

THINGS THAT HELP OUT



BACKGROUND

This design is part of a PhD project that aims to develop knowledge on how to design smart wearables for stress management. Post-traumatic stress disorder (PTSD) is a chronic mental disorder that could develop in those who have experienced a traumatic event. Military personnel are vulnerable to such conditions. Even after effective therapies, they might still face stress issues in everyday life. As one of the goals of this project, we are developing and doing research on smart wearables that could help veterans deal with PTSD on a daily basis.



(Pictures from Felix Quaedvlieg)

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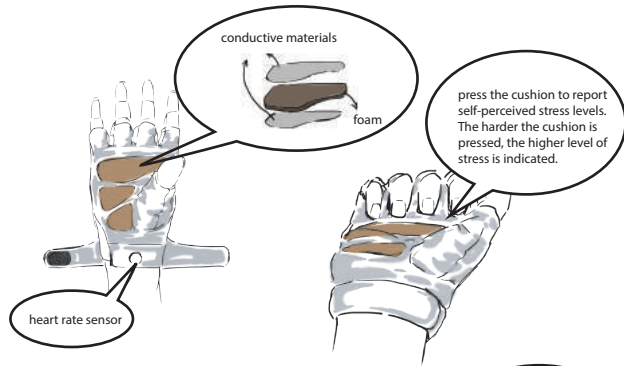
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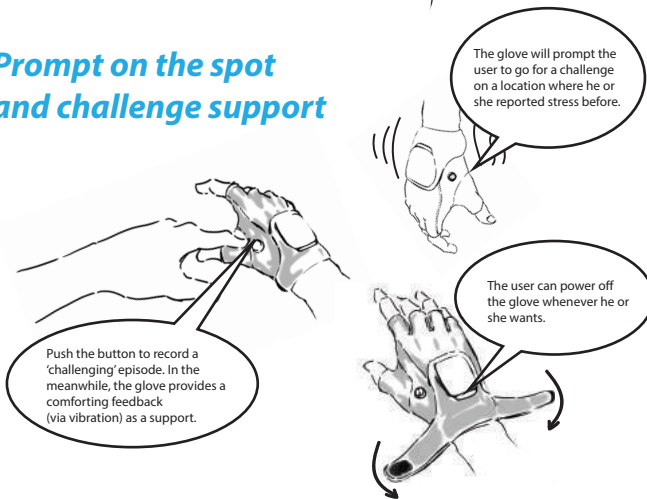


DESIGN CONCEPT

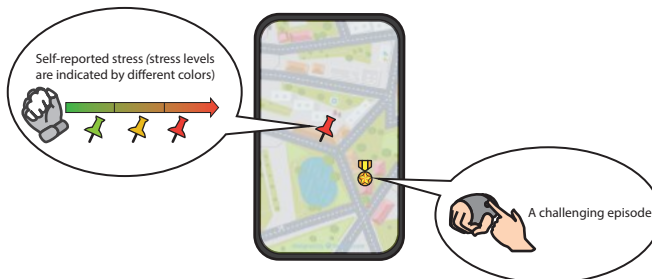
Bio-sensing and self-reporting of stress



Prompt on the spot and challenge support



Annotated map on the phone



USE SCENARIOS

