

# Randomized Control Trial: Efficacy of Foundations

Aim: Evaluate the efficacy of Foundations in a working population with self-reported symptoms of anxiety and stress in a randomized control trial

Design: Randomized placebo-controlled trial  
Time: April - May, 2021

## Key Findings:

### Engagement



On average, participants used the app 18 days out of the 28

15

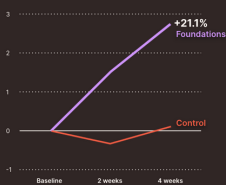
Average amount of minutes per day participants engaged with the app

29 activities  
3.9 programs

Participants tried an average of 29 distinct activities and 3.9 programs

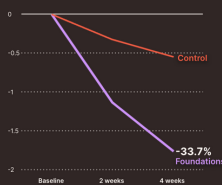
### Clinical Outcomes

#### Wellbeing



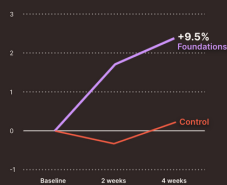
Measured by WHO-5

#### Sleep issues



Measured by MSS

#### Resilience



Measured by CD-RISC10

### Our clinical trial shows significant positive impact across a range of scales

- Foundations improved measures of mental well-being, anxiety, resilience and sleep within 2 weeks of use, with greater effects after 4 weeks
- Results show statistically significant improvements across 5 out of 6 measures:
  - Foundations use significantly reduced anxiety and sleep problems compared to the control group after 2 weeks
  - Foundations use significantly improved well-being, resilience and life satisfaction compared to the control group after 2 weeks
- Foundations drove improvements in mental well-being for 60-85% of participants

# Rated #1 for mental health & wellbeing

by ORCHA independent review



App	Score
<b>Foundations</b>	<b>88</b>
Wysa	85
Sleepio	84
Happify	80
Headspace	78
Calm	78

## Backed by mental health experts

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