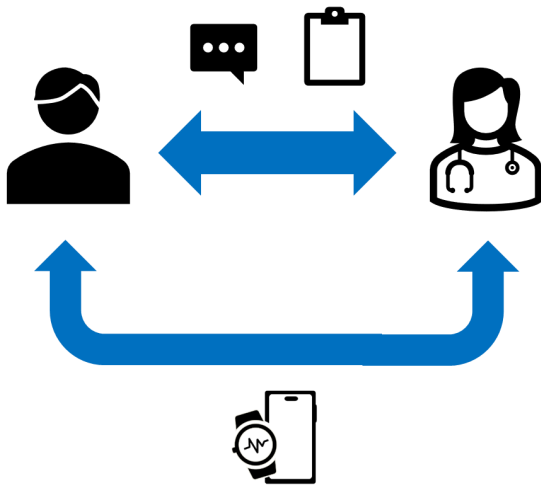


# Emotion detection: a digital tool for anxiety disorders

Join us to **develop** a tool, based on technologies such as wearable devices and smartphones, that can support patient awareness and engagement, and provide additional information to clinicians.



## Can technology help with

- Fostering self-awareness over time?
- Providing insights for discussions with clinicians?
- Supporting emotion regulation training in behavioral therapy to better cope with anxiety?
- Breaking anxiety loops?

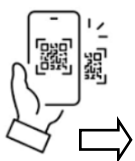
Today, self-report surveys are the gold standard for exploring and monitoring our emotional status, but they have some limitations. For example, the need for active participation, reliance on self-awareness, and lack of real-time data collection, susceptibility to difficulties in recalling.

Technology allows us to **detect and monitor emotions** in a variety of ways. We investigate their implementation to support standard approaches to mitigate these issues in anxiety disorders.

## The co-design journey

- Who: **mental health clinicians** with professional experience in anxiety disorders
- When: **from May 2026**
- How: **5 min online surveys** (£5 voucher) + invitations to future 20min online interviews (optional)
- Aims: **evaluate a patient-driven digital tool that is easy to use, clinical effective, and privacy compelling**

## Get involved:



OR click this link:

[go.uwe.ac.uk/  
codesignPublic](https://go.uwe.ac.uk/codesignPublic)

Can data from wearable devices and smartphones provide novel and useful perspectives? And if so, how?

We are developing **MEMoPAD** according to a **co-design approach**. That means involving stakeholders from the beginning of the process. We strongly believe that in order to be effective in daily practice, any solution must take into account the needs and requirements of the people who will actually use it. Whether you are a patient, a clinician, or a carer: **find out how we can collaborate to improve how we deal with anxiety disorders!**

For any questions  
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