Mindfulness Based Stress Reduction (MBSR) has been shown to be effective as a transtherapeutic adjunctive approach for depression, anxiety, stress and chronic pain. An online, 6-week MBSR intervention with Veterans, shows that mindfulness can be successfully established in those with PTS symptoms (Dessa Bergen-Cico, et. al., 2015). PTSD, which is now referred to as a Trauma and Stressor Related Disorder in DSM 5, 2013, is frequently comorbid with depression as are other anxiety disorders (NIMH, 2014). iCorps presents an opportunity to explore translation of this research to development of a useful product via dedicated business training and customer discovery efforts. The goal to develop a mobile app that is flexible and can address more than just PTSD seems important. The app plans to address many aspects of empirical MBSR research. Since adherence is necessary to establish Mindfulness, adding incentives for completion of tasks would enhance motivation (badges, positive affirmations, etc.). Social support is also key in recovery from traumatic stress (Dass-Brailsford, 2007), therefore helping users suffering from trauma find a way to create their support network may be a key factor in such an app. Lastly including service links to suicide prevention is recommended. Possible expansion of this app to other populations continues to be explored.

Biography
Karen Wolford earned her PhD in clinical psychology from Oklahoma State University. She has been a faculty member in the Psychology Department at SUNY Oswego since 1988. She is currently the Coordinator of the Interdisciplinary Graduate Certificate in Trauma Studies since 2012. Arthur Delsing is a graduate student in the Human Computer Interaction masters program at SUNY Oswego. This presentation is based on research funded by the National Science Foundation, iCorps program.

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