

# Self-directed mobile coping skills training intervention

## Value Proposition

Patients who require hospitalization commonly suffer from psychological long-term distress. For example, as many as 66% of acute respiratory distress syndrome survivors report symptoms of depression, anxiety, and post-traumatic stress disorder at one-year post-discharge. Mindfulness-oriented interventions have been shown to improve psychological health and effectively alleviate a range of psychological and psychosomatic conditions. However, uptake rates of in-person therapy are low. Accordingly, there is a need for more flexible mindfulness-based programs to encourage participation and adherence. An app-based mobile mindfulness training program can help improve psychological distress in various medical patient population.

## Technology

Inventors at Duke have developed a self-directed mobile mindfulness training app for those who have a recent or current medical / surgical condition. The platform delivers video / audio / text content aims at reducing psychological distress symptoms (i.e., depression, anxiety, PTSD). It comprised of a 4-week program to users.

## Advantages

- A self-directed mobile mindfulness platform
- Specifically tailored to those who are recovering from illness

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 **Duke File (IDF) #**

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 **Inventor(s)**

- Cox, Christopher
- Porter, Laura

 **College**

School of Medicine (SOM)

**For more information  
please contact**

Chang Villacreses, David  
9196683401  
[david.chang@duke.edu](mailto:david.chang@duke.edu)