

# Designing ACT-based Mobile Application for Increasing Wellbeing

University of Jyväskylä, Finland

**Essi Sairanen, Tero Myllymäki, Päivi Lappalainen, Raimo Lappalainen**

Technical Research Center VTT, Tampere, Finland

**Aino Ahtinen, Elina Mattila, Pasi Väikkynen, Toni Vanhala**



## Need for cost-effective methods

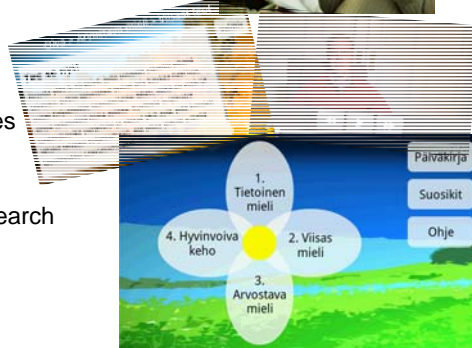
- The value of mental health and wellbeing as key resources for good life, learning, productivity, and social inclusion is widely recognized<sup>1</sup>
- Yet mental problems or physical ill-health are very common causes of unsatisfactory life and increasing health costs
- Thus cost-effective methods, preferably preventive, are needed to tackle the problem
- Utilizing possibilities of technology in psychological interventions may:
  - Make it possible to provide health interventions for large populations
  - Reduce stigmatization associated with mental health treatment
  - Enable better adaption to peoples' real life, regardless of time and place

<sup>1</sup> Wahlbeck K. & Mäkinen M. (Eds). (2008). Prevention of depression and suicide. Consensus paper. Luxembourg: European Communities.

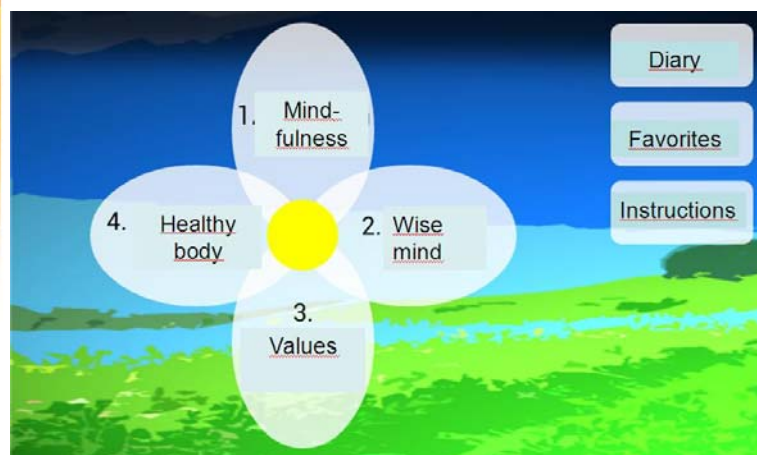


## Utilizing technology with a mobile phone application (OIVA)

- Oiva is a personal wellness application designed for increasing psychological flexibility and improving mental and physical wellness
- Theoretical background: Acceptance and Commitment Therapy (ACT)
- Features:
  - 4 intervention paths
  - 45 text, audio or video exercises
  - Diary
  - Reminders
  - Logging of user actions for research purposes
  - Runs on Android platform









## Main display



## Six core principles

- Based on ACT, there are six core principles, which are practised through exercises.
- The skills concerning each exercise are shown with icons.

- The Observing self 
- Contacting with the present moment 
- Values 
- Committed actions 
- Cognitive defusion 
- Acceptance 



## Content of different paths

- **Mindfulness**
  - Contact with the present moment with full awareness and openness, interest, and receptiveness
  - Focusing on fully in whatever you are doing
- **Wise Mind**
  - Learning to perceive thoughts, images, memories and other cognitions as what they are — nothing more than bits of language, words and pictures
  - Accessing a transcendent sense of self; a continuity of consciousness that is unchanging and ever-present.
  - Making room for unpleasant feelings, sensations, urges, and other private experiences; allowing them to come and go



## Content of different paths

### Values and committed actions

- Clarifying what is most meaningful to you; what sort of person you want to be – what you stand for
- Setting goals, guided by your values, and taking effective action to achieve them

### Healthy body

- Body awareness and relaxation
- Mindful eating
- Mindful exercising and meaning of physical activity as a value

## Display of Mindfulness-path



## Example of exercise display

**Oiva > Mindfulness**

**Follow your breathing** Listen

**Meaning:** This exercise helps you to concentrate and calm down, and to take it easily for a while

**Duration:** 2-3 min

**Instructions:** Practise preferably in a peaceful place. If you want, you can do this exercise many times during the day.

Read

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## Display of Values-path

1. Introduction


2. Little joys in your life

3. Obituary

4. What is important in your life ?

5. Akv

6. Tiet

  
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## Coming...

- Large effectiveness study starting in August (n= ~ 270) comparing effects of mobile intervention vs. face-to-face intervention with similar content



**Thank you!**

