

# OBJECTIVES

- 1) See if the **HealthySMS daily text message system** is feasible and acceptable to teens participating in a **Cognitive Behavioral Therapy Group for Depression (CBT-D)**
- 2) Explore how HealthySMS might help teens **engage in CBT-D services**

# METHODS

-In 2020, we invited all teens in CBT-D at a UCSF outpatient psychiatry clinic to use HealthySMS, which features:



**Daily mood prompts**



**CBT-D attendance reminders**



**Adherence tips & responses**

-We tracked teens enrolling, opting-out, and responding to messages.

-We also invited teens to give feedback via text and in focus interviews



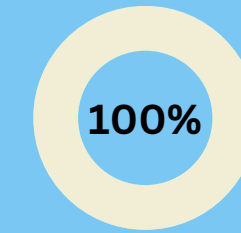
HAACK, ARMSTRONG, TRAVIS,  
AGUILERA & DARROW, 2024

## LET'S TEXT! PILOTING THE HEALTHYSMS TEXT MESSAGING SYSTEM ADJUNCT TO ADOLESCENT GROUP COGNITIVE BEHAVIORAL THERAPY IN THE CONTEXT OF COVID-19

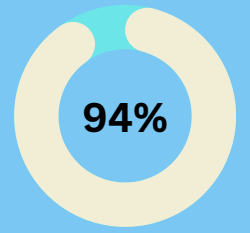
JMIR Mental Health

<https://doi.org/10.2196/49317>

# RESULTS



**100%**  
of invited teens enrolled in HealthySMS



**94%**  
kept using for 1 month without opting out

- Teen feedback supported promising feasibility and usability findings
- We uncovered meaningful themes about how HealthySMS may improve CBT-D service engagement

# CONCLUSIONS

- All teens in our pilot invited to use HealthySMS signed up and only 1 teen opted-out by texting “stop”
- Promising feedback about how HealthySMS could be helpful in enhancing mental health service engagement set the stage for future HealthySMS research