Interreg North-West Europe eMEN
European Regional Development Fund

EUROPEAN UNION

ARQ National Psychotrauma Centre

MIRROR app

Insight into its approach, development, pilot studies and emerging results

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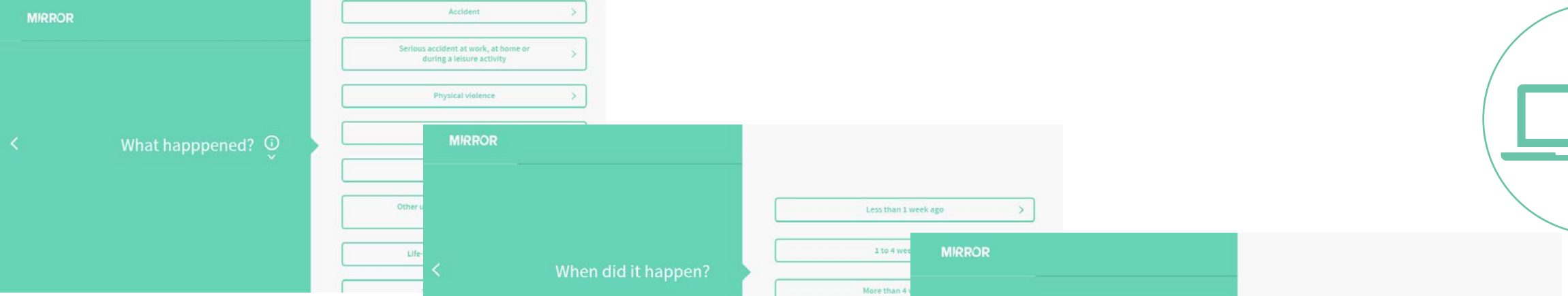
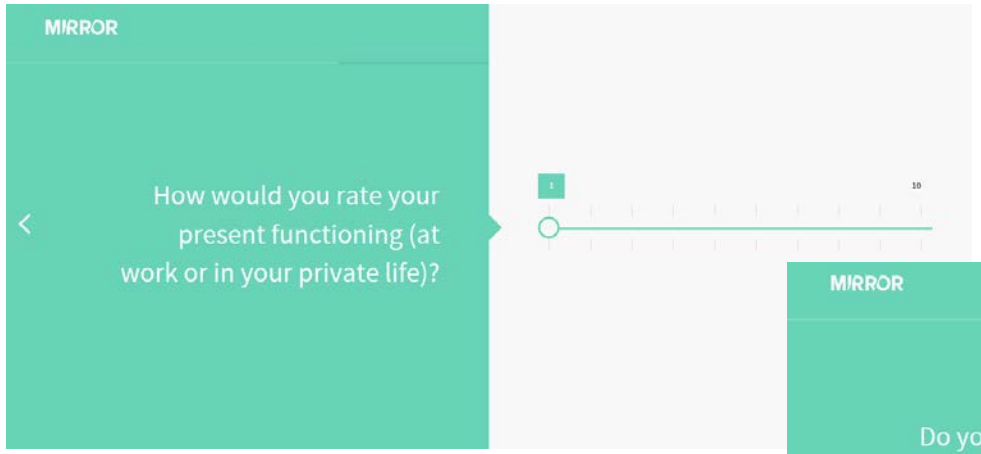
Need for screening after Potentially Traumatic Events (PTEs)

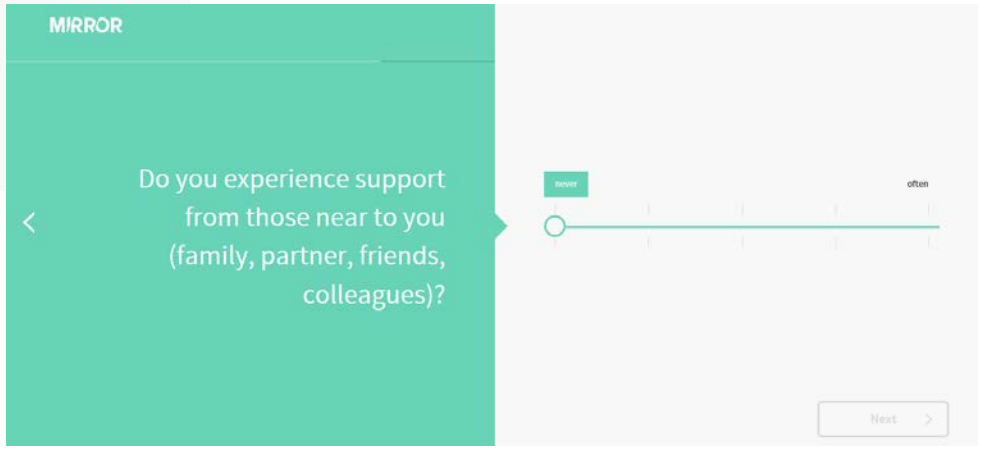
Most people: show resilient response after PTE

Challenge: identify who develops complaints and needs help?

