



iPromptU

Introductory Tutorial

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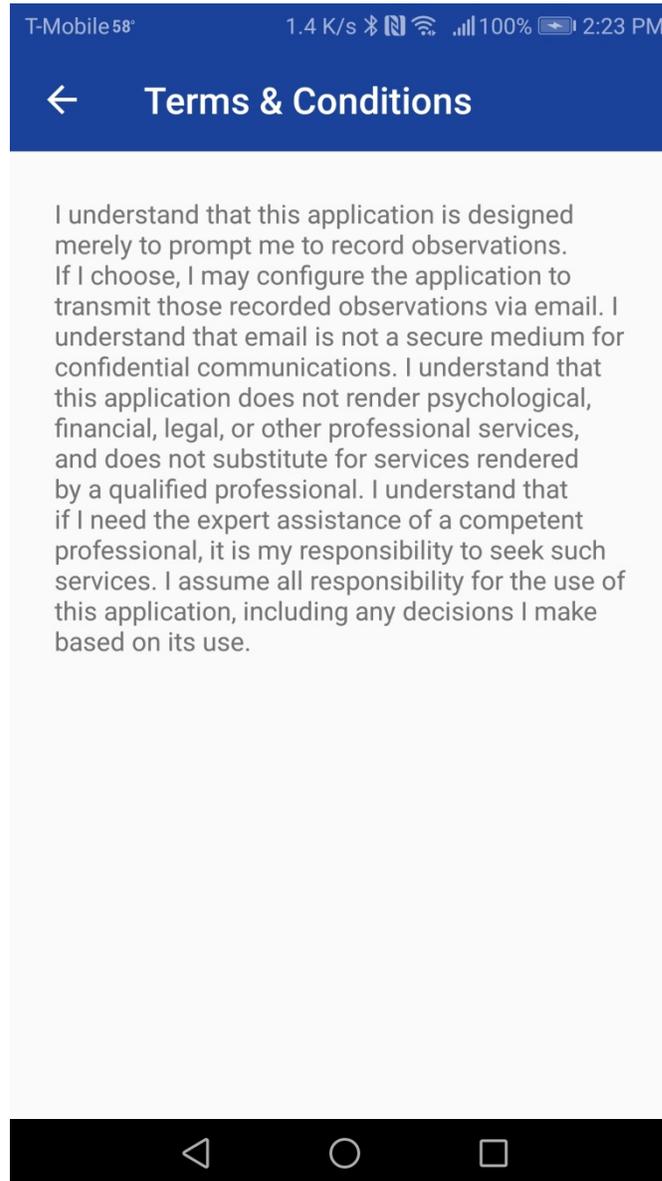
Cognitive Behavioral Institute of Albuquerque, NM, USA

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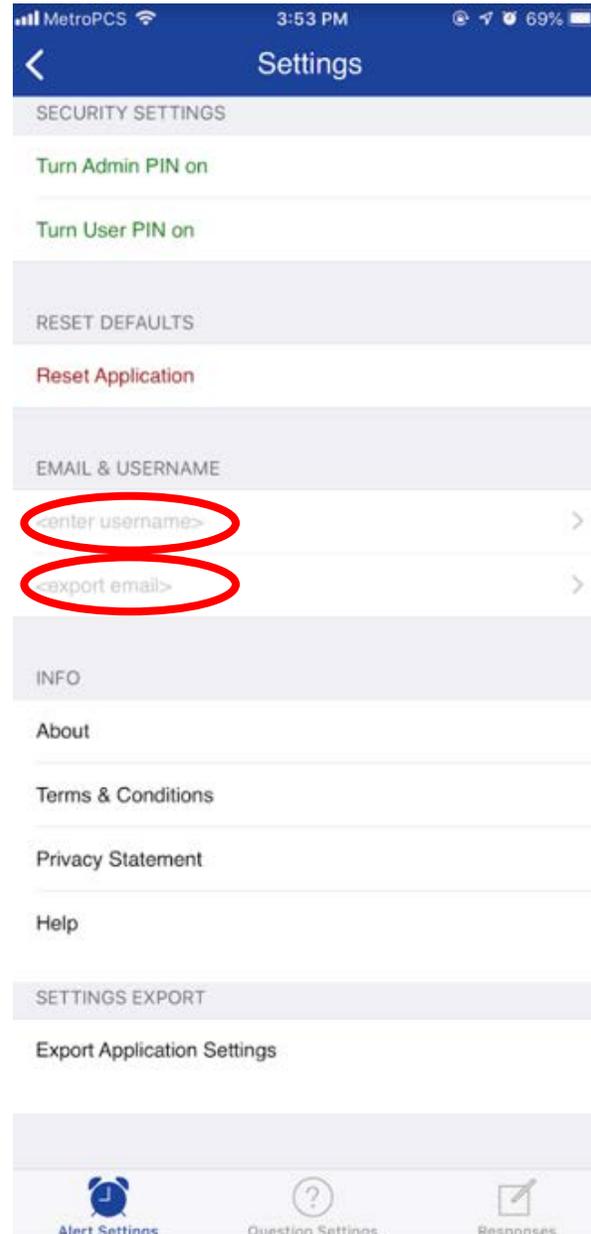
History

- In 2012, it became clear that mobile devices were here to stay, and that they were theoretically capable of delivering individually customized therapy homework
- At the Cognitive Behavioral Institute of Albuquerque, we set out to create the first App capable of doing this, on both Apple and Android
- In early 2013, we had a working prototype of iPromptU
- In May 2013 I showed Prof. Adrian Wells the prototype while at the 2nd International Conference of Metacognitive Therapy in Manchester
- In 2016 we added the ability to display multiple questions on a single form, enabling the replication of virtually any pencil and paper worksheet
- In January 2019, we first implemented “import/export” functionality for settings, enabling large-scale dissemination of research protocols

Preliminaries: Terms of Use, with consent to use email



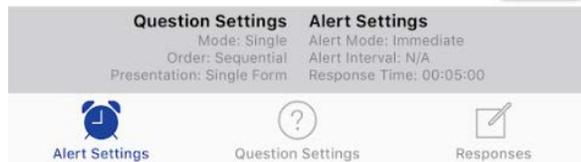
App Settings



Prompt Now

Alerts are not scheduled. Press the "Edit" button below to change the alert mode.

