bStable Advanced
Total Bipolar Disorder Life Management System

bStable Advanced offers unsurpassed functionality for managing Depression, Bipolar Disorder and other Affective Disorders.

bStable Advanced At-a-Glance:

- No Internet Connection Required to Use bStable

- Quick Daily Journal Entry Module

- Cognitive Behavioral Therapy (CBT) Support

- Additional Hypomanic, Manic, Depression and Other Symptoms

- Single Page Combo Report

- Expanded Sleep Tracking Module

- Ultra-Ultra-Rapid Cycling Support

- Daily Positive Affirmation Module

- Expanded Goal Directed Activities, Relaxation Techniques, and Fun Activities

- Food Charting

- Expanded Daily Conflict Tracking Module

- Multi-Parameter Reports

- Post Crisis Episode Tracking

Don't Settle For Anything Less

"Extremely comprehensive, amazing. This is not just for tracking a few variables, it is an entire monitoring system. You'll have to input a lot of data to really use it, but they're data you should be tracking somehow, if not entering all the time." Dr. Jim Phelps Corvallis, OR

Expanded Affective Disorder Support

While adding significant functionality for Depression and Bipolar Disorder, support for other affective disorders such as: Attention Deficit Hyperactivity Disorder (ADHD), Social Phobia Disorder, Anxiety Disorder, and Premenstrual Dysphoric Disorder is included.

Improve Doctor & Patient Communication

Patient data is kept safe and private on a local computer. If the patient data needs to be shared, reports can be printed or emailed. New to bStable Advanced is an easy to read One Page Combination Report for clinicians to quickly scan before or during patient appointments to optimize communication. Multi-variable reports are now supported in bStable Advanced! Simply select any combination of the 50 standard out of the box bStable Advanced reports and presto! - data is pulled together for easy analysis. Reports can be saved as image files and emailed to clinicians and loved ones.

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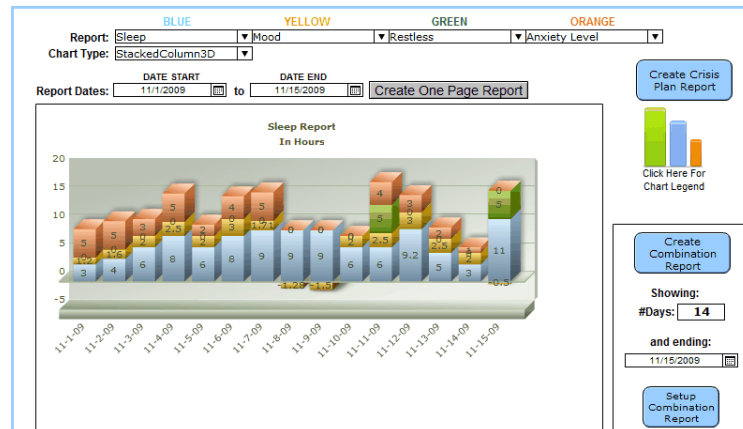
Minimum Requirements

Mac OS X v10.6

- Intel-based Mac,
  1 GB of RAM

Mac OS X 10.5

- PowerPC G4 (867MHz+)
  Power PC G5, or Intel-based Mac, 512 MB of RAM

Mac OS X 10.4.11

- PowerPC G4, G5 or Intel-based Mac,
  256 MB of RAM

Windows XP Professional, Home Edition (SP 3)

- Pentium III 700MHz or faster
- 256MB of RAM
- SVGA (1024 x 768) or higher resolution video adapter and display

Windows 7, Vista Ultimate, Business, Home (SP 1)

- 800 MHz or faster
- 512 MB of RAM
- SVGA (1024 x 768) or higher resolution video adapter and display

About McGraw Systems LLC

McGraw Systems LLC was formed in 2008 to provide information technology solutions to assist those struggling with mental health illnesses.

To order bStable, go to: www.mcgrawsystems.com

Cognitive Behavior Therapy (CBT) Support

Patient specific stressors and triggers experienced during a day populate the bStable CBT module whereby information (key thoughts and meanings, emotions, physical sensations, behaviors implemented, and attention focus) related to the stressors and triggers is recorded for further analysis.

Quick Journal Entry System

For days the patient or loved one is very busy but wants to record key indicators related to the patient's mental health, the Quick Journal Entry form can be used.

Expanded Patient Daily Journal

Expanded features include an enhanced Sleep Module, Support for Other Medications and Nutritional Supplements, a Goal Setting Module, Post Crisis Episode Analysis, Support for many additional Hypomanic, Manic, Depression, and Other Symptoms, Daily Positive Affirmations Module, expanded Conflict Tracking, and Food Charting.

Enhanced Bipolar Disorder Functionality

Ultra-Ultra-Rapid Cycling is supported in bStable Advanced along with fluctuating energy levels. Well over 75 symptoms related to depression, hypomania, and mania can be tracked.

Adolescents and children

If you have a child that you suspect of having bipolar disorder, bStable tracks 12 key indicators around adolescent and child behavior that can be symptoms of bipolar disorder. Reports can be combined in the Combination Report and sent to loved ones, psychiatrists, or psychologists on an as needed basis.