

Dr. Mano Chikitsa M.D.

Psychiatrist



CHITTA
SHANTI
CENTER

Clinic Hours:
MWF: 9:30 - 17:30

TTH: 10.00 - 18:00

123 MG Road
Bangalore

Patient's name: Rogiman

Age: 25 Years

Location: Bangalore

Date: July 31st 2023

TechRx :

Patient Information:

Diagnosis: Generalized Anxiety Disorder (mild to moderate)

Treatment Goals: To enhance anxiety management skills, reduce stress, and achieve a state of relaxation and mindfulness.

Prescription Details:

App Name: "Manaḥśānti"

Developer: Verified credentials and expertise in mental health technology with positive reviews from reputable sources.

Privacy Policy: Comprehensive privacy policy ensuring patient data is collected, stored, and used securely with data encryption and transparent data sharing practices.

Evidence of Effectiveness: Supported by published studies and clinical trials on anxiety management.

Safety Concerns: Adheres to ethical guidelines for mental health apps.

Patient Eligibility Criteria:

- The patient has mild to moderate anxiety levels.
- The patient is willing to engage with technology and is committed to self-improvement through the program.
- The patient is comfortable with smartphone applications.

App Features and Benefits:

- Guided meditation sessions for relaxation and mindfulness.
- Cognitive-behavioural exercises to identify and challenge negative thought patterns.
- Progress tracker to visualize achievements and improvements over time.
- Daily reminders and push notifications for consistent app usage.
- Personalized goal-setting and tracking features.

Treatment Integration:

- "Manahṣānti" app will complement in-person treatment sessions and reinforce techniques discussed in the session.
- App usage will enhance anxiety management skills and promote patient empowerment.

Monitoring and Communication:

- Data-sharing feature to securely share progress with Dr. Mano Chikitsa and his team.
- Regular communication through the app to share experiences and challenges with specific techniques or exercises.

App Usage Expectations:

- Emphasize that "Manahṣānti" is a supportive tool, not a professional treatment replacement.
- Dr. Mano Chikitsa will review progress data to tailor in-person sessions according to patients' needs.

Technical Support:

Dr. Mano Chikitsa will provide basic technical assistance to overcome app-related barriers. In advanced queries, the patient should contact the developer.

Ethical Considerations:

- Informed consent from the patient regarding app usage and data sharing.
- Adherence to confidentiality and privacy principles during app integration.

Follow-up:

- Regular follow-up sessions to assess the app's effectiveness and patient progress.
- Open communication with Rogiman to address any concerns or adjustments.

Note: "Manahṣānti" is a supplementary tool to support anxiety management skills and should not be considered a replacement for professional treatment.

Dr. Mano Chikitsa *MC*

Psychiatrist

Date: July 31, 2023

Patient Consent:

I, Rogiman, acknowledge that I have received the above prescription for the "Manahṣānti" app as part of my anxiety management treatment. I understand that the app is meant to complement my therapy and not replace it. I agree to engage with the app and share my progress with Dr. Mano Chikitsa.

Patient Signature: *Rogiman*

Date: July 31, 2023