

HOW TO USE IT?



URGENT MODE

Allow the patient to open the app only with a simple gesture - shaking the device. This will avoid the search on the different windows, and finding the icon among the others. If you have a key password activated, after shaking, you will need first to type your password.

CREATE

CREATE

When you press on this icon, it leads you to the beginning of the mind map. From then on, questions will be popping up to jump to until you decide to finish.

MY
STORIES

MY STORIES

After you finish a mind map you can store your stories. They will be saved in this icon. Press on it to look at them.

OTHERS
STORIES

OTHERS STORIES

Here you can read stories shared in an online community. These are stories from other people in similar situations. You can also share your stories after you write them.



ADD

Add new content (story, questions, categories).



WRITE A NOTE

With every question you can write the answer in a little note.



SAVE CONTENT

You click it when you are done with the question.



DELETE

Erase what you have done.



READ NOTES

Read the notes that you have been writing.



SHARE

Share your stories with people or with your therapist.



SAVE STORY

Save your stories in the 'My Stories' menu.



CONTINUE

If the thought comes back later on, you can continue writing from where you stopped.



IF YOU WANT TO KNOW MORE ABOUT THE PROJECT
OR WANT TO TRY KEEP IT!, JUST SEND US AN E-MAIL!

GAMES4THERAPY@GMAIL.COM

mediaLABamsterdam

INTRODUCTION

Keep It! has been developed by MediaLAB Amsterdam, a center focused on development of new creative technologies, part of the Amsterdam University of Applied Sciences, in a five-month process.

This project sets out to explore a possible digital tool to support therapy on a post psychosis state, provided by VIP (Early Intervention Psychosis) clients of Arkin, the assigner in the project.

Arkin is the overarching company of around ten companies (Jellinek, Mentrum, Inforsa etc.) that provide mental health care, rehabilitation, resocialization and reintegration in society, as well as research in those areas.

ABOUT KEEP IT!

Keep It! Is an iPhone application, that attempts to in a playful way fight against harmful thoughts of people that are recovering from a psychosis, in situations with lots of stimuli.

The application helps the users to structure their thoughts, creating a mind map, and tries to re-orientate the user on a more positive/healthy way of thinking by providing him questions and messages that he can answer writing a note, or just thinking about it. The mood and intensity of the thought (pattern) that is bothering the user is actively portrayed in the interface of the app in order to make the actual process more playful; the user needs to make a color bar, that is representing the bothering thought, disappear from the back of the screen.

Keep It! Is an application in development. The usability still requires further collaboration with mental health professionals. The project has been created by designers and any of the assumptions that the project proposes should be taken only as ideas to be tested.

THE TEAM



Susana Passinhas

Interaction Designer from Portugal, finishing her Master's Degree in Design and Multimedia at Coimbra's University. She has worked as a Web Designer for the past years and enjoys the process of developing new concepts. Not only does she like the technological part of it, but also when it involves working with raw materials.



Matias Daporta

Our creative thinker and conceptualist. He is a theater artist who tries to use theatre as a social experiment in which the audience and the performers are being tested, and that gives equal value to the influence of the presence of an audience towards a piece and vice versa. He has been working with different mental institutions in Spain in which investigate the positive affects of dance and theatre on their patients.



Sebastiaan Broek

Media & Culture student from the University of Amsterdam, graduating in Digital Media at the MediaLAB. He is looking for creative solutions for issues concerning media. Sebastiaan likes to work together with - and learn from different cultures and has a wide interest in music and traveling.



Gerdjan van Hagen

He's a Game Developer, specializing in Game Technology. Being in his graduation phase, he's had a lot of experience designing and developing games and has worked as a Software Developer for about two years now. After graduating, he hopes to work in the serious game business.

HOW IT WORKS?

→ CBT

CBT is the kind of therapy that focuses on irrational cognition being the cause of dysfunctional behavior. The goal of the therapy is to revert these patterns or cognitions to more positive or truthful ones.

We are inspired by brief CBT, a set of exercises containing questions that can guide the user to recapitulate all the thoughts that he has had at the end of the day, in order to detect if any of them were automatic thoughts, delusions or negative thoughts. While practicing those exercises, the user gets used to a more healthy way of thinking, making the negative patterns of thinking less present in daily life. At the beginning of each session, the therapist makes use of the exercises with the patient to study the development and organize the rest of the session accordingly to them. The patients need to do the exercises daily in order to not forget details of the different situations.

→ THE MAP

Inspired by these exercises, Keep It! works as one simple exercise that does not require long time to fill it in, or a lot of concentration or special conditions to do it; it can be used everywhere. It is not a replacement of the therapy, but it works as a support, like a notebook app complementary to the therapy.

We took the questions from the 'homeworks' of cognitive behavior therapy and created a map that leads the patient to a question with a positive answer (still to be tested). We can not track the meaning of what the user is thinking and writing, but by asking about the mood and the level of trust in the thought, we can get enough information to keep proposing questions.

