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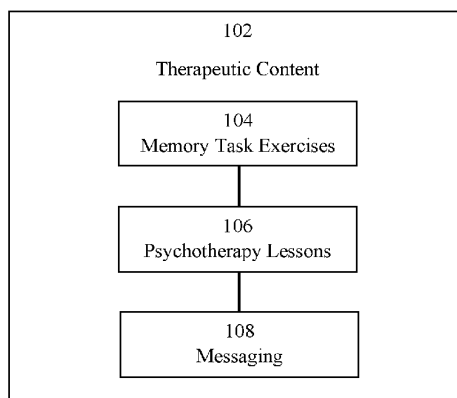


FIG. 1

(57) Abstract: Systems and methods for treating depression via a digital therapeutic. The digital therapeutic may be configured to provide memory task exercises according to a schedule and provide psychotherapy lessons according to another schedule. The psychotherapy lessons may include animated videos configured to provide therapeutic intervention through at least one of emotion regulation, behavioral activation and cognitive restructuring. The two schedules may define a six-week treatment period. The memory task exercises may include emotional face memory task (EFMT) exercises and the psychotherapy lessons may include cognitive behavioral therapy (CBT) lessons.

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