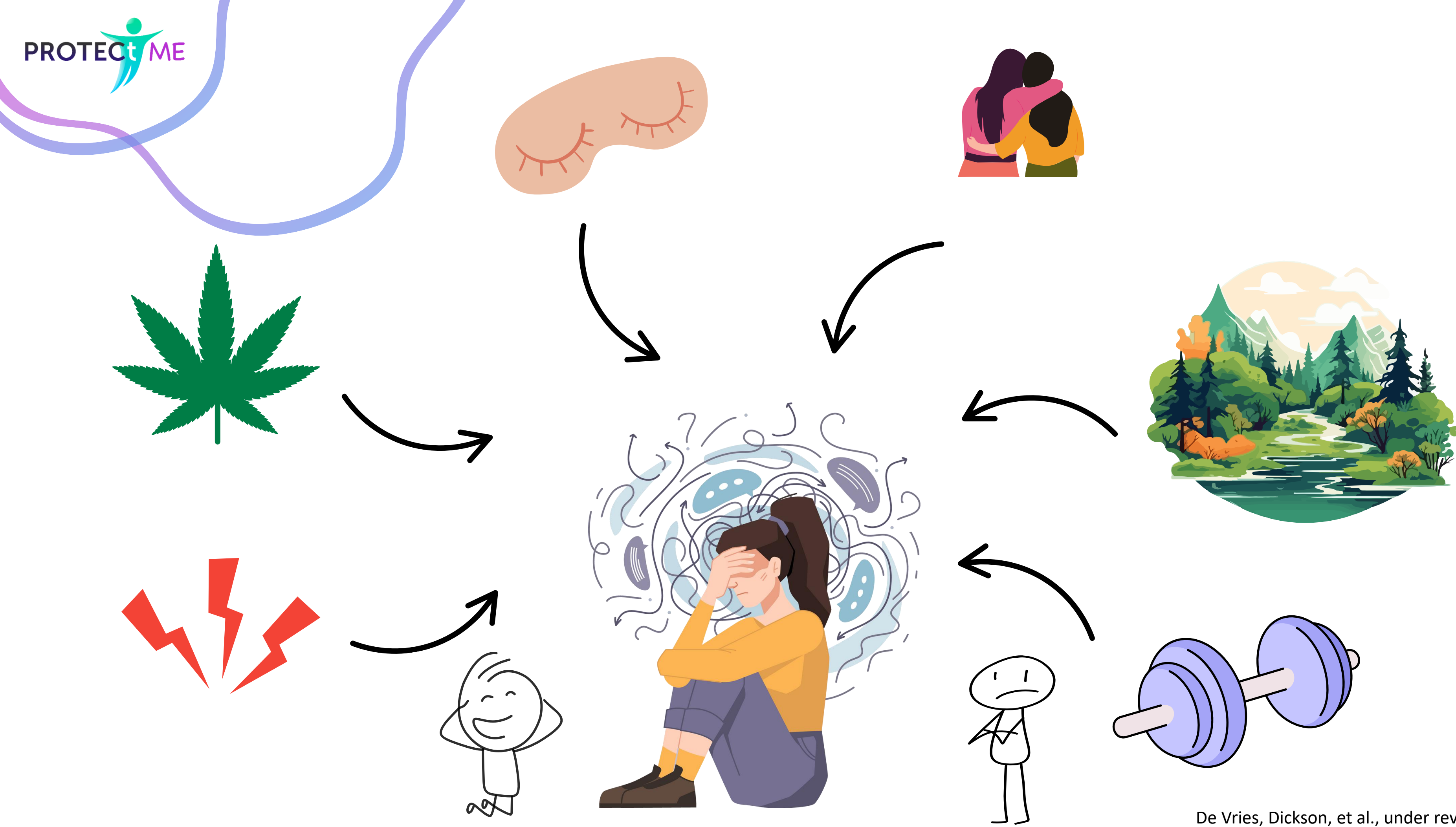




convergence

UNWRAP YOUR MIND

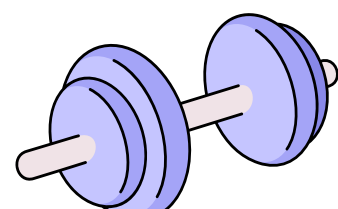
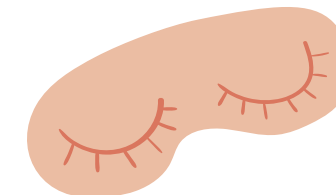
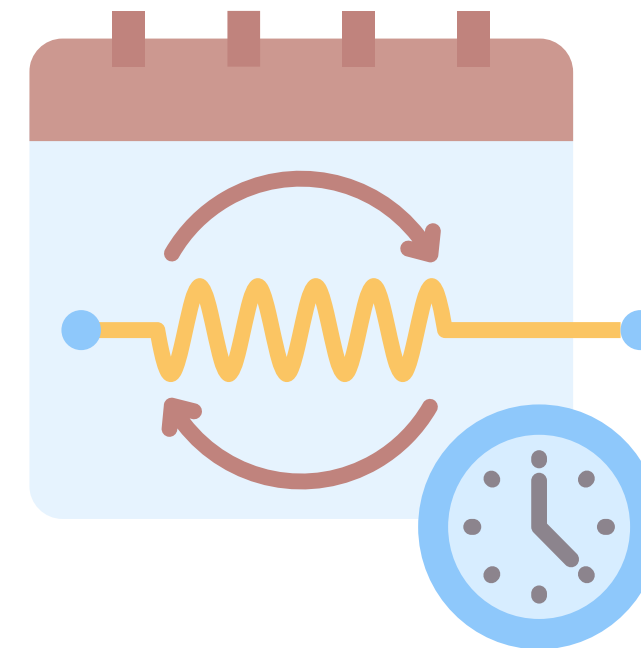
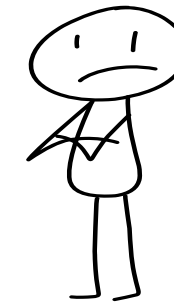