MIRROR approach


MIRROR
What happpened?
Accident
Serious accident at work, at home or during a leisure activity
Physical violence
MIRROR
When did it happen?
Less than 1 week ago
MIRROR
Are you troubled by images of or thoughts about the event?
never
often
Next


MIRROR
How would you rate your present functioning (at work or in your private life)?
1
10


MIRROR
Do you experience support from those near to you (family, partner, friends, colleagues)?
never
often
Next

MIRROR

MIRROR

Your current situation

Score

Your score on MIRROR shows that you experience a lot of stress-related symptoms. And, you lack the requisite resilience, by which we mean that you perceive limited support from your environment, have little self-confidence or have difficulty dealing with problems. In addition, you've indicated that you function badly. That is why you have a red score.

Advice: it is now over four weeks ago that you endured a distressing event that could possibly be traumatising. In most cases, possible stress-related symptoms will have normalised after about a month, or have as good as disappeared. The stress-related symptoms that you are still experiencing and your functioning badly could be connected with the event recently endured, but there may also be (or have been for a while) other issues at play, such as financial problems, problems at work, or personal problems. Our advice to you is that you make an appointme
clicking the
on any subs
those close
from others

MIRROR

Your current situation

information on this topic can also be found by clicking the link below.

I would now like to:

- Contact with professional
- Send my answers and the advice
- More information
- Sharing experiences with others
- Remind me
- Close MIRROR

MIRROR

Development

Development: theoretical basis

Web-based translation of evidence-based guidelines on support provision after shocking events

Development: co-creation

End user
(victims of shocking events)

Customer organization
(Victim Support NL)

- **Policy officer**
- **E-health project manager**
- **Legal advisor**

Product owner *(Arq national Psychotrauma Center)*

- **Product owner**
- **Psychotrauma professionals**
- **Legal advisor**
- **Researchers**

Hosting party
(Triple IT)

SME(‘s)
(Clockwork Cerios)

- **Product designers**
- **Programmers**

Development: product specification

Necessary features:

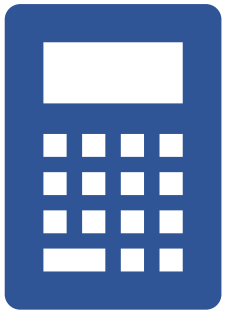
- Personal approach and anonymous access
- Algorithm based on guideline and best practice
- Follow GDPR regulations
- Optional research questions
- Data export function

Testing

Testing: functionality & usability testing

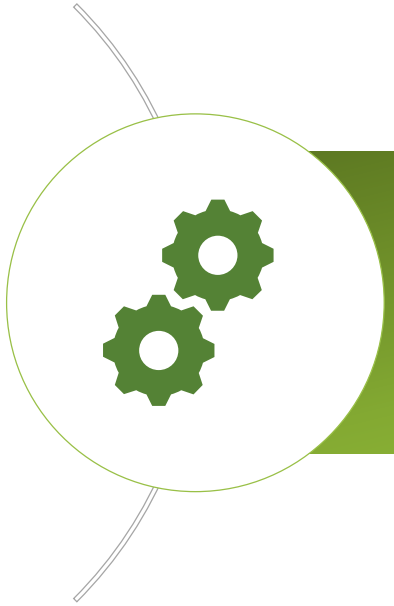
- Technical-functional testing
- Usability test among visitors of website and chat / email contacts of Victim Support NL

Testing: scientific validation



Research question:
Algorithm works as intended? By comparing MIRROR results with the results of several conventional screeners.

Results: MIRROR shows adequate validity and reliability in comparison to validated screeners



Implementation

Implementation: dissemination

- MIRROR App already embedded in websites of multiple organizations

- MIRROR App mentioned in National Care Standard on psychotrauma disorders

Scientific publication on validation will follow

Implementation blueprint

Implementation preparation:

- Global implementation plan
- Product manual
- License, hosting and support options
- Admin options build in for customization

Thank you for your interest!

Adapted from:
Luc Gidding et al. 2018
Original cartoon:
https://www.henw.org/auteurs/luc-gidding