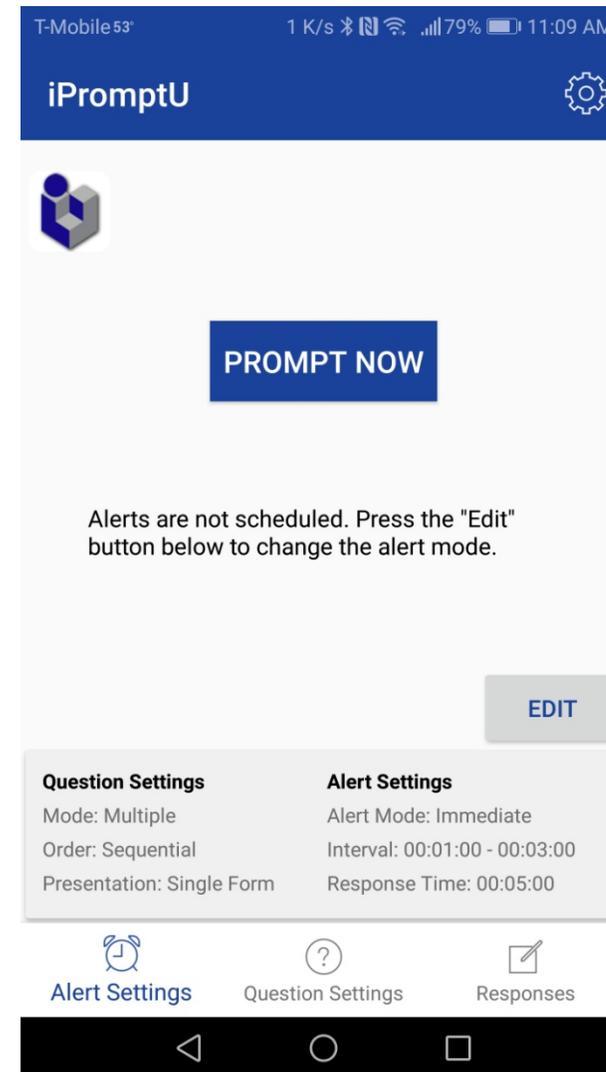
EDIT



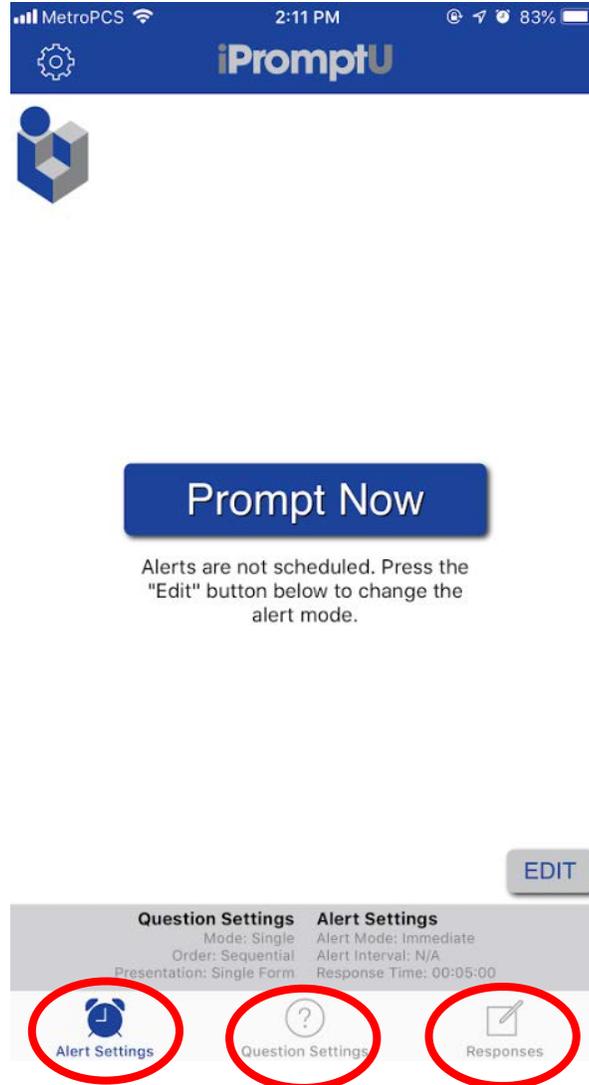
Please enter a username now

Please enter your email address now

Home Screen: Apple iOS and Android, "Immediate" mode

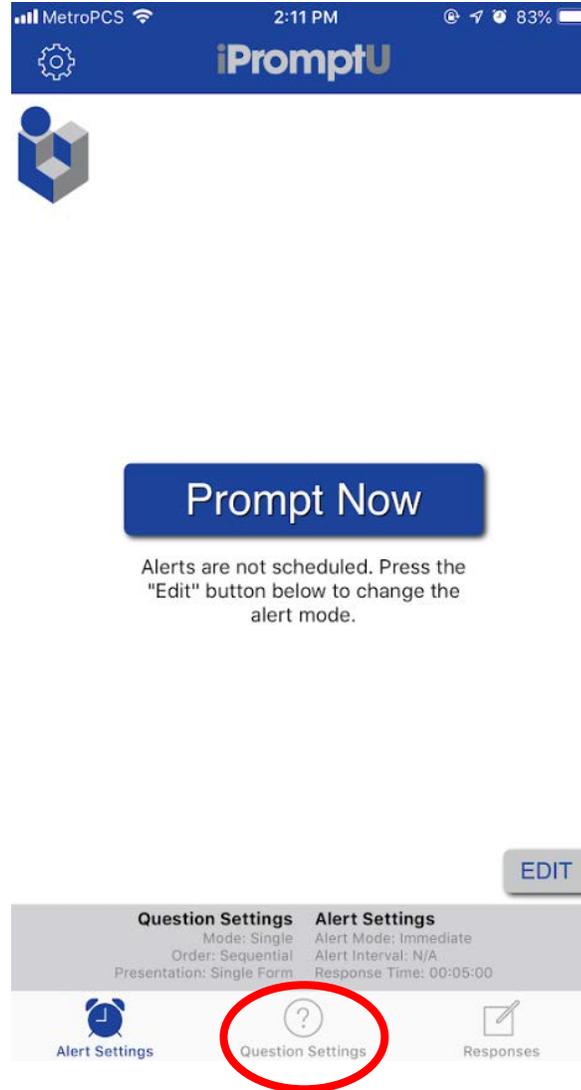


Home Screen: Customizing Options

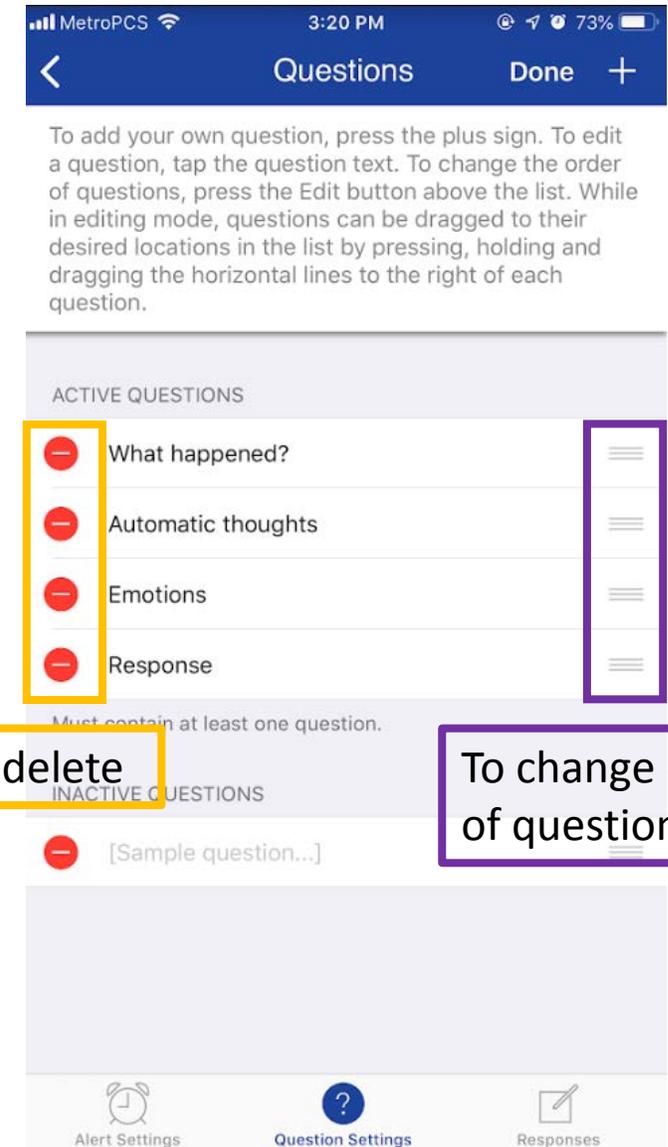
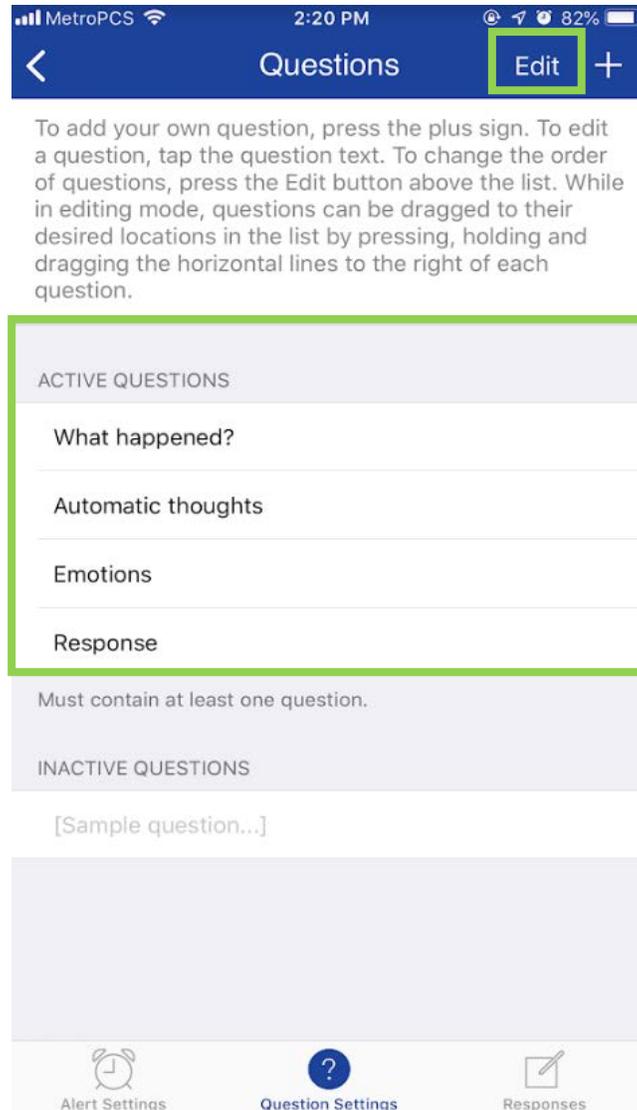
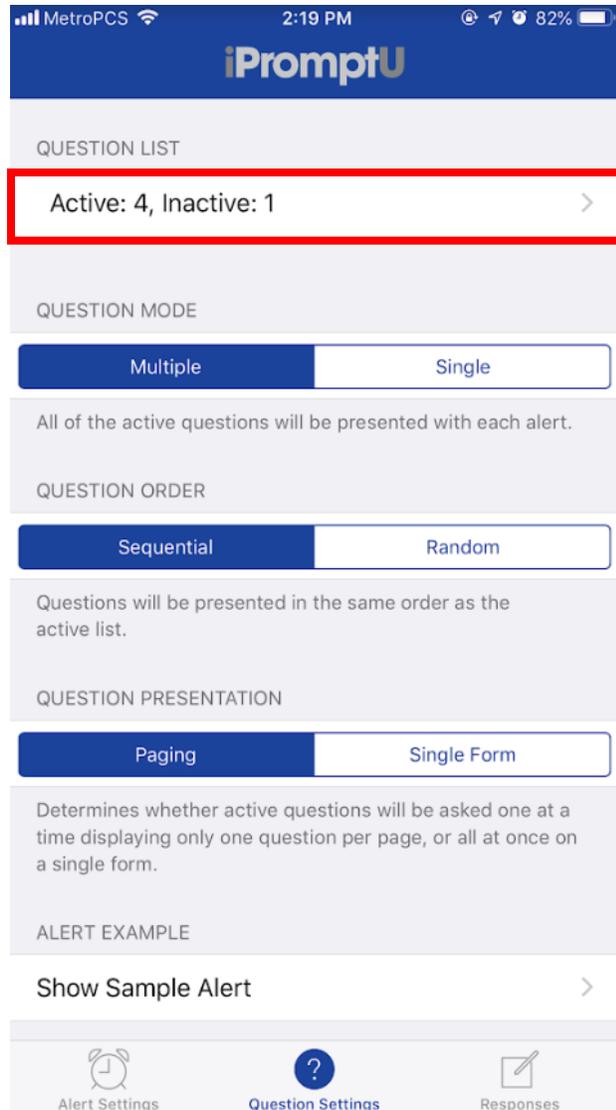


