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

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

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Design and Development of a Smartphone Application for Cue Exposure Treatment

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.

Ordinary aftercare treatment by therapist

New aftercare by smartphone

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
