Poster-Design and Development of a Smartphone Application for Cue Exposure Treatment

Henriksen, Angelina Isabella Mellentin; Wu, Ye; Wang, Minghao; Bilberg, Arne; Stenager, Elsebeth; Nielsen, Bent; Yu, Fei

Publication date:
2014

Citation for published version (APA):

General rights
Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

• Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
• You may not further distribute the material or use it for any profit-making activity or commercial gain
• You may freely distribute the URL identifying the publication in the public portal

Take down policy
If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.
Introduction

Individuals with alcohol dependence have high relapse rate after outpatient treatment when confronted with alcohol related cues in real life. Cue Exposure Treatment (CET) is a method focusing on confrontation with alcohol cues in order to reduce cravings as well as the likelihood of relapse.

We have formulated a study to investigate whether a smartphone based CET could increase the efficiency of cognitive behavioural treatment of alcohol dependent individuals. The smartphone app of CET is developed based on a multidisciplinary collaboration.

Contents of the app

Introduction

This section presents the purpose, contents, and the rationale of the aftercare treatment.

Alcohol Cue Exposure

10 alcohol exposure videos are available. Measure urge response before, during and ending the exposure.

Training

Five sessions with urge-specific coping strategies: 1) Endure the urge, 2) Negative consequences of alcohol abuse, 3) Positive benefits of sobriety, 4) Alternative beverages and food, and 5) Alternative behaviour.

My Progress

Check of the progress and performance
Different algorithms to show the results.

References
