

AIMhi-Y App Product Information

Name of digital mental health service: AIMhi-Y App

Name of service provider: Menzies School of Health Research

Date of last service update: AIMhi-Y Version 3.1.56 was released in November 2023. AIMhi-Y is also subject to a continuous safety and quality assurance process that informs ongoing enhancements and maintenance as required.

Date this form was completed: December 2022

1. Is this service for me?

The Aboriginal and Islander Mental health initiative for Youth (AIMhi-Y) app is a new co-designed mental health app. Over 100 young First Nations people helped develop the Aboriginal and Islander Mental Health Initiative for Youth (AIMhi-Y) app. This strengths-based, storytelling app integrates education and mental health treatment into a fun, gamified and interactive experience. It is a brief, supported and self-guided intervention which builds connection with country and language and embeds guidance from elders. It promotes conscious choice and a sense of control over important life decisions, consistent with trauma-informed care

1.1. What health conditions does this service offer help with?

The AIMhi-Y app can help people who want to build and maintain good social and emotional wellbeing. It can help people who may want to set some lifestyle goals for better health and wellbeing.

1.2. Who is the service intended for?

The AIMhi-Y app is codesigned with First Nations young people and elders in the NT to promote wellbeing and resilience. It is a brief, supported and self-guided intervention for young people 12-25 years which builds connection with country and language and embeds guidance from elders. It retains elements of the Stay Strong approach, a holistic brief intervention acknowledging Indigenous cultural and family values, which has good evidence of effectiveness and acceptability.

1.3. What kind of assistance does the service offer?

The goals of the app are to improve understanding of wellbeing, promote social connection and help seeking, improve emotional regulation, and support goal setting and improved motivation

1.4. How is the service delivered?

The AIMhi-Y app guides users through a gamified brief intervention delivered via a mobile application. It draws together therapeutic elements of mindfulness, problem-solving therapy and motivational interviewing via a self-guided journey which is supported through engagement with youth wellbeing services. The app uses a simple design that does not require literacy or a high degree of literacy or concentration.

1.5. Are health professionals involved in delivering the service?

Designed with young people aged 10-24years, the smartphone based AIMhi-Y app is designed to be downloaded on young person's device for individual use, with option of continued use offline, and supported by service providers working with the young person.

1.6. How much does the service cost? Is there any ongoing cost?

AIMhi-Y is free to download and use but it does require a working internet connection or data for its initial download and installation. It does not require ongoing internet or data once installed.

(Apple installed: ~238.9 MB; Android installed: ~145 MB)

1.7. How can I access the service?

To download the AIMhi-Y app users will need:

- A smart phone (iOS 13+ or Android 5.1+)
- A stable internet connection or data on their device for downloading the app. AIMhi-Y does not require ongoing internet or data once installed.

Other users may be able to access the app through their service provider if their service provider can download the app as above.

1.8. Can I access the service anonymously?

When users download the AIMhi-Y app, they are asked to create a profile. This personal information is collected within the app to personalise the user experience. Only limited anonymous data is collected from the app. This local profile can be deleted by the user at any time by deleting the app.

1.9. Does the service allow my carer, family member or support person to work with me to use the service?

Yes, the app allows carer/family member or support person to be involved when using the service

2. Will I benefit if I use this service?

2.1. Is there any independent scientific evidence of benefit from using this service?

Feasibility testing showed young people experienced improvements in wellbeing after four weeks of app use.

[JMIR Human Factors - Feasibility and Acceptability of the Aboriginal and Islander Mental Health Initiative for Youth App: Nonrandomized Pilot With First Nations Young People](#)

Three research studies using the gold standard randomised controlled trial (RCT) research methodology have shown that the 4 step Stay Strong approach, which is integrated into the Stay Strong app, is safe and effective at reducing symptoms of distress and depression.

A 2021 RCT found those with high distress or depression scores at baseline showed clinically significant improvement at 3 and 6 months follow up after using the related Stay Strong app.

[Effectiveness of Wellbeing Intervention for Chronic Kidney Disease \(WICKD\): results of a randomised controlled trial - PubMed \(nih.gov\)](#)

In 2009 a mixed methods study with a RCT component demonstrated effectiveness of the paper based Stay Strong approach as a brief intervention for reducing substance misuse, and mental health symptoms.

