

# FREQUENTLY ASKED QUESTIONS

## Do I have to create an account?

Your therapist will determine whether to invite you to create a Greenspace account. The benefits of creating an account are being able to complete your assessments outside of session time and having the ability to sign in to see your own progress. If you are invited to create an account, you will receive an email invitation sent by your therapist through the Greenspace platform.

If your therapist doesn't invite you to create an account, you will still be able to measure and track your progress through treatment. The difference is that you will complete your assessments with your therapist during sessions.

## Do I have to download an app to participate?

No, there is no special app required to participate. If your therapist invites you to create an account, you will receive assessments by email or text message (depending on what you selected when you signed up) when it is time for them to be completed. If you complete assessments during session, your therapist will provide you with the device to do so.

## How do I complete the assessments?

Assessments can be completed on any device (computer, tablet, or smartphone) with an internet connection. Assessments are short and can typically be completed in 1-5 minutes.

## I created my account, now when will complete my first assessment?

This depends on what your therapist selects when creating your account. In your account, you will be able to see a list of all assessments assigned, the frequency and when they are next scheduled to be delivered to you.

## What if I miss an assessment?

Assessments are available to be completed for four days after they are delivered to you. If you aren't able to complete an assessment within this timeframe, just let your therapist know and they will be able to re-send it to you or complete it with you during session.

## Can I choose which assessments to complete?

The assessments you complete are selected by your therapist. If you have questions about the assessments you are completing or would like to change your assessments, speak with your therapist.

## Is Greenspace a replacement for having to see my therapist?

No. Greenspace is a clinical tool that does not replace sessions with your therapist. Measuring your progress using Greenspace supplements and supports the therapy process with additional objective information.

## Who owns my data?

You do. Greenspace securely stores and presents your progress to you and your therapist. If you stop using Greenspace, you can take your data with you.