

SmallSteps

The future of PTSD-suffering,
client-therapist relationships





Problem

- Patients often have trouble recognizing the situations/events/locations/people that trigger their PTSD
- Therapists are usually unable to monitor their patients quantitatively while meeting them once a week, and have even less ability to provide support during the week
- Currently, there is no quantitative, easy to use method to measure psychological improvement due to exposure therapy



Main Objectives

- To make a frictionless, usable app to help users become more self aware of anxiety.
- The app is geared toward helping therapists gain more knowledge and customize their patients' exposure therapy treatment
- Additionally, the metrics the app records data that can be used for research



Idea Process

- We started off wanting to utilize the fitbit's heart rate monitor to gather data for patients suffering from PTSD
- After talking to mentors who were familiar with the field, we started to think harder about how it was going to be used in practice.
- In the end, instead of having our app surround heart rate monitor statistics, we pivoted to making it more about accommodating/recording the expression of feelings.



Who This App Is For

- Our app is geared towards helping first responders, military veterans who suffer from PTSD and the therapists who treat them.



Software Implementation

Back-End

NodeJs

FireBase(by google)

Front-End

React Native

FireBase API

JS



Stack and Authentication

Frontend: React Native

Backend: Firebase API

Demo

