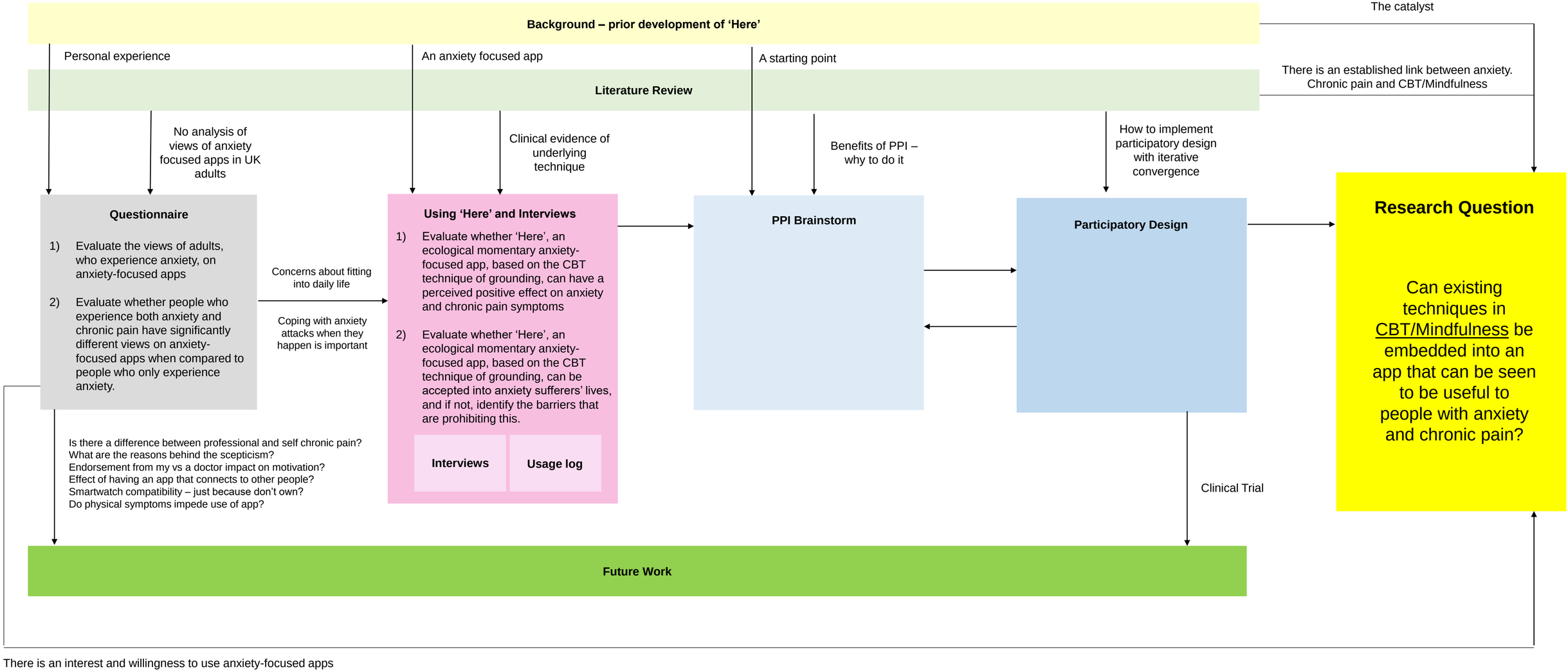
Background – prior development of 'Here'
Personal experience
An anxiety focused app
A starting point
Literature Review
The catalyst
There is an established link between anxiety. Chronic pain and CBT/Mindfulness
No analysis of views of anxiety focused apps in UK adults
Clinical evidence of underlying technique
Benefits of PPI – why to do it
How to implement participatory design with iterative convergence
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.
Concerns about fitting into daily life
Coping with anxiety attacks when they happen is important
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
PPI Brainstorm
Participatory Design
Research Question
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?
Is there a difference between professional and self chronic pain?
What are the reasons behind the scepticism?
Endorsement from my vs a doctor impact on motivation?
Effect of having an app that connects to other people?
Smartwatch compatibility – just because don't own?
Do physical symptoms impede use of app?
Clinical Trial
Future Work
There is an interest and willingness to use anxiety-focused apps