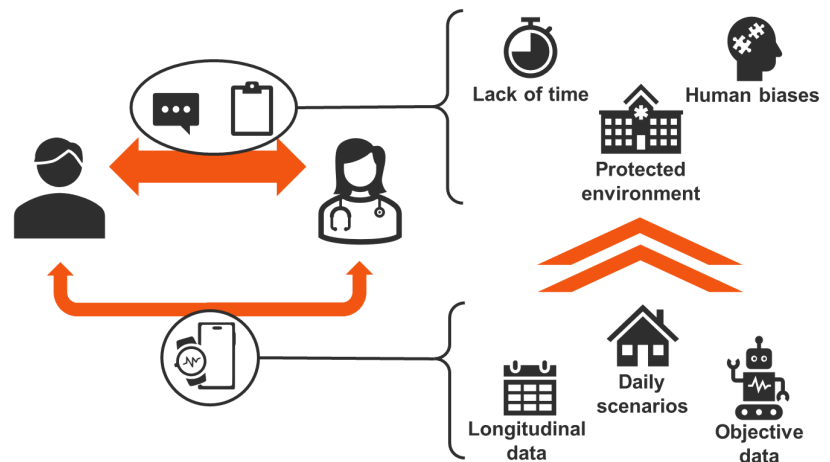


# Emotion detection: a digital tool for Anxiety Disorders

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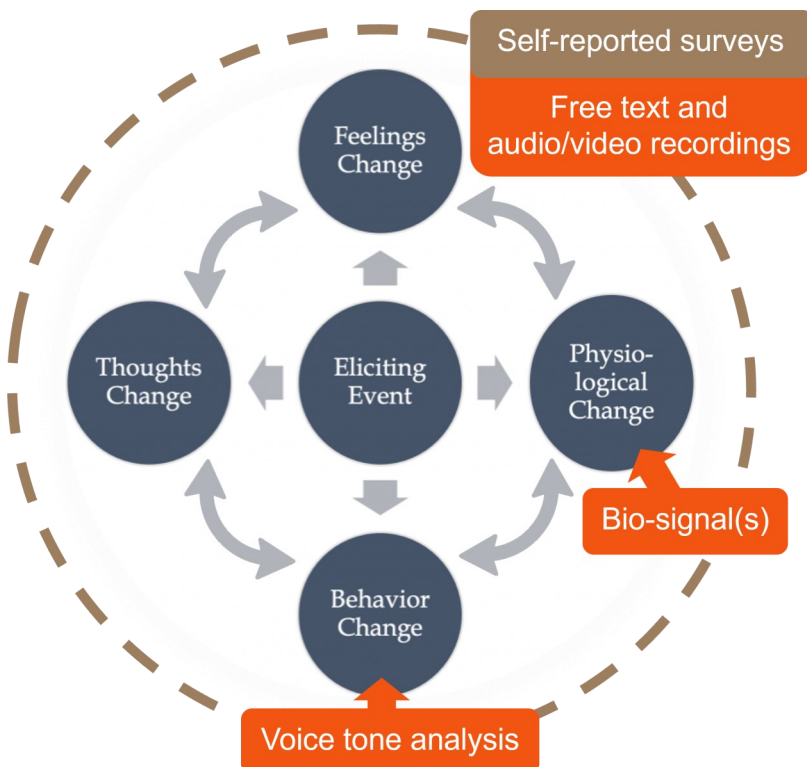
**Join us** to develop a tool based on technologies such as wearable devices that can support patient self-awareness and therapy engagement, and provide additional information to clinicians.

Today, self-report surveys are the gold standard for exploring and monitoring patients' emotional status, but they have some **limitations**, such as the need for active participation, reliance on self-awareness, lack of real-time data collection, susceptibility to recall bias and manipulation.



**Affective computing** is a multidisciplinary field that studies emotions through technology. We investigate its implementation, in support of standard approaches, to mitigate these issues.

## Monitor emotional components



Tech allows us to explore various aspects of emotions. Can data from **smartphones and wearable devices** provide novel and useful perspectives? How should the gathered data be displayed, shared and contextualised?

We are developing this project according to a **co-design** approach. That means involving stakeholders from the beginning of the process. We strongly believe that in order to be **effective in daily practice**, any solution must take into account the needs and requirements of the people who will actually use it. Whether you are a patient or a clinician: Find out how you can **influence our approach!**

