

How to use your tracker

This guide is designed to help caregivers effectively track and manage the negative and cognitive symptoms of individuals with schizophrenia over a 30-day period. Consistent tracking can provide valuable insights into symptom patterns and help in early intervention.

1 Observe all seven symptoms in your loved one



2 Record symptom occurrences over a 30-day period



3 A green LED indicates that the symptom has been registered for the day.



4 A yellow LED alarm activates for the 3rd, 4th, and 5th repetitions registered within any month



5 A red light signals an alarm for the 6th repetition and beyond in a month



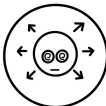
6 Send an email to authorised psychiatrist and caregivers alerting them to the deteriorating condition of a loved one at red warning signs



Symptoms



Lack of
Sleep



Lack of
Attention



Lack of
Memory



Not doing
Tasks



Lack of
Emotion



Dysphoric
Mood



Lack of
Interest