



Maro app is a self-care mental health management app where experts assist by prescribing personalized digital content to help form behavioral habits.

Maro is with you to become a resilient mental health asset.



아주대학교의료원

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연구중심병원

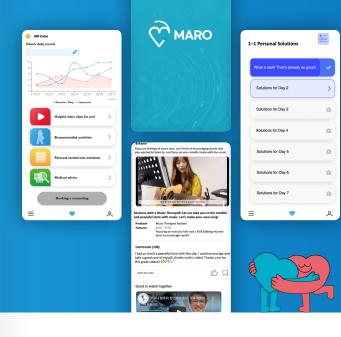
아주대학교의료원







"See Together, Feel Together."







Here's how you can start

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01	Assessment		ſ	
02 DR Maro Solutions		00 00		
03	Expert-recommended digital solutions for 7 days			
04	PT Maro Behavior Formation			

Keywords tailored to your situation or symptoms are priortized at the top.

Through three stages of digiral solutions-Emotion, Cognition, Behavior-you can regain psychological stability from anxiety or depression and expect auxiliary therapeutic effects such as symptom relief by learning coping methods.

오늘의마음상태기록 🗙	<	
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기분		

O Mood Tracking

By recording three items-Mood, Stress, Sleep-every day, you can see changes over the week at a glance. It serves as good data to confirm the patient's recent status during counseling and treatment. In addition to status assessment, It facilitates effective digital care through the use of compliment/gratitude diaries, habit adherence, and video solutions.



7-Day Expert Solutions

By analyzing over 4,000 real counseling cases, 33 primary presenting situations are selected, and experts prescribe weekly video solutions tailored to each situation. Through the daily videos, you can observe changes in mood and build mental health assets by making behavioral habits.



Calendar of Mental Health Asset Accumulators

The assessment results are recorded as traffic lights, and the action habits to be practiced and the expert's 7-day solution are displayed on the calendar schedule. The more active the user, the more Maro points they earn and can fill their mental health assets.

O Must-do Actions!

- **1 Record** 'Today's Mood Status' every day.
- **Watch** video solutions of each Emotion -Cognition-Behavior.
- 3 Consistently practice the 7-day expert solutions.
- **4** Form habits for 3 weeks through behavior setting.
- **5** Share helpful videos with others.
- 6 Record changes and don't lose the power of positivity.

Web Page



