

About MY DAISY's Methodology

MY DAISY provides a structured mental health management process supported by an integrated internet-based system that can assist with the assessment of a person's mental health state and record this information. This information can then be used by health professionals to determine appropriate treatment, provide support, and monitor progress.

The system can assist with the following tasks: identifying mental health problems, assisting with diagnosis and treatment, and monitoring treatment effectiveness. Most importantly, it provides a structured process and supporting system that the key players, i.e. the patient, the doctor and the psychologist and/or psychiatrist can follow during the treatment of mental health problems.

MY DAISY has two integrated components. In component one, defined as the MY DAISY Public Portal, a person follows a structured Five-Step Plan that enables the system to assess the patient's current mental health condition and record and display the results.

In component two, defined as the MY DAISY Health Professionals' Portal, the health professional uses the system's search function to upload a person's data to their patient list. The health carer then assesses the information recorded in component one and determines appropriate treatment (if needed). This happens within the online internet-based system. The treatment phase then begins, and the person becomes a patient or client of the health professional. Treatment may include counselling, medication, psychotherapy, assistance from non-medical health professionals, and self-help.

During the treatment phase, the patient repeats the Five Step Plan before every consultation. This allows both the patient and health professional to monitor and discuss progress. It also helps the health professional to identify medication side-effects and the mental health issues to be resolved.

MY DAISY provides the following benefits for a public member (referred to as patients or clients):

- The MY DAISY's general information video provides informative information related to mental health problems and their treatment
- It provides a structured process to be followed during the identification of mental health issues and their treatment [\[2\]](#)
- It provides an easy-to-follow 5 Step Plan to help in managing mental health-related disorders
- It assesses the individual's mental health condition [\[2\]](#)
- It provides an integrated communication platform for the patient and his or her health professionals [\[2\]](#)
- It provides the user with a tool to monitor his or her mental health [\[2\]](#)
- It tracks the effectiveness of the treatment followed [\[2\]](#)
- It keeps historical records for future use

MY DAISY provides the following benefits for health professionals:

- A structured process that patients and health professionals can follow during the treatment period
- An Internet-based, integrated communication platform for all parties to use
- The ability to access a patient's latest reports online

- Assurance of a patient's commitment during the treatment period, as the patient cannot proceed past Step 1 of the 5 Step Plan without indicating commitment to the program
- Information related to a patient's mental health problems and their treatment plan
- Information about the patient's prescribed medications, as well as any side effects, and whether side effects are manageable
- Tracking of a patient's mental health condition and progress, through his or her MY DAISY Results Reports
- A mechanism for encouraging patients to consider their responses to the mental health-related questions and identify problematic issues for which they require help
- Assessment of whether patients are coping well and have their mental health issues under control
- Access to patients' data for future reference
- Patients who are more knowledgeable about mental health treatment and who are better prepared for consultation sessions result in time savings during consultations.

If you want to assess and/or improve your mental health, please click on the MY DAISY's General Public Portal "Enter" button located on the home page. If you are a Health Professional and want to use MY DAISY as a supporting process and system during the treatment of mental health issues, please click on MY DAISY's Health Professionals' Portal "Enter" button located on the home page.