

DESIGNING THE FUTURE
OF TALKING THERAPY:

SlowMo



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A solid orange circle containing the text "Mental health is...".

Mental
health
is...

...one of the **main causes** of the overall disease burden worldwide.

...reported to be the **primary driver of disability** worldwide.

1 in 5 of us experience paranoid thoughts.



Planes are
spying on
me

Someone
wants to harm
me

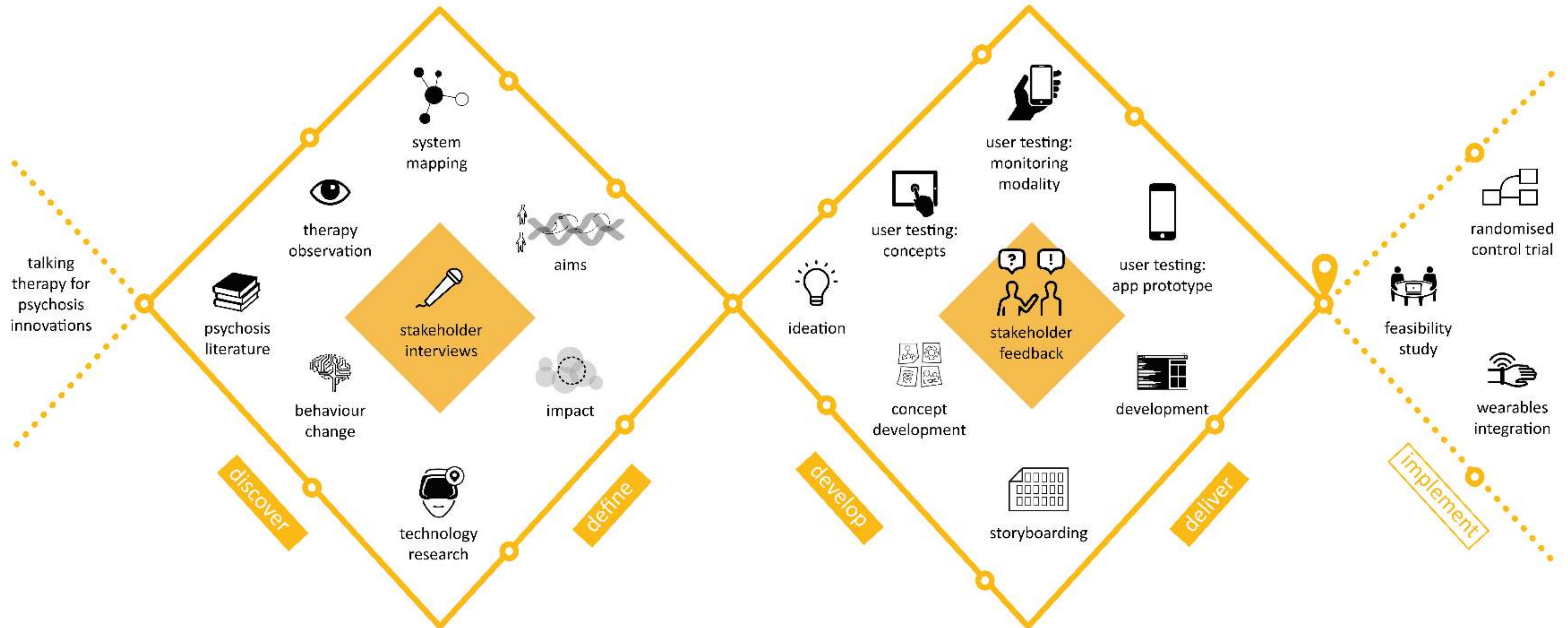
People are
laughing and
staring at
me

He
thinks I'm
stupid

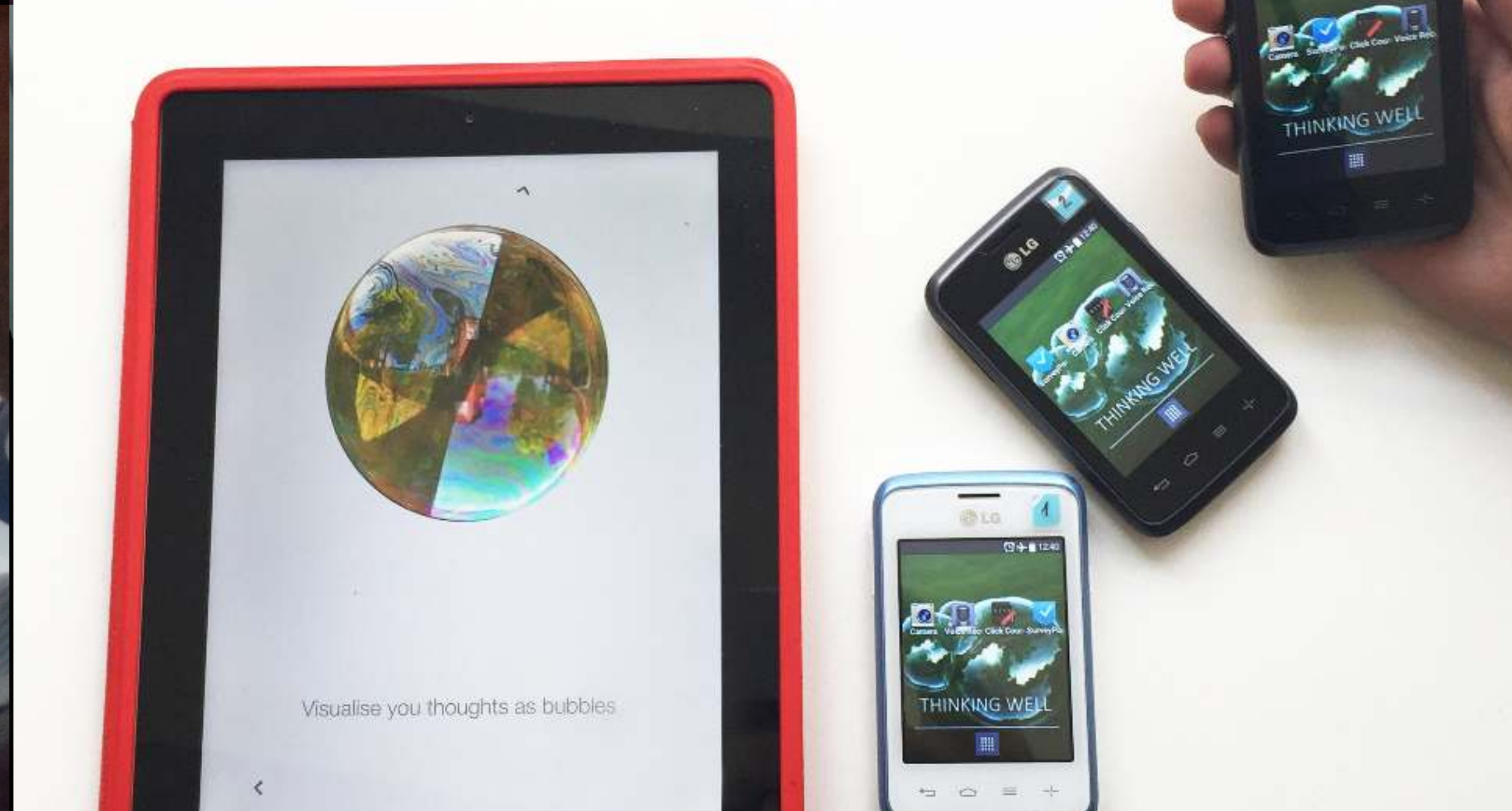
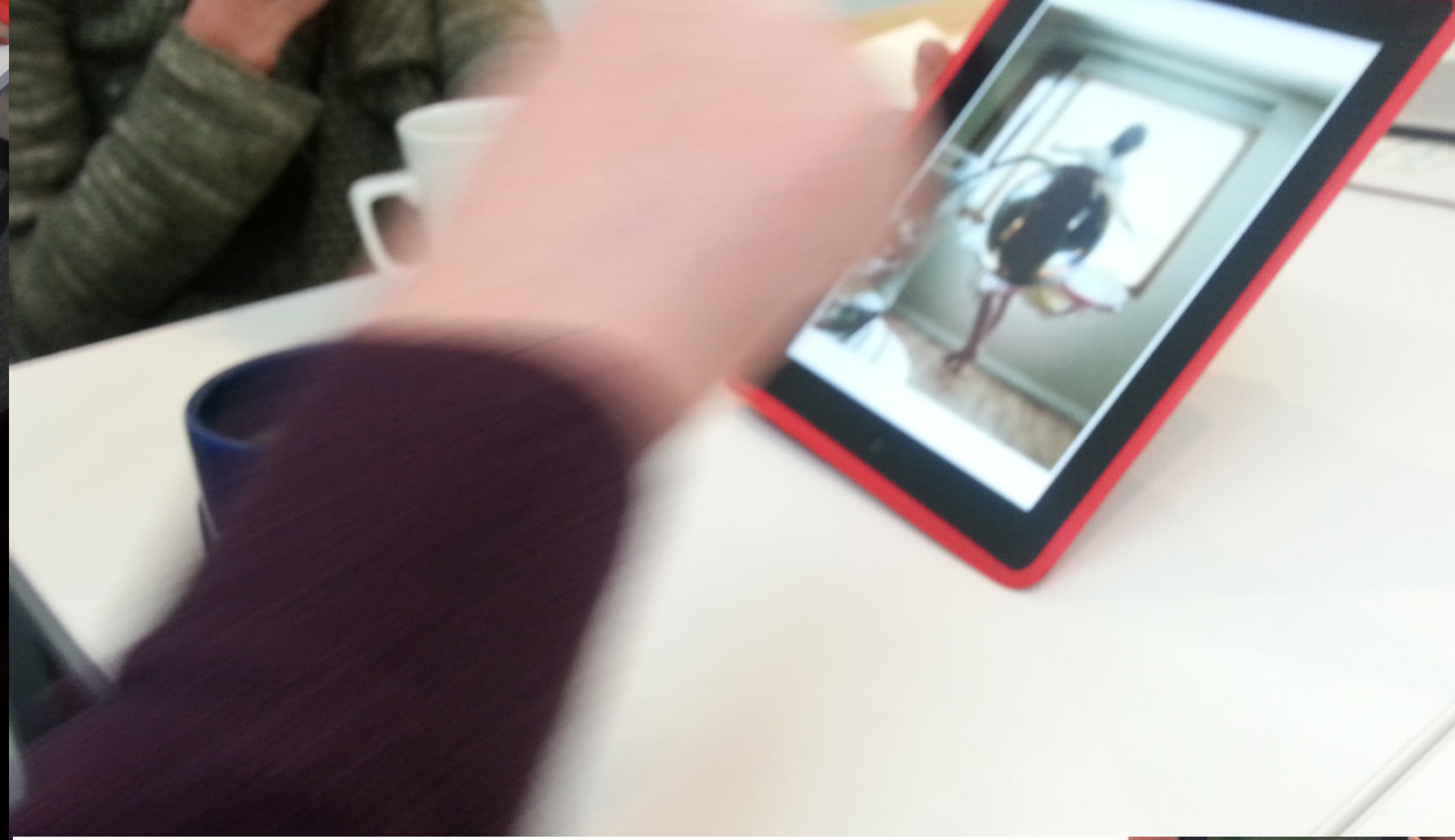
They don't
like me



User-centred inclusive design



Double diamond method (Design Council, 2005)

