



by  Limbix

The first digital treatment for
adolescent depression





We are developing a **pipeline of prescription digital therapeutics** for adolescent mental health disorders.

For patients: digital solutions to improve access to affordable and effective mental health treatment

For providers: safe and clinically validated digital treatments to offer patients on long waitlists or as follow-up to care

Adolescent depression is a growing health crisis

20%

Currently are diagnosed

50%

Increase since COVID

Limited

Treatment options in primary care

60%

Do not receive treatment

#2

Cause of death for US teens is suicide

SparkRx by Limbix

SparkRx is an evidence-based digital therapeutic intervention for patients aged 13-22 with symptoms of depression.

Based on established treatment protocols, SparkRx delivers core components of Cognitive Behavioral Therapy through a patient's smartphone and includes the following features:



Psychoeducation



Activity Scheduling



Mood Tracking



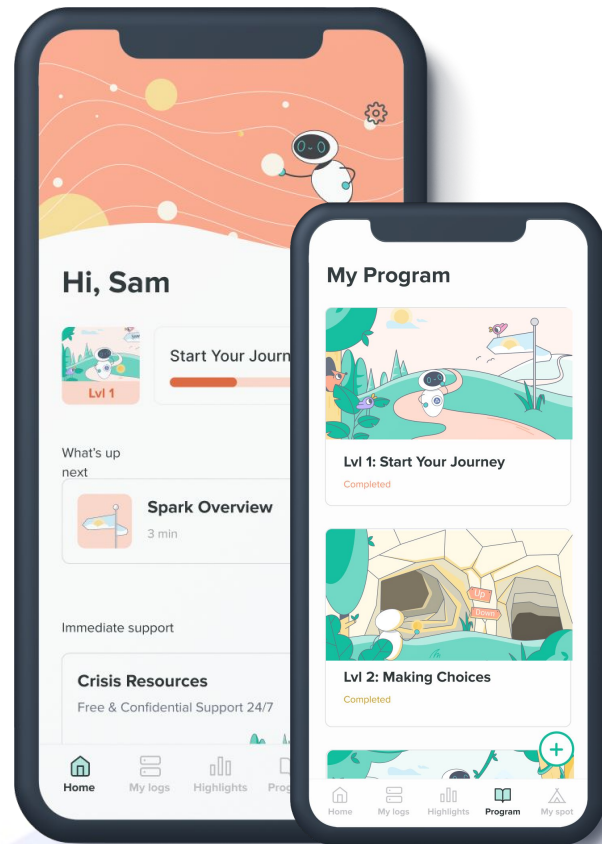
Mindfulness



Problem Solving

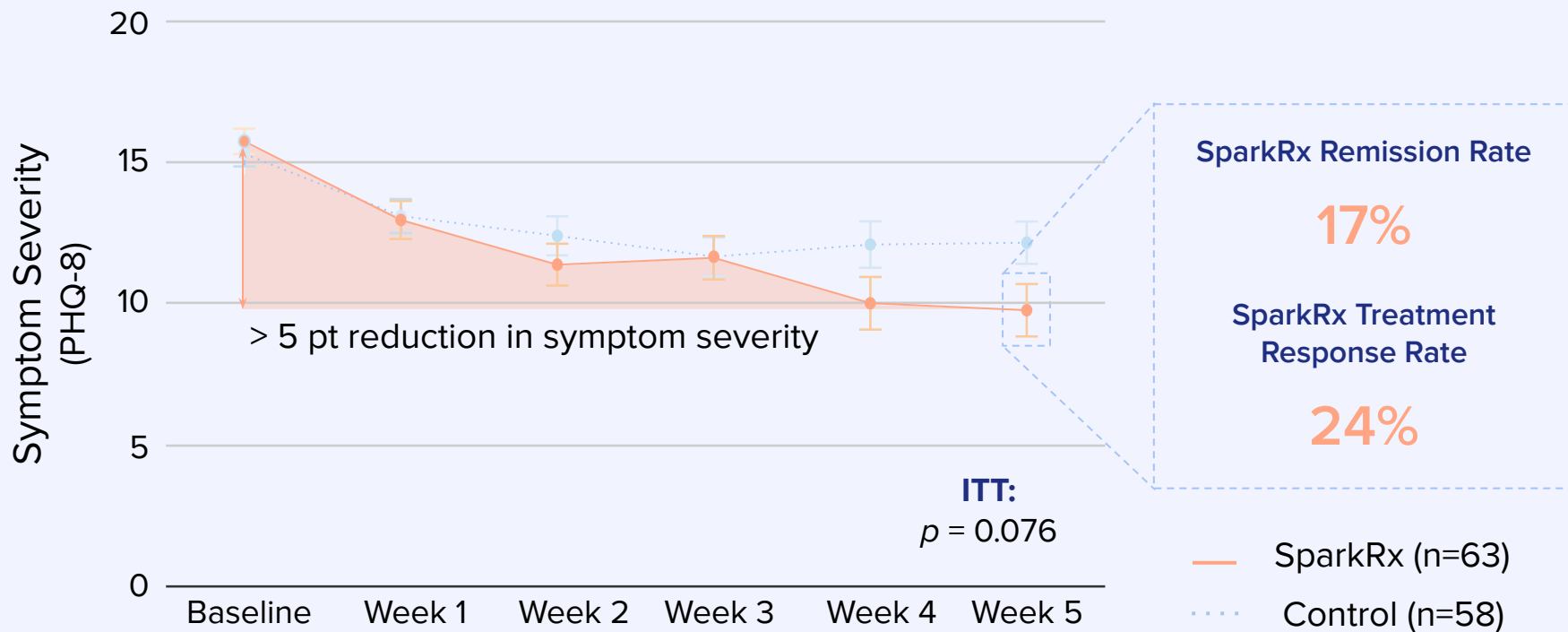


Weekly Assessments



SparkRx Clinical Data

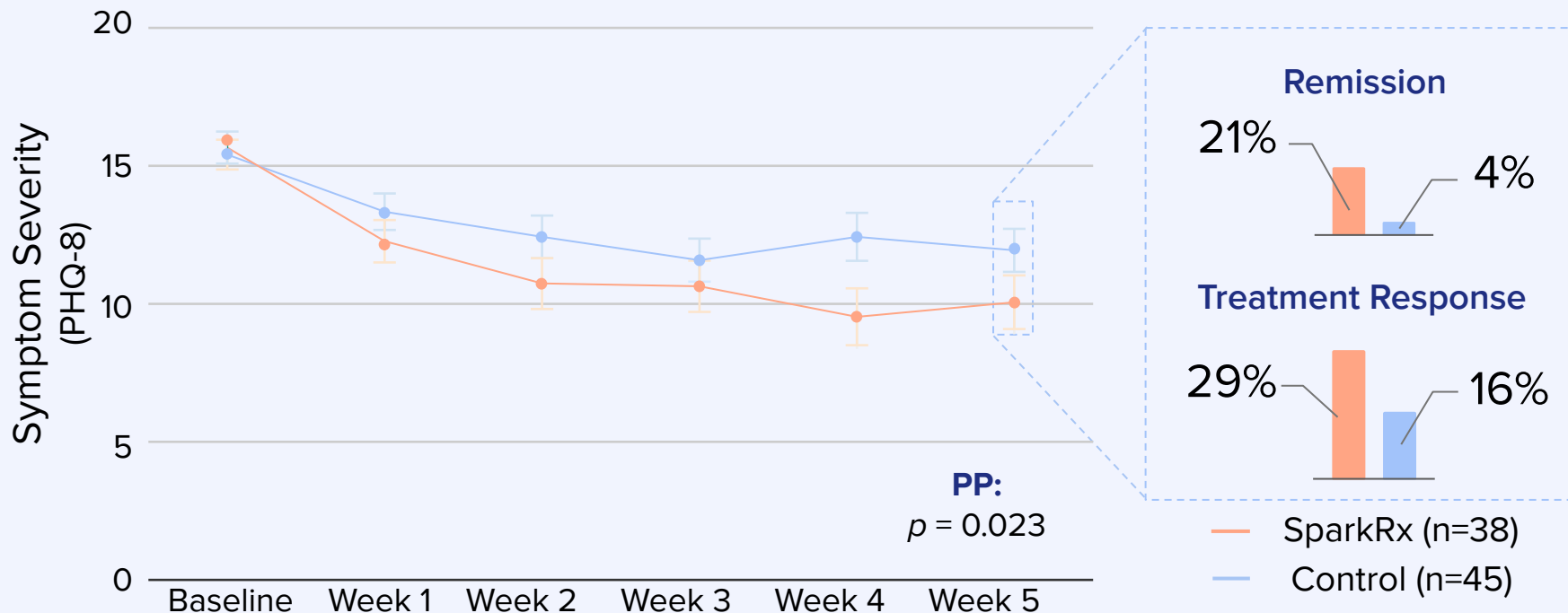
SparkRx led to a clinically meaningful reduction in depression symptoms