[Approach to treatment of mental illness and substance dependence in remote Indigenous communities: results of a mixed methods study - PubMed \(nih.gov\)](#)

In addition, health professionals and workers report that their clients are likely to benefit from the Stay Strong approach, upon which this app is based.

[Full article: "Like Drawing Into Sand": Acceptability, Feasibility, and Appropriateness of a New e-Mental Health Resource for Service Providers Working With Aboriginal and Torres Strait Islander People \(tandfonline.com\)](#)

[Evaluation of a culturally adapted training course in Indigenous e-mental health - Kylie M Dingwall, Stefanie Puszka, Michelle Sweet, Patj Patj Janama Robert Mills, Tricia Nagel, 2015 \(sagepub.com\)](#)

2.2. Is the service endorsed by a government or professional body?

Developed by Menzies School of Health Research with funding from the NT PHN, and Channel 7 Children's Fund, AIMhi-Y is based on the tools developed by Aboriginal people for Aboriginal people as part of the Stay Strong Program. It is currently hosted on the Australian Government HeadtoHealth website and codesign, implementation and training in the app has been supported by the Australian government since 2022.

3. Could this service do me harm?

3.1. Are there any precautions or safety warnings related to this service?

The AIMhi-Y app does not provide medical advice. It is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis and treatment. The app is best used in conjunction with a support worker.

Discussion of mental health related topics have potential to trigger emotional distress or discomfort. It is possible that some users may find the content challenging or stressful, however the strengths-based approach helps to minimise this risk.

3.2. Has anyone reported concerns or adverse health events after using this service?

Menzies is not aware of any reports of adverse health events or consumer concerns about the AIMhi-Y app.

4. Should I trust this service?

4.1. What is the business model for the service provider?

Menzies is an independent not-for profit organisation located within Charles Darwin University.

4.2. How does the service make money?

Menzies is primarily funded through research grants. The development of AIMhi-Y was funded through research grants from philanthropic organisations and the NT PHN. The app is provided for use at no cost to consumers and does not currently produce any income.

5. Is the service easy to use? Will I keep using it?

5.1. Is there any independent research on how easy it is to use this service?

Qualitative research studies have investigated consumer views on the AIMhi-Y app and have reported acceptability and ease of use.

[JMIR Human Factors - Feasibility and Acceptability of the Aboriginal and Islander Mental Health Initiative for Youth App: Nonrandomized Pilot with First Nations Young People](#)

5.2. How much time will it take me to use this service as suggested?

AIMhi-Y is designed as an information, prevention and early intervention tool. The app incorporates four steps, talking about the people who keep you strong, the things that keep you strong, the things that take away your strength and setting some goals for lifestyle change along with character stories, games and videos that can be revisited as often as the user prefers.

5.3. How long will it take to get results from using this service?

Feasibility testing demonstrated improvements in symptoms of depression and distress after 40 mins of use.

5.4. Were people with lived experience involved in developing the service?

Three years of co-design workshops with First Nations youth resulted in the development of the first version of the AIMhi for Youth (AIMhi-Y) app. The participatory design process identified young First Nations Australians' lived experiences of mental health and well-being and the dMH tool features preferred by young people and service providers. It also assessed the alignment of these preferences with recommendations from the scientific literature (including CBT, behavioral activation techniques, self-monitoring, notifications, gamification, etc) to design the new app.

[JMIR Formative Research - Determining Priorities in the Aboriginal and Islander Mental Health Initiative for Youth App Second Phase Participatory Design Project: Qualitative Study and Narrative Literature Review](#)

[Drafting the Aboriginal and Islander Mental Health Initiative for Youth \(AIMhi-Y\) App: Results of a formative mixed methods study - ScienceDirect](#)

5.5. What do other users think of this service?

Acceptability of the app among young people was assessed in the study below:

[JMIR Human Factors - Feasibility and Acceptability of the Aboriginal and Islander Mental Health Initiative for Youth App: Nonrandomized Pilot with First Nations Young People](#)

Young people reported that they found the app easy to use, culturally relevant, and useful.

5.6. Will this service link with other health services?

The app is designed to be referred by workers supporting the user in their wellbeing journey. The app does not explicitly link to other health services.

