

Our two flagship diagnostic services ["Prodromos - Diagnosis"](#) and ["Prodromos - Monitoring"](#) are based on Dr Malliaris' doctoral thesis and overall research programme on the measurement and monitoring of mental health problems in general and mood disorders in particular. This research is backed up by decades of empirical work by many mental health researchers who have been working to quantify mental health and hence lead to effective and measurable treatment interventions.

["Prodromos - Diagnosis"](#) is open to all people who may experience difficulties with their mental health and wish to find out more about their mental health, whereas ["Prodromos - Monitoring"](#) is open only to patients who have a diagnosis of bipolar disorder or a unipolar depressive disorder.

Both programmes aim at clarifying a person's diagnosis and also predicting the course of their disorder, hence the Greek word "Prodromos", which means the forerunner of an event.

We also use novel new technologies (actiwatches, pedometers, pdas) for assisting the clinical monitoring of our patients. Our lab has been instrumental in developing a novel electronic mood diary (iMonitor) and assisting with the development of an Actiwatch (Porcupine) that can monitor objectively all kinds of activities that help to track the course of complex recurrent mood disorders.

Finally, for people who wish to have a **one-off measurement** of their **current mood state**, we have developed novel service -

[My Mood Pulse](#)

. Our expert Mood Monitoring Facilitators love taking your mood pulse when and as needed by you.

You can [get started](#) in three easy steps!