CBT

VS

KEEP IT!

WEEKLY HOMEWORK

RECAPITULATE OF WHAT HAPPENED

TAKES LONG TO DO, DETAILED

SYSTEMATIC

COMPLEX AND COMPLETE

TO DO IN A SAFE ENVIRONMENT

AUTOMATIC THOUGHT IS SOMETHING
REALLY CONCRETE

CONCRETE SITUATIONS

WRITING ABOUT WHAT IS HAPPENING

IT IS QUICK, LIGHTEARTED

AUTOMATIC

SIMPLIFIED AND REDUCED

TO USE IN PUBLIC SPACES

IT BEGINS WITH THE PREMISE THAT
EVERY THOUGHT IS AN AUTOMATIC
THOUGHT

→ QUESTIONS

The following are the different themes that the application asks during the journey. The order of the questions will vary depending of the answers given.

SITUATION

The idea is to get an objective point of view of what is happening. A description of the space, activities or people around the user.

Example: What is actually happening? Where? What? When?

AUTOMATIC THOUGHTS

Keep It! does not go in depth in the idea of the automatic thought. It understands them as the first thing that came into the mind of the user in the moment before opening the application.

Example: What thought goes through your mind? What is bothering you?

ALTERNATIVE THOUGHTS

Maybe the user is, at first, incapable of see the different possibilities of the situation. The app tries to push the user to think from other point of view.

Example: Why don't you try to see it from another angle?

BELIEVE

It aims to find the presence of the thought in the head, in a scale from 0 to 100.

Example: How much do you believe it?

EVIDENCE

Sometimes the thoughts can be just inventions. Giving an evidence helps to find if they are true or not.

Example: What has happened to prove the thought is true?

BEHAVIOR

CBT therapists encourage patients to be active and get empowered through their behaviors in therapy. The app asks also about the possibility of taking an action, making the user an active partner of the situation.

Example: What can you do about it?

CONTRA EVIDENCE/BEHAVIOR

As in Alternative Thoughts it proposes to find different solutions, in this case one that oppose to the negative outcome of the first thought.

Example: Can you find another thing that you could do?

CONSEQUENCES

Even if to do something is a possibility, the consequences should be questioned. After asking for an action, we always ask about what can happen and how do they feel about it.

Example: What could happen after all?

MOOD CHECK

From positive to negative visualizing it with colors to fight for or against. We know that the emotions are not black and white, but in this stage of the project, we prefer to keep it simple.

Example: How do you feel about it?

→ MESSAGES

They are messages that pop up from time to time to highlight your improvements or to cheer you up when it does not develop in a positive way.

ALTHOUGH THE APP HAS STANDARD QUESTIONS AND MESSAGES,
THEY CAN BE PERSONALIZED BY THE USER.

FOR THE THERAPIST

→ INSTALL

The app can be downloaded for free in the iTunes App Store. Since it is under development, it requires a password. If you are interested to investigate the app and help us in our research, please contact the group by sending an email to the following email address: games4therapy@gmail.com

→ PERSONALIZE

The app, when opened for the first time, does not ask questions as such, but uses the standard keywords (automatic thoughts, evidence, behavior...) as previously explained.

The role of the therapist is key in our project, because he needs to set up the real questions that the app will be asking later on.

In order to make the application personal and playful, and to reduce the distance between technology and the human, we decided to not let the application be the one asking the questions, but the user. The first time that the app is opened, the user will need to think how he likes to question himself in this kind of situations. Like this, while reading the questions, he will immediately connect to something personal.

The therapist will need to explain the patient what each of the keywords mean, in order to achieve the right ways of asking the questions.

When opening Keep It! it is necessary to choose the option settings. It will allow you to travel through all the possibilities adding one or more options to each keyword.

→ WHO CAN USE KEEP IT!

- Professionals with experience in cognitive behavior therapy (CBT).
- People that have experience psychosis already capable to reflect on their own experiences (their therapist should balance this point).

→ INTRODUCING TO THE PATIENT

- The therapist is the one introducing this support tool to patients.
- The tool should be offered after an explanation of the concepts that the tool deals with. CBT is a key factor, and it is important to have at least a brief understanding of the therapy.
- Keep It! should be explained as a support tool when situations become too intense, when the patient feels that he starts to get lost in his own thoughts. Keep It! should help to frame those thoughts.
- The therapist and the patient should open Keep It! together and build the questionnaire.
- The questionnaire has a predefined option, but the therapist should insist in getting personal questions from the patient to make the experience more personal.
- Writing personal questions, one starts understanding how the application works.
- When the patient needs to do homework as part of the sessions, it is an imperative to say that the application is not a replacement.

→ OTHER USAGE

- People interested in leaving a trace on their thoughts, using the app only as a notebook of thoughts.
- Writers and scriptwriters, to develop the mind of a character.