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AI-powered Mental Health Platform Yung Sidekick Launches Real-Time Progress Tracking Feature at Web Summit 2024

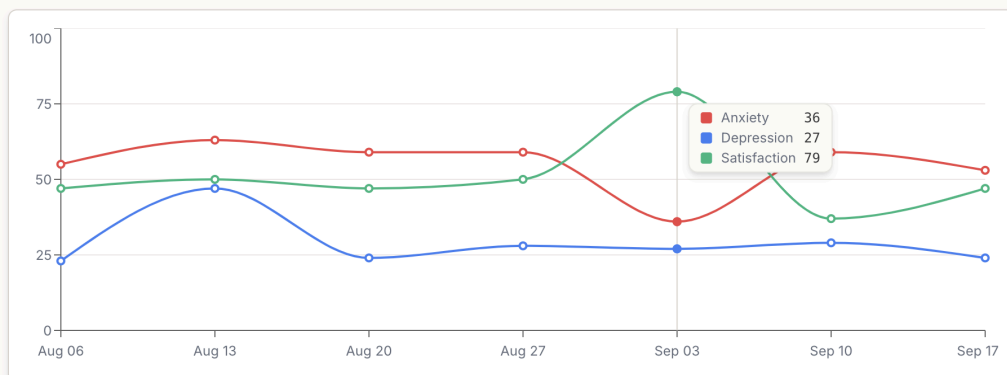
This feature helps therapists monitor patient progress between formal assessments, tracking changes in depression, anxiety and life satisfaction on a session-by-session basis

November 14, 2024, Lisbon, Portugal – Yung Sidekick, an AI-powered mental health startup automating note-taking and other admin tasks for therapists, announced the release of its new Progress Tracking feature at Web Summit 2024. Designed as a measurement-based care (MBC) tool, this feature helps therapists monitor patient progress between formal assessments, tracking changes in depression, anxiety and life satisfaction on a session-by-session basis.

MBC – the practice of regularly collecting and analyzing feedback from patients to guide treatment decisions – [has proven](#) effective in improving patient outcomes. Yet, [fewer than 20%](#) of mental health professionals use it in their practice. Research [highlights](#) time burdens and workflow issues as the most common barriers to MBC adoption. Typically, therapists use standardized questionnaires at regular intervals to track patient progress, but this process can be cumbersome for many practitioners.

To address this challenge and help therapists adopt MBC without adding to their workload, Yung Sidekick developed the Progress Tracking feature. It assesses a patient's mental state across three key areas – depression, anxiety, and life satisfaction – based on how the patient feels and behaves during each session. Instead of relying on historical data, the feature offers real-time insights, providing therapists with immediate feedback on treatment progress.

Progress over 7 sessions (August – September 2024)



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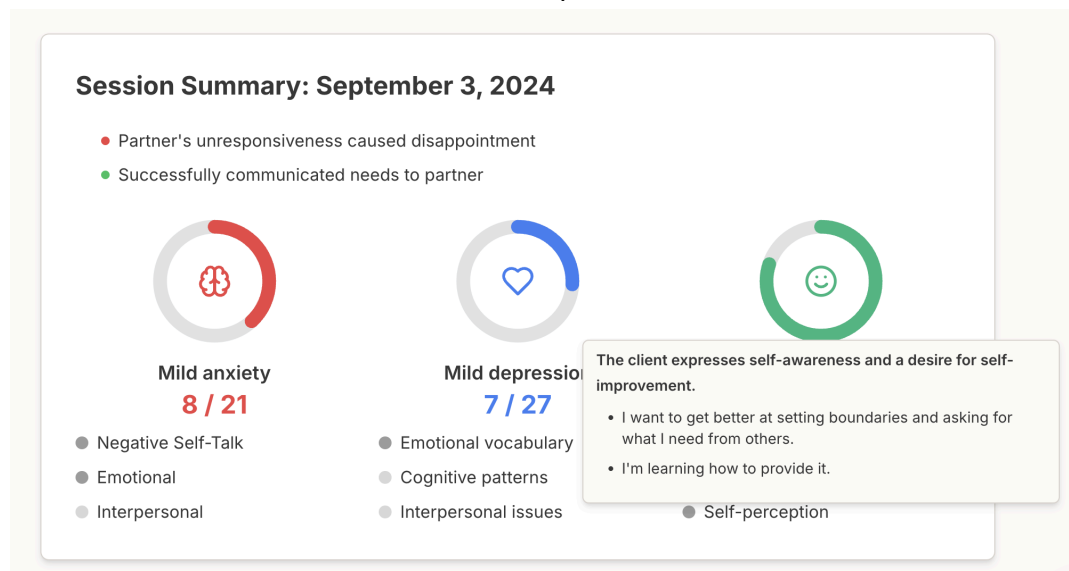
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Progress Tracking aligns with standardized questionnaires such as Patient Health Questionnaire-9 (PHQ-9), Generalized Anxiety Disorder-7 (GAD-7), and Satisfaction with Life Scale (SWLS). The scores are translated into easy-to-read values between 0-100%, with the original scores also displayed for context. Therapists can view patient scores over multiple sessions through an intuitive graph, making it easier to identify patterns, monitor treatment progress, and detect early signs of clinical concern.

Beyond tracking progress, this feature helps therapists identify potential risk factors and intervene when necessary. Each flagged change in a patient's mental state is supported by direct quotes from the patient, providing context for why a particular session might have been marked by higher anxiety or more negative thought patterns. This allows the therapist to validate or dismiss concerns based on the patient's own words.



“We know therapists want to integrate measurement-based care into their practice, but sending formal assessments like the PHQ-9 every week is not always feasible,” said Michael Reider, CEO and Co-Founder of Yung Sidekick. “Our feature offers a new way to track patient progress, detect patterns, and make adjustments to treatment plans as necessary – without the need for frequent questionnaires. We believe this combination of formal assessments and continuous progress tracking ensures the best possible outcomes for patients”.

About Yung Sidekick

[Yung Sidekick](#) is an AI-powered platform for mental health professionals that automates administrative tasks like note-taking and helps therapists focus more on client care and less on documentation. It generates high-quality, EHR-ready progress notes along with detailed session reports with insights for both therapists and clients in just 1 minute. HIPAA-compliant, it does not store personal health information or client details. Founded in 2022, the company is headquartered in Miami, Florida, United States.