Most commonly used functions:
Adding and editing your own questions

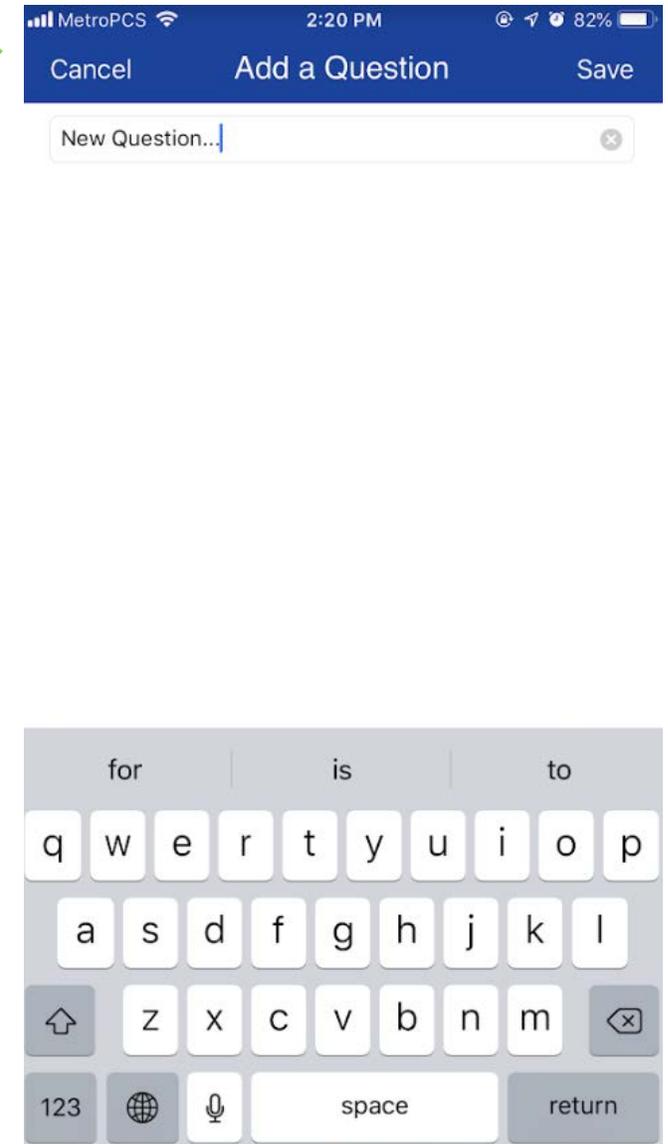
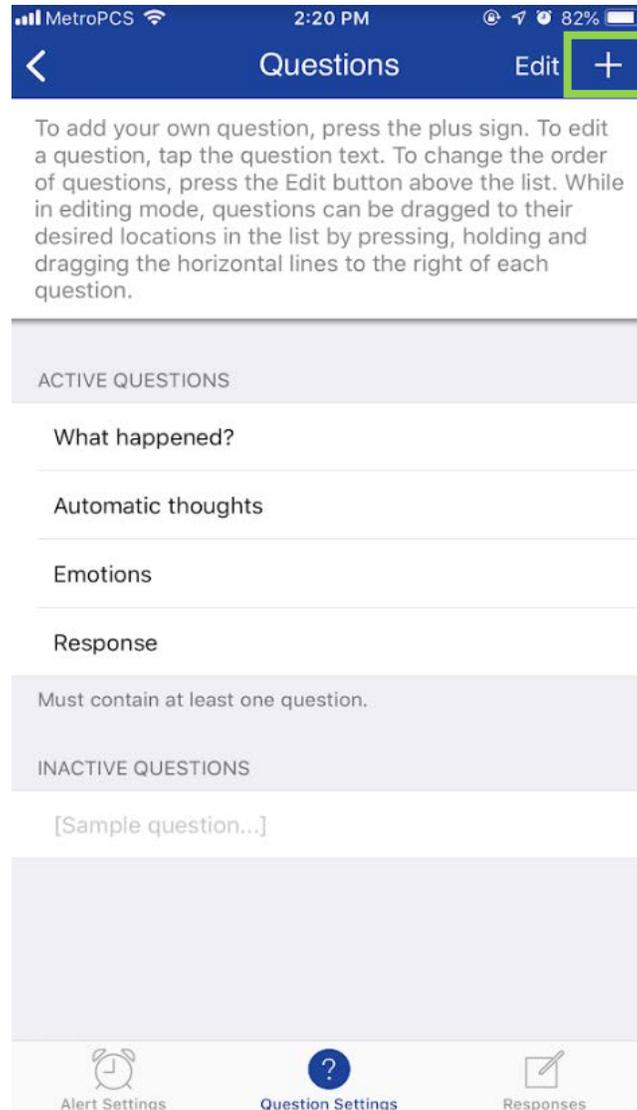
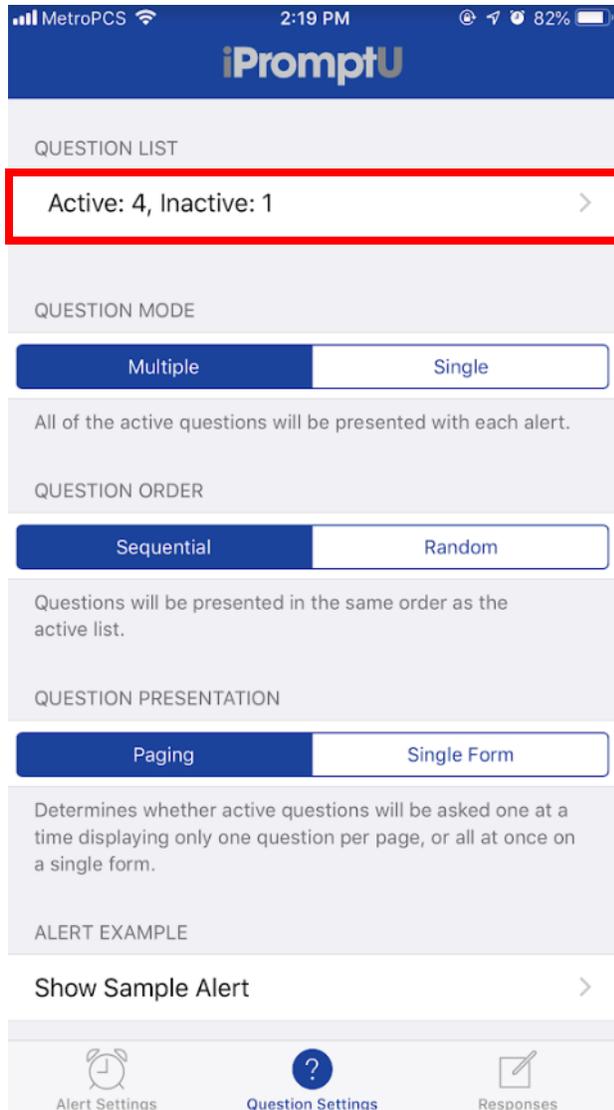
Changing “Question Settings”: Click “Question Settings”



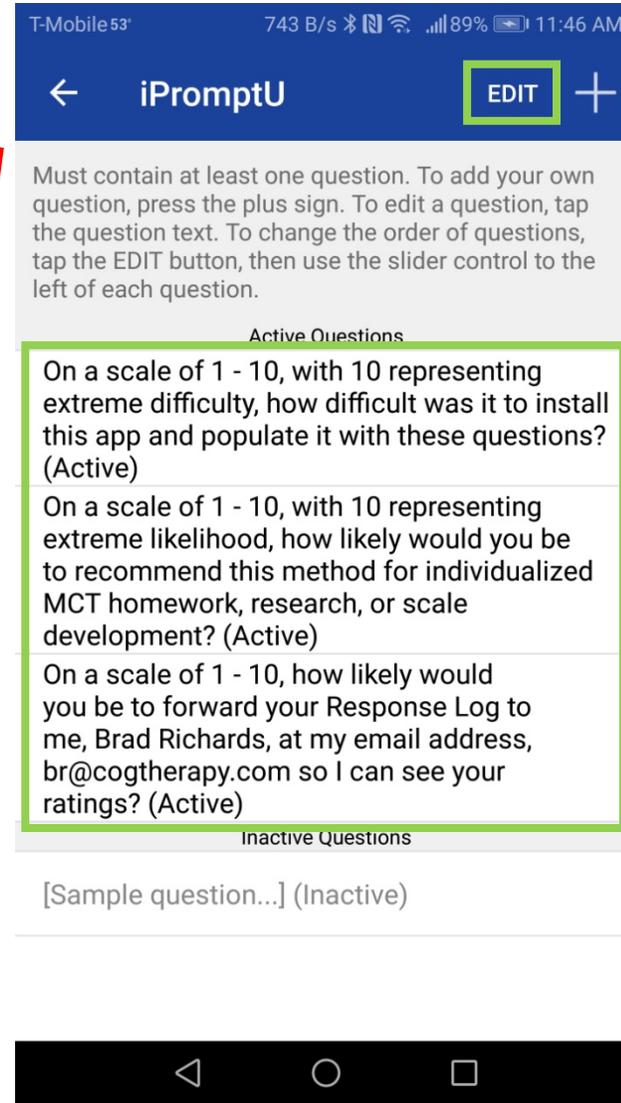
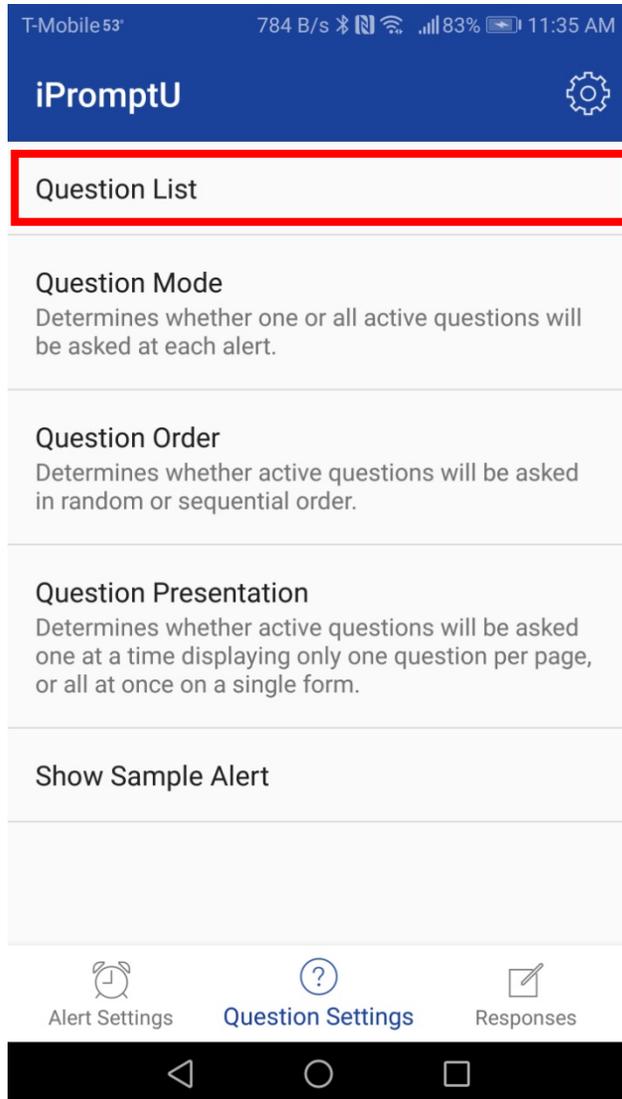
Editing Questions in Apple iOS



