**DoDoneGone: a web-and mobile service to modify and train daily activities**

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**Abstract**  
DoDoneGone is a web- and mobile service for people with anxiety-problems. Anxiety is one of the most common psychiatric disorders. A number of studies have found exposure exercises to be the most effective element in the treatment of anxiety (1). DoDoneGone offers an innovative solution to meet the increasing number of people with anxiety.

DoDoneGone is under development by researchers at IT University of Copenhagen and Peking University in partnership with Department of Occupational Therapy at Metropolitan University College Copenhagen and the Mental Health Services of Capital Region of Denmark. Occupational Therapy students have been using DoDoneGone and their feedback is being used in the further development of the program.

DoDoneGone teaches people to handle activities they are afraid off by a gradual exposure to the fear-provoking situations. Exercises are planned and monitored on a website and conducted in the field with guidance and support from an application on the client’s Smartphone.

Being presented for DoDoneGone, professionals such as occupational therapist, psychiatrists and psychologist have been positive and interested in participating in clinical testing. It is our aim that occupational therapist can use ECI and AMPS and thereby evidence-base their occupational intervention when using DoDoneGone to train ADL & social interaction.

We find that DoDoneGone can be used generically in order to help people with e.g. cognitive disorders to participate in daily activities.

**Author Keywords**  
Smartphone, anxiety, occupational therapy