The intention-to-treat analysis comparing SparkRx to Control was not significant.

To view the full Clinical Research Summary visit www.SparkRx.com/clinical-research-summary.

For participants who **consistently engaged**, SparkRx led to a **statistically significant reduction** in depression symptoms compared to Control



SparkRx Demo



A self-paced treatment journey

SparkRx is a 5 week program with a 7 week access period. Patients are guided through the program by **Limbot**, a personalizable robot character.

Level 1:

Start Your Journey

Level 2:

Making Choices

Level 3:

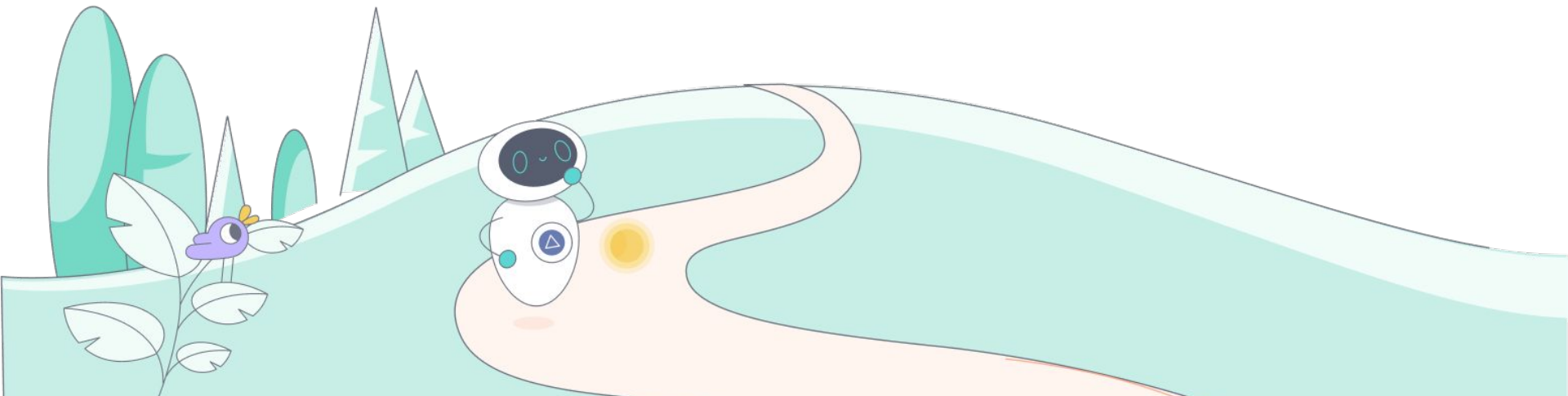
Solving Problems

Level 4:

Staying Active

Level 5:

Journey's End



In **Level 1**, patients learn about depression and the relationship between mood and behavior.