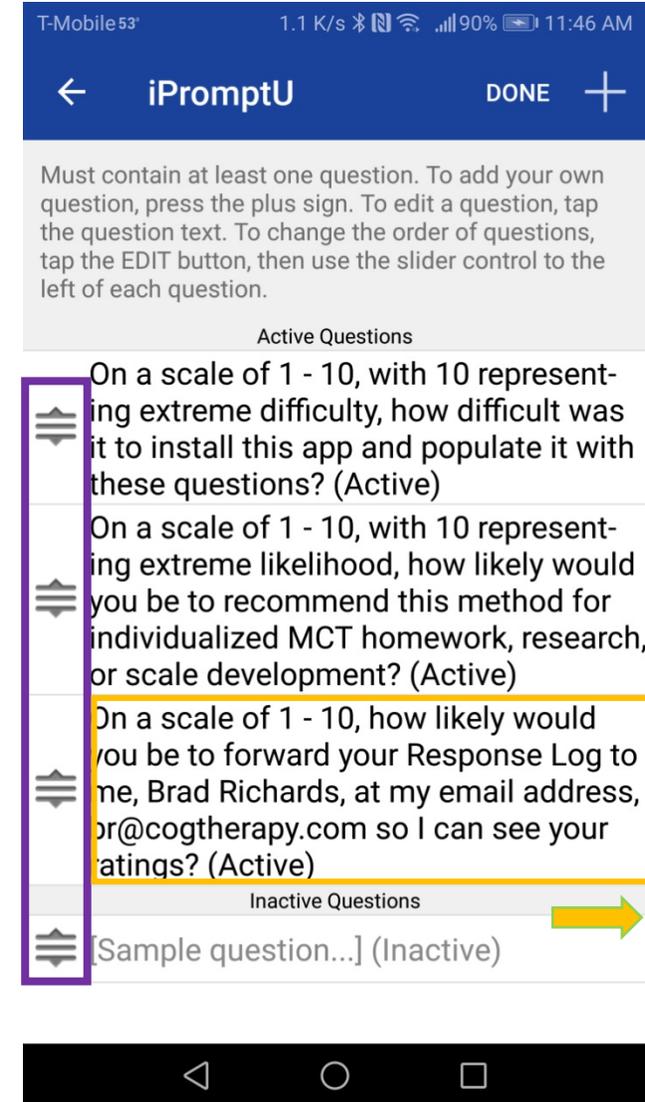
Adding new Questions in Apple iOS



Editing Questions in Android

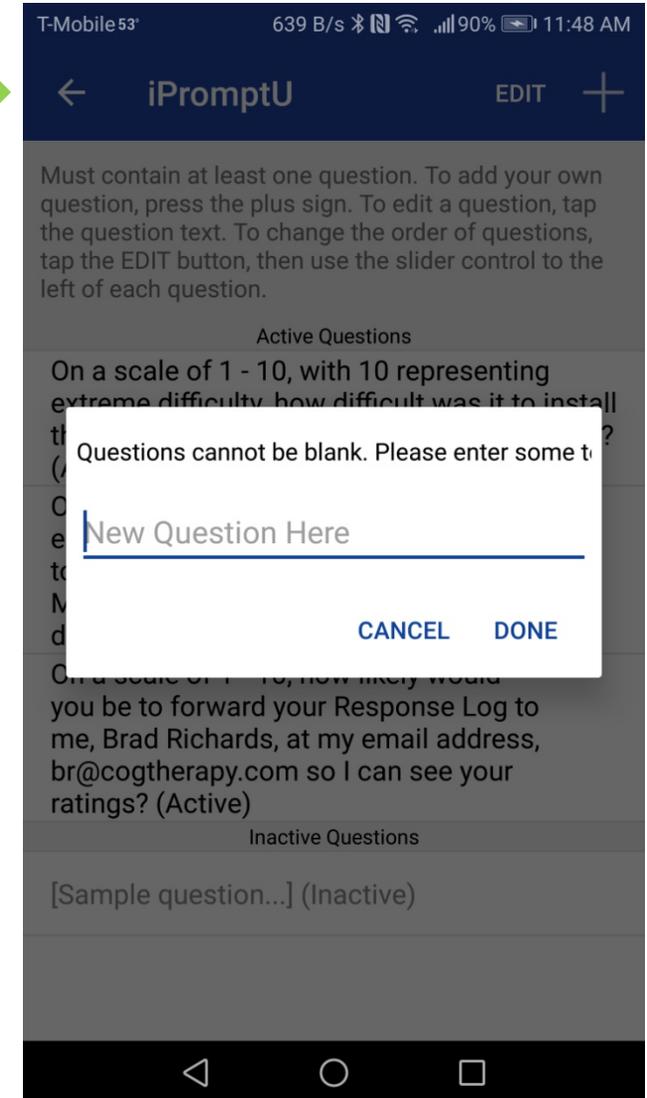
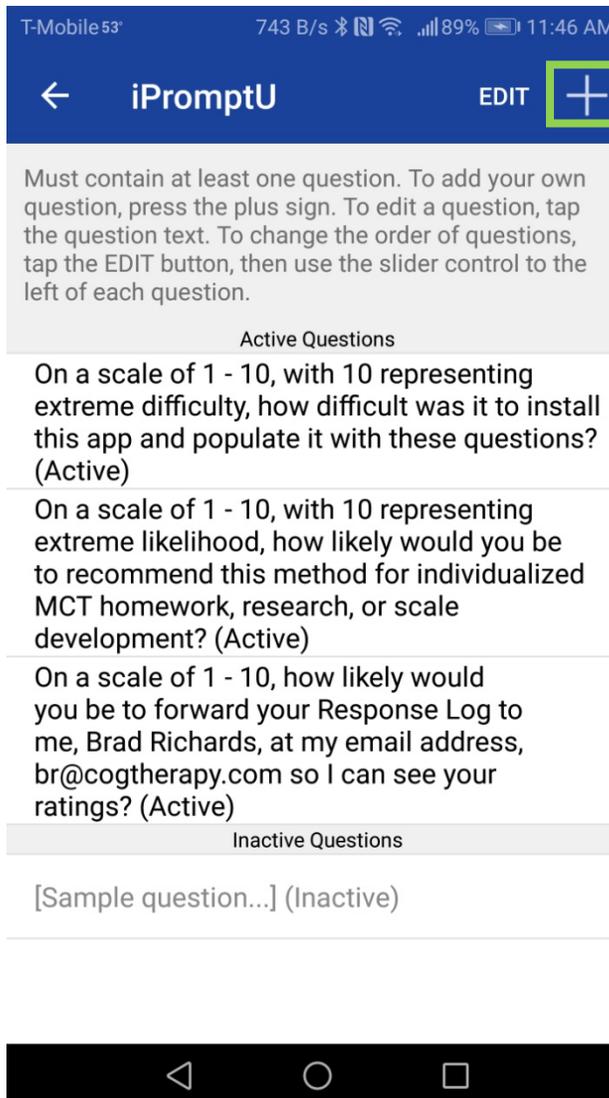
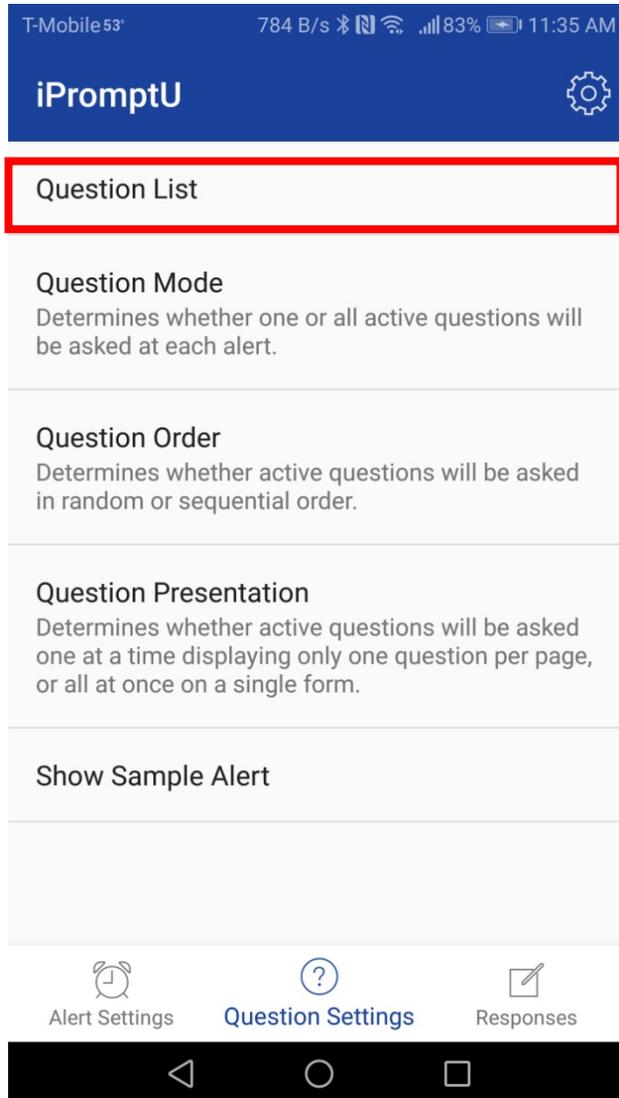


Press, hold, and drag sliders to re-order questions

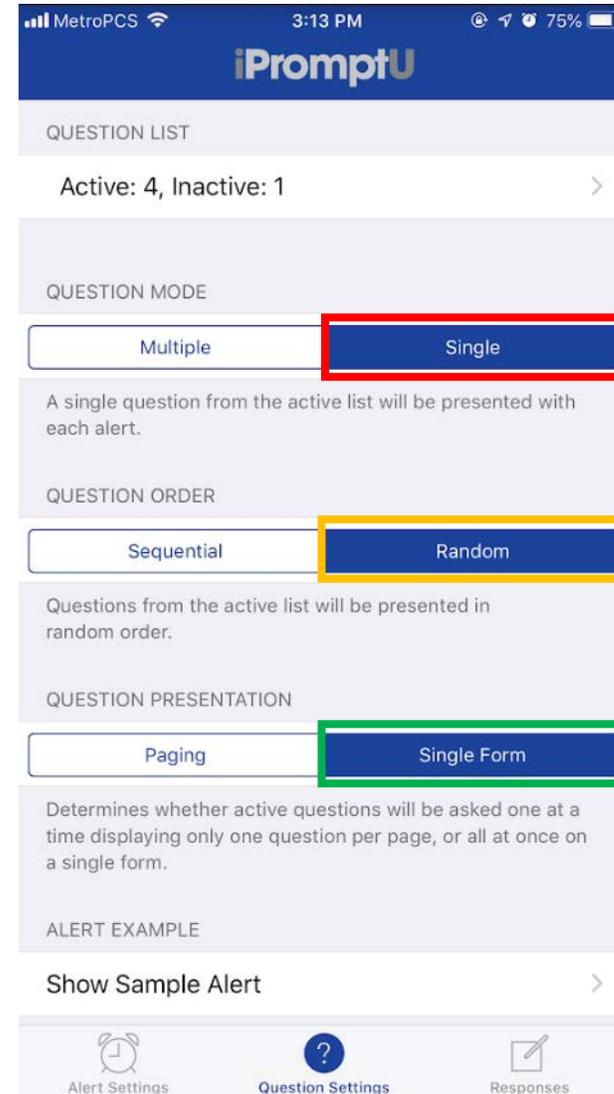
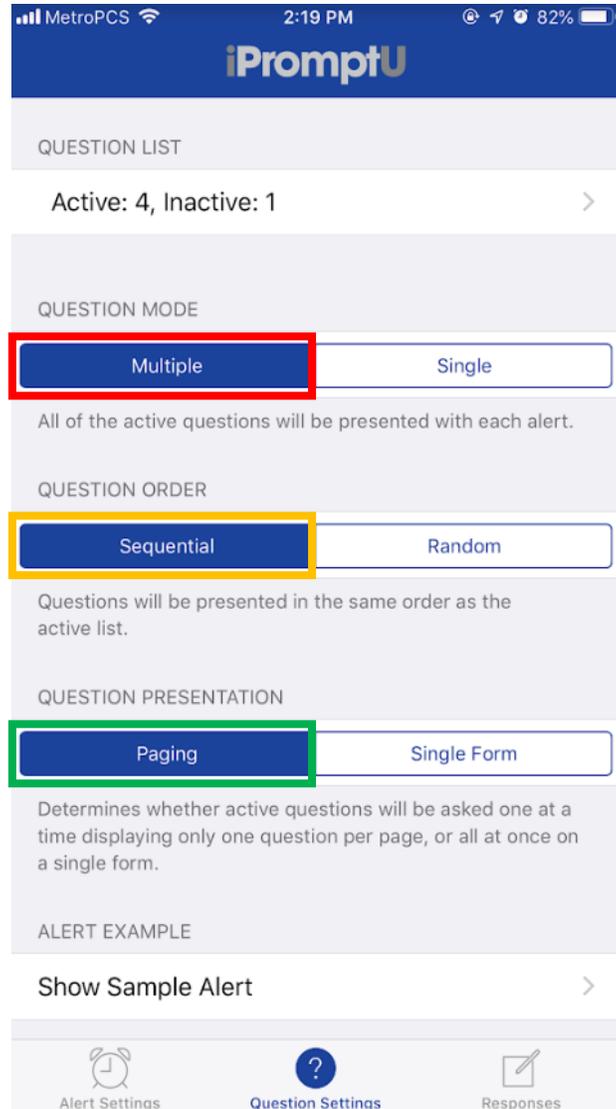


