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MOBILE DEVICE APPLICATION DATA

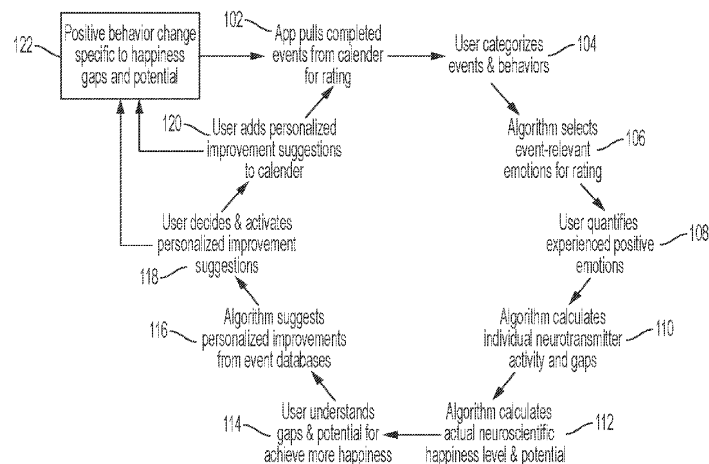


FIG. 1

(57) Abstract: Systems and methods for evaluating and improving overall mental health of an individual are presented herein. In one or more examples, the systems and methods can be implemented in a computer application that is configured to download information from a user's mobile device. Once the data is acquired, in one or more examples, the application can prompt the user to provide additional information, and using both the user's input and the acquired data, the application can calculate a metric known as "Return on Happiness" (ROH) which can provide the user with a quantitative measure of their happiness. In one or more examples, the ROH metric can be based on neurotransmitter activity in the user that is estimated by the application. The application can further identify any deficiencies in ROH and suggest one or more activities that the user can engage in to mitigate any of the detected deficiencies.

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