

deprexis®

A CE marked class I medical device



deprexis® has been prescribed to you for the treatment of your depression:

- Recommended frequency of use: 1-2 times a week for at least half an hour for each session¹
- Duration of access: 90 days from the day you create your account
- Compatible devices: computer, smartphone and tablet
- Follow-up appointment dates:

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How to access deprexis® the first time?

- Simply click on the link in the e-mail or the text message you have received



- Or
- Scan the QR code or go to www.deprexis.co.uk, click on "activate an access code" and then enter the access code you have received by text message or e-mail



1
I receive my access code by e-mail and/or text message



2
I create my deprexis® account



3
I go through my therapy for 90 days at my own pace

How to access deprexis® the next time?

Once your account is created, scan the QR code or go directly to deprexis.broca.io

⚠ Keep your password in a safe place





How can deprexis® help me? ¹

deprexis® is a digital therapy that has proven its clinical efficacy and that is based on several proven therapeutic approaches. deprexis® will teach you techniques to overcome your depression. Your commitment throughout the program is therefore very important! Find out what to expect.

deprexis® includes **3 main features** to help you treat your depression on your own:



The chat modules which adapt according to your needs and preferences to:

- Understand the mechanisms of thinking, emotions and behaviour involved in depression
- Learn therapeutic techniques through exercises to help you take control over your depression symptoms
- Apply these techniques to your daily life using the downloadable exercise and summary sheets

The 10 chats: *

The first chat	Activities for overcoming depression	Learn to relax	Change way of thinking	The art of acceptance
Solving problems	The positive relationships	Childhood and youth	The happiness psychology	Understanding dreams



Self assessment questionnaires of mood and depression to monitor your own progress




Daily SMS or e-mail (optional) to help you apply the therapeutic techniques learnt and stay motivated

* Depending on the needs you communicate to deprexis®, you will have access to all or a selection of the chats.


Intended use: deprexis® is intended to provide therapeutic methods and exercises based on evidence based psychological and psychotherapeutic therapies for patients with unipolar depression or depressive disorders, to help them managing their depression or depressive disorder. deprexis® is intended as a self application supplemental to care as usual for patients 18 years of age or older. deprexis® can be used for a period of 90 days. deprexis® is neither intended to replace treatment provided by a health care provider nor to provide information which is used to take decisions with diagnosis or therapeutic purposes.

Contraindications: deprexis® should not be used by patients with bipolar disorder, psychotic disorder (e.g. schizophrenia) or by patients with suicidal risk. ⚠

Frequency of use: Experience has shown that deprexis® should ideally be used 1-2 times a week for at least half an hour for each session.

Instructions for use: read Instructions For Use  carefully and follow its instructions. Document available at www.ethypharm.digital-therapy.com/our-digital-therapies/deprexis

Distributor: Ethypharm Digital Therapy SAS - 194 Bureaux de la Colline - 92213 Saint-Cloud - France | www.ethypharm-digital-therapy.com

Manufacturer: GAIA AG Hans Henny Jahnn Weg 53 22085 Hamburg Germany | www.gaia-group.com 

1. Deprexis® Instructions for Use V0.4