Tap any question to edit it or delete it

Adding new Questions on Android



Other changes to “Question Settings”



Changing “Question Settings”

MetroPCS 12:04 PM 80%

iPromptU

QUESTION LIST

Active: 4, Inactive: 1 >

QUESTION MODE

Multiple Single

All of the active questions will be presented with each alert.

QUESTION ORDER

Sequential Random

Questions will be presented in the same order as the active list.

QUESTION PRESENTATION

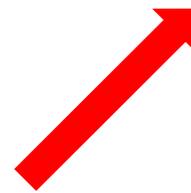
Paging **Single Form**

Determines whether active questions will be asked one at a time displaying only one question per page, or all at once on a single form.

ALERT EXAMPLE

Show Sample Alert >

Alert Settings Question Settings Responses



MetroPCS 12:04 PM 81%

Ignore Alert Sample Submit

What happened?

Answer:

Automatic thoughts

Answer:

Emotions

Answer:

Response

Answer:

More advanced functions:
Changing Alert Settings

(Suggestion: don't do it unless you know you really need to)

Changing “Alert Settings”: Click “Edit”



Prompt Now

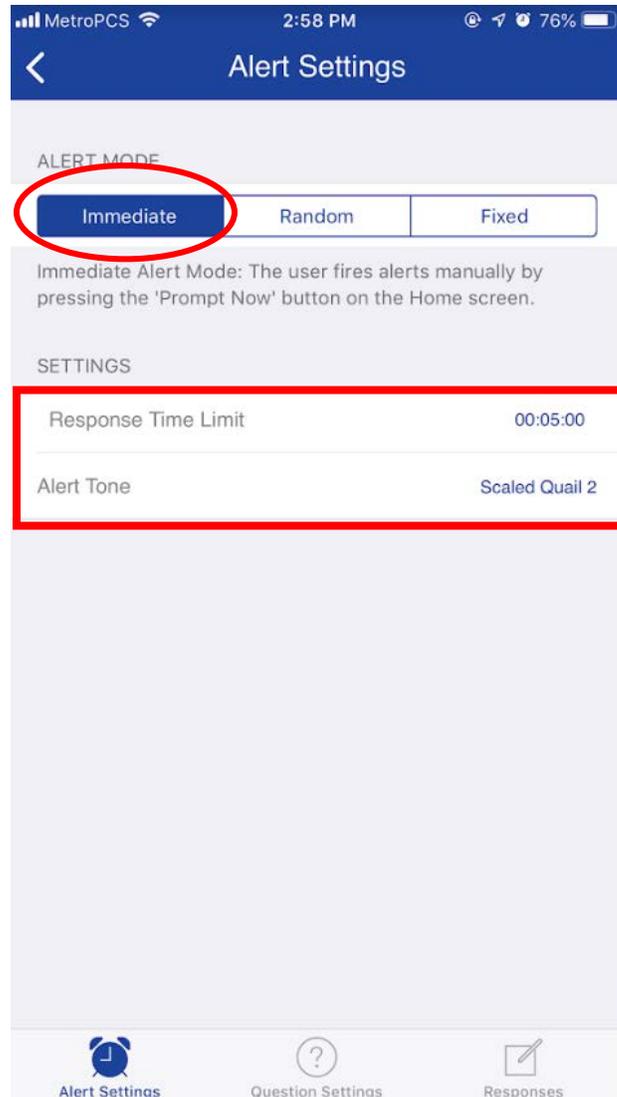
Alerts are not scheduled. Press the "Edit" button below to change the alert mode.

The image shows a settings screen with two columns of settings. The left column is titled "Question Settings" and includes "Mode: Single", "Order: Sequential", and "Presentation: Single Form". The right column is titled "Alert Settings" and includes "Alert Mode: Immediate", "Alert Interval: N/A", and "Response Time: 00:05:00". At the bottom, there is a navigation bar with three icons: an alarm clock labeled "Alert Settings", a question mark labeled "Question Settings", and a pencil labeled "Responses". A red circle highlights the "Alert Settings" icon in the navigation bar, and another red circle highlights the "EDIT" button in the top right corner of the settings area.

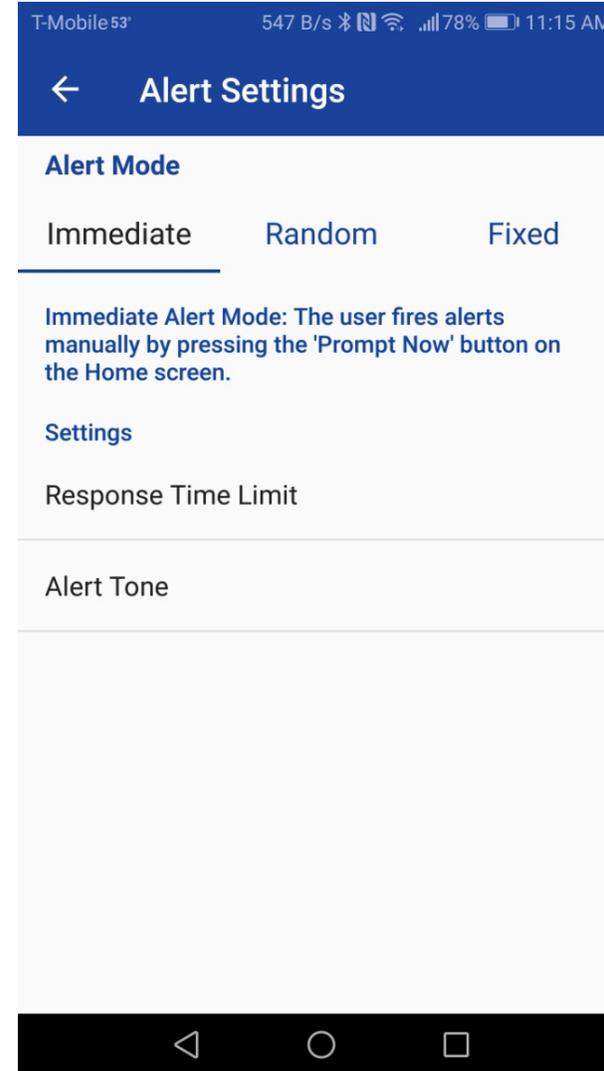
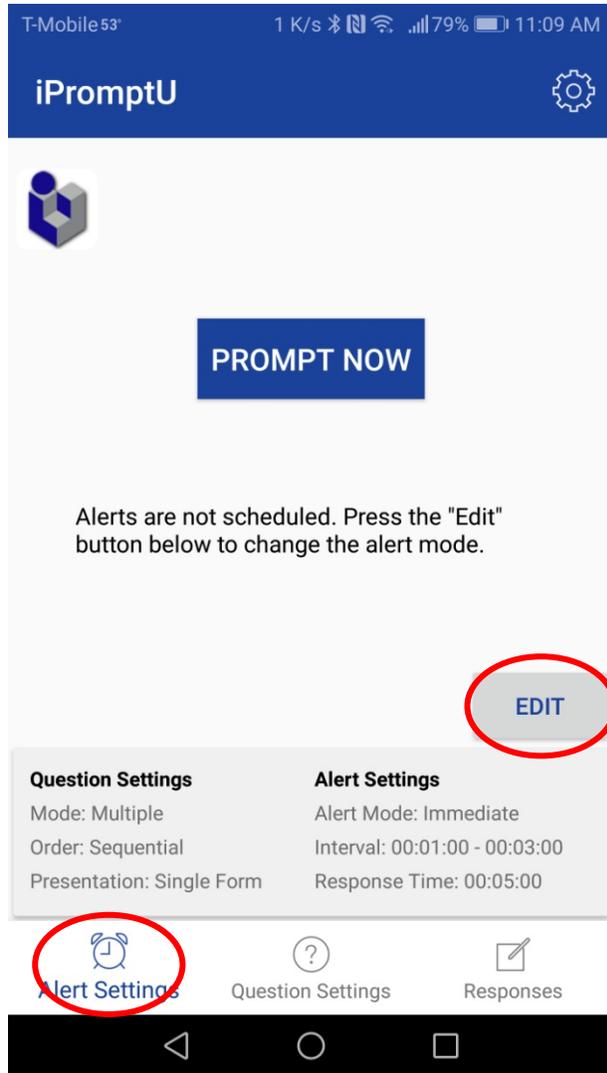
Question Settings	Alert Settings
Mode: Single	Alert Mode: Immediate
Order: Sequential	Alert Interval: N/A
Presentation: Single Form	Response Time: 00:05:00

