



About Bright Therapeutics

Who is Bright Therapeutics

Bright Therapeutics is the leading global product for addiction, eating disorder and mood and anxiety disorder patient management. Bright Therapeutics' technology-enabled solution transforms care delivery by building in automated best practices; facilitating between-appointment patient engagement; and enabling continuous transparency into patient progress for proactive, personalized care. Recovery Record, Recovery Path and Mood Links apps are used by thousands of patients and in leading treatment facilities and health systems throughout the US, Canada, England, Germany and Australia.

Partnering to Improve Care

Implementation has a focus on:

- **Engaging patients:** in treatment tasks, coping skill usage and meal planning both in and out of the clinic
- **Enabling providers:** to deliver connected, data-informed care
- **Streamlining care coordination:** keep the whole team on the same page and avoid staff splitting
- **Quality Improvement:** with automated best practices and outcomes tracking

Clinical Approach

Eating disorders and Substance Use Disorders are serious and debilitating conditions. Meaningful change requires ongoing treatment engagement in patients' daily lives. Recovery Record, Recovery Path and MoodLinks apps are personalized to the individual, incorporating relevant and evidence based elements of Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), outcomes measurement, clinical goals, and motivation enhancement. Integral to the app's effectiveness are check-ins, which reduce vulnerability to relapse.

Commitment to Science

We are committed to the scientific process and have research partnerships with the National Institute of Mental Health, Stanford University, Duke University, University of North Carolina, Kansas University and the Nova Scotia Health Authority to further our understanding of eating disorders and addiction, and mood and anxiety disorders their treatment, and best practices for utilization of the platform.

Bright Therapeutics has successfully engaged over 1,500,000 people overcoming behavioral health disorders on the platform.



Starting with Science

We focus our efforts towards maximizing engagement in treatment and clinically significant outcomes. Eight independent research studies, including three outcomes studies, have evaluated the technology. Please see the *Research Overview* document for a detailed summary.

Hallmark Study

A recent cost effectiveness study^[1] with a large health system compared 291 patients using Recovery Record in Outpatient or Intensive Outpatient care with a matched control group. Medical record data for a 6-month period was used to identify effects on health outcomes and utilization of care services. Significant effects were found:

Meaningful Patient Engagement

Self-monitoring is the cornerstone of behavior change in cognitive-behavioral care. However, there is low adherence to paper monitoring. In the study, participants used the app for 10 weeks on average and completed on **3.5 CBT self-monitoring entries per day**, on average. 75.6% of patients completed check-ins daily, surpassing pen-and-paper compliance, which is 10.9% on average (Stone et al. 2003).

Reduced Psychopathology

For patients using the app, there was **significant improvement in EDEQ and PHQ-9 scores**, on average.

Reduced Dropouts, Increased Outpatient Retention

Patients using the app were more engaged in outpatient care, with **significantly fewer no shows and dropouts**. Patients using Recovery Record completed **7.9 more outpatient appointments**, on average, over a 6-month period.

Reduced ER Visits

Patients using Recovery Record had **0.4 fewer psychiatric emergency room visits** over a 6-month period, on average. This was a 3.8-fold decrease in ER visits, relative to the control group

Improved BMI

Patients using Recovery Record for eating disorders had a significantly greater increase in their BMI, moving up 0.7 BMI categories, on average. The significant effect was accounted for by weight gained by patients in Severe Anorexia, Anorexia and Underweight BMI categories.

1. S., Kim, J. P., Buttlair, S., Chan, E., Tregarthen, J. (2018). Six-month outcomes of implementing a mobile-based eating disorder intervention in outpatient and intensive outpatient treatment settings. Manuscript in preparation.