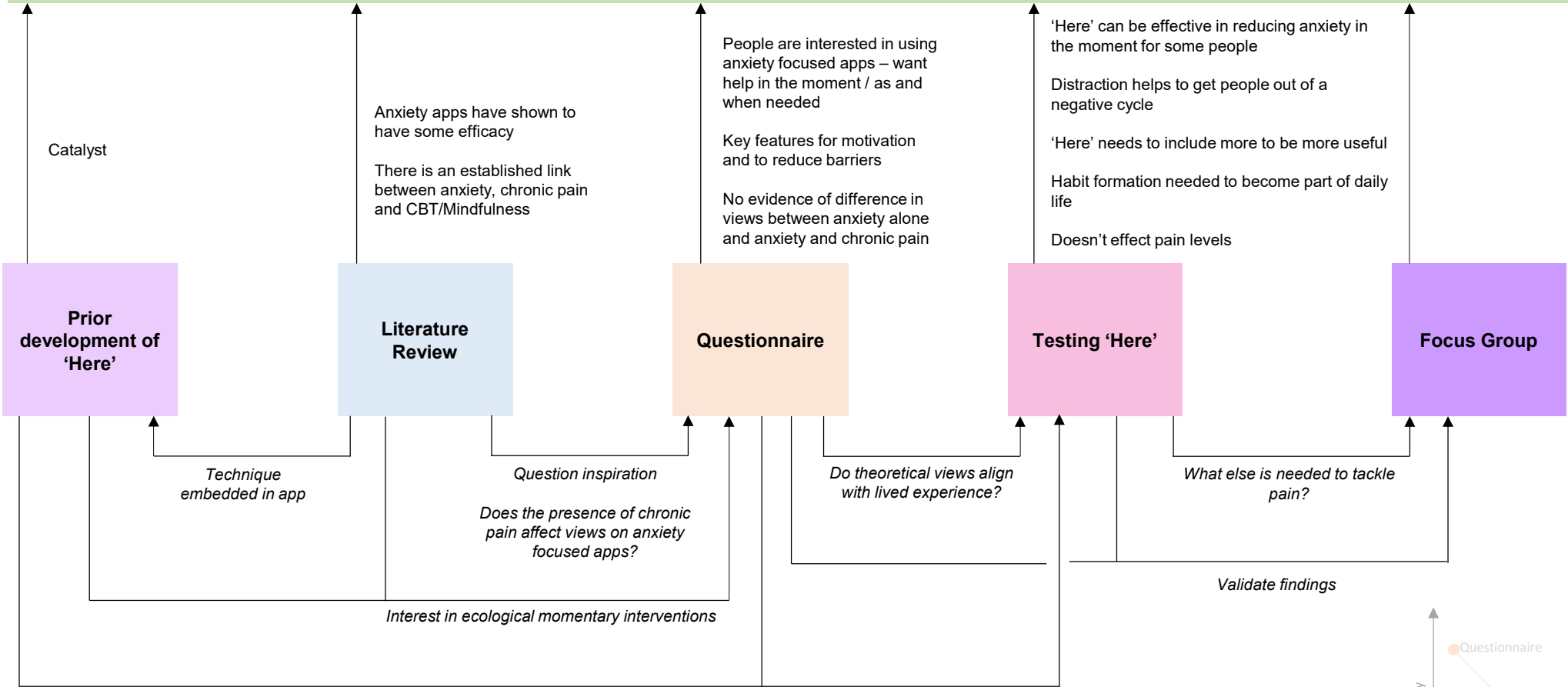


Can existing techniques in CBT/Mindfulness be embedded into an app that can be seen to be useful to people with anxiety and chronic pain?



Anxiety apps have shown to have some efficacy

There is an established link between anxiety, chronic pain and CBT/Mindfulness

People are interested in using anxiety focused apps – want help in the moment / as and when needed

Key features for motivation and to reduce barriers

No evidence of difference in views between anxiety alone and anxiety and chronic pain

'Here' can be effective in reducing anxiety in the moment for some people

Distraction helps to get people out of a negative cycle

'Here' needs to include more to be more useful

Habit formation needed to become part of daily life

Doesn't effect pain levels