Alert Settings Question Settings Responses

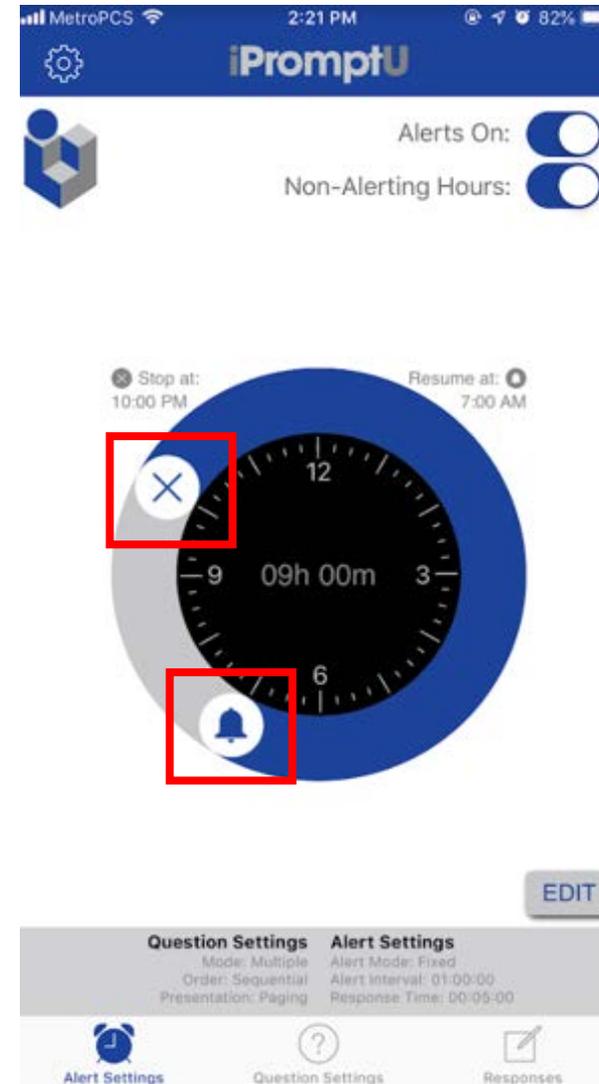
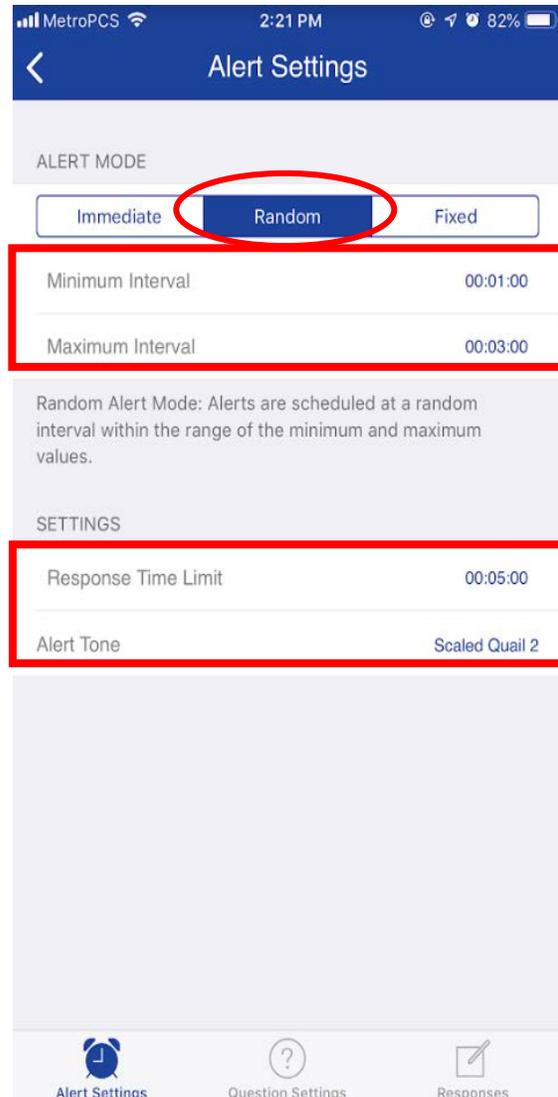
Changing “Alert Settings” Apple



Changing "Alert Settings" Android

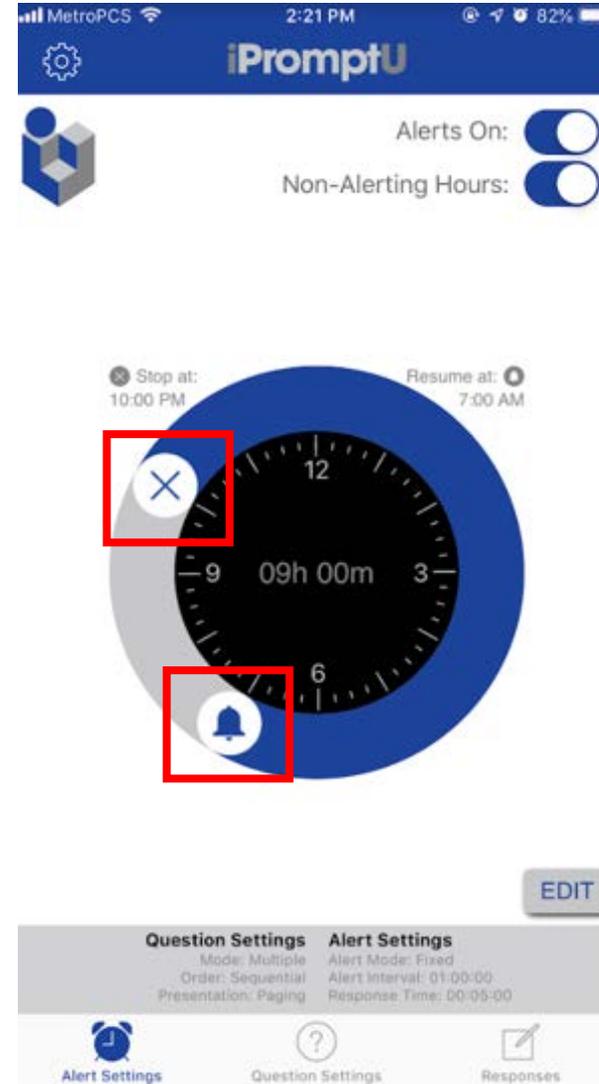
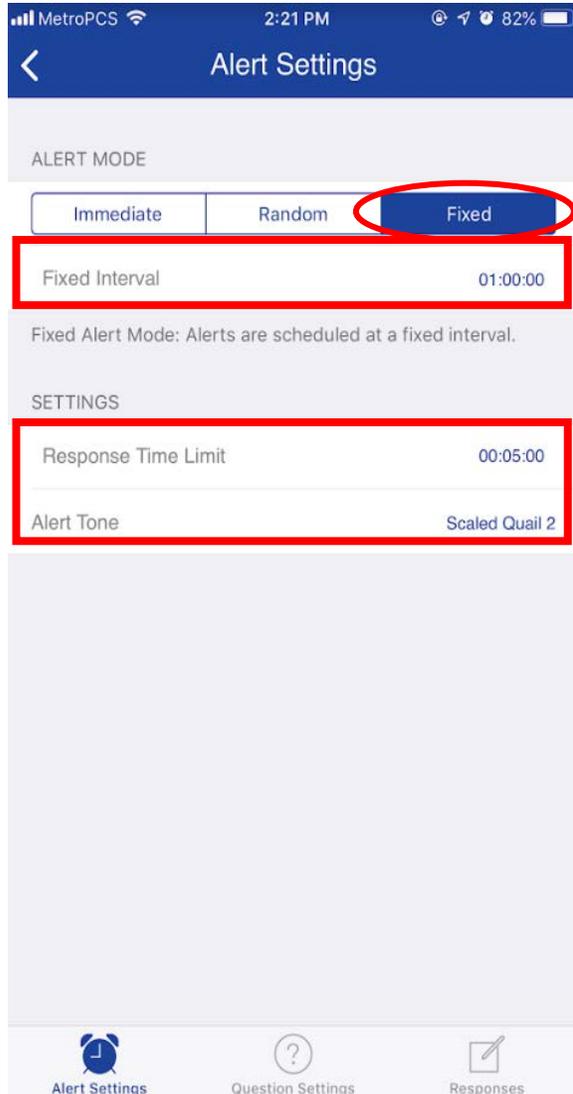


Changing “Alert Settings”



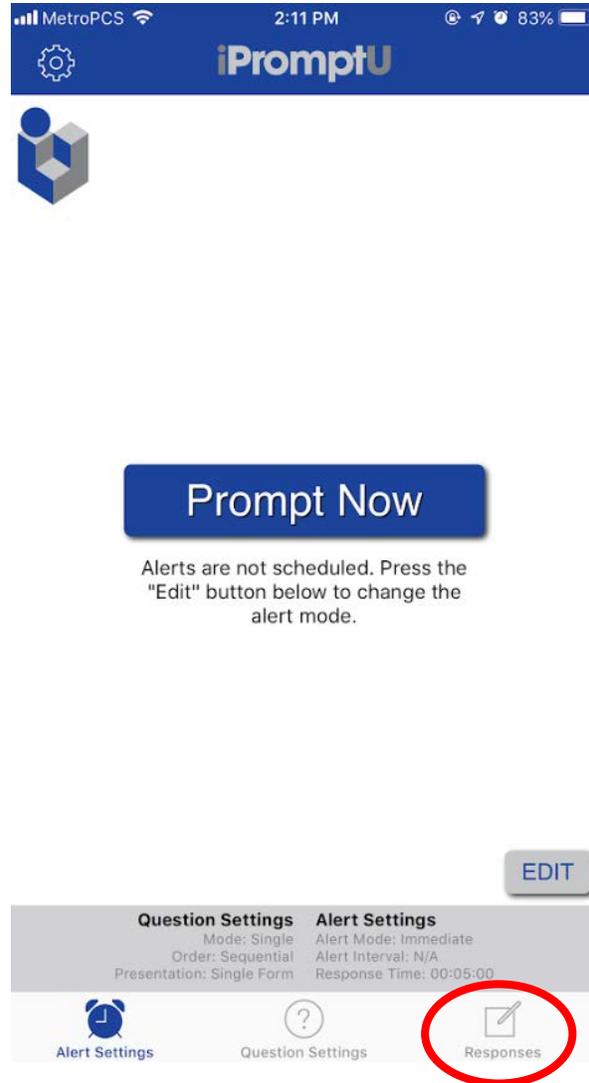
**Adjustable timeframe
for Non-Alerting Hours**

Changing “Alert Settings”

