

UNC Research clinical outcomes

Reducing Depression and Anxiety and Productivity Levels in Individuals Using Dario Behavioral Health program

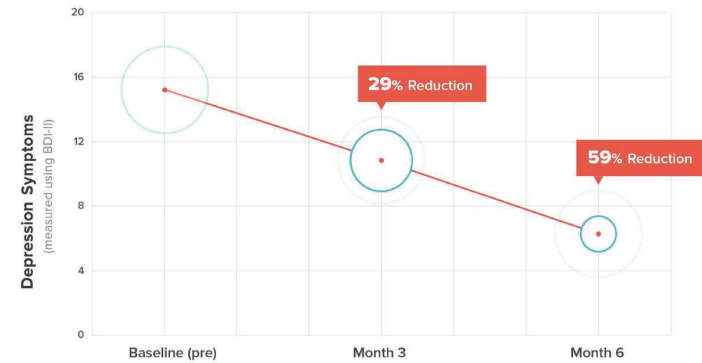
UNC Research study



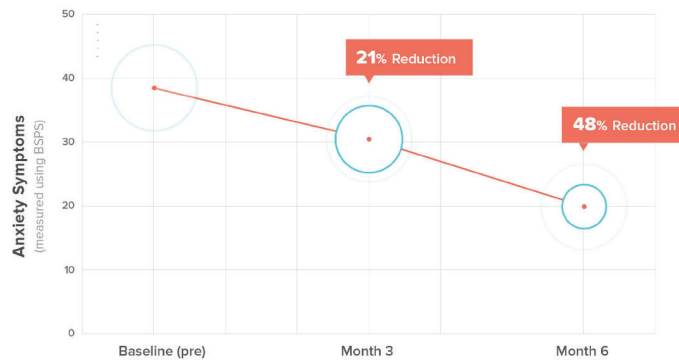
Independent
Research Study by
Prof. Jon Abramowitz

- Independent study conducted at one of the leading research labs on CBT
- Participants ONLY use wayForward (no therapy or medication)
- Participants were brought into the lab at UNC for a battery of assessments Pre, post and for 6 month follow up

Results: Depression Symptoms



Results: Anxiety Symptoms



27% symptom reduction in fear

32% symptom reduction in avoidance

