



babylon

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Babylon reveals the top emotional triggers

The world's leading healthcare app, **Babylon**, has revealed the most common triggers behind people's emotions.

Using data from its *Mood Monitor* feature, Babylon found the top reasons for why users in the UK (aged 18-35) feel happy, sad, angry, excited, worried, calm and disappointed.








Unsurprisingly, the top cause for Babylon users feeling happy was 'family', followed closely by 'sleep'. For anger, users associated this emotion with work-related reasons and relationship issues. Interestingly, 'work' was the top trigger for many emotions - including excitement, worry and disappointment. 'Relationship' was also one of the most common causes for the majority of people's emotions.

Babylon's Mood Monitor Data



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Top Triggers

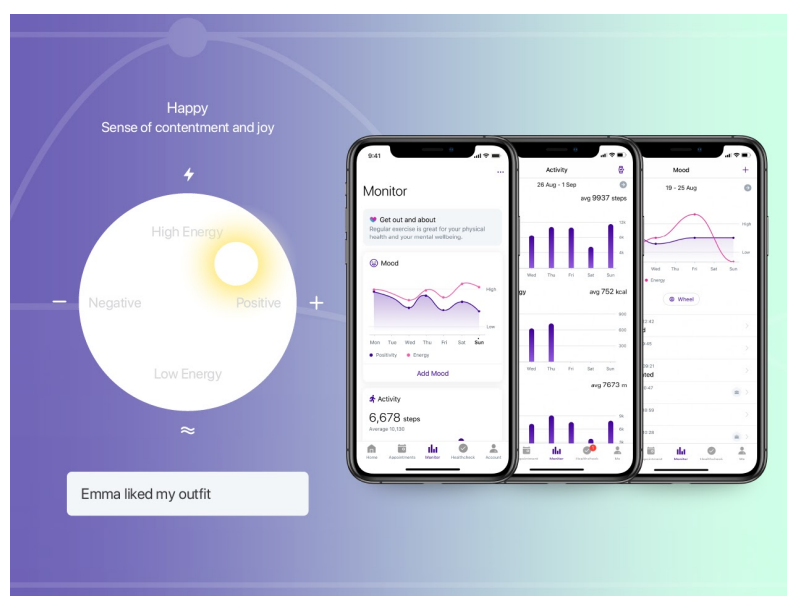
	 Angry	 Calm	 Disappointed	 Excited	 Happy	 Sad	 Worried
1	Work	Sleep	Work	Work	Family	Mind	Work
2	Relationship	Work	Relationship	Relationship	Sleep	Relationship	Health
3	Family	Relationship	Health	Family	Relationship	Self-Esteem	Relationship
4	Social	Mind	Sleep	Social	Work	Health	Mind
5	Mind and Self-Esteem	Health	Family, Self-Esteem and Finances	Progress	Mind	Work	Finances

Designed by doctors, *Mood Monitor*, helps people track their mood throughout the day and gain insight into their mental health. Pinpointing their mood on a multi-dimensional mood-wheel, users can also add the influence behind why they are feeling a certain way. Choosing from a selection of triggers such as ‘finances’, ‘health’, ‘relationship’ and ‘social’, the Mood Monitor helps people to understand what factors can affect their mood.

Users can also share their mood tracker data with Babylon therapists and GPs when they book a therapy consultation. Making the patient’s mood summary available allows therapists to quickly get up-to-speed on their patient’s recent diary entries and helps to support and track their progress overtime.

Babylon’s London-based GP, Dr Claudia explains the importance of paying close attention to your mental health:

“Managing your mental health is important because it's a vital part of your life and impacts on your thoughts, behaviors and emotions. Using Babylon’s Mood Monitor, can help you track your mood, so you can gain insights into your feelings and how they’re influencing your everyday life. The Mood Monitor can also help you to understand how certain situations, people and other factors affect how you feel. This, in turn, might help you to avoid triggers that have a negative impact on your mood and encourage you to seek the associations that have a positive impact. Therefore having a knock-on effect on your health-related decisions and enhancing your overall well-being.”





Need more info?

- *Babylon is a global-leading healthcare company with the ambitious mission to put an accessible and affordable health service in the hands of every person on earth.*
- *Combining AI technology and medical expertise, Babylon helps to bring doctors and people closer together through a range of services - such as AI-backed digital health tools and video doctor appointments*
- *With over 3.6 million users, Babylon has completed over 1.2 million consultations globally*

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