

# **DoDoneGone: a web-and mobile service to manage exposure therapy outside the clinic**

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## **Abstract**

DoDoneGone is technology developed to support Human Well-being. It 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. The DoDoneGone website makes it possible to share training programs and to conduct clinical trials.

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.

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. The aim is to make DoDoneGone a professional tool for e.g. occupational therapist. By carefully planning and monitoring anxiety-provoking activities that are manageable, the client is motivated towards further activities. It is not intended to limit the use of DoDoneGone to professionals. It will become a free and open service to everyone.

Occupational Therapy students have been using DoDoneGone and afterwards evaluated the usability of the program. Their feedback is being used in the further development of the program.

Being presented for DoDoneGone, professionals such as occupational therapist, psychiatrists and psychologist have been positive and interested in participating in clinical testing. DoDoneGone is going to be clinically tested during spring 2013. The patients will be people with anxiety but we find that DoDoneGone can be used generically in order to help people with e.g. cognitive disorders to participate in daily activities. We also expect DoDoneGone to be used in many countries.

## **Author Keywords**

Smartphone, anxiety, occupational therapy