



Project Tü 2C

# Early SoDA

Early Signs of Depression and Anxiety

Study on the Early Detection of Depression and Anxiety Symptoms



Early Detection of Depression and Anxiety Disorders in Adolescents and Young Adults

## Profile



Space Agent

Medals



Games Summary

Total Score 554

Space Observer	★★★★★
Treasure Hunt	★★★★★
Scavenger	★★★★★
Milky Way Game	★☆☆☆☆
Space Map	★☆☆☆☆
Profile	★☆☆☆☆

## Objectives

- Rapid Identification of At-Risk Adolescents and Young Adults for Adequate Intervention Regardless of Region and Infrastructure
- Development of AI-Based Prediction Models for Automated Prediction of Anxiety and Depression Disorders (Risk Profiling)
- Use of the App *Brain Explorer*
- Closing Significant Care Gaps through Automated Diagnostics and Personalized (Preventive) Treatment Recommendations



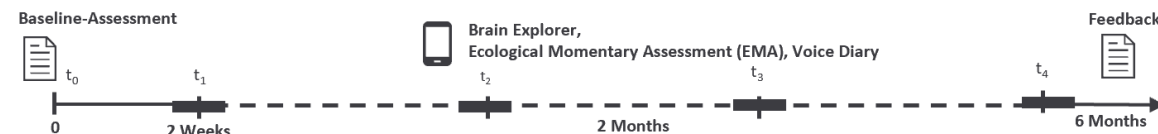
<https://www.medizin.uni-tuebingen.de/de/angst-depression-jugendliche>



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## Study Design



### Early SoDA Early Detection



#### Baseline-Assessment

- Demographics
- General Well- Being
- Emotion regulation
- Sleep



#### 2-week Assessments

- App *Brain Explorer* (cognitive functions)
- EMA
  - a. Sleep
  - b. General Well- Being
  - c. Stress
  - d. Emotion regulation
- Voice Diary on zu High- und Lowlights



#### Feedback

- Individual Feedback
- Recommendations



## Kooperation

- Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy (Prof. Dr. Tobias Renner, Prof. Dr. Johanna Löchner, Prof. Dr. Annette Conzelmann, Dr. Lennart Seizer, M. Sc. Nadine Schmitt, M.A. Melinda Mroß)
- Department of Psychiatry and Psychotherapy (Prof. Dr. Tobias Hauer)
- Department of Health NLP (Prof. Dr. Carsten Eickhoff)
- Department of School Psychology (Prof. Dr. Caterina Gawrilow)
- Department of Health Informatics Technical University Munich (Prof. Dr. Björn Schuller)

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