

EsTOCma: A mobile e-health application to increase knowledge about Obsessive Compulsive Disorder (OCD) and reduce the stigma associated with it.

DESCRIPTION OF THE TECHNOLOGY

Obsessive-compulsive disorder (OCD) is a disabling disorder that affects approximately 2-2.3% of the population. It is considered one of the ten leading causes of disability in the world, being a pathology that interferes negatively in the individual's daily life and that of his or her close environment. However, there is a high delay in seeking professional help, which causes serious public health problems.

Research suggests that this delay is related to poor knowledge about the mental disorder OCD and the associated stigma. However, current programmes for the reduction of stigma associated with mental disorders are oriented towards pathologies such as schizophrenia, depression or bipolar disorder.

There is therefore a need for an anti-stigma programme associated with OCD; one that brings this disorder closer to society, contributes to early detection and improves the quality of life of patients suffering from OCD

Research staff at the Universitat de

València have developed esTOCma, an e-health mobile application designed to increase the adult population's knowledge about OCD using the gamification technique. EsTOCma is developed in a "serious game" format in which participants are asked to fight against the stigma monster and thus free the imprisoned characters, victims of their stigmatising beliefs against OCD.

The app is structured around three intervention strategies: psychoeducation, contact and cognitive restructuring. The first phase provides general information about what OCD is and what it is not, where to seek help, which treatments are effective, and so on. A second phase shows the user interviews of patients diagnosed with OCD and they talk about their experience with the problem and the psychological treatment they have received. In the third phase, a series of stigmatising beliefs and false myths about OCD are worked through cognitive restructuring.

MARKET APPLICATION SECTORS

The aim of esTOCma is to reduce stigmatising beliefs about OCD and thus increase help-seeking behaviour. It can be applied in any field, being of special interest in:

- Health sector. Health personnel, in contact with potential patients, need tools that facilitate the diagnosis of OCD.
- Educational sector. The onset of OCD occurs in adolescence, an early detection would facilitate a positive evolution of the problem and an adequate treatment.

TECHNICAL ADVANTAGES AND BUSINESS BENEFITS

The esTOCma tool has the following advantages over conventional tools:

- - More effective prevention and detection of the disorder.
- - Reduction of treatment costs.
- - Improved quality of life for the patient.
- - Ease of access, by incorporating new technologies for detecting and seeking help for OCD.

CURRENT STATE OF DEVELOPMENT

The technology has been validated on a population sample and the application is available.

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INTELLECTUAL PROPERTY RIGHTS

The technology is protected through copyright registry UV-SW-202182 entitled "ESTOCMA: una aplicació mòbil de e-salut para aumentar los conocimientos sobre el trastorno obsesivo-compulsivo (TOC) y reducir el estigma asociado".

COLABORATION SOUGHT

- User license agreement.
- Subcontracting agreement with companies and/or institutions.

RELATED IMAGES



Figure 1: Images of the EsTOCma App.

CONTACT

Innovation and Valorization Section
Transfer and Innovation Service
Universitat de València
Avda. Blasco Ibáñez, 13, level 2
46010, Valencia
Tel: 96 3864061
e-mail: sti.innovacion@uv.es
Web: <http://www.uv.es/serinves>