Skylar's Run and Mentavi Adult Pilot High Level Summary

Client:
Mentavi Health

Setting
Telehealth, throughout the United States

Pilot Focus:
9 adults
8 with ADHD diagnosis and 5 taking medication

About the Pilot

Mentavi s a digital healthcare company specializing in the assessment and treatment of ADHD and related mental health conditions. Thynk is a digital health platform designed to strengthen attention, impulse control, and executive function through real time brain based training. This collaboration demonstrates the potential to combine wellness care with scalable neuroadaptive training to improve attention, self regulation, and patient engagement between visits.

Mentavi and Thynk Inc. conducted a pilot with adults to assess the feasibility of Skylar's Run as an adjunctive offering along with the impact of Skylar's Run on measures related to attention, quality of life, depression, and anxiety. **Adults demonstrated measurable improvements in attention, impulse control, task completion, and executive function related behaviors. These results were mirrored in qualitative interviews with adults mentioning real-world improvements in cognitive skills that were specifically targeted in the training.**

More about the Participants

9 adults (Mean Age = 48) completed Skylar's Run training (8 with ADHD, 5 on medication). Adults completed pre/post-training quantitative measures (ASRS, ADHD-QOL-29, Thynk Assessment, GAD-7, PHQ-9) and post-training qualitative interviews.

Motivation for participation:

- Non-medical approach to improving focus and impulse control
- Interest in tracking learning progress
- Excitement about participating in a pilot to potentially improve focus

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Qualitative & Quantitative Results Summary

Adult ADHD Self-Report Scale (ASRS)

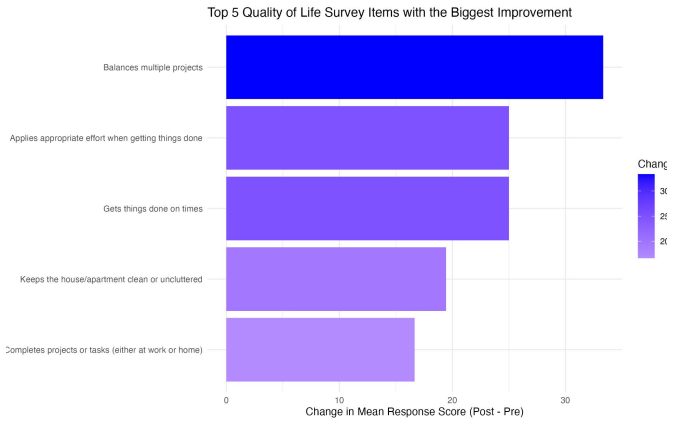
- ASRS total scores decreased by **28%**.
- **50% of participants no longer met criteria for severe inattention symptoms following training.**

Top Productivity Improvements:

- **Balances multiple projects:** 33pt avg. improvement (~75%)
- **Applies appropriate effort:** 25pt avg. improvement (~60%)
- **Gets things done on time:** 25pt avg. improvement (~43%)

ADHD Quality of Life-29

- **78% of adults** demonstrated clinically meaningful improvements in Life Productivity.
- Improvements align with qualitative feedback on focus, flexibility, and efficiency.



Voice of the Participant

"I'm able to not go off on these tangents and just stick with the story at hand... stop myself from interrupting a bit better."

- Mentavi Pilot Participant

"I've noticed more patience while driving in heavy traffic."

- Mentavi Pilot Participant



Thynk Cognitive Skills Assessment (TCSA)

- Participants experienced an average **percent reduction of 31.4%** in behaviors associated with executive dysfunction
  - **56% of participants improved at least 25% (MCID) on the scale.**
- Adults went from, on average, struggling "Often/Quite a bit" (2) to only struggling "Occasionally" (1) **on skills related to Emotional Regulation (80% of adults improved), Focused Attention (70% of adults improved), and Sustained Attention (70% of adults improved).**
- Adults went from, on average, struggling **"Very Often" (3) to only "Occasionally" (1) on Interference Control.**

Generalized Anxiety Disorder (GAD-7)

- All 9 adults reported mild anxiety according to the GAD-7 at pre-training. Therefore, it's difficult to observe dramatic changes from pre to post given adults started off very low on the scale (*Mean* pre-training = 8.67; *Mean* post-training = 7.00).
- MCID for the GAD-7 is 4 points. **In total 22% of the group exhibited a MCID. 56% of the group exhibited improvements on the "Being so restless that it is hard to sit still" item.** This item relates directly with items from the ASRS concerning behaviors related to attentional control (e.g., being able to sit still).
- These results align with some of the qualitative feedback we received about anxiety/mood improvements with **adults mentioning that they feel less stress, more grounded, more balanced, and less stuck.**

Patient Health Questionnaire (PHQ-9)

- Similar to the GAD-7, adults started out before training with mild symptoms (*Mean* pre-training = 7.78. *Mean post-training* = 5.89).
- **MCID for the PHQ-9 is 3 points: 44% of the group exhibited a MCID for the PHQ-9.**



Qualitative Semi-Structured Interviews with Adults

Participating adults mentioned noticing improvements in the cognitive skills targeted in Skylar's Run:

- **Focused Attention:** Adults mentioned improvements in their ability to start new tasks.

- **Sustained Attention:** Participants mentioned being able to *"stick with tasks for longer periods", "finish and not prematurely stop" tasks*. They also noticed less drifting when doing hard tasks and being able to focus longer during meetings, saying: *"I am able to pay attention during meetings without multitasking–able to pay more attention in the moment."*

- **Impulse Control:** Adults mentioned being able to inhibit themselves ever since finishing the training:

  "I'm able to not go off on these tangents and just stick with the story at hand.", "I'm able to stop myself from interrupting a bit better."

  " I've noticed more patience while driving in heavy traffic."

- **Cognitive Flexibility/Alternating Attention:** One adult mentioned that they now do things one at a time rather than multitasking which they find to help them with organization:

  "Doing one thing at a time…to keep moving forward on major achievement goals today."

- **Planning/Executive Function Skills:** Adults felt more organized and prepared in terms of their home and work routine. The training helped them to "stop overpromising" and to stick to one task at a time.

- **Self-Regulation/Emotional Regulation:** Adults mentioned that they feel less pressure to do all tasks at once:

  "My brain is always churning… but the past 3 months or so I don't feel like I'm seeking that dopamine – that high level of stress that comes with being an entrepreneur and business ownerr.



"I never thought that I could apply something I learned in a video game to real life but the training made me think like that."

-Mentavi Pilot Participant

"Doing one thing at a time...to keep moving forward on major achievement goals today."

- Mentavi Pilot Participant

Transfer to Real Life Skills

Adults who completed this pilot felt that what they learned in the training transferred to real life skills. One adult mentioned, "I never thought that I could apply something I learned in a video game to real life."These findings suggest neuroadaptive executive function training may improve attention, cognitive, and life productivity in adults managing attention related challenges. The combination of high adherence, measurable behavioral improvements, and scalable digital delivery makes this approach relevant for value based care, behavioral health, and chronic condition management models