

Medibio partners with Sydney University Brain Mind Centre on clinical study for corporate workplace stress assessment

- **Sydney University using one of Medibio's existing commercial trials to produce independent clinical research on the relationship between CHR and stress**
- **Publication of peer reviewed independent research will allow Medibio to aggressively target markets such as public service, health insurance providers, the military, and public health system for its objective Mental Wellness solution**
- **Commercial agreement with Medibio's Australian customer remains unchanged**
- **Revenue of \$100 per test with the potential to roll out across the customer's entire 10,000 staff based on the results of the clinical study**
- **Phase 1 near complete with 135 of a planned 150 participants tested**

Sydney, Australia – 17 August 2016: Medibio Limited (MEB or the Company) is pleased to provide an update on the trial of its Mental Wellness solution with a major Australian corporate customer. The Mental Wellness solution includes MEB's proprietary objective stress assessment test bundled with an intervention programme. The University of Sydney has agreed to use this existing commercial trial to undertake a 'Workplace Stress Assessment' clinical research study. Contingent on results, MEB's Mental Wellness solution may be rolled out across the customer's entire staff base of 10,000.

The clinical study involves approximately 150 employees who are measured for stress at two separate points. The study will be undertaken through the University of Sydney's Brain and Mind Centre (BMC), headed by Professor Nick Glozier. The study's aim is to investigate the potential relationship between an individual's mood and stress levels and Circadian Heart Rate (CHR) patterns. The study will also aim to investigate if symptoms of anxiety and depression are associated with distinctive pattern deviations in CHR.

BMC's imprimatur provides Medibio with the opportunity to fast track independent validation of its objective Mental Wellness solution. Medibio is experiencing considerable success in the workplace wellness market. However, the Company believes independent validation of its Mental Wellness solution by a leading academic institution will open significant markets beyond the workplace wellness market.

Results will allow the Company to confidently target markets such as the public service, health insurance providers, the military, aviation and the public health system where it believes independent validation is a prerequisite for widespread take-up of its Mental Wellness solution.

Commercial Trial Status

Sydney University Human Research Ethics Committee approval was gained last month allowing the project to begin. To date 135 of a planned 150 participants have undergone the first of two Medibio objective stress tests and traditional psychiatric measures. The first Phase of the clinical study is on track to be completed by the end of the month.

The two phase clinical study will use MEB's stress assessment, which categorises individuals in 6 gradations ranging from normal to severely stressed, on 150 employees. Subjects in the study will be assessed through both self-report, clinical interview, and CHR patterns. Data will be compared cross-sectionally, and longitudinally among those assessed to be 'stressed', 'non-stressed' and 'normal' individuals.

Phase 1 involves an objective measurement of employee stress symptoms. Phase 2 involves the testing of Medibio's online stress-reduction training programme "Unwind". Stress levels will be assessed twice in Phase 2, at baseline and following the completion of the programme. Phase 2 will thus provide an objective assessment of changes to stress levels following this mental health training program. Individuals participating in the study will receive information on stress, the meaning of Medibio six stress categories, and their objective stress assessment result for each monitoring sessions.

Principal researcher

The Principal Researcher for the study is Professor Nick Glozier, Professor of Psychological Medicine and Psychiatry, Central Clinical School and Brain & Mind Centre at the University of Sydney. Professor Glozier's research focuses upon common mental disorders and multimorbidity, psychosocial and work related disability research, stress, stigma and discrimination. Professor Glozier currently heads the largest workplace stress study ever conducted in Australia funded by Beyond Blue.

In a recent paper, titled *"Work and Psychiatric Disorder – an evidence based approach"*, Professor Glozier concluded: ***"Whilst the use of pen and paper / technology based questionnaires is commonplace to screen for stress there are concerns over their false positive rate and predictive ability"*** ⁽¹⁾.

About the BMC

The BMC is a part of the University of Sydney with more than 500 academic, clinical and professional staff and students. Its mission is to find solutions leading to generational change and not only improve the lives of people with brain and mind disorders but the whole of society. Through collaborative and interdisciplinary enquiry, the sharing of knowledge and focused implementation, the BMC strives to:

- promote mental health, cognitive and behavioral wellbeing for all people;
- deliver better understandings of the disorders of the brain and mind, and their biological and environmental determinants' and
- maximise the social and economic participation of all people affected by brain development, neurological and mental disorders, including those with lived experience, their families and carers.

About Medibio's Mental Wellness solution being validated

Medibio's Mental Wellness solution comprises the first objective test to measure the level of stress and its impact on health and wellbeing in the workplace. Medibio's new algorithms accurately classify individuals into one of six categories based on the impact stress has had on their physiology:

1. **Normal** No indication of stress
2. **Slight** minor markers of stress, ongoing monitoring recommended
3. **Mild** Specific indications of stress, action required to prevent escalation
4. **Moderate** Multiple signs of stress, action recommended
5. **Severe** Signs of significant stress, action required
6. **Very Severe** Signs of extreme stress, immediate action required

1. Glozier, N., Overland, S., Greenberg, N., & Henderson, M., (2010). Work and Psychiatric Disorder – an evidence based approach. *Hunters Diseases of Occupations*. CUP.

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About Medibio Limited

Medibio (ASX: MEB), is a medical technology company that has developed an objective test to assist in the diagnosis of depression, chronic stress and other mental health disorders. Based on research conducted over 15 years at the University of Western Australia, this test utilizes patented (and patent pending) circadian heart rate variability and cloud based proprietary algorithms delivering a quantifiable measure to assist in clinical diagnosis. Medibio's depression diagnostic is being validated in clinical studies undertaken by Johns Hopkins University School of Medicine and The University of Ottawa, among others. The clinical trials will support Medibio's application to become the first FDA approved, objective, and evidence based approach to the diagnosis of mental health disorders. Medibio's technology also provides an objective method for the assessment of stress and mental wellbeing that can be translated to the workplace stress/wellbeing market, wearable technology, and App market. Located in Melbourne, VIC, Medibio is listed on the Australian Securities Exchange.