

3. Depression

Karla W. is desperate. Life doesn't make sense for her anymore. She can no longer get up the energy to do anything. Nothing is fun for her. Everything is just effort. It's not worth it, she thinks. She has a doctor prescribe a medication for depression. It can take two to three weeks before anti-depressants can alleviate the depressive mood. With **clue** however, Mrs. W can tell even before as the medication starts to work

clue shows someone who has slid into a depression that HRV is low and the activity of the sympathetic nervous system is high in the vegetative nervous system. However, anti-depressants reduce – within approx. 48 hours – the activity of the sympathetic nervous system. The medication shows – long before the immediate anti-depressive effect is consciously felt - that things are looking up

clue can thus determine early on how effective a certain medication is, whether the initial prescription is working optimally right away or if it is advisable to choose another product. The data about a positive effect on the sympathetic nervous system lead to an additionally reinforcing effect: namely, the positive feedback improves the mood and hastens the path out of depression.

clue helps people susceptible to depression to act pre-emptively. If clue measurements show that the activity of the sympathetic nervous system is increasing, this can be seen as indicative of an impending depression. Specialists can then, if they feel it is required, recommend a medication before the depressive mood drop fully takes hold. Taken in a timely manner, medication protects against pain: it slows depressions down and shortens the phases of mental dependency

Left Figure:
Positive response through indication of relaxation in the measurement

Right figure:
Signs of relaxation can be seen in heart rate, variability and balance

