

***Sperantia.App*: an online application to take care of mental health during the COVID-19 pandemic**

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Background: *Sperantia.App* is a web and mobile phone application that conducts a psychological assessment and provides orientations adjusted to the users' responses. We developed *Sperantia.App* to mitigate the psychological impact caused by the pandemic by making psychological support more accessible. It is directed at four population groups: healthcare workers, grieving persons, families with children, and the general population. Here we describe its development and preliminary results.

Methods: A multidisciplinary team (psychologists, engineers, physiotherapists) developed *Sperantia.App* between July 2020 and May 2021. *Sperantia.App* uses well-validated instruments to assess depression, anxiety, posttraumatic stress symptoms (PTSS), complicated grief, personality traits, and health habits (sleeping, eating, substance consumption). For families with children, additional child-related variables (e.g., child's temperament) are measured. Users receive orientations according to their responses (e.g., participants scoring above the cut-off for depression receive behavioral activation therapy instructions). When people obtain high-risk scores, *Sperantia.App* facilitates the derivation to mental health professionals. A campaign to spread *Sperantia.App* utilization was implemented.

Findings: 2544 people have used *Sperantia.App*, 64.6% were women, 85,5% were 20-59 years old, 9.4% were healthcare workers, 14.3% were grieving persons, and 3.1% replied to questions about their children. Regarding mental health, 62.8% scored above the cut-

off for depression, 59.3% for anxiety, and 68.3% for PTSS. Users replied to more than 86% of the questions. Besides, 154 psychologists are currently registered as professionals.

Discussion: Web- and mobile-based interventions are a useful first step for mental healthcare. Sperantia.App is free, easily accessible, and can bring psychological attention closer to those who need it.

Keywords: web-based intervention, online intervention, e-health, mental health.