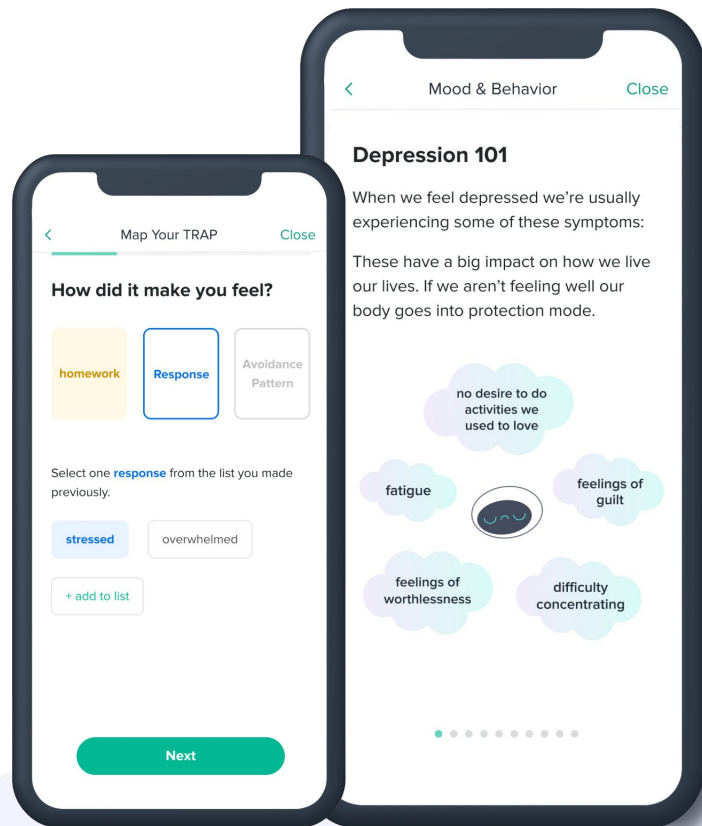
Featured skills:



Psychoeducation



Mood Tracking

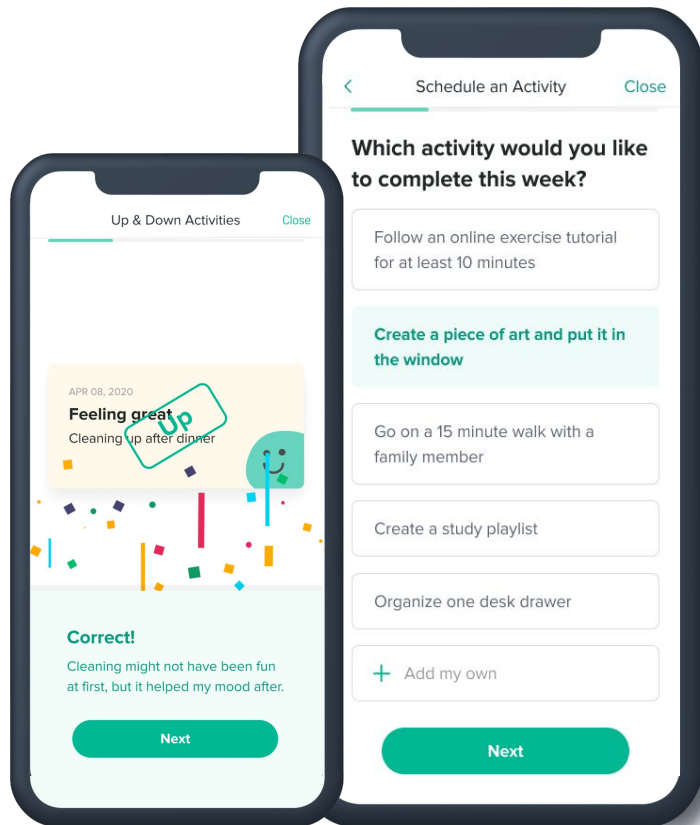


In **Level 2**, they identify activities that align with their values & can improve their mood. They then schedule those activities.

Featured skills:

 Behavioral Activation

 Mood Tracking



Level 3 teaches problem solving strategies that can help patients complete activities that will improve their mood.