6. Who will have access to my personal data?

6.1. What information does the service collect about me?

Stay Strong is committed to the protection of your privacy while using the app. In order to access some specific features of the app, you are required to provide some personal information. The information that we collect is used only for providing, improving and evaluating the app. We are interested in how well the app is engaging users, ease of use and how we can improve different aspects to ensure it remains of the highest safety and quality and provides maximum benefit to users. Only non-identifiable aggregated data is used for these purposes. Ethics approval is granted from the Human Research Ethics Committee for the NT Department of Health and Menzies School of Health Research (approval number 22-4347) for evaluation purposes.

In order to access all of the features of the Service, you are required to create a profile. The information that we will collect from you during profile creation includes: Name, gender, year of birth, Indigenous status, postcode, organization and whether you are a young person or service provider. When creating your profile, you can choose whether you give permission for your non-identifiable (anonymous) data (gender, year of birth, postcode, Indigenous status, family relationships, strengths, worries and goals for change and wellbeing outcome measures or 'check ins') to be exported from the app to a database for the purpose of providing, improving and evaluating the service. If you consent to this then this information is collected anonymously. We will not collect information that identifies you personally (like names or photos). This data is retained within the app on the device and can be deleted by you by deleting the app. If you do not consent to this full collection of information, some minimum data will be collected to monitor the service and allow upgrades including the following: whether you selected 'young person' or 'service provider', Organisation or 'service' entered (if entered), number of times the app was opened, overall time spent in app and app ratings or feedback (if entered). The information is stored in a secure database which is only accessible to the Menzies development team.

6.2. Who is that information shared with and why?

Only non-identifiable information is collected by us. We will not use or share this information with anyone except as described in our Privacy Policy. We will not use or share information for advertising, marketing, or other purposes. We may employ third-party companies and individuals due to the following reasons: To facilitate our app; To provide the app on our behalf; To perform app-related services; or To assist us in analyzing how our app is used. We want to inform users of this app that these third parties may have access to users non-identifiable information. The reason is to perform the tasks assigned to them on our behalf. However, they are obligated not to disclose or use the information for any other purpose.

6.3. Where is information about me stored?

Any identifying information (such as your name or photo) is only stored locally on your device. All other information collected is non-identifiable. We are using a service called Firebase by

Google to store the data. All data is stored in Cloud Firestore ("australia-southeast1" region) which is a database service offered by Firebase. Firebase services encrypt data in transit using HTTPS. Data is also encrypted at rest. More information and a link to their privacy policy can be found here: <https://firebase.google.com/support/privacy>

6.4. Can I easily share my information and results if I want to?

Information entered into the app can be shared securely via email if you choose to do so.

6.5. Can I save the personal information I enter on my device without it being shared with the provider?

Yes, as described above, you can choose whether to allow collection of your non-identifiable information or not. Nevertheless, there is some non-identifiable information (described above) that will always be collected to inform evaluation.

6.6. Can I review and/or delete data that has been collected about me?

Yes, you can review or delete any data that has been entered into the app. App usage data such as number of app opens and time spent in app will however be automatically collected.

6.7. Does the service have a data-sharing (privacy) policy?

Detailed information about how Menzies uses, discloses and otherwise handles personal information can be found here <https://www.menzies.edu.au/page/Policies/>

The privacy policy for the AIMhi-Y app is also available from the Menzies website

https://www.menzies.edu.au/page/Resources/AIMhi-Y_App/

6.8. What security measures are in place to protect my personal information?

We value your trust in providing us your Personal Information, thus we are striving to use commercially acceptable means of protecting it such as only collecting non-identifiable data and encrypting data in transit and at rest. But remember that no method of transmission over the internet, or method of electronic storage is 100% secure and reliable, and we cannot guarantee its absolute security.

7. Who can I contact with questions or concerns about this service?

7.1. How can I contact the service provider?

The Stay Strong app development team can be contacted at: info.aimhi@menzies.edu.au

7.2. Where can I go if I have concerns about this service? –

- For privacy/security issues contact the Office of the Australian Information Commissioner (OAIC) <https://www.oaic.gov.au/privacy/privacy-complaints/>
- For complaints against a health service contact your state or territory health complaints organisation <https://www.ahpra.gov.au/notifications/further-information/health-complaintsorganisations.aspx>
- For complaints against an individual registered health professional contact the Australian Health Practitioners Regulatory Authority (AHPRA) <https://www.ahpra.gov.au/Notifications/Raise-a-concern.aspx>

- For complaints about misleading claims contact Australian Competition and Consumer Commission (ACCC) <https://www.accc.gov.au/consumers/complaints-problems/make-a-consumer-complaint>

