Comparisons with existing mobile applications

There already exist many mobile applications designed to aid users in harm reduction through features such as behavior logging, visualization of the behavior through charts and statistics, and by providing helpful information about decreasing the frequency of harmful behaviors. Our app differs from existing apps in that we are not targeting one particular behavior or habit. We wish to help and be applicable to users who suffer from any behavior that they wish to reduce or quit including, but not limited to smoking or nicotine consumption, excessive drinking, recreational drug use, self-harm, or excessive spending.

Everyone who progresses through a reduction of harmful behavior will do so at a different rate. Rather than giving the user predefined milestones to reach over a prespecified period of time, we believe that it is important to allow the user to define their own objectives to strive towards at whatever pace they feel is appropriate for their situation. Users of the app will be urged to write daily about their engagement in the behavior, their cravings to engage in the behavior, the things that trigger their cravings, how they are generally feeling, and any other information that they may think is important for their harm reduction. Rather than just recording usage, our app, through these daily memos, will allow the user to reflect on their behavior and feelings as they work forward. These are features that are not present in other mobile apps designed for the reduction of harmful behaviors.

Additionally, our app differs from others currently on the market in its use of trigger logging and prompts to perform an alternative action. The user will be able to specify and list the triggers that make them wish to engage in their harmful behavior. If they recognize that one of these triggers is happening or may happen in the near future, they can utilize the app and be prompted to engage in an alternate, healthier behavior such as exercising, reading, or creating art.