cope

A smart companion for managing anxiety

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Let's talk about anxiety.

Anxiety disorders are the most common mental illness in the US, affecting over 40 million Americans.

Accessibility, affordability and convenience are all barriers to someone receiving anxiety treatment.

Traditional face-to-face therapy sessions do not provide access to the right tools at the right time.

## How might we help people with anxiety better manage their symptoms?

Cope empowers users to proactively manage anxiety by supplementing therapy sessions with timely, personalized coping activity recommendations.

To do this, Cope stays informed on the user's triggers and habits by leveraging machine learning to combine data from wearables, smartphones and the users themselves.

Biometrics
Heart rate variability (HRV)
Sleep Patterns

Location
Date & Time
Weather

Triggers
Anxiety Levels
Personal Calendar
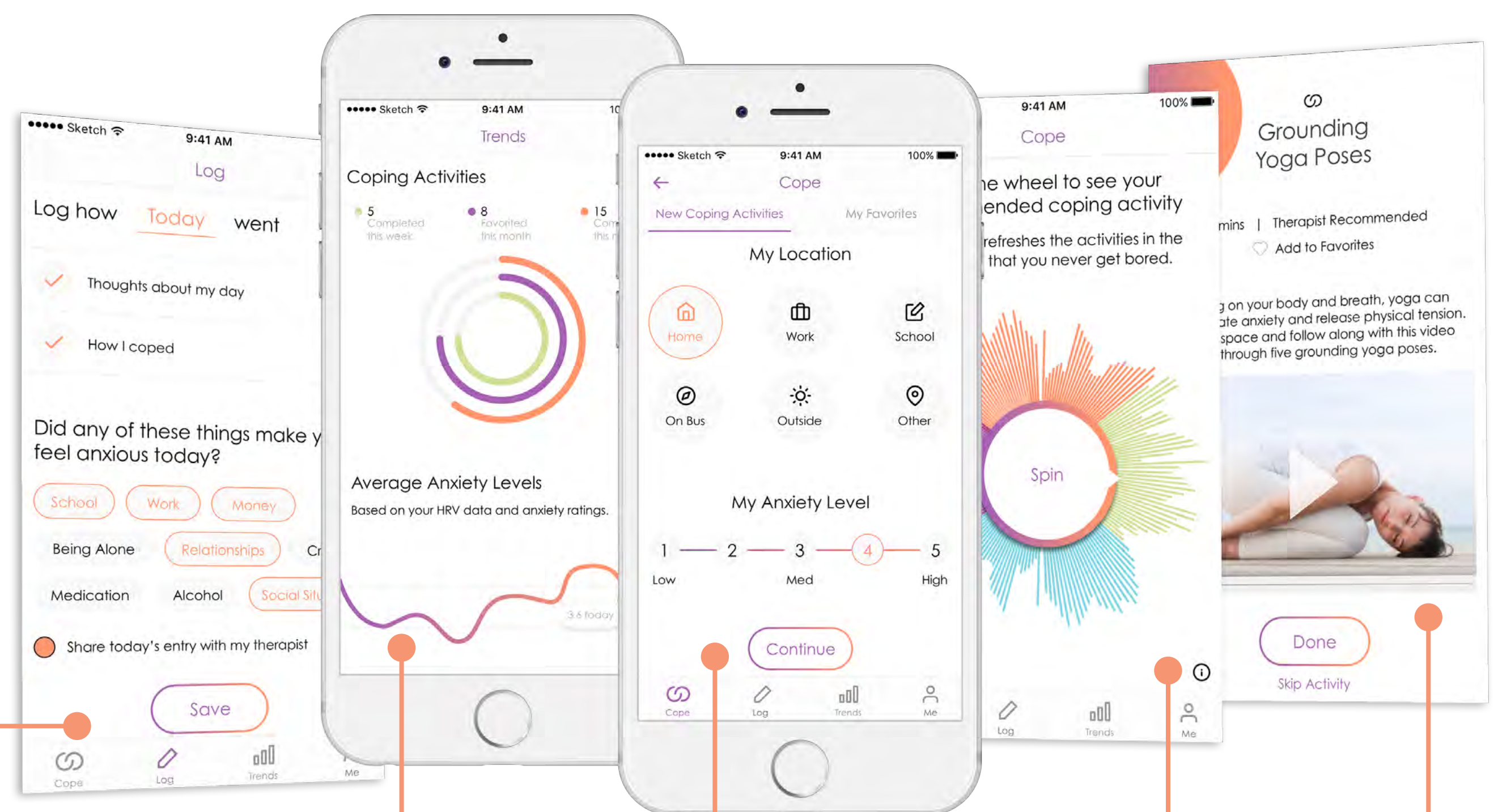
Thought Log
Record thoughts, triggers and coping methods that can be shared with the user's therapist.

Trends
Visualize insights into anxiety levels, triggers and Cope usage.

Personalized Coping
Therapist-recommended and context-appropriate coping activities designed to reduce anxiety.

Research

Patient Survey (51), Lit. Review (10), Expert Interviews (5), Competitive Analysis (16)

Patients don't always know their anxiety triggers. Writing entries in a **thought log** would help identify them.

Effectiveness of coping methods varies between individuals. Using context appropriate, **personalized coping** activities would tailor them to the individual.

Ensuring the coping activities are therapist-recommended would make treatment more effective.

Ideation

User Stories, Storyboards, Sketches, Wireframes

The solution will be non-intrusive and provide timely, discrete notifications.

Biometric and contextual data will be used to nudge users to adjust their behavior.

Application will learn about the user's habits and patterns from data collected to allow user to achieve their goals.

Patient will be able to view trends in their triggers and anxiety levels.

Evaluation

2 Rounds of Usability Sessions (7), 3 Prototype Iterations, Visual Design

Presentation of tailored coping mechanisms was considered valuable.

The ability to look at **trends** was considered useful for managing anxiety.

Timely inerventions relevant to your current situation and anxiety level were appreciated by participants.

Sharing the thought log with the therapist would make sessions more productive.