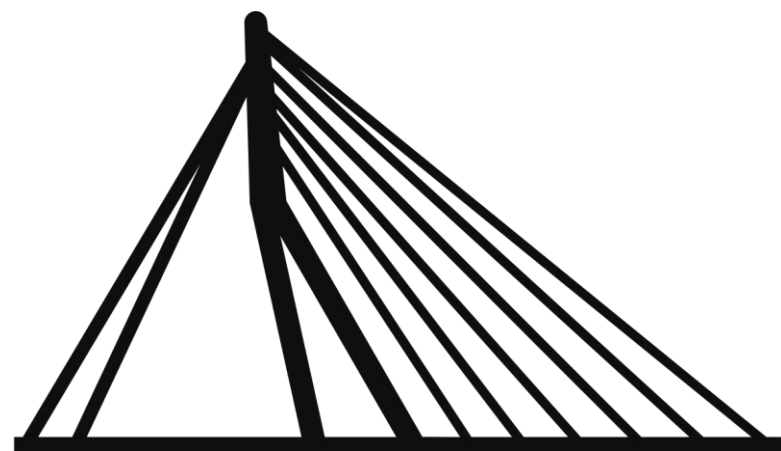
Annabel Vreeker, PhD
Erasmus University, Erasmus MC



To understand how risk and resilience factors are associated with mood and anxiety symptoms and daily affect in youth



