

# Behavioral activation in a smartphone-based platform for depression (TOTEM) and the potential usefulness for occupational therapists.

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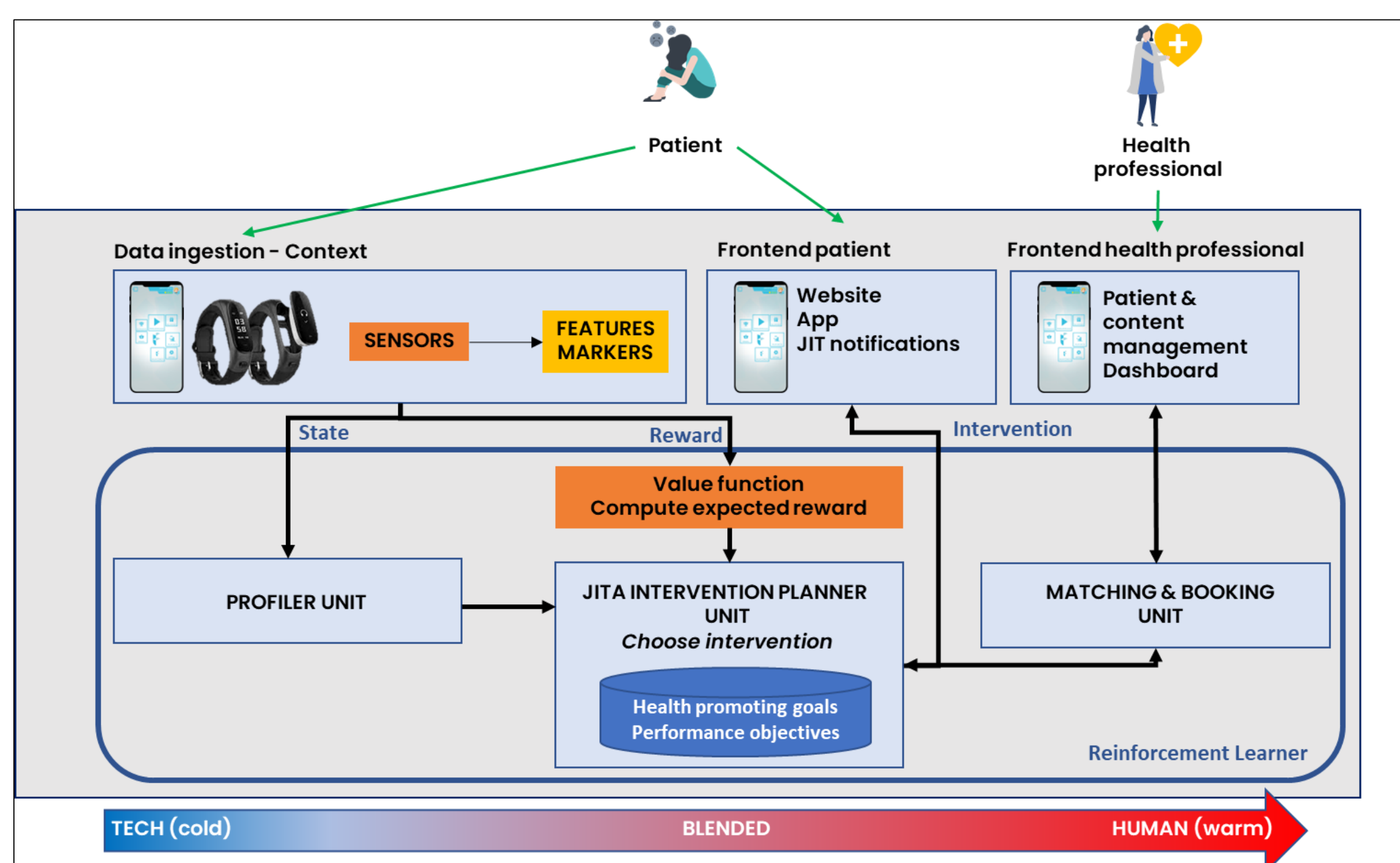
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“Depression is being colorblind and constantly told how colorful the world is.”  
— Atticus Poetry, Love Her Wild



## TOTEM

‘plaTfOrm using evidence-based inTervEntions for (Mental) health’



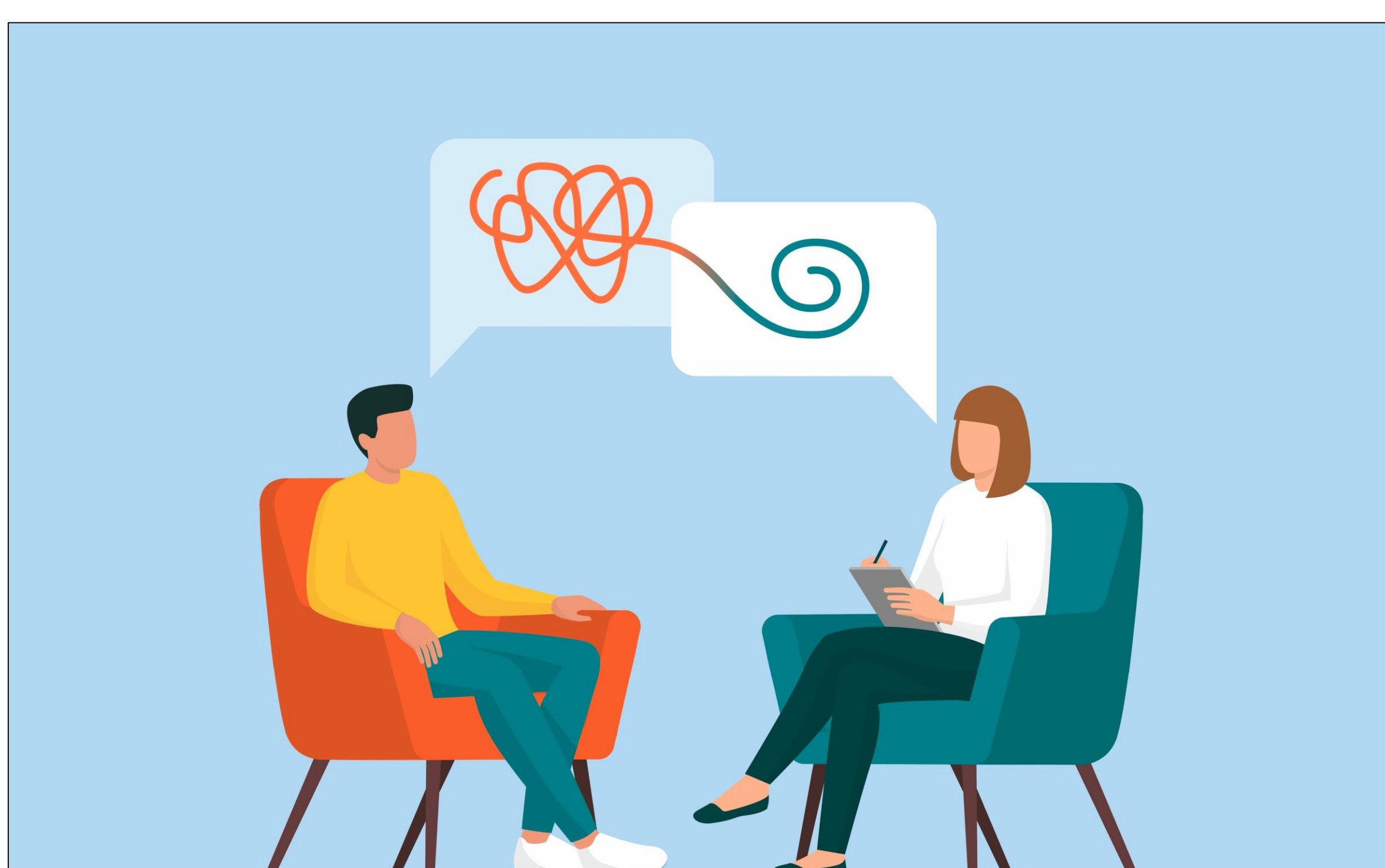
## Blended care



## Adherence



## Therapist and client remain in control



## Co-creation is key