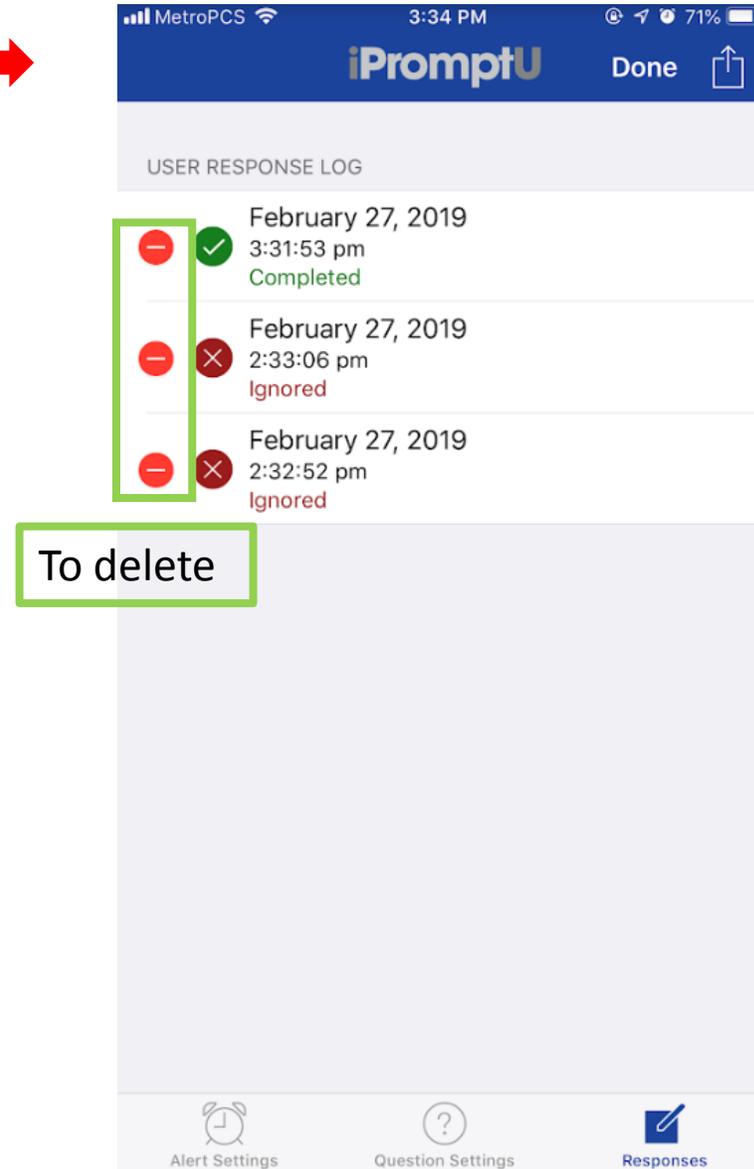
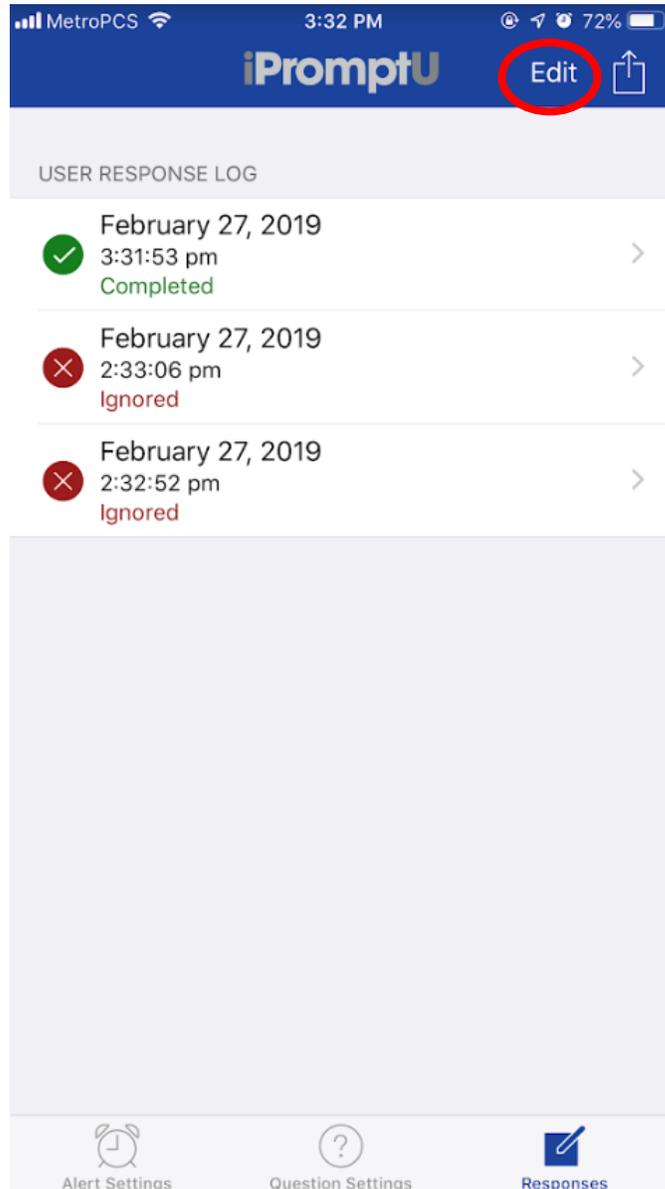


**Adjustable timeframe
for Non-Alerting Hours**

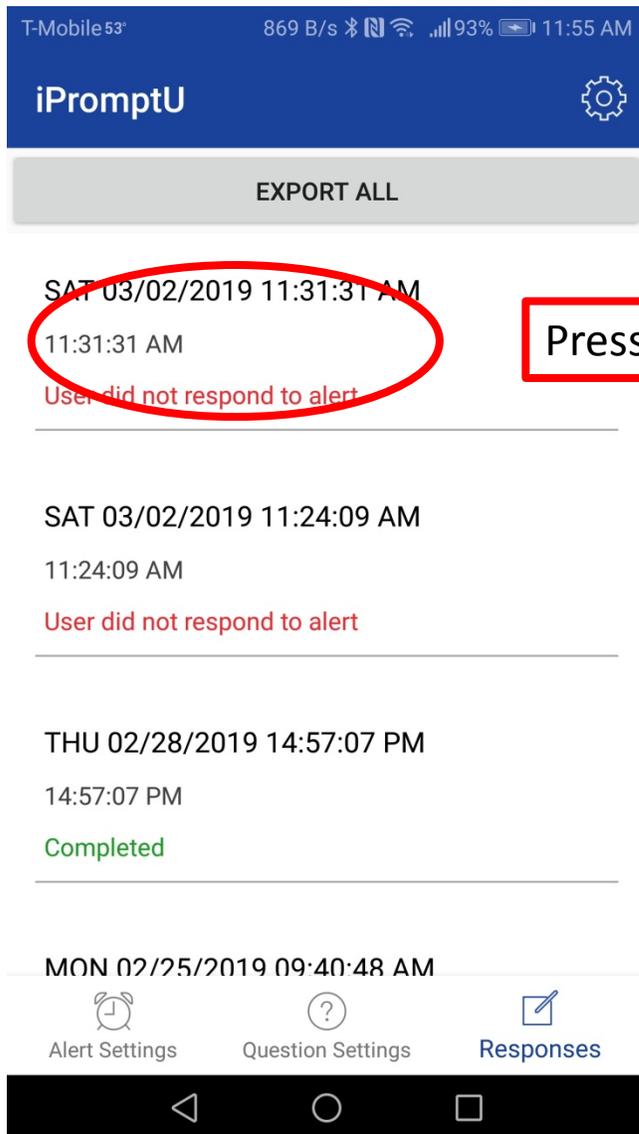
Accessing “Responses”: Click “Responses”



Accessing “Responses”: Deleting Response Entries - Apple



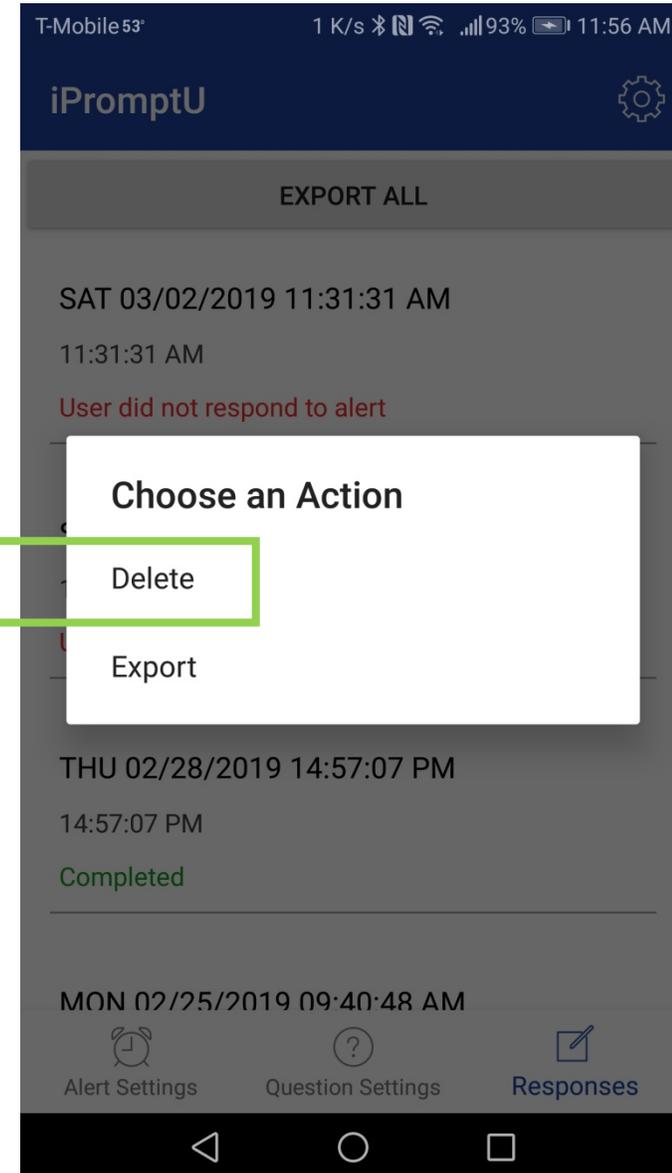
Accessing "Responses": Deleting Response Entries - Android



