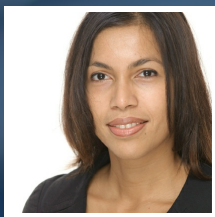


# Wearable Technologies Track Mental Health



Tanzeem Choudhury

Associate Professor, Computing and Information Science CEO

## CURRENT RESEARCH

### Combining computer science and health for a transformative future

One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Ranging from episodes of depression to lifelong diagnoses of bipolar disorder, patients rely upon their providers and coping mechanisms to work through the challenges mental health disorders can bring. One of the greatest challenges for patients is tracking their mental health throughout the day when life gets busy. Dr. Tanzeem Choudhury, of Cornell University, is transforming how patients and healthcare providers measure and treat mental health. By developing interactive technologies that help to bring awareness to the changes that occur in mental health throughout the day for patients, and diagnostic tools as well, her research is likely to have a profound effect on patient outcomes and doctor's ability to provide effective treatment.

The research that Dr. Choudhury is conducting has the potential to change the way overall health and specifically, mental health, is diagnosed and treated by creating novel wearable and mobile systems that continuously track mental wellbeing and personalized interventions that include patient engagement and clinician-patient alliance. Combining ideas from computer science, psychology, psychiatry, and health, she and her team design novel ways to measure and influence human behavior to improve performance, productivity, and health. Her teams success has been supported by her technology, Mood Rhythm, winning a national award in addition to the numerous awards and opportunities Dr. Choudhury has been presented individually including, being invited to be a TED fellow and being awarded the MIT Technoly Review's TR35 Award. Due to the applied nature of her work, Dr....

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## AFFILIATION



Cornell University

## EDUCATION

- Ph.D., 2003 , MIT Media Lab
- B.S., in Electrical Engineering, 1997 , University of Rochester

## AWARDS

- NSF CAREER Award
- MIT Technology Review TR35, 2008
- TED Fellow 2009
- PopTech Science and Public Leadership Fellow, 2010
- Kavli Fellow, National Academy of Science, 2011

## RESEARCH AREAS

Health & Wellness, Longevity, Immortality Research

## FUNDING REQUEST

Your contributions will support the continued research of Dr. Tanzeem Choudhury, of Cornell University, as she transforms how patients and healthcare providers measure and treat mental health. Donations will fund the necessary \$2M required for deployment and validation of technology with individuals suffering from mental health problems, personnel, lab infrastructure, cloud storage, and publication costs. Join in supporting Dr. Choudhury's interdisciplinary personnel in their efforts to improve mental health outcomes.