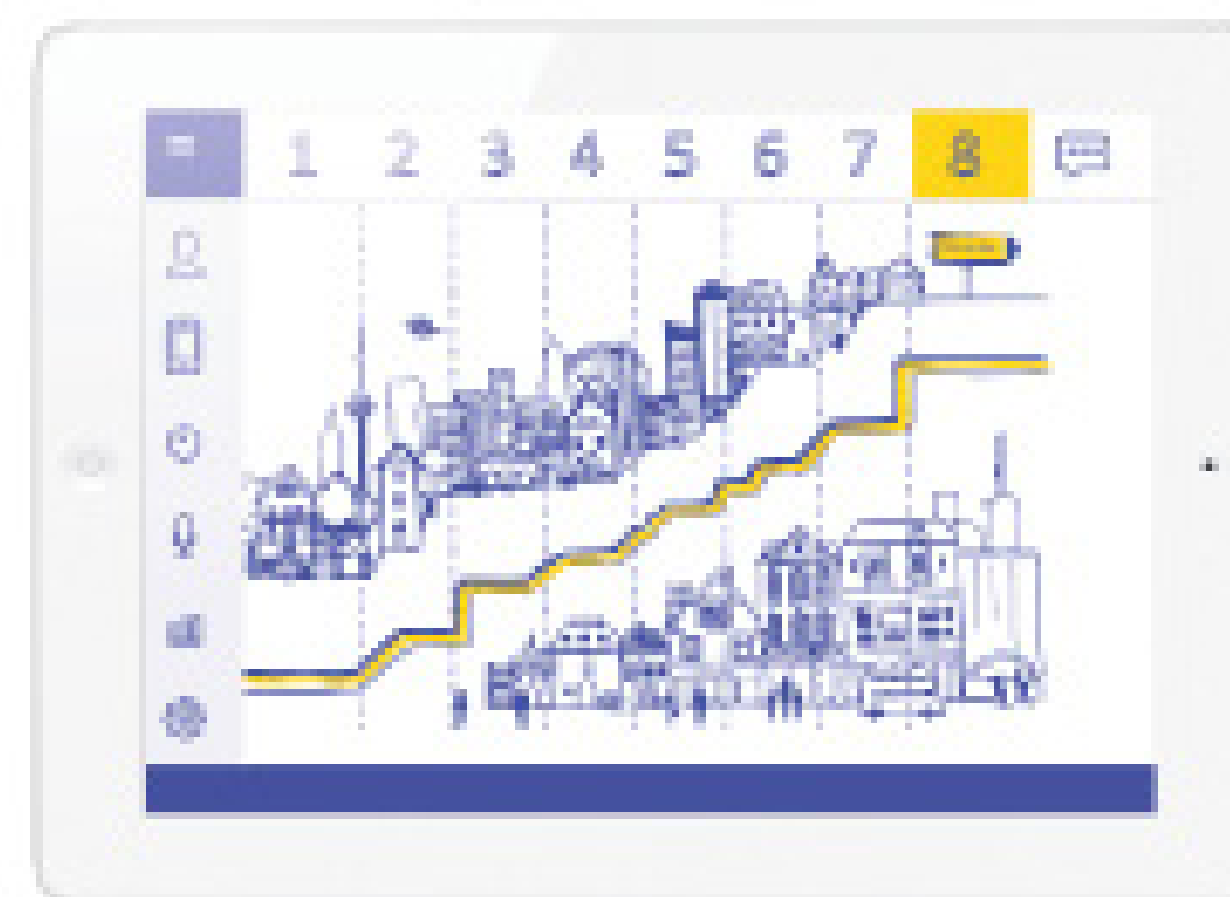
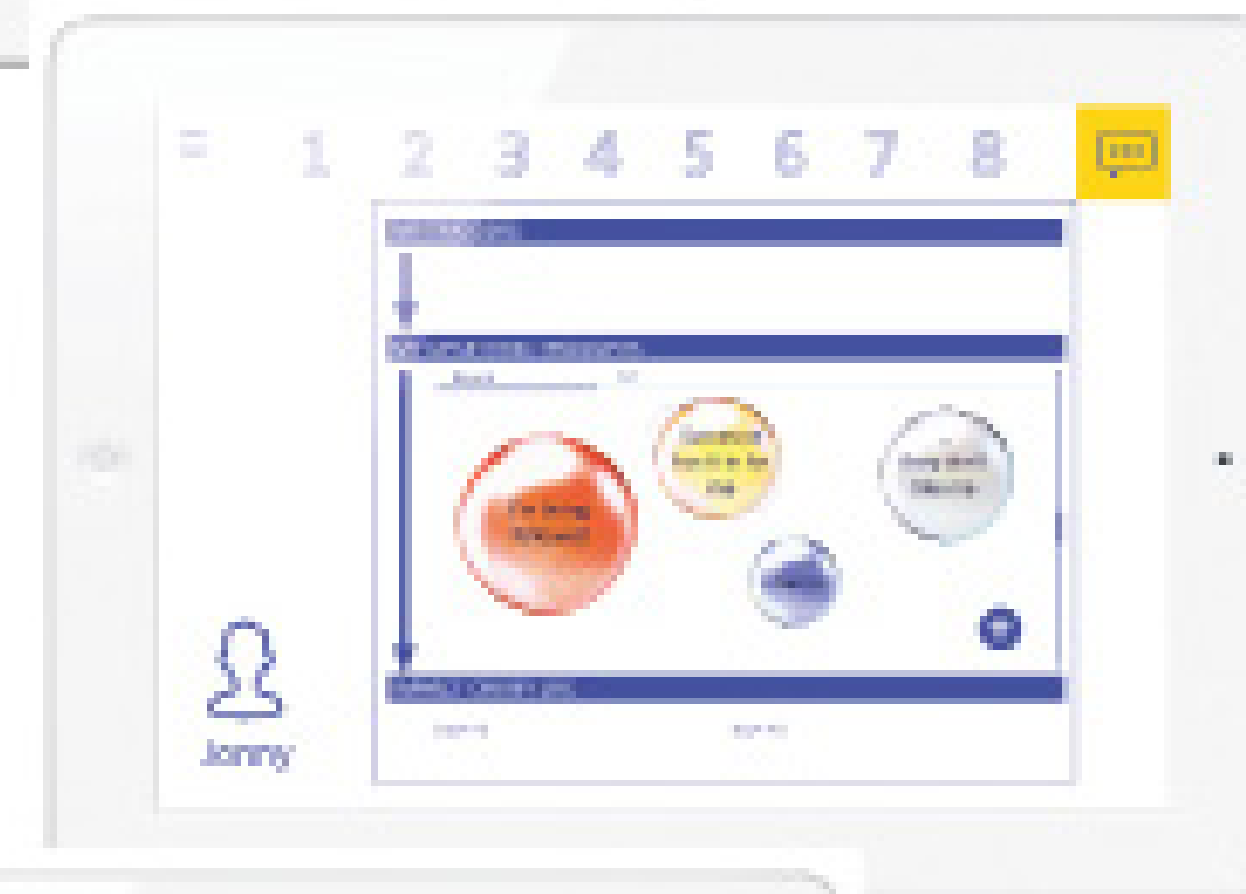
