DoDoneGone

technology to facilitate citizenship

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Content

- Participants in the DoDoneGone project
- Introduction to DoDoneGone
- The development process
- Student involvement
  - Benefits
  - Experiences to be used in future development projects
- The future of DoDoneGone
Cooperation and involvement of students

- Researchers from IT University of Copenhagen, Denmark
- Department of Occupational Therapy at Metropolitan University College Copenhagen, Denmark
- Researchers from Peking University, China
- Mental Health Services of Capital Region of Denmark

Funding and new partners autumn 2013
- The Danish Cancer Society
- Social Development Centre SUS, Copenhagen
- Less is more
- Dictus
A web- and mobile service for people with anxiety-problems

**What is dodonegone?**

dodonegone helps people with anxiety problems to do what their fear would otherwise prevent them from doing. This could be driving the bus, shopping, speaking in public or climbing on a ladder.

**How can it help me?**

Instructors and client can plan a set of activities at this website. Or you may find shared activities that you or your client can benefit from. While on the task dodonegone will provide support via a smartphone. Anxiety does not have to control your everyday life!
Sign in as a tutor

![Sign in as a tutor](image-url)
Interface for tutor

What is donegone?

donegone helps people with anxiety problems to do what their fear would otherwise prevent them from doing. This could be driving the bus, shopping, speaking in public or climbing on a ladder.

How can it help me?

Instructors and client can plan a set of activities at this website. Or you may find shared activities that you or your client can benefit from. While on the task donegone will provide support via a smartphone.

Anxiety does not have to control your everyday life!

Still have questions? Read more.
Get inspired - and share activities
Gradual exposure

Riding the bus

Description
Many people with anxiety disorders fail to take public transportation such as the bus. DoDoneGone will be able to help you practice bus-riding, so you are free to take the bus without feeling anxiety. The described route is line 6A between 2860 Seborg and Nørrebro st. in Copenhagen, but from this description you can design your own bus-riding with the bus route that is relevant for you. This activity is not completely described - there will be more tasks.

Tasks

#1 - Go to the bus stop “Seborg School” on Seborg Hovedgade
#2 - Take the bus one stop and walk home
#3 - Take the bus 2 stops and walk home
#4 - Take the bus 2 stops out and 2 stops home
Use Google Maps
Using Google Street View to guide
Try it yourself

www.dodonegone.com

- Plan activities
- Invite clients
The development process

All-night coding
The role of the occupational therapy students

(in the period summer 2012 – summer 2013)

- Using DoDoneGone as tutors
  - Planning activities
  - Giving feedback to the project group
  - Getting interviewed by IT-University students

- Using DoDoneGone as clients
  - Focus group interview
DoDoneGone’s benefits by involving students

- Feedback about the many ambiguities
  - for tutors
  - for clients

- Input to change the interface

- New application proposals for DoDoneGone
The occupational therapy students benefits by being involved in DoDoneGone

- Practiced modifying activities
- Increased sense of professional identity
- Gained insight into
  - innovation processes
  - the challenges associated with developing a product such as DoDoneGone
- Getting inspired to use technology in their clinical training and future work with mental health
- Getting a feeling of being "first movers"
Experiences to be used in future development projects

- Students are very interested in participating in development projects
- Students have a lot to offer
- Important to let the students be experts – and not having all the answers yourself
- Involving students in development projects requires
  - newsletters
  - clear expectations
  - short and limited process with clear goals
The nearest future of DoDoneGone

- Testing the usability of DoDoneGone
  - Occupational therapy students as a part of their bachelor thesis
  - On patients with cancer

- Establishing Board of Directors & business model

- Clinical testing
Going Generic - Going Global

- Many kinds of problems
  - phobias, brain damages, ADL - problems....

- Many kinds of users
  - Occupational Therapist, psychologists, psychiatrists, nurses....

- Many countries in this world
  - Denmark, China, United Kingdom, USA....

- Many locations in each region
  - Copenhagen, York, Boston.....
Inspiration

- Occupational therapy
- Cognitive behavioral therapy (CBT)
- Computer games
- Treasure hunts and Geocaching
- To-do list and calendars
- Apps for physical training (Endomondo)
- Apps for fear of flying (Virgin)
- App for people with bipolar disorder (MONARCA)
Questions?

You are welcome to contact me on lode@phmetropol.dk

Learn more
www.dodonegone.com

www.youtube.com
- dodonegone scenario
- dodonegone exercise
- Fear Fighter m LYD
- Fearfighter