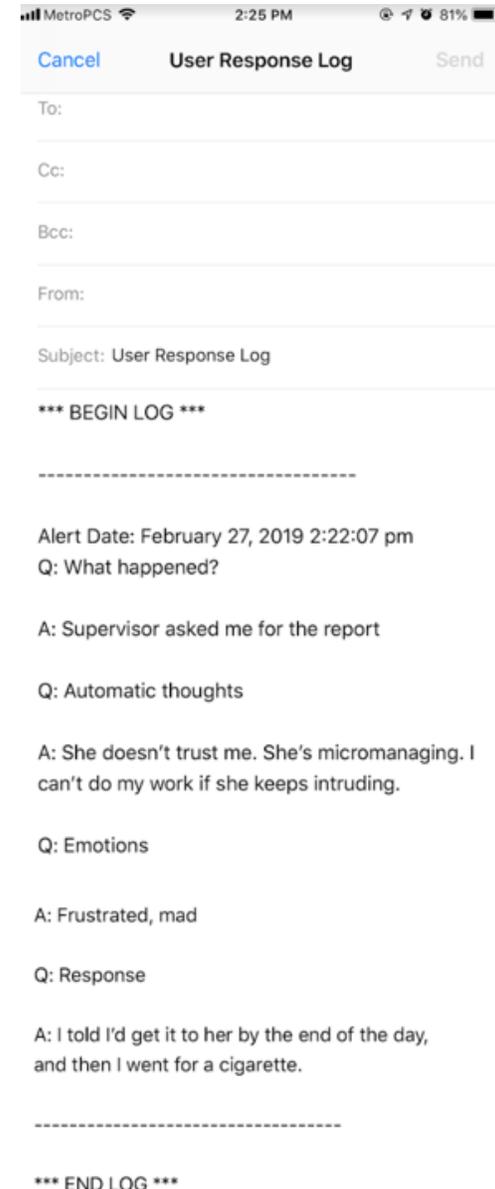
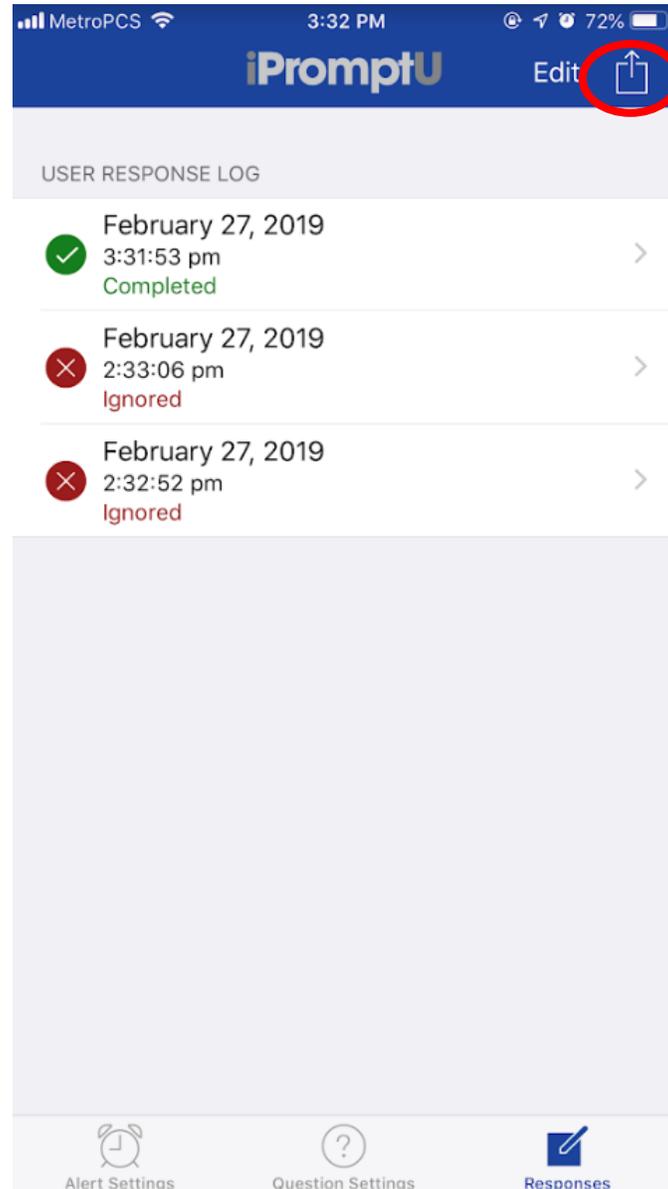
Press & hold



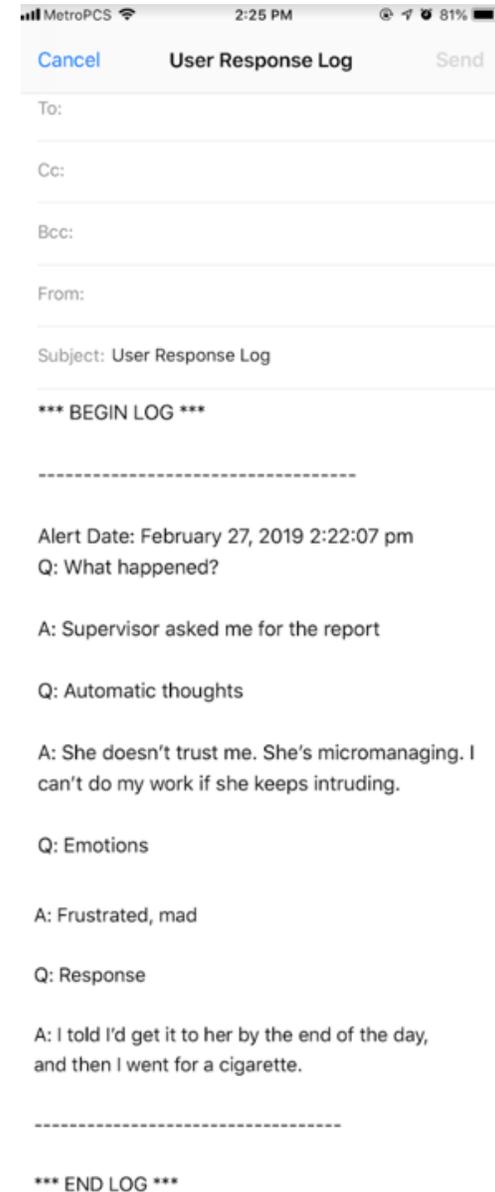
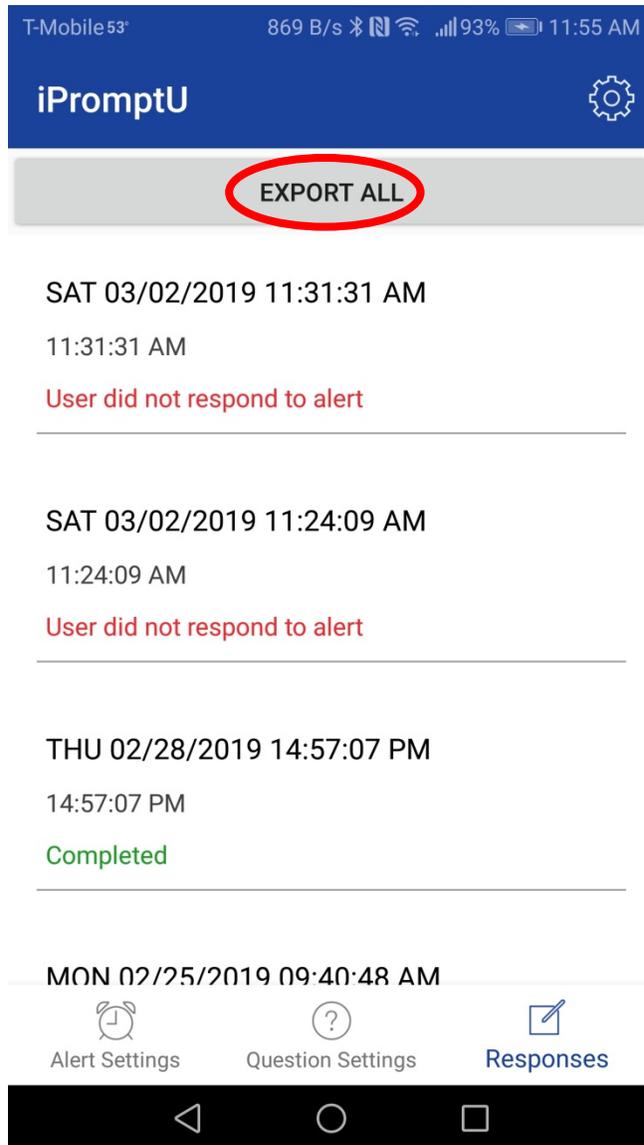
To delete



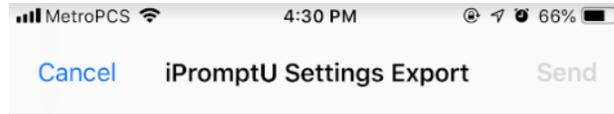
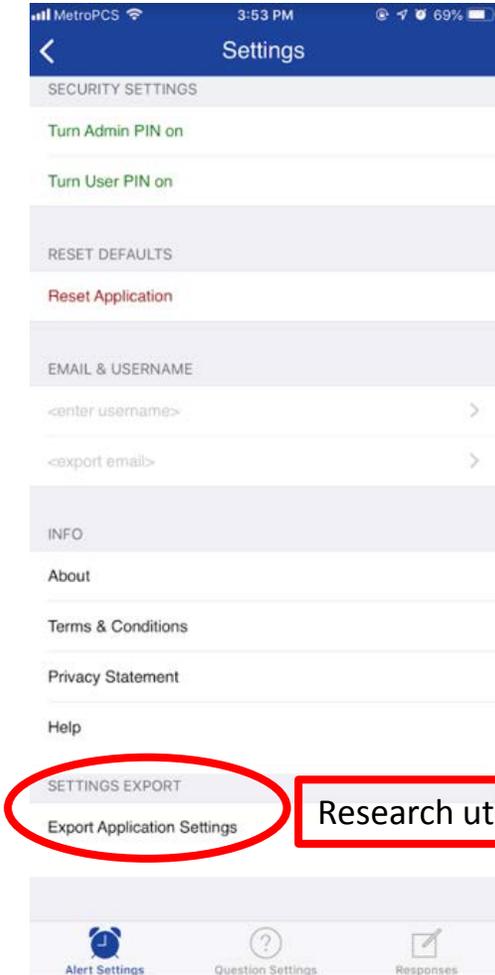
Accessing “Responses”: Emailing Response Entries in Apple



Accessing “Responses”: Emailing Response Entries in Android



App Settings



To:

Cc/Bcc, From: duyenbo@gmail.com

Subject: iPromptU Settings Export

The attached file has been sent to you by another iPromptU user to allow you to import the specific settings designed by them for use in your app. This settings file will alter your alert settings, as well as your list of active/inactive questions. Updating your settings with this file will not affect your stored responses in the app.

To import the file, and update your settings, please find the appropriate instructions for your device below.

Apple/iOS User Instructions:

Before downloading the import file, make sure you are using the most up-to-date version of the iPromptU app. Some older versions may not be able to import the settings file. To update your iOS App, please visit the Apple Store

<https://itunes.apple.com/us/app/ipromptu/id717391862?mt=8>

1. Open this email on your mobile device, and tap and hold on the "ipromptu_preferences.txt" file attachment until you are presented with the application share sheet. The share sheet will let you select from a list of applications to open the attachment.

2. Select "Copy to iPromptU" from the list of applications on the share sheet, then follow the directions once iPromptU launches on your device.

Android User Instructions:

Before downloading the import file, make sure you are using the most up-to-date version of the iPromptU app. Some older versions may not be able to import the settings file. To update your Android App, please visit the Google Play Store <https://play.google.com/store/apps/details?id=com.clickhere.ipromptu>.

1. Open this email on your mobile device, and tap the "ipromptu_preferences.txt" attachment and select iPromptU when given a list of apps to choose from in the "Open with..." list.

Or...

1. Open this email on your mobile device, and tap the download button on the attachment and download the file.

2. After you download the file, tap to open the file and select iPromptU from the list of apps displayed in the "Open with..." list.



ipromptu_p...ferences.txt

Sent from mv iPhone