

On a journey to feel a little better. Or **BEDDA**.

Study Debriefing

Study Name:	Breathing Exercise for the Detection and Improvement of Subclinical Depression and Anxiety (BEDDA)
Conducting Person:	Gisbert Wilhelm Teepe
Time and Place:	Start: 01.06.2022, End: 1.10.2023, in app
Contact Project Team:	Gisbert W. Teepe, ETH Zurich, gteepe@ethz.ch
Data Protection Officer:	Tomislav Mitar, tomlav.mitar@sl.ethz.ch

Dear Participant,

Thank you for finishing the study and contributing to our research. At the end of the study, we would like to provide you with some further information regarding the study. Our study had several aims.

The first aim was to collect data to improve a breathing algorithm. Therefore, we collected your breathing and asked how accurately you perceived the breathing detection.

The second aim was to collect data to develop voice- and breathing-based digital biomarkers for symptoms of depression. That's why we asked you the daily questions and recorded your voice and breathing.

The third aim was to collect data to develop voice- and breathing-based digital biomarkers for the severity (i.e., the strength of symptoms over the last weeks) of depression. That's why we asked you about your symptoms at the start, half-time, and the end.

The fourth aim was to investigate how practical (i.e., effective) the entire BEDDA app was in reducing symptoms and severity of depression. You were randomly allocated to one of four groups to address this aim. Group one received a smartwatch and started right at the earlier start date. Group two received no smartwatch and started at the earlier start date. Group three received a smartwatch and started the study four weeks later than groups one and two. Group four received no smartwatch and started the study four weeks later than groups one and two.

If you want to review which group, we assigned you to and how your responses changed over the study, please visit bedda.me and enter your anonymized id code. You can also follow the news on this website c4dhi.org/ to be informed about the results. As your answers are anonymized, we cannot provide you with further information regarding your responses if you reach out to us via mail.

However, if you have any other questions regarding the study, please, do not hesitate to contact one of the involved researchers (Gisbert, gteepe@ethz.ch). If you reach out to us, please do not disclose your anonymized id code via mail.

Thank you for your participation and for supporting our research.

Best wishes,

Gisbert, on behalf of the research team.