



GENERALITAT  
VALENCIANA

 BANCO DE  
PATENTES



VNIVERSITAT  
DE VALÈNCIA

## emoTIC- An App for Emotional Education in adolescents

### DESCRIPTION OF THE TECHNOLOGY

According to the World Health Organization's (WHO) definition, emotional well-being is a "state of mind where a person realizes his or her own abilities, can cope with the usual pressures of life, can work productively and fruitfully, and is able to make a contribution to the community".

Achieving high levels of emotional well-being requires educating people since a young age in order to develop emotional skills. The enhancement of emotional abilities fosters physical and psychological well-being, which positively influences the development of a healthy and responsible life project, promotes the consolidation of satisfactory interpersonal relationships and improves school coexistence.

Currently, there are few intervention programmes focused on the development of emotional skills and well-being improvement that are focused on the educational community, especially adolescents. Focusing on them, it is crucial to take advantage of their disposition and ability with the use of ICTs to boost their motivation, in other words, relying on technological platforms.

Keeping this in mind, the Emotional Education in Childhood and Adolescence Research Group (EMINA in Spanish) of the Faculty of Psychology from the University of Valencia, in collaboration with research staff of the University Institute of Industrial Automation and Informatics (ai2) from the Universitat Politècnica de València, have developed emoTIC. This application targets adolescent population, with the aim of enhancing their health and well-being, through the development of emotional skills.

The application emoTIC is a program with a solid theoretical and empirical foundation, but its use is simple. It is inspired in the setting of a space adventure, and it can be run by any mobile device or tablet. It consists of 8 group missions that can be carried out in the classroom. After each mission, 3 homework trainings are offered in order to strengthen the contents they worked on during school hours.

This program also involves the different agents in the educational environment: students, teachers, and families as well.

## **MARKET APPLICATION SECTORS**

The emoTIC app is interesting for schools and other educational institutions that deal with children and adolescents aged between 12 and 16, and hope to improve their emotional abilities. One part of the program is applied in the classroom with the teacher support, who could follow the instructions in the Manual that comes with the application. Other part is developed at home, where the adolescents must follow the instructions in the app itself.

## **TECHNICAL ADVANTAGES AND BUSINESS BENEFITS**

The main advantages provided by emoTIC are:

- Its simplicity and ease of use: it is an application for smartphone or tablet.
- It fosters the assessment of adolescents' emotional abilities, as well as their personal and social responsibility.
- It develops four emotional competencies: perception, facilitation, understanding and emotional regulation. Also, social skills and attitudes such as intelligent optimism, value development, assertiveness, stress management and respect for diversity are trained.
- It improves the classroom environment.
- It promotes well-being and prevents emotional and behavioural problems.
- It provides guidance for teachers to take preventive and intervention measures with the aim of promoting the development of satisfactory interpersonal relationships and improve school coexistence.

## **CURRENT STATE OF DEVELOPMENT**

The technology is validated for immediate application in any educational institutions or adolescents individually.

## **INTELLECTUAL PROPERTY RIGHTS**

The technology is protected by intellectual property rights.

## **COLLABORATION SOUGHT**

- License agreement of use.
- Subcontracting agreement with another company.

## **RELATED IMAGES**

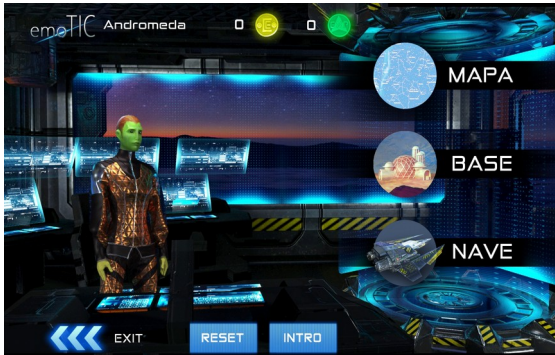


Image 1: EmoTIC app



Image 2: Results after using EmoTIC

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