**Memorandum**

**To: Tom Leslie**

**From: Nicole Dahlquist**

**Date: July 1, 2016**

**Subject Proposal for Causal Report on The Effects of Technology on Agoraphobia**

Per your request, the following is my proposal for The Effects of Technology on Agoraphobia. This proposal covers background on the topic, a look at the available research and a timetable for completion.

(transition)

**Introduction**

(action opening)

This report is a causal analysis report that looks at the relationship between technology and agoraphobia. More specifically, I will examine ways in which technology can cause agoraphobia, aid and enable agoraphobes, and treat them. The intended audience is primarily psychologists, however, this report may also appeal to agoraphobes, and virtual reality engineers.

(transition)

**Background**

Agoraphobia often leads sufferers to live their lives trapped at home; it is categorized as an anxiety disorder that is based on, sometimes unrealistic, fear [1]. Historically, agoraphobes would need to rely on the help of others to make purchases, bring groceries, and escort them when they absolutely had to go out.

Now, many agoraphobes are able to function from home with the aid of the internet [2][3]; however, this same benefit may also enable agoraphobes and prevent them from seeking curative treatment. Some of the most modern treatments include GPS tracking [4] and virtual reality simulators [5].

**Preliminary Research**

I will use sources that discuss agoraphobia and its development, those that discuss how the internet can allow you to function without leaving the house, and those that discuss technological treatment.

* http://www.mayoclinic.org/diseases-conditions/agoraphobia/basics/definition/con-20029996 [1]
* http://www.howtogeek.com/216828/how-to-use-the-internet-to-never-leave-your-house-again/ [2]
* http://www.heraldscotland.com/news/14566288.Why\_you\_never\_need\_to\_leave\_your\_house\_again\_\_except\_in\_a\_medical\_emergency\_/ [3]
* https://www.researchgate.net/profile/Pedro\_Wolf/publication/232075531\_GPS\_Technology\_and\_Human\_Psychological\_Research\_A\_Methodological\_Proposal/links/09e4150757bbbe30f3000000.pdf [4]
* http://www.mitpressjournals.org/doi/abs/10.1162/pres.1996.5.3.346#.V27albgrK00 [5]

(transition)

**Timetable**

Given the preliminary research I have completed, I am confident that I will be able to complete the assignment by the due date. Below is a timetable for completion of the major tasks

|  |  |
| --- | --- |
| **Task** | **Completion Date** |
| **Complete Research** | July 1, 2016 |
| **Complete Outline** | July 8, 2016 |
| **Complete Rough Draft** | July 15, 2016 |
| **Peer Edit** | July 22, 2016 |
| **Revise/Final Draft/Finishing** | July 25, 2016 |
| **Submit Report** | July 29, 2016 |

By adhering closely to the completion dates for the tasks, I will meet the deadline for the report.

(transition)

**Call for Action**

(specify action)

In conclusion I will discuss the ways in which technology can cause and treat agoraphobia, and aid and enable agoraphobes. This report can benefit psychologists, agoraphobes and virtual reality engineers that are interested in treating agoraphobia. (Limitations) If you have any questions I can be reached at

ndahlquist-cc@conestogac.on.ca. Please let me know if my proposed report meets your expectations and that I am able to proceed.

Date: ­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**References**

1. Mayo Clinic Staff. *Agoraphobia*. [Online]. Available: http://www.mayoclinic.org/diseases-conditions/agoraphobia/basics/definition/con-20029996. Accessed June 25, 2016

2. C. Stobing. (2015, June). [*How to Use the Internet to Never Leave Your House Again*](http://www.howtogeek.com/216828/how-to-use-the-internet-to-never-leave-your-house-again/)*.* [Online]. Available: http://www.howtogeek.com/216828/how-to-use-the-internet-to-never-leave-your-house-again/. Accessed: June 25, 2016

3. R. Leadbetter. (2016, June). *Why you never need to leave your house again (except in a medical emergency).* [Online]. Available: http://www.heraldscotland.com/news/14566288.Why\_you\_never\_need\_to\_leave\_your\_house\_again\_\_except\_in\_a\_medical\_emergency\_/. Accessed June 25, 2016

4. P.Wolf and J.Jacobs.(2010).  *GPS Technology and Human Psychological Research: A Methodological Proposal.* [Online]. Available: https://www.researchgate.net/profile/Pedro\_Wolf/publication/232075531\_GPS\_Technology\_and\_Human\_Psychological\_Research\_A\_Methodological\_Proposal/links/09e4150757bbbe30f3000000.pdf. Accessed: June 25, 2016

5. M. North, S. North, and J. Coble. (1996, Summer). *Effectiveness of Virtual Environment Desensitization in the Treatment of Agoraphobia*  (Vol 5, No 3) [Online]. Available: http://www.mitpressjournals.org/doi/abs/10.1162/pres.1996.5.3.346#.V27albgrK00. Accessed: June 25, 2016