Serious game Bias Blaster

Treating social anxiety in psychosis using a Cognitive Bias Modification training in a Serious Game

**Description**
Social anxiety is a frequent comorbidity in psychosis. Recently, Cognitive Bias Modification training (CBM) has proven to be an effective intervention for social anxiety. However, in the current format, it is experienced as rather boring and dull. A Serious Game was developed that consisted of a CBM training to reduce social anxiety in psychotic patients.

**Category**
CBM, Serious Game

**Population**
Psychosis

**Scientific evidence**
Research is ongoing

For more information, contact:
Apps and online therapy

Category
Apps and online therapy

Description
Interactive websites and applications supplying blended care. This can be used for ecological momentary interventions, prevention of psychological complaints of employees, prevention of suicide among adolescents and treatment of elderly people with recurring depressions.

Population
Depression, bipolar disorder, suicide prevention, specific phobias

Scientific evidence
Yes, there is scientific evidence (published), and also ongoing research.

For more information, contact:
Training attachment-related interpretation bias
Towards a novel theoretical framework of attachment-focused therapy

Description
A CBM training designed to train an attachment-related interpretation bias in a positive manner. Children read scenarios in which they require help from their mother. In this scenario a word is missing, which makes it ambiguous if mother responds in a safe or unsafe fashion. By making the children fill in only the safe words, a safe interpretation bias is formed.

Population
Children with psychopathology (age 9-12 years)

Scientific evidence
Yes, this training was successful. A recent study revealed that secure interpretation bias can be trained, which leads to increased trust in maternal support and availability.

For more information, contact:
A game to improve your health

In this cognitive inhibition training your body is used to control the computer

Category
Game

Population
Individuals with obesity

Description
The computer game teaches the player to respond quickly to sports images, and to not respond to snack pictures (inhibition of response). These new associations help to make healthier decisions in everyday life.

Scientific evidence
There is scientific evidence that this type of inhibition training, using a keyboard, affects eating behaviour. Research is ongoing whether the current training in a game environment is also effective and whether it results in a healthier lifestyle

For more information, contact:
Moodbot is a game focussed on mental health patients. It registers signs of relapse or escalation, that is then communicated to the therapist. He/she can use this as an input to respond and modify the treatment. The patient can also use the app to complete treatment assignments.

Scientific evidence
Ongoing research.

For more information, contact:
Braingame Brian; an executive function training with game elements

A potential addition to CBT treatment

**Description**
Braingame Brian is a computerised training to improve three types of executive functions, over a 5-6 week period. Braingame Brian consists of an ingame world and of specific training tasks, and both can be seen (and practiced) at the E-market.

**Category**
Serious games

**Population**
Children with ADHD and children with problems in cognitive control

**Scientific evidence**
A pilot RCT revealed that Braingame Brian, as compared to a waitlist control group, affected ADHD symptoms and executive functions, as judged by the parents. Two intervention studies are running at the moment.

For more information, contact:
Re-train your addiction

Category
CBM

Population
Adults and adolescents with an addiction (alcohol, cannabis, smoking)

Description
Individuals with heavy alcohol, cannabis or cigarette use have selective attention for addiction-related cues (attentional bias) and also have a strong tendency to approach these substances (approach bias). Cognitive Bias Modification training paradigms have been developed to change these automatic processes and to reduce alcohol, cannabis, and cigarette use. At the E-market, participants can perform these training programs themselves.

Scientific evidence
In patients with an alcohol addiction, significant effects of CBM training (in addition to treatment as usual) have been observed on relapse rates. At the moment, research is ongoing regarding cannabis and smoking.

For more information, contact:
Psy-Mate
A mobile-health self-management application in mental health care

Description
The PsyMate is an electronic application to register information regarding experiences (moods, motivations, confidence) and contextual changes (stressors, situations, activities) of the patient via ambulant measurements (Experience Sampling Methode) and analyse them for further benefit of diagnostics, treatment and monitoring of psychotic patients.

Category
Apps

Population
Various

Scientific evidence
Our recent RCT showed that feedback regarding positive affect and context (registered via PsyMate) was effective in reducing depressive symptoms.

For more information, contact:
‘Always look on the bright side of life’

Training attentional bias, interpretive bias, and working memory to prevent anxiety and depression in adolescents

**Description**
There are 4 online training modules that can be tried to:
1. learn to focus attention to positive information (2x)
2. learn to interpret ambiguous situations in a positive manner
3. enhance control over (negative) emotions and thoughts by means of working memory training.
Of all training modules, a placebo variety can be observed.

**Scientific evidence**
The number of studies revealing beneficial effects of CBM training is increasing rapidly. The University of Amsterdam is currently examining the effects of the CBM training modules in a RCT with 600 adolescents.

**Population**
Anxiety, depression

**Category**
CBM

For more information, contact:
GERT: old age simulation suit

This old age simulation suit provides the opportunity to experience the typical limitations of old age.

**Category**
Simulation

**Population**
Individuals working in education, nursing homes, hospitals, and also for designers

**Description**
GERT (GERontology Testclothing) is a superb helping tool that is being used to school many employees in many hospitals and other health centres. Experience first-hand the limitations of getting older. Are the solutions that we have thought of to solve the problems of our elderly the best?

**Scientific evidence**
You can email us

For more information, contact:
Labyrinth Psychotica - Simulating Psychotic Phenomena

The wearable

**Category**
Serious gaming

**Population**
Psychosis

**Description**
The Wearable is a portable augmented reality data-base cinema system with which the environment can be seen through the eyes of a patient with psychosis. The experience of the Wearable is focused on showing the difficulties of everyday life while being distracted by voices and visual appearances.

**Scientific evidence**
The wearable is based on scientific reasoning and different rounds of feedback.

For more information, contact: