CONCLUSIONS

<table>
<tr><td colspan="6" style="background-color:yellow">

Research Question

Can existing techniques in <u>CBT/Mindfulness</u> be embedded into an app that can be seen to be useful to people with anxiety and chronic pain?

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Literature Review	Systematic App Review	Questionnaire	Using 'Here' and Interviews	PPI Brainstorm	Participatory Design

Literature Review

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Link between anxiety and chronic pain

CBT/Mindfulness can be used to treat anxiety and chronic pain

What does the literature currently say about the topic you're investigating?

Is the literature lacking or well established? Is it divided or in disagreement?

How does your research fit into the bigger picture?

How does your research contribute something original?

How does the methodology of previous studies help you develop your own?

Systematic App Review

Look at the inclusion of anxiety within chronic pain apps

1) Identify the frequency in which anxiety is mentioned/included in chronic pain apps

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There is no mention of it
OR
There is a little mention of it
OR
There is a lot of mention of it

Background – prior development of 'Here'

Questionnaire

1) Evaluate the views of adults, who experience anxiety, on anxiety-focused apps

2) Evaluate whether people who experience both anxiety and chronic pain have significantly different views on anxiety-focused apps when compared to people who only experience anxiety.

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There is widespread willingness among UK adults who experience anxiety to use anxiety focused apps, and they are motivated to do so when an app is effective and works quickly. There are still barriers which stop them from using anxiety apps, particularly around data security.

There is no strong evidence that that the views of patients differ about anxiety-focused apps between those who experience anxiety alone and those who experience chronic pain.

Using 'Here' and Interviews

1) Evaluate whether 'Here', an ecological momentary anxiety-focused app, based on the CBT technique of grounding, can have a perceived positive effect on anxiety and chronic pain symptoms

2) Evaluate whether 'Here', an ecological momentary anxiety-focused app, based on the CBT technique of grounding, can be accepted into anxiety sufferers' lives, and if not, identify the barriers that are prohibiting this.

| Interviews | Usage log |

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Does it help anxiety?

Does it help pain?

Does it fit into daily life?

If not, why didn't it fit into daily life?

PPI Brainstorm

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Participatory Design

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