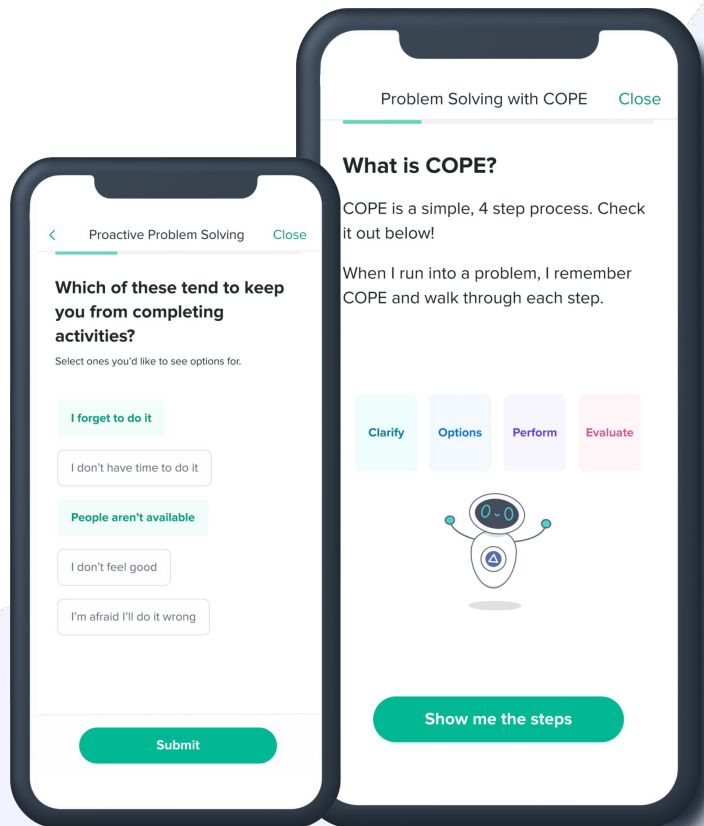
Featured skills:



Problem Solving



Behavioral Activation



Level 4 introduces patients to the concept of mindfulness, helping them stay in the present as they complete more activities.

Featured skills:



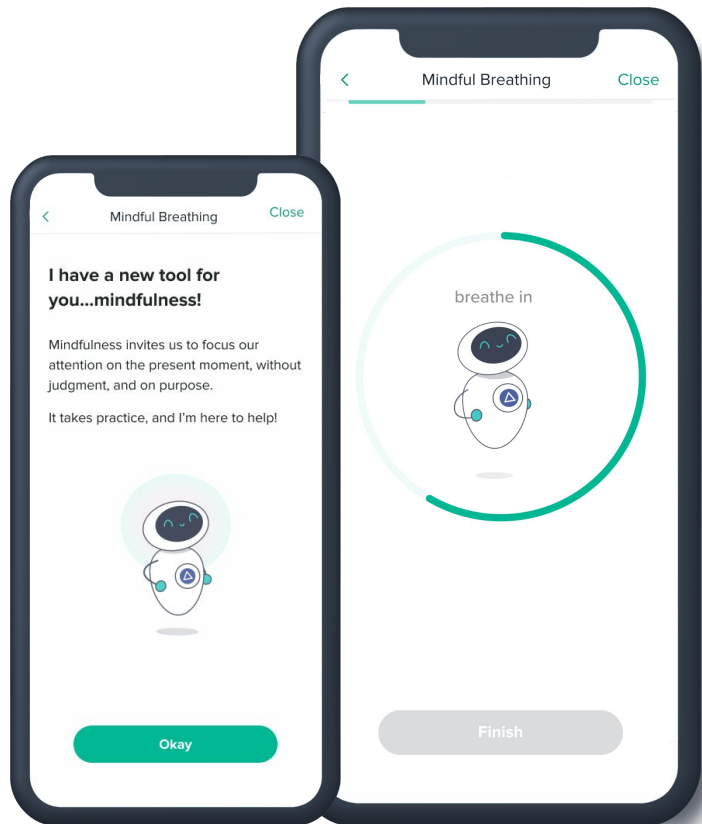
Mindfulness



Grounding Exercises



Behavioral Activation



SparkRx's **final level**, patients learn relapse prevention skills. They create an action plan that can help if they notice their mental health slipping.