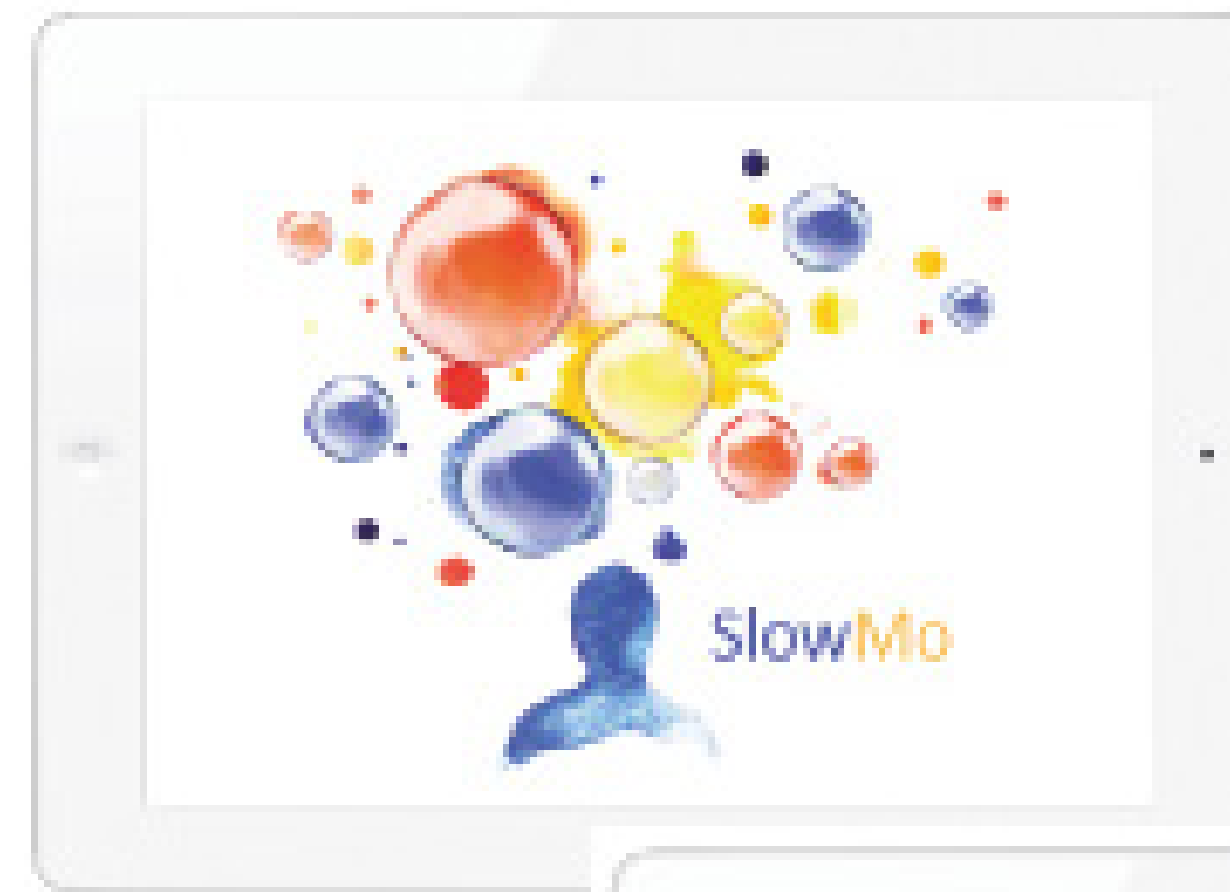
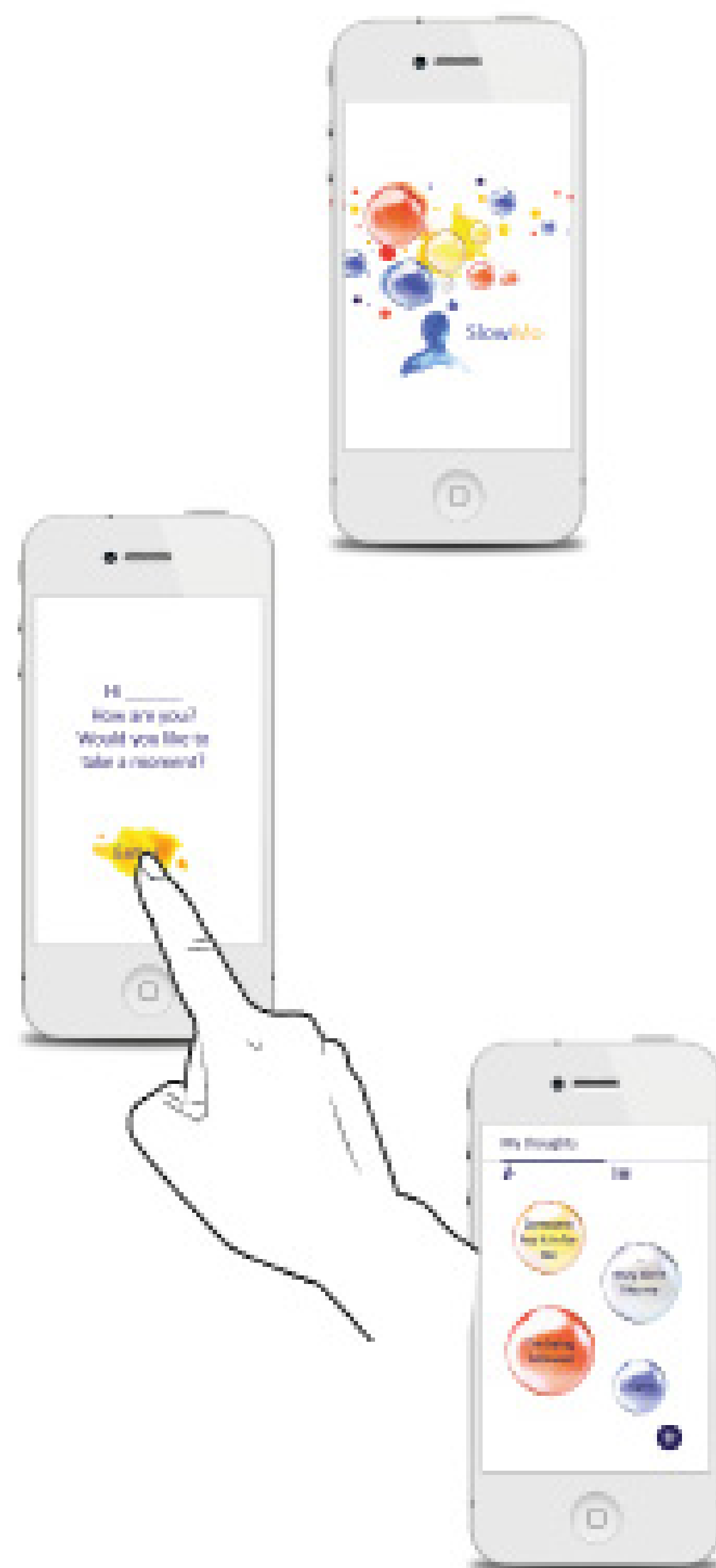




