

Facelt

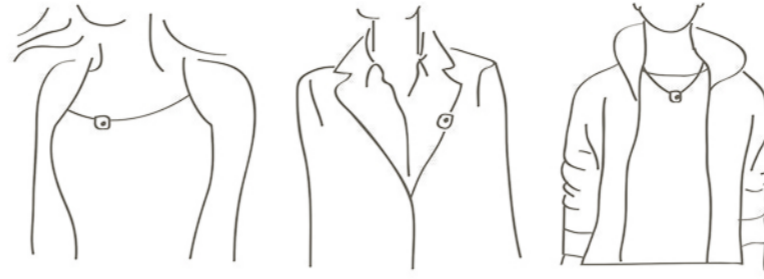
a cognitive behavioral therapy assistant for social anxiety



Social anxiety disorder (SAD) involves a fear of being watched, judged, criticized, or embarrassed in public. SAD is the third largest mental health care problem in the world today. Cognitive Behavioral Therapy (CBT) is one of the most widely used interventions for SAD. Using a diary format, individuals log events of social anxiety, identifying negative emotions and challenging negative distortions in their thoughts. This encourages the individual to think more rationally and confront the feared situations, thus decreasing levels of anxiety. CBT however suffers from low adherence due to the amount of work required. Standard pen-and-paper recording is not always easy, especially in mobile conditions. Facelt proposes the use of lifelogging technologies to aid recall and reflection at a later time.



Users wear a device that monitors their heart rate. This device can be a ring, or watch, or other accessory that is commonly worn by people, or something that is concealed. It must be easy and comfortable to wear and not draw unnecessary attention. An increased heart rate indicates an anxiety episode and is logged in the system. The time, date, duration, and heart rate is recorded.



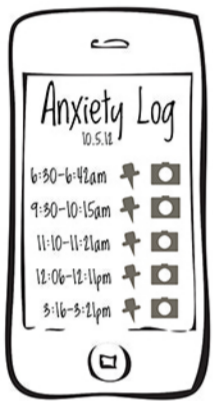
The recording device is also small and can be worn as a piece of jewelry. It records photos and/or audio, depending on preference settings, for the duration of the anxiety episode.



One of the most difficult tasks in cognitive behavioral therapy is maintaining a Daily Mood log. To assist the user, the system will send reminders to record their daily mood and describe their thoughts and feelings about their anxiety episodes. They will have photos, location, and audio to help them remember the anxiety inducing events and how they were feeling at the time.



Users can use the system for exposure therapy out in the real world. They will have an objective record to compare against their memories of their performance and the behavior of others involved.



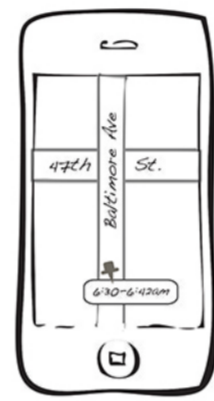
When Jim has time, he will review his log either on his laptop or phone.

"Wow," he thinks, "that looks like a lot."



Jim thinks back on his day. At 6:30am, was he still at the bus stop?

Jim presses the location button to check where he was.



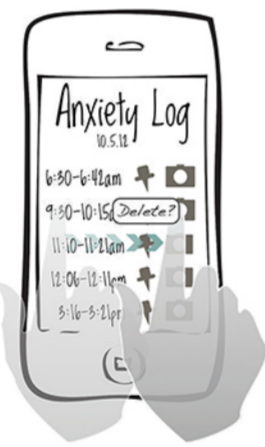
Jim sees on the map that he was on Baltimore Ave near 47th St when the anxiety episode happened.



Jim remembered then that he was on the bus. It was abnormally crowded. He hates when the bus is full of people. Nothing horrible happened, but he felt horrible. Jim decides to add an entry about how he felt.



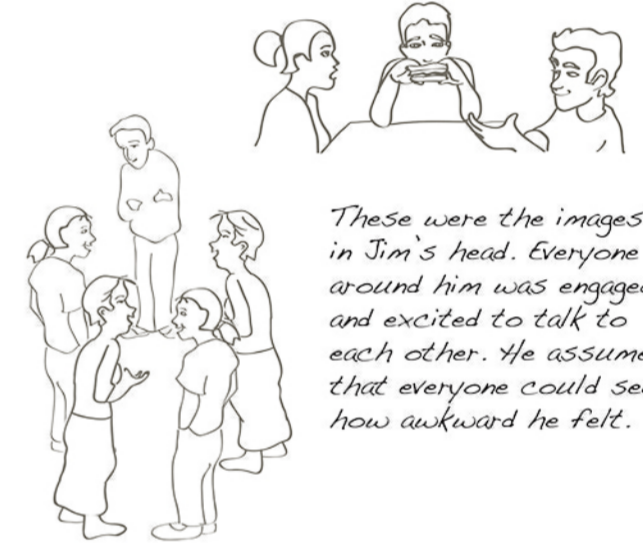
Jim is at home so he chooses to speak his responses instead of typing them.



