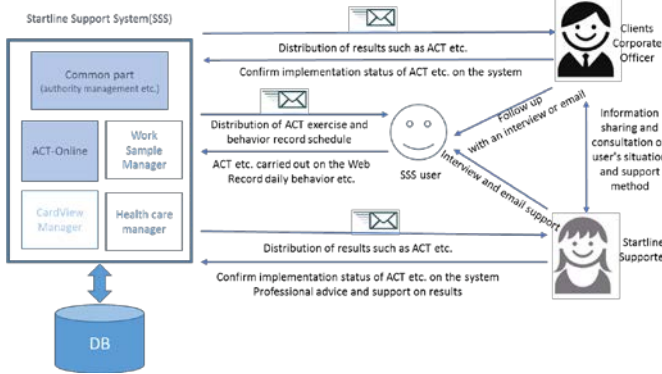


[Purpose]

We introduce ACT-online which we can implement with "Startline Support System" Web site developed by STARTLINE Co., Ltd., and share our future direction of use and prospects.

Startline Support System

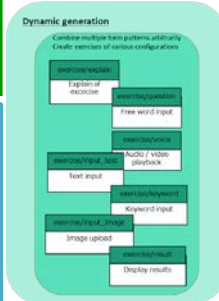
Support system for establishment of workplace developed by Startline Co., Ltd. You can use ACT exercise and Question Scale on the web.



Authority / individual setting

- ① User information registration
Registration of user / supporter / manager information, password change, etc.
- ② Usage authority setting
Set available functions and menus etc. for each user / supporter
- ③ Individual ACT setting
Set Q-Scale and exercise etc. that can be used for each user / supporter
- ④ Activity promotion notification setting
Schedule and set notification mail to encourage implementation of ACT exercise and action record

Create ACT exercise



Exercise Menu



Implementation of ACT exercise



Reminder · Schedule function available

On the Startline Co., Ltd., we are consulting on employment of persons with disabilities and managing satellite offices with support for persons with disabilities.

Application Scene of ACT at Startline Co., Ltd.

- ① The initial training for employees with disabilities who are working in satellite office
- ② Training for improvement of employability (EIT) to persons with disabilities using employment transition support agencies.
- ③ Practice ACT in daily occupational life at satellite office.

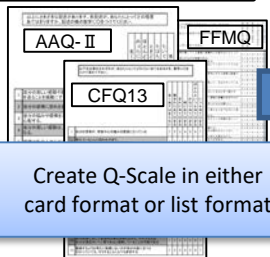
Problems in implementing ACT

- How to effective feedback on awareness and doubt of each person?
- What timing and how to combine various exercises?

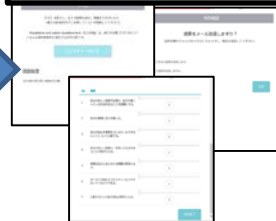
Correspondence and challenges of the future needs expansion

- ◎ Stable provision of a variety of exercise content
- ◎ Collect information that acted on daily scene
- ◎ Support of day-to-day exercise of practice
- ◎ Increase efficiency of management of ACT implementation status, health condition, etc.
- ◎ Responding to expansion of practical places in various rehabilitation etc.

Create Q-Scale



Implementation of Q-Scale



Reference / Output function of result

- (1) Exercise implementation data
· Status record before and after implementation (emotion, sensation, mind)
- (2) Questionnaire implementation data
· Implement Q-Scale on a regular or irregular basis
- (3) Behavioral record data
· Periodic delivery of behavior promotion e-mail
· Record on action result input page
(Behavior committed to value, Avoidance of experience etc.)

Case of Mental Disorder attending in EIT including ACT on the Web

- Mr. A, 30's, Male, Schizophrenia (Feel Strong Anxiety since High School)
- Previous Job: Anxiety increased due to communication with others.
- EIT content: 2Weeks work place practice (Worksamples, ACT: Group Study & exercise)
- At start: Tendency to choose to "fight" against negative thinking
- At end : Through exercise, he learns to 'let go' of thinking
- Through 9 days of ACT, he was able to increase psychological flexibility.
- IRAP Data: IRAP (Self-Other, Tackle-Escape) conducted on Pre(2nd day) & Post(8th day)



Please Tell me the Needs !

Including ACT, the Startline Support System is a web system like a large container that contains various systems. By rewriting the display language of the system menu, etc. and creating contents with the language of each country, it can correspond to any language. If you are considering using this system, please contact this address.

phaneda@start-line.jp