

Brain to Screen:

A Visual and Auditory Interactive Tool for Patients with Generalized Anxiety Disorder

WORK
IN PROGRESS

Keywords —
Design; Data visualization;
Sound; Art Therapy;
Music Therapy;
Psychotherapy; iPad;
Interaction design

ABSTRACT

This research describes the development of an **interactive digital tool** that uses animated graphics (data visualization) and sound landscapes to aid psychotherapists in helping patients with Generalized Anxiety Disorder (**GAD**) retrain their brains to **change behavioral and emotional states**. The graphics and sounds are unique to each patient, as they are generated through the use of a biofeedback headset worn while interacting with the tool. These individualized visuals and sounds function as measurable for the therapist and entertaining for the patient. Data from each therapy session is stored within the tool so that therapists may track statistics and measure results. The ultimate goal of the digital tool is to **reduce the need for prescribed medicine**, teaching coping mechanisms through **play in real-time**.

ANIMATED VISUALIZATIONS:



Insight Emotiv
headband
photo from emotiv.com

SOUND LANDSCAPES:

