



ValidationInstitute

2024 Validation Report

Review for: Meru Health

Validation Achieved: Outcomes

Valid through: December 2024



Company Profile



Category:	Mental Health
Website:	https://www.meruhealth.com/
Public or Private:	Private
Year Established:	2016
CEO:	Kristian Ranta
Company contact:	info@meruhealth.com

Description Provided by the Company:

Meru Health is a pioneer of the fourth wave of mental healthcare—a mind-body approach that uses human support, biofeedback, and digital tools to expand access while delivering superior clinical outcomes.





Claim Assertion for Validation

Users of Meru Health's treatment program (smartphone-based and therapist-supported mental health program) experience clinically meaningful improvements in their depression and anxiety symptoms, and the impact lasts up to 12 months after the program ends.





Method / Calculation / Examples

A total of 102 people enrolled in the program. Their level of depression or anxiety symptoms was measured at the start (baseline) and at eight weeks, six months, and 12 months. Measurement was provided by the Patient Health Questionnaire nine-item survey (PHQ -9) and General Anxiety Disorder seven-item scale (GAD-7).

The difference between the baseline and the later scores shows how much the person's depression or anxiety changed. Each person's score change was averaged at each time point.

For depression, the average score change at 12 months was calculated again, with the people who were missing scores included and showing no or very small change from their baseline. This was to assess whether the overall program results would change if people with missing data got little or no benefit from the program.





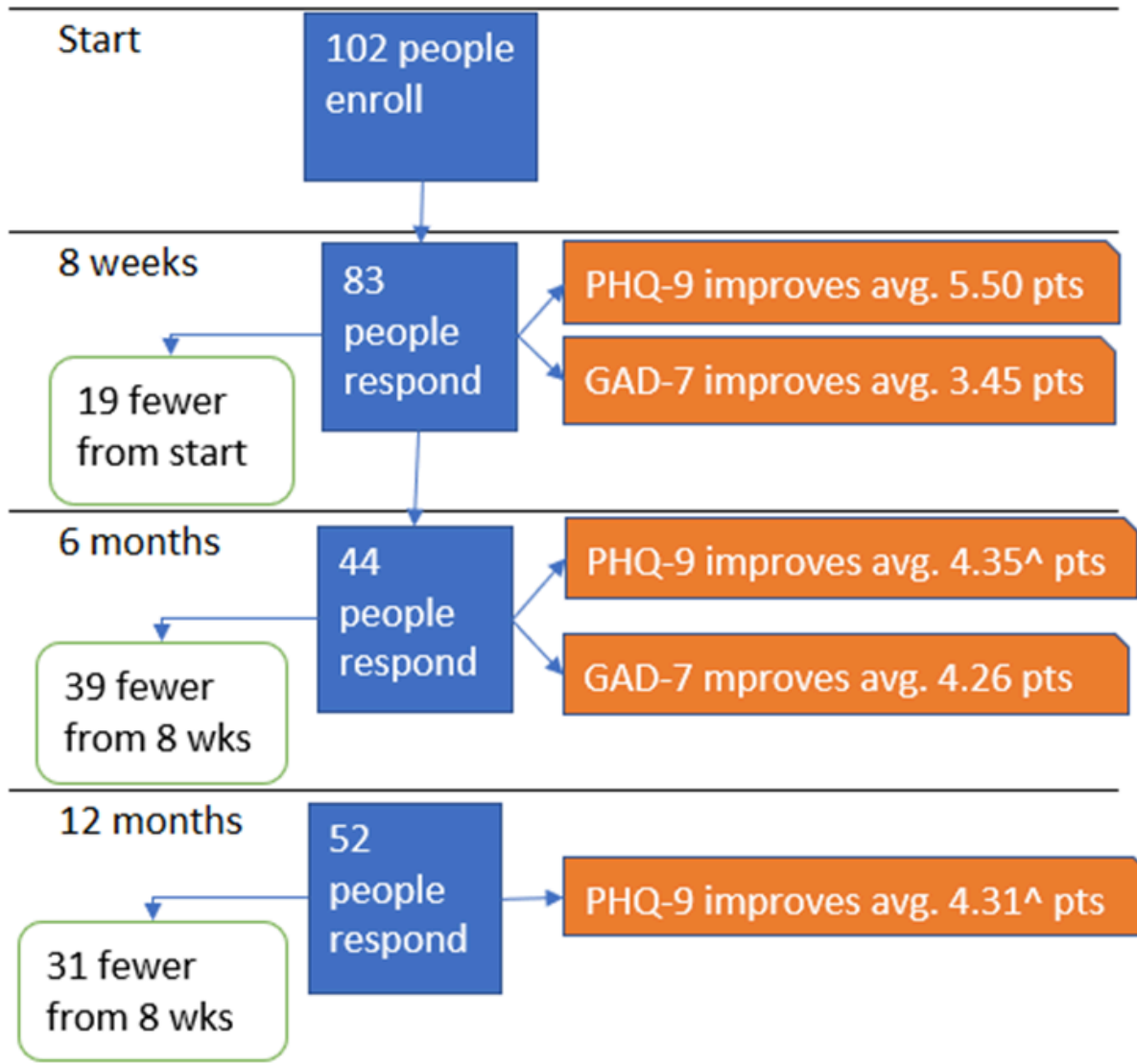
Findings & Validation

Figure 1 summarizes the number of respondents and average score improvements at each time point. (Note: 12-month data were not gathered for the anxiety surveys.) To gauge whether a score change is a meaningful change in the person's health status, we refer to the "minimal clinically important difference" or MCID. This is the smallest score change that is a meaningful change in the person's depression or anxiety (Clarissa Bauer-Staeb, 2021). For depression, the smallest meaningful change is 3.7 points (PHQ-9) and for anxiety, the smallest meaningful change is 3.3 points (GAD-7). At all time points and with including estimates for people the average improvement is greater than the minimum meaningful change. This means that patients had not only scored better on the depression or anxiety assessments; but also had improved their mental health status in a clinically meaningful way.





Findings & Validation



[^] These reflect estimated of score changes for people whose data is missing.

Figure 1





Limitations

This analysis was of people who voluntarily enrolled in the program. They may have traits that make them different from other people who have depression or anxiety symptoms, which allowed them to achieve better results.

Some participants were taking psychotropic medications, which would affect depression and anxiety symptoms.





Works Cited

Clarissa Bauer-Staeb, D.-Z. K. (2021). Clarissa Bauer-Staeb, Daphne-Zacharenia Kounali, Nicky J. Welton, Emma Griffith, Nicola J. Wiles, Glyn Lewis, Julian J. Faraway, Katherine S. Button,. *Journal of Clinical Epidemiology*, 200-208.





Validation and Credibility Guarantee

Meru Health Program achieved validation for **Outcomes**. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit

<https://validationinstitute.com/credibility-guarantee/>

Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.





CERTIFICATE OF VALIDATION

Applicant: **Meru Health**
2261 Market Street #4714, San Francisco, California
94114, USA

Product: Meru Health Program

Claim: Users of Meru Health's treatment program (smartphone-based and therapist-supported mental health program) experience clinically meaningful improvements in their depression and anxiety symptoms, and the impact lasts up to 12 months after the program ends.

Validation Achieved: **Validated for Outcomes**

Award Date: December 2022

Linda K. Riddell, MS
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Validation Institute

Vidar Jorgensen
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Validation Institute





About Validation Institute

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.

