctor is available to see them.

My Medical Info is an app that stores all the patients' health history and insurance details. This makes filling out all the required forms a little less challenging since the patients won't have to

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depend on their memory for all the details. The app will also allow them to program in your appointments and all the medications that they are taking.

Sleep Cycle helps the patients to get a good quality of sleep by analyzing how much sleep they get each night. The patients can set their alarm to wake them when they need, which can make them feel more refreshed each day

Many other examples of free apps that you can use as a part of your treatment plan are:

Breathe2Relax is an app that considers as a portable stress management tool. It provides a lot of information on how stress affects the body, and it helps users to manage their stress using a technique called diaphragmatic breathing. This app is available for free on iOS and Android devices.

IntelliCare is designed to help people manage depression and anxiety. The IntelliCare Hub app and related mini apps are available for free on Android devices.

MindShift is designed to help youth managing anxiety disorders. It provides them with many general information about anxiety disorder, social anxiety disorder, specific phobias, and panic attacks. In addition, it provides them with tips and suggestions for developing basic coping strategies.

PTSD Coach is designed for veterans and military service members who have PTSD. It provides information about PTSD, including treatment and management strategies. In addition, it includes a self-assessment tool that the users can use. This app is available for free on iOS and Android devices as well.

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SAM: Self Help for Anxiety Management provides information about managing anxiety. It's available for free on iOS and Android devices.

Equanimity is a meditation app. It may help you develop a stress-relieving meditation practice. It's available to download for \$4.99 on iOS devices.

TalkSpace seeks to make therapy more accessible. This app connects users to licensed therapists using a messaging platform, it provides access to public therapy forums, and it is free to download on iOS and Android devices.

Lantern offers sessions that are designed to promote emotional well-being. It's a subscription-based service, and it is free to download on iOS devices.

Worry Watch is designed to help users document and manage experiences with chronic worry, anticipatory anxiety, and generalized anxiety disorder. It's available on iOS for \$1.99.

What's up is an app that helps patients to be connected with their providers between sessions. This free app uses Cognitive Behavioral Therapy and Acceptance Commitment Therapy methods to help the user cope with anxiety, stress, and other negative emotions.

Personal Zen helps to train the user's mind to improve overall well-being. It is designed by a professor of psychology and neuroscience, and it uses evidence-based techniques to reduce anxiety and build stress resilience in as little as a few minutes of use a day or several days a week.

The Worry Box is a digital box that helps those with a lot on their mind. The user simply writes down the worry and drops it in the box. The notes can be reviewed later, which may be helpful as it allows you to see that many worries do not actually come to pass.

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Video Games Therapy

It has been discovered that video games can help those who suffer from mental disorders such as anxiety, depression, antisocial personality disorder (APD), attention deficit hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD), and many other illnesses. Video games are a viable option in psychotherapy for many scleroderma patients to help them coping with their mental issues.

Here are few examples of the available video games that you can use:

Depression Quest aims to help patients with mental illnesses to understand that they are not alone.

Luminosity helps users to strengthen their cognitive abilities.

Project EVO provides daily therapy to people who suffer from various mental disorders.

SuperBetter aims to increase resilience. This is the ability to stay strong, motivated, and optimistic in the face of difficult obstacles.

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