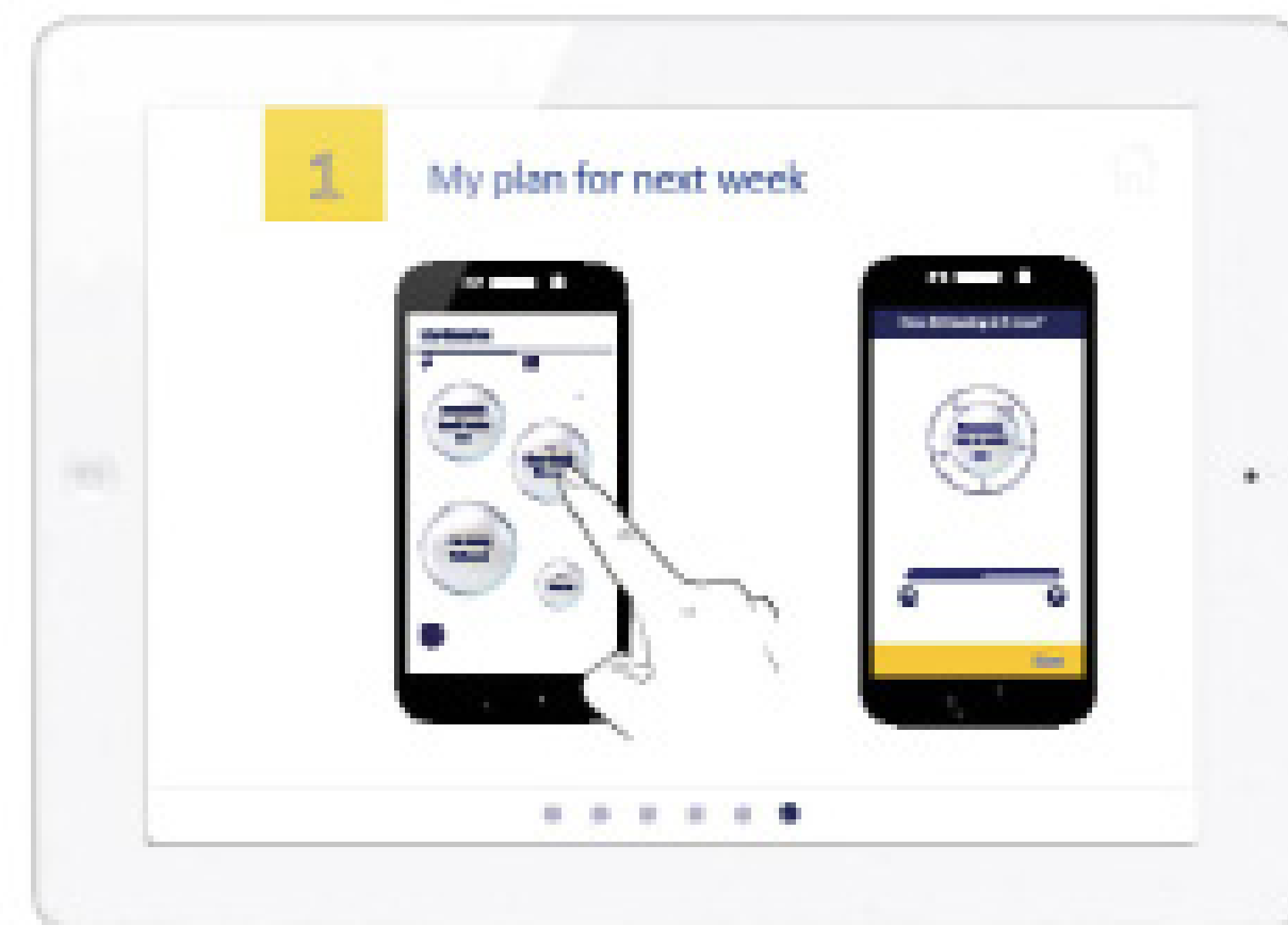
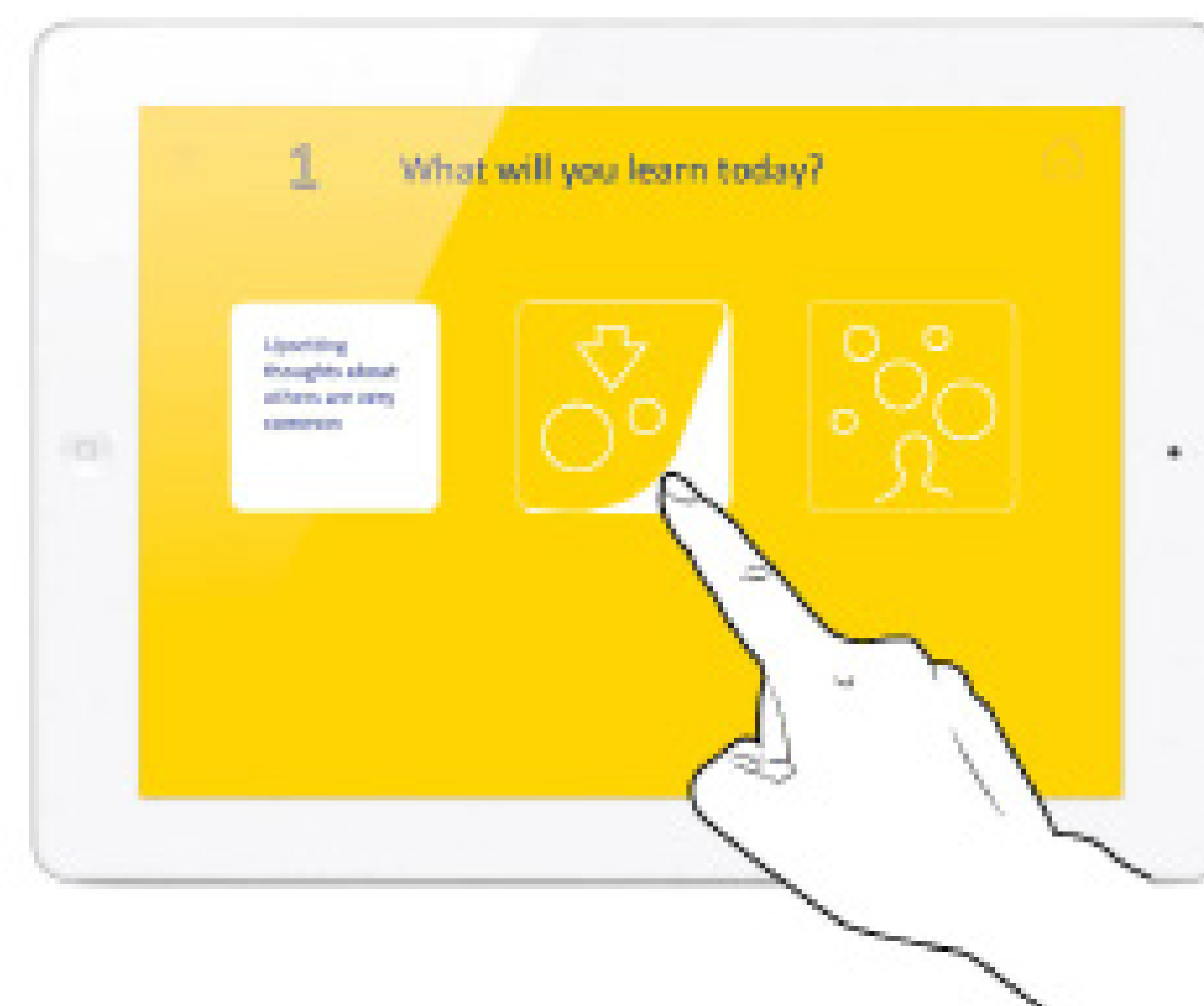