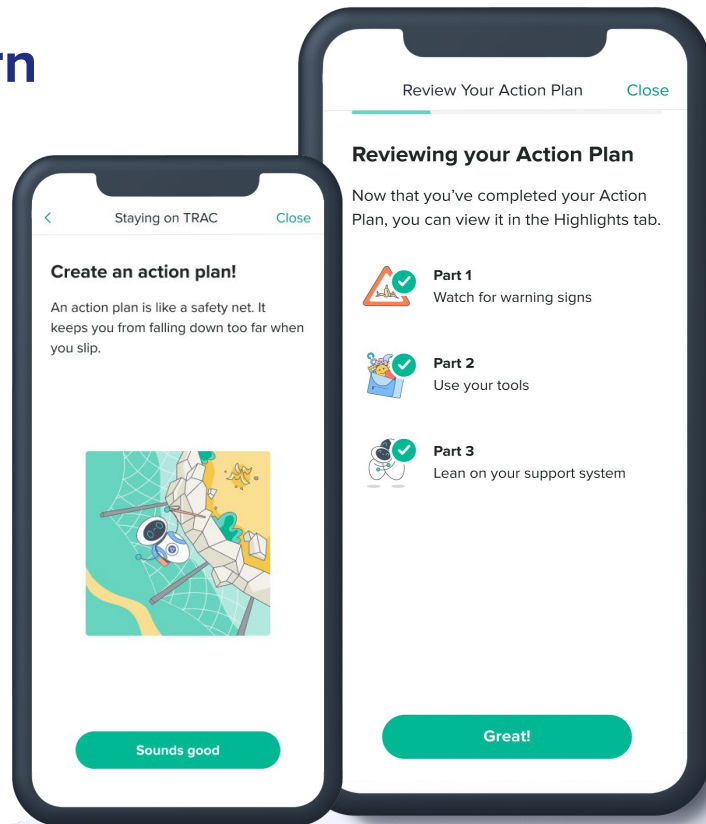
Featured skills:



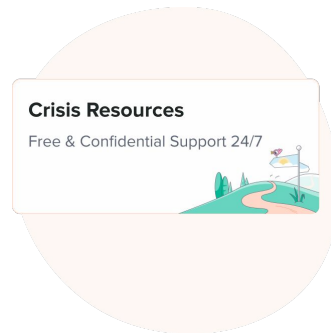
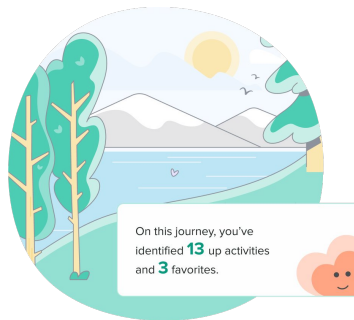
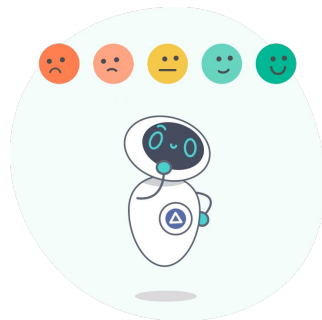
Relapse Prevention



Behavioral Activation



Additional features include:



Weekly PHQ-8 assessments

Patients take a PHQ-8 assessment in the app each week. These scores help track patient progress and symptoms. Providers can optionally monitor patient scores using the Limbix Provider Portal (coming soon).

Interactive tasks and rewards

Patients can gain a sense of progress and achievement as they complete interactive exercises and win rewards in the app.

Built-in safety features

If language indicating potential self-harm is detected in the app, patients are shown crisis resources and emergency guidance. Crisis resources are also easily accessible from the SparkRx homepage.

Thank you!

Questions?

Visit SparkRx.com or email info@limbix.com