N=300
Age: 16-25 years





Pilot study

Too time intensive



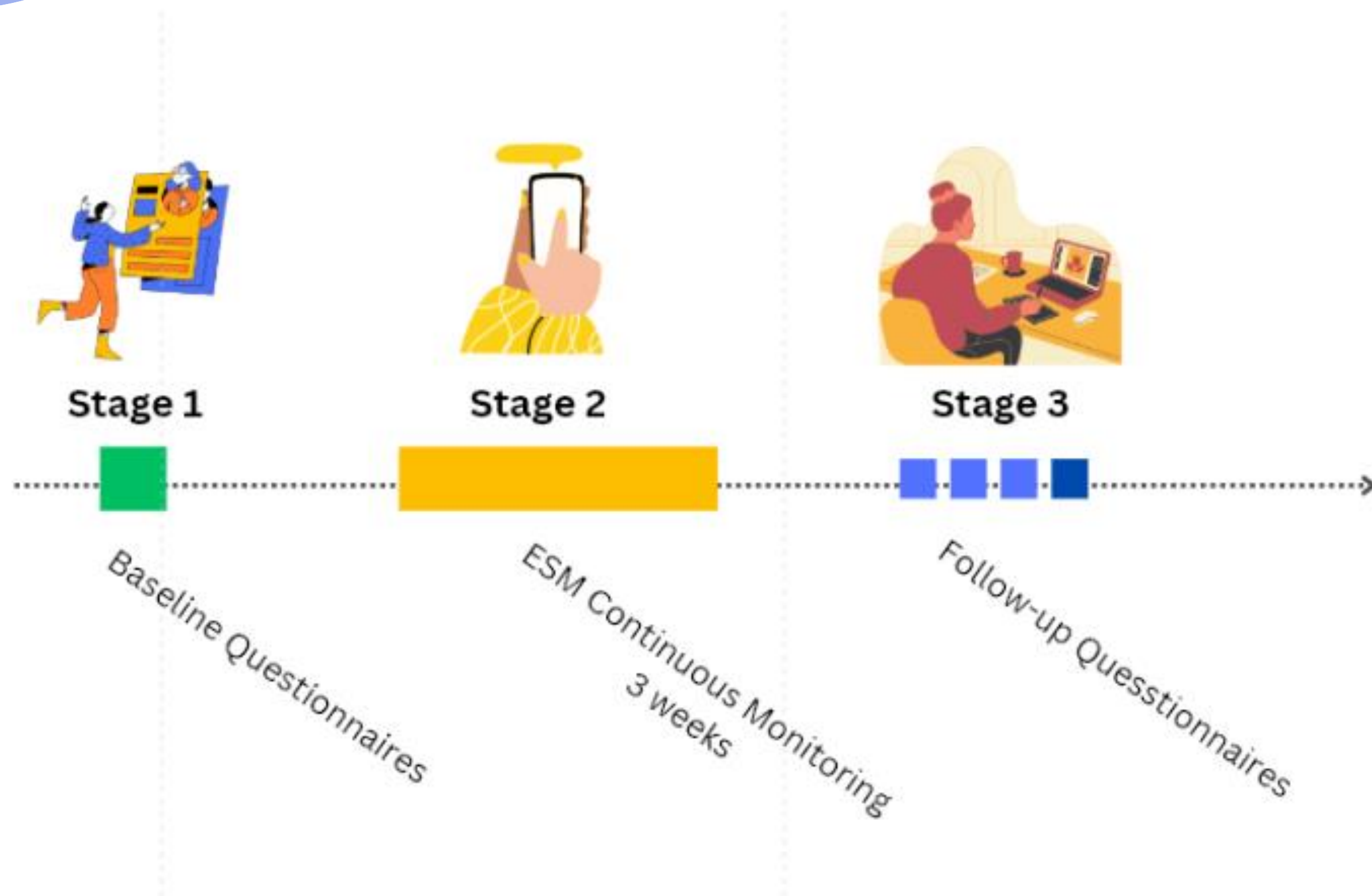
Co-creation sessions

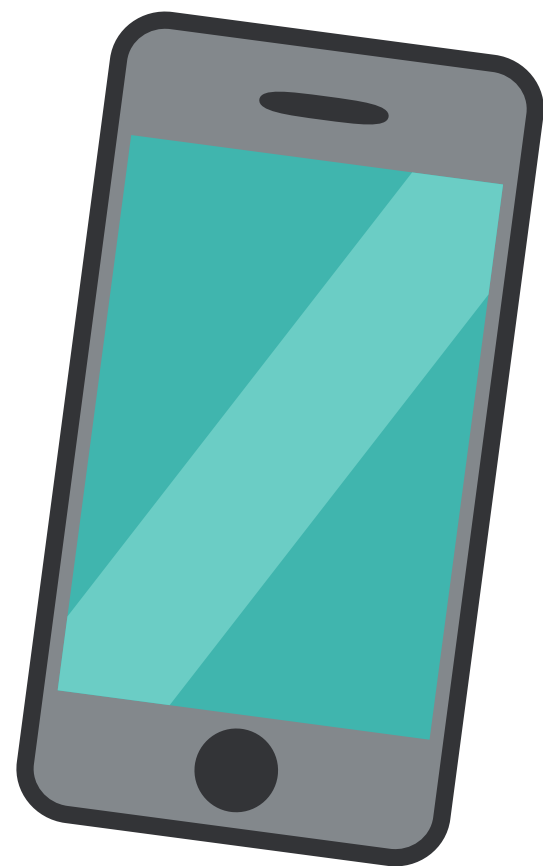
Reward, trust and personalization.
Insight into own behaviors and
feelings



Current pilot study

Changes in onboarding process





Avicenna

- 5 x per day
- Semi-random prompt design; based on wake-up time, at least two hours between questionnaires
- Notification and 1 reminder
- 90 minutes time window for completion
- Participants with 10 consecutive missing questionnaires will be contacted by the researcher

OFFICIAL START: NEXT WEEK!



**INTERESTED OR
SUGGESTIONS?**



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