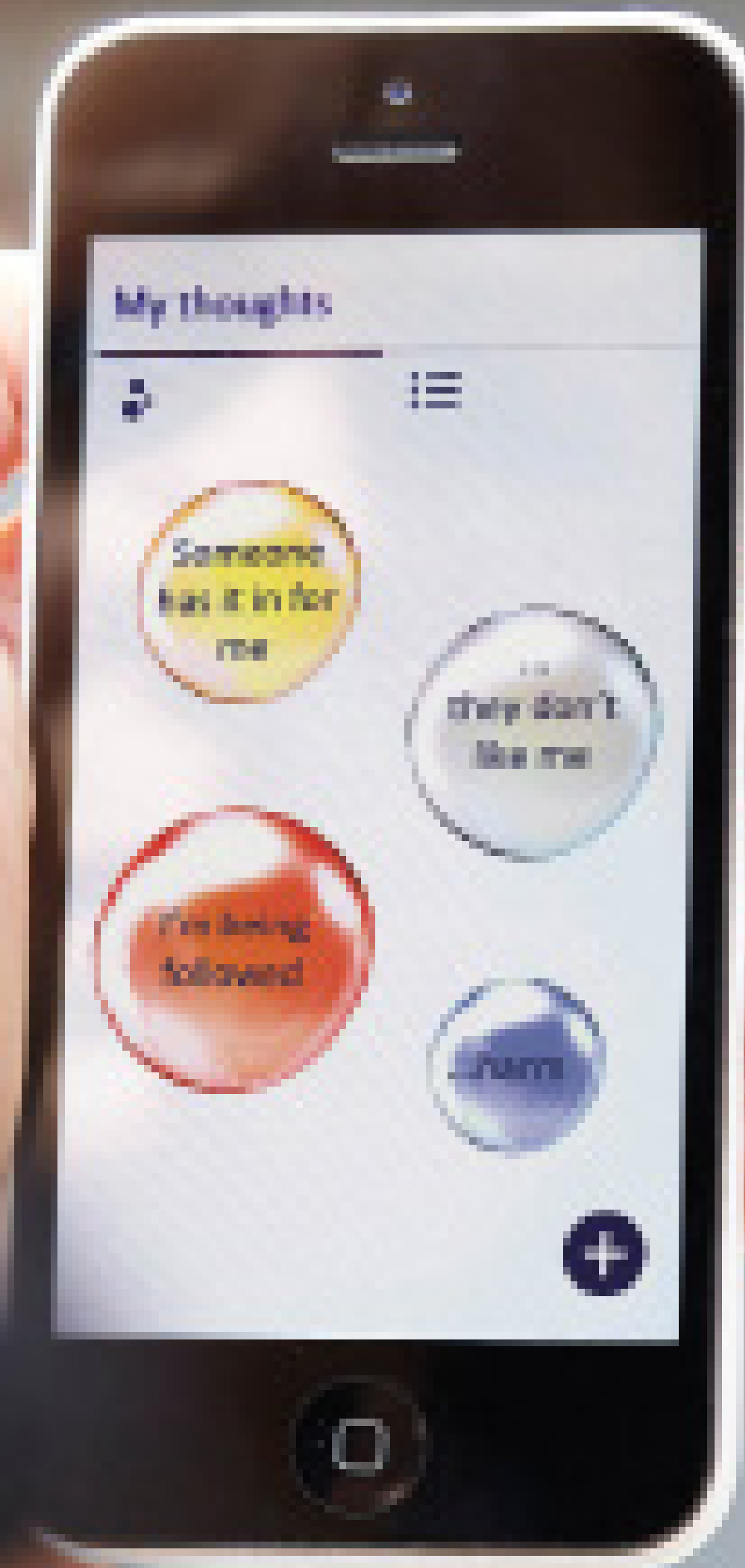
SlowMo

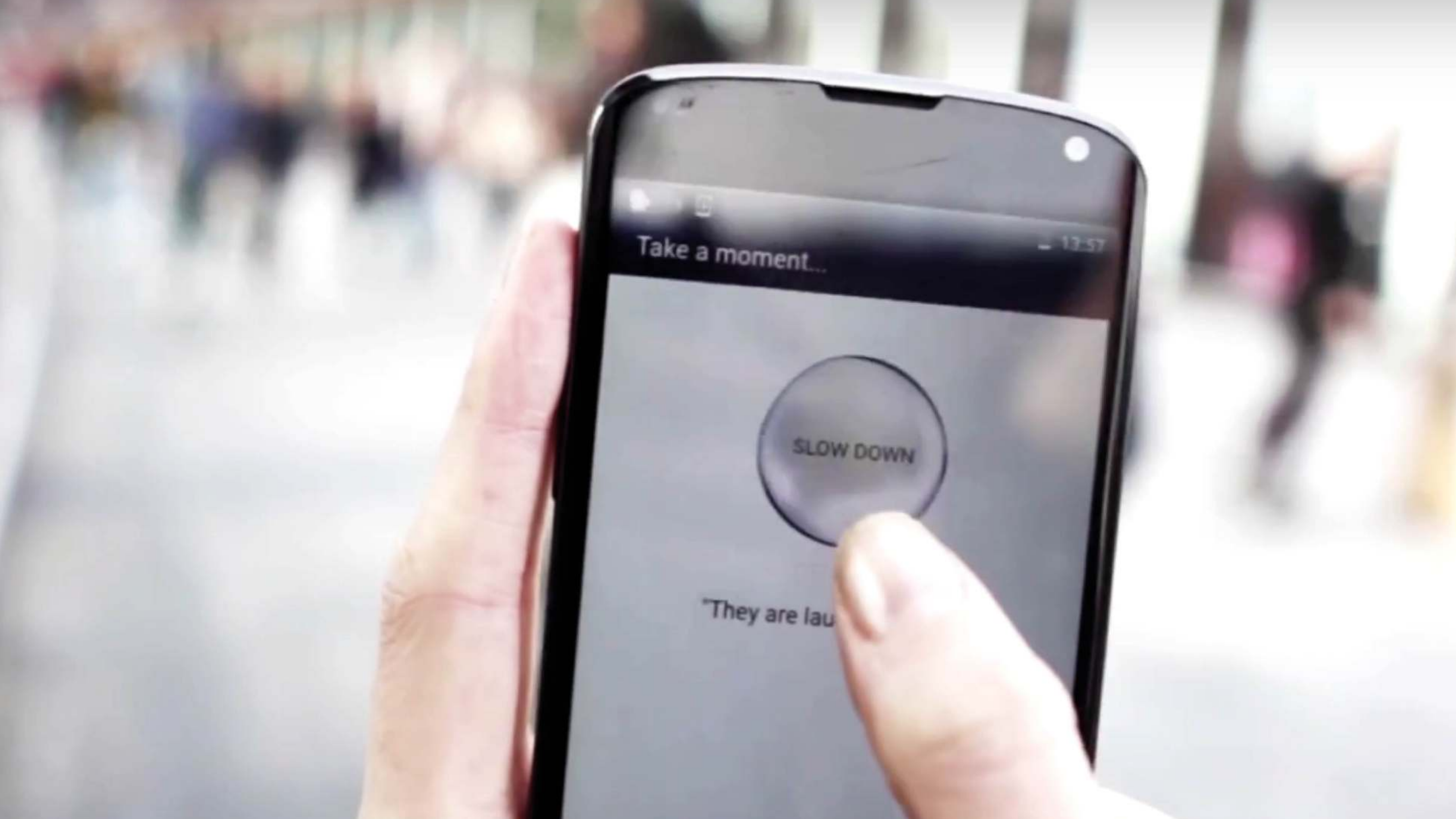
Slow down for a moment











Take a moment...

13:57

SLOW DOWN

"They are lau

“The app is a thousand times better than having to write things down.”

“It helped me feel understood,
like I was not alone and had
a friend in my pocket”

“Noticing my thoughts with
SlowMo helped the negative
emotions go away.”






Thank you!





