

**SYSTEMS, DEVICES, AND METHODS FOR SELF-CONTAINED
PERSONAL MONITORING OF BEHAVIOR TO IMPROVE MENTAL HEALTH
AND OTHER BEHAVIORALLY-RELATED HEALTH CONDITIONS**

ABSTRACT

A patient computing device and a set of behavioral and/or physiological parameter monitoring elements are configured for automatically: monitoring patient behavioral and/or physiological parameters over time; processing patient behavioral and/or physiological parameter data relative to a patient behavioral and/or mental health baseline state; determining whether a patient anomaly condition exists; and in response to the existence of a patient anomaly condition, automatically: determining a severity level corresponding to the anomaly condition; initiating execution of a behavioral therapy automaton; initiating execution of an automated patient dialog process that operates only on the patient computing device, without transfer of patient data and/or patient-identifying data external to the patient computing device; and/or selectively initiating data communication with an external electronic device or computing device or system corresponding to a care provider or care provider team associated with the patient in accordance with a set of patient pre-approved data communication permissions.

Figure 7a