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PsyMate™
Insight into daily life

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PsyMate™ for myself

An app to really get a grip on your mood? A way to work on your recovery yourself? That's possible! We'd like to present the PsyMate™: a practical and scientifically based tool to get a grip on psychological and physical problems.

The PsyMate™ beeps at different times during the day and asks how you are doing at that moment. Where are you? With whom? What are you doing? To what extent do you experience feelings of stress, anger or sadness? Are you hungry, sleepy or craving for a cigarette? A tool that can be adapted to your personal or medical situation. You can use the PsyMate™ alone, but also with your doctor, therapist or a family member. By filling out the questions you get an insight in how you feel. When are you feeling good and when are you not? This way you can adjust yourself better or give your therapist a call before it's too late. Moreover, it feels nice to be actively involved in your treatment this way.

Using the PsyMate™ is easy: an app on your phone is all you need. Download the app now from the [App Store](#) or [Play Store](#) and discuss with your clinician how the two of you can get started with the PsyMate™.



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