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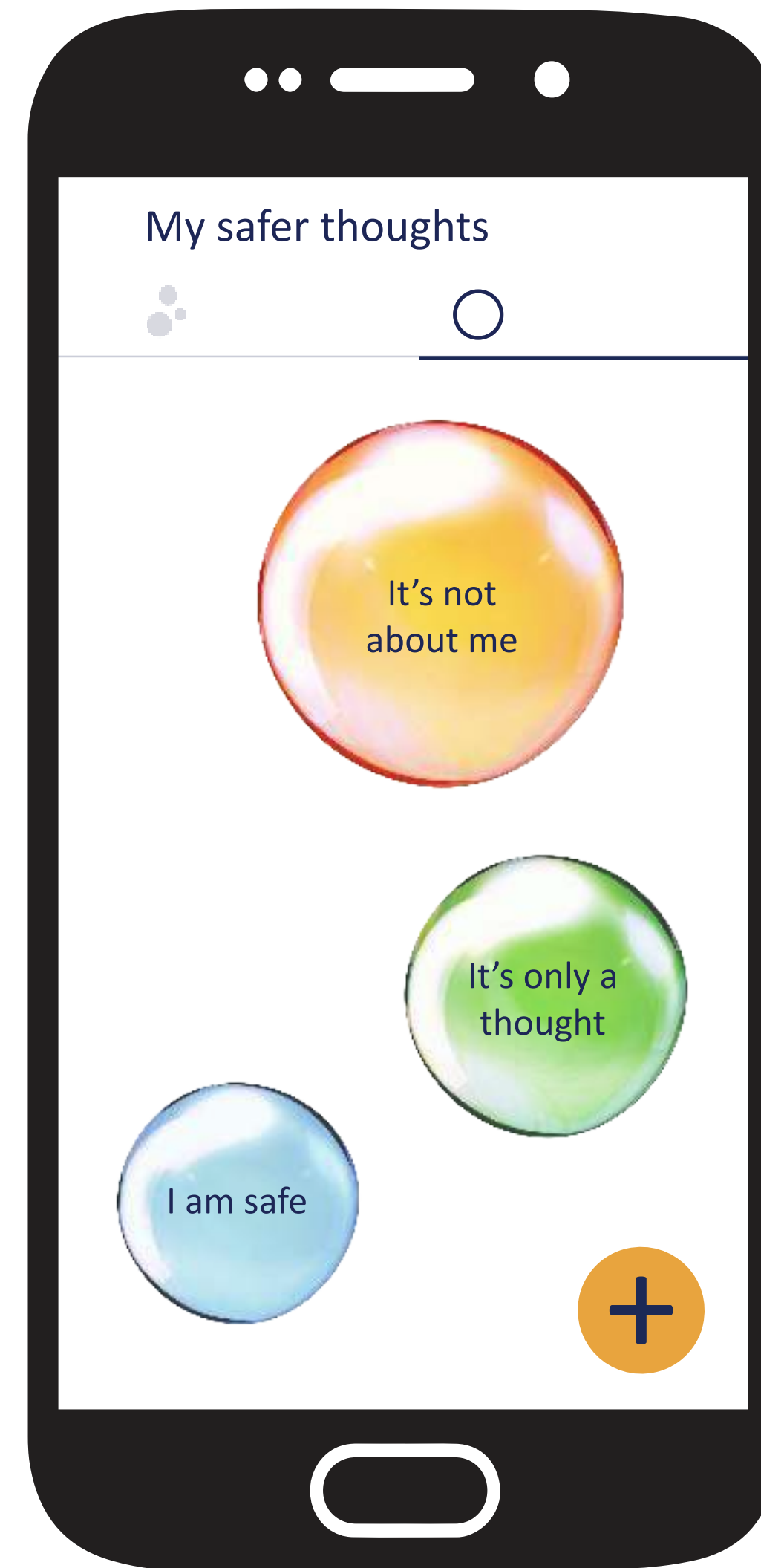
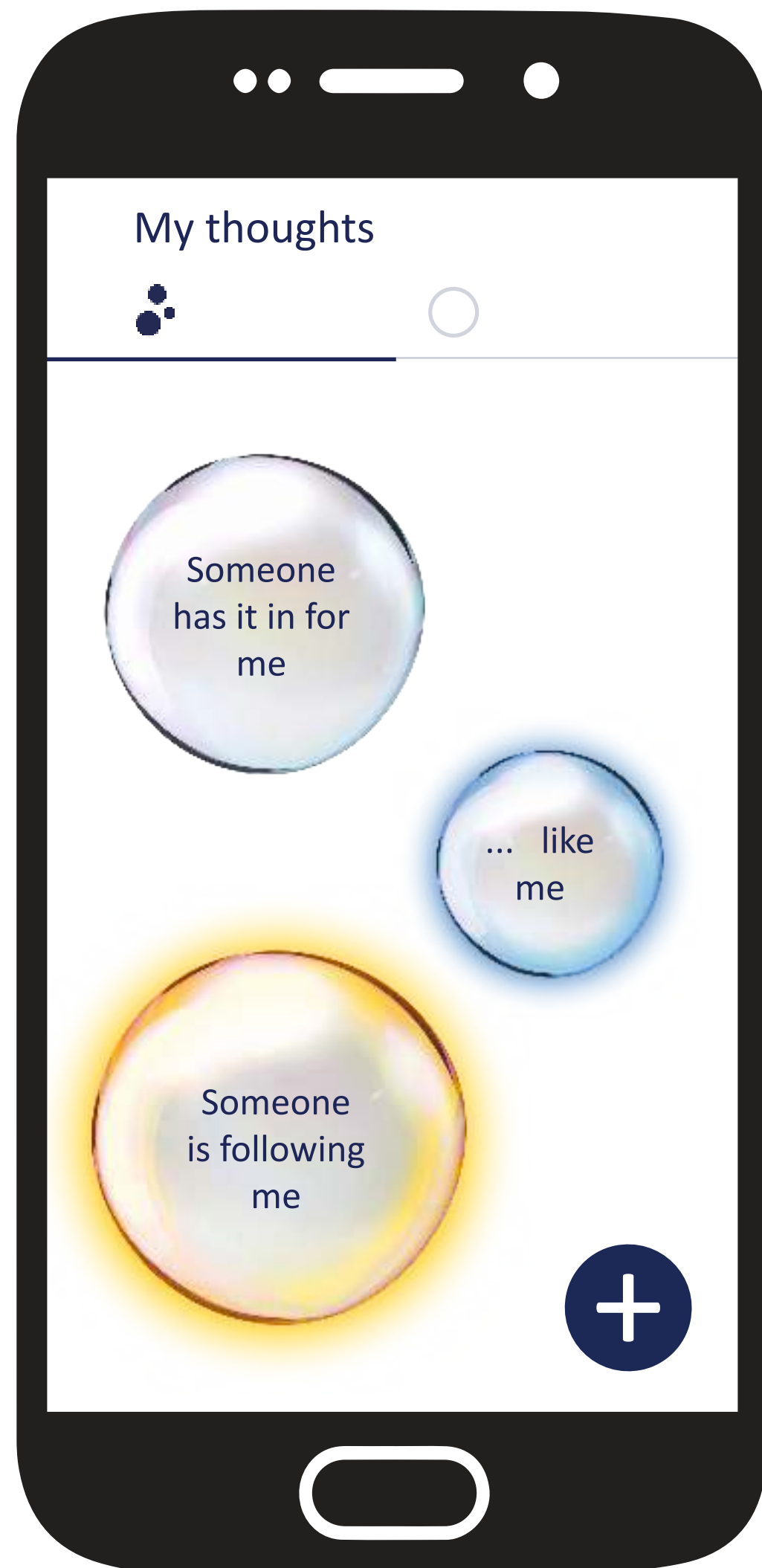
Someone
is following
me

It's only a
thought

They
don't like
me

I am safe

My family
loves me



- **International implementation.**
 - **National implementation in NHS.** International phase III randomised controlled trials.
 - **UK Phase III randomised controlled trial** and international phase II randomised controlled trials (Australia, USA and the Netherlands)
- **UK Phase II randomised controlled trial** planned in London, Oxford and Sussex NHS Trust with 400 service users
 - 2016 | **Design User Testing V** (Design Approach) - wearable technology integration testing
 - 2016 | **Prototype testing** as part of Feeling Safe Trial, University of Oxford
 - 2016 | **Design User Testing IV** (Design Approach) - integrated platform testing
 - 2016 | **App feasibility testing.** Application to King's Commercialisation Institute.
 - July- Sept 2015 | **Design User Testing III** (Design Approach + Context) IOPPN, South London & Maudsley NHS Foundation Trust [Original Breed, Nexus phones
 - June 2014 | **Design user testing II** (Design Approach) - IOPPN, South London & Maudsley NHS Foundation Trust
 - May 2014 | **Design user testing I** (Design Approach) - Initial Concept Validation IOPPN, South London & Maudsley NHS Foundation Trust
- 2010s | **Targeted psychological therapies refined**, problems with engagement and adherence persist. Need for innovation.
- 2000s | **Psychological models of psychosis and therapy tested and refined.** Outcomes promising, but modest, particularly for paranoia. Developments focused on targeting specific processes (e.g. fast thinking habits) implicated in symptoms.
- 1990s | **First trials of psychological therapy for psychosis and first manual** of cognitive therapy for psychosis published (Professors Garety, Kuipers, Fowler, Bebbington, Dunn & Freeman).
 - 1980s | **Psychologists start using therapy to support people with psychosis.**
 - Pre- 1980s | **Psychological therapy contraindicated for psychosis.** Pervasive belief that psychosis not understandable and talking will make things worse.