Appendix 9: User interface examples
Best options
Long-term treatment in bipolar disorder

My priorities
The more important something is to you, the more it counts when the Health Helper calculates the best treatment.

- Avoid periods with severe mania
  - Not important
  - Important

- Avoid long periods with severe depression
  - Not important
  - Important

- Avoid side effects
  - Not important
  - Important

- Avoid being slightly or quite manic
  - Not important
  - Important

- Avoid being slightly or quite depressed
  - Not important
  - Important

Best options for me
Each bar shows how well you can expect the treatment to fit your priorities, all in all.

85% Aripiprazole and Lamotrigine
82% Lithium and Oxcarbazepine
81% Lithium
81% Lithium and Valproate
79% Lamotrigine
77% Valproate
59% Lamotrigine and Valproate

Compare options
Aripiprazole and Lamotrigine vs. Lithium and Oxcarbazepine

Avoid periods with severe mania
- Aripiprazole and Lamotrigine: 86%
- Lithium and Oxcarbazepine: 90%

Avoid long periods with severe depression
- Aripiprazole and Lamotrigine: 85%
- Lithium and Oxcarbazepine: 93%

Avoid side effects
- Aripiprazole and Lamotrigine: 96%
- Lithium and Oxcarbazepine: 86%

Avoid being slightly or quite manic
- Aripiprazole and Lamotrigine: 80%
- Lithium and Oxcarbazepine: 66%

Avoid being slightly or quite depressed
- Aripiprazole and Lamotrigine: 74%
- Lithium and Oxcarbazepine: 54%

The ranking is based on your priorities and the average success rates of the options. Always consult a physician before changing treatment.
Lamotrigine and Valproate
200 mg/daily and 600 mg/daily

Healthy habits
- Group therapy
- No alcohol
- Avoid stress
- Healthy food
- Exercise

58% Total Value
38% Actual use

HOW YOU'RE DOING

SUCCESS RATES  
Avoid side effects 75% 
Avoid being slightly or quite manic 75% 
Avoid being slightly or quite depressed 38%

IMPORTANCE
54%
16%
60%

MY HEALTH DATA

Sleep 5 hours
Normal Alcohol use
No data yet

Weight 77 kilos
Normal

EVENTS

Neutral 14% 
Positive 43% 
Negative 43%

Number of events: 7

MONITORING: ANSWER RATE

25% How you're doing 38% Actual use
33% Health Data