Jim checks the next entry. There was a minor work emergency this morning and he ran up flights of stairs, since the elevator would take longer. He deletes it.



Jim checks the next two entries, and remembers lunch and an informal meeting with his team and two supervisors.



These were the images in Jim's head. Everyone around him was engaged and excited to talk to each other. He assumed that everyone could see how awkward he felt.

Jim decided to go to the website where he could review images from the meeting more closely.

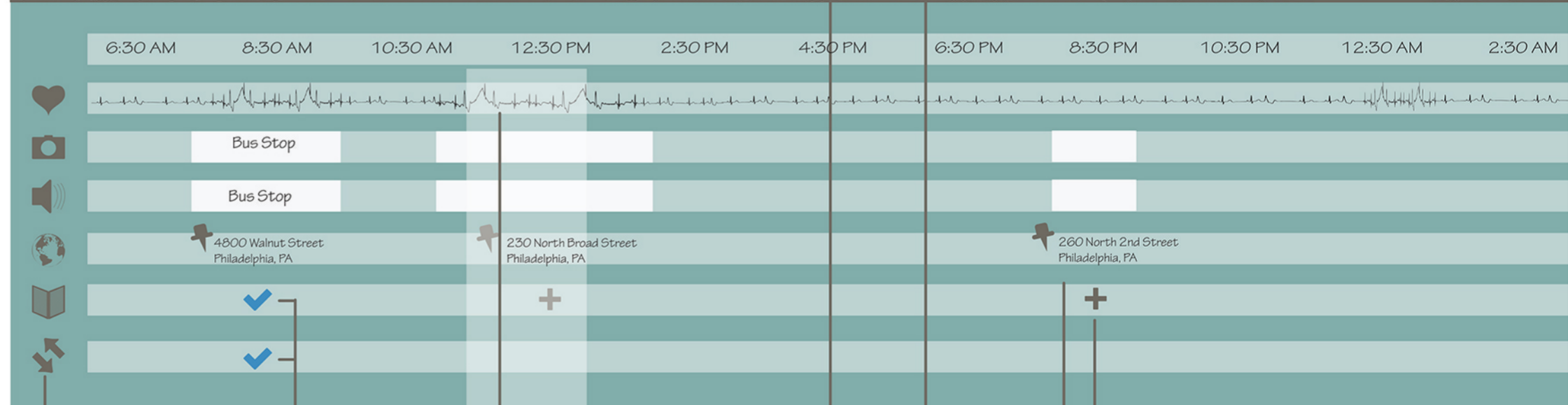
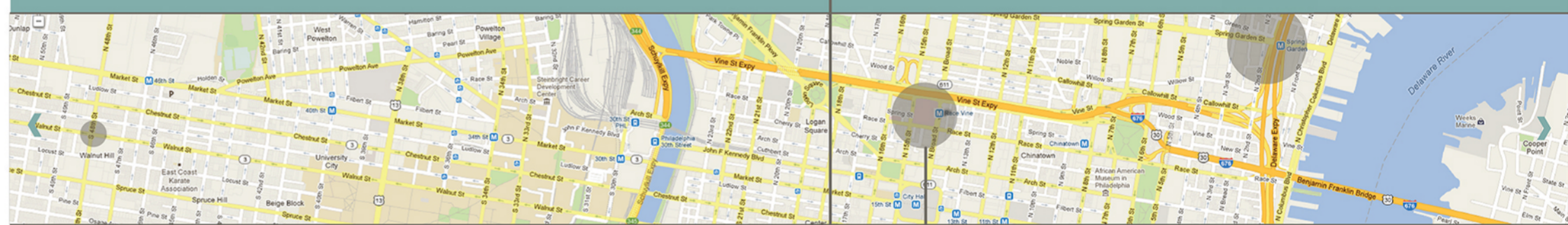


He remembers the coaching he got from his therapist about how to approach reviewing the video and assessing his performance.



Jim sees in the photos how sometimes his co-workers were facing him, smiling and listening to what he was saying. And when they weren't, he was kind of standing far away.

It's not as bad as he thought, and Jim tries to replace the negative picture he had in his head with a more positive one, and replace his negative thoughts with more realistic ones.



- The system allows sharing with a counselor.
- Users can see where their heart rate was elevated and the corresponding data.
- Users will get confirmation when they have completed their entry for the episode, and if they shared it.
- Users can review video or stills recorded during anxiety episodes.
- Users will know when there are still entries to be made.
- Users will see the address where the anxiety episode occurred, or first started.
- The system gives feedback about the severity of an episode through the size of the location indicator. This gives the user another way to compare severity and duration of anxiety episodes.