



Our [Diagnostic programmes](#) have been designed to **assess in the best possible way a person's clinical needs, to establish a diagnosis**

(if there is one), and at the same time educate both patients and relatives about symptoms, diagnoses, and best possible treatments.

A correct diagnosis

and a comprehensive understanding of a person's history and current problems are the **golden cornerstones for effective treatment.**

We use validated gold-standard interviews and self-report psychometric measures that usually can only be found in treatment trials conducted in specialist academic clinical centres. Thanks to our work since 2002 that started at the

Institute of Psychiatry, King's college London

, we have even improved some of these diagnostic tools, and have developed some of our own.

Our two flagship diagnostic programmes ["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, smartphones) for assisting the clinical monitoring of our patients. Our research 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.

[**Get started here!**](#)