



PATH PROVIDER CHECKLIST

PATH is a computer-based program for improving your mood and is offered through a research study at the Geisel School of Medicine at Dartmouth

This program uses a self-directed approach to improving mood called problem-solving treatment. By choosing and working on problems individuals have some control over they can improve their mood and learn a structured approach to problems that's useful whatever their mood may be. The mentor in the program guides individuals through a step-by-step approach to select problems, set goals, choose solutions, schedule enjoyable activities and create an action plan. At return visits the program tracks symptoms using the PHQ-0, and the mentor helps troubleshoot any difficulties the user runs into.

These sessions take time to complete. The participant should plan on about an hour for the first session and 30-40 minutes for later sessions. Advise users to make appointments with themselves to complete sessions and choose quiet places to work through the program. Although it is easier to work through this program on a laptop, they can also use a tablet or phone.

PROVIDER CHECKLIST

1. Remind patients that this is self-guided training and takes some time.
2. Note that this is an option and is not required or part of a treatment pathway.
3. Note that that is offered as part of a research project.
4. Ask patients to choose a time to do the program when they will have 60 minutes of uninterrupted time
5. Ask patients to choose a place to do the program that is quiet and free from interruption
6. Encourage patients to stick with it. At the beginning of the program they will be asked to define a problem to work on. This is where many people stop using the program. Advise them to do the best they can to get through this part. Those that did do it felt it was worth the effort.
7. For phone/telehealth follow-up visits it's important that the user choose a time and place to do them (i.e. not while doing something else).
8. Tell patients that information in the program is not linked to their identity or medical record. Also, inform patients that the work they do in the program does not go to their provider and is not accessible by their provider.
9. Tell patients that at the end of the session they will print out an action plan. They can share this action plan with their provider if they want and can discuss it at follow-up visits if desired.