

FACT SHEET

POSITIVE ACTIVITY JACKPOT

FIND LOCAL ACTIVITIES TO IMPROVE MOOD

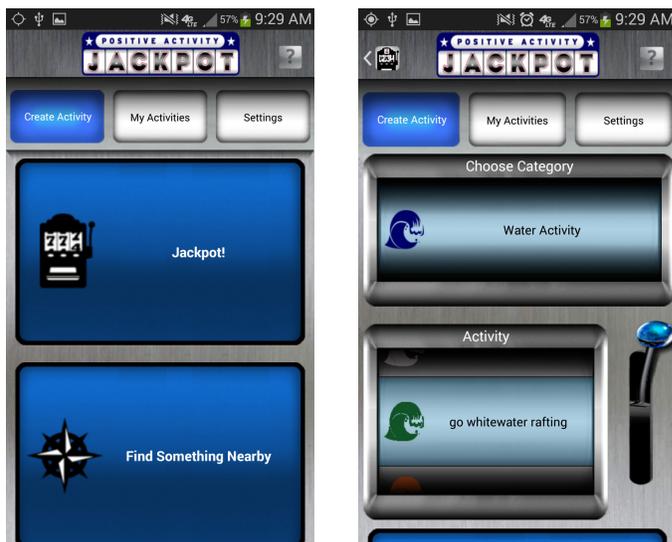


Positive Activity Jackpot combines a behavioral health therapy called Pleasant Event Scheduling (PES) with augmented reality technology to help users find interesting things to do close to where they live.

The Positive Activity Jackpot lists items to help users decide on events they might participate in to build a pleasant event schedule. In practice, users should select one or several manageable events every day. The events are meant to improve the overall quality of life, not serve as a crisis management tool. Users who can't decide what to do can “pull the lever” and let the app's jackpot function make the choice.

PES has also been found useful for individuals without any mental health difficulties. In a critical review of behavior activation (BA), of which PES was a primary element of treatment, BA had a significant, positive effect on mood for participants with and without depressive symptoms.

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.



Key Benefits

- ▶ Uses PES to overcome depression and build resilience
- ▶ Helps clients decide on events to participate in to build a pleasant event schedule
- ▶ Meant to improve the overall quality of life

Key Features

- ▶ PES proven useful for individuals without mental health issues
- ▶ Uses augmented reality technology to suggest and find nearby activities for users
- ▶ “Pull the lever” feature lets the app's jackpot function make the activity choice
- ▶ Activity suggestions based on the event lists created by Lewinsohn (1974) and Linehan (1993) and modified by the DOD
- ▶ Available for free download for iPhone and Android devices

SDD is a component of the DHA DAD IO (J-6). To subscribe for SDD product news, please visit <https://public.govdelivery.com/accounts/USMHS/DHSS/subscriber/new>.