

# Evaluations of Companion

Companion has been reviewed in two small studies

## Islington CCG / Good Things Foundation pilot (2017)

- 126 young person study, age 11-18 yrs
- 55% state app would help improve mood, 59% would recommend to a friend.
- "I liked the feature called 'Relax now' – liked the meditation, made me feel relaxed and would definitely use again"
- [Link to report](#)

## University of Sheffield and Sheffield Mind 2015 (PHD Dissertation)

- 39 person study, mean age 27 yrs
- Report concluded use of the app reduced anxiety across the participants from moderate to mild based on GAD7
- 62.5% of participants reduced anxiety scores
- [Link to report](#)