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Abstract:

Abler: A Personalised, Digital Health Solution for Managing Panic Attacks

In a world where mental health disorders often go underserved, the need for accessible, personalised tools is ever-increasing. Panic attacks, a condition affecting a large global demographic, significantly diminish individuals' quality of life.¹ Recognising this, we have developed Abler, an innovative digital health app designed to empower individuals to manage their panic attacks effectively. This presentation aims to provide an in-depth overview of Abler's features, methodology, and vision.

However, current literature and digital solutions have not adequately addressed the need for a comprehensive, personalised, and preventative tool that can be easily accessed and utilised by individuals experiencing panic attacks at any moment, a gap that is detrimental to their overall well-being and quality of life.²

Our project, Abler, fills this gap by providing a holistic, science-backed, digital health solution specifically designed to manage and prevent panic attacks.

Specifically, Abler incorporates principles of Cognitive Behavioural Therapy and innovative technologies like machine learning to offer features like symptom monitoring, trigger identification, personalised strategies, and extensive educational resources on mental health. These features work together to empower users to understand their unique patterns and formulate effective coping strategies.

¹ Wilmer MT, Anderson K, Reynolds M. Correlates of Quality of Life in Anxiety Disorders: Review of Recent Research. *Curr Psychiatry Rep.* 2021 Oct 6;23(11):77. doi: 10.1007/s11920-021-01290-4. PMID: 34613508; PMCID: PMC8493947.

² Naslund JA, Aschbrenner KA, Araya R, Marsch LA, Unützer J, Patel V, Bartels SJ. Digital technology for treating and preventing mental disorders in low-income and middle-income countries: a narrative review of the literature. *Lancet Psychiatry.* 2017 Jun;4(6):486-500. doi: 10.1016/S2215-0366(17)30096-2. Epub 2017 Apr 19. PMID: 28433615; PMCID: PMC5523650.

Through a person-centred and co-design approach, integrating the insights of patients and patient associations, and leveraging advanced technology, Abler can effectively reduce the frequency and severity of panic attacks, and ultimately enhance individuals' quality of life.

In conclusion, Abler, by carefully integrating cutting-edge technology with a comprehensive understanding of panic disorders, sheds new light on the under-served issue of accessible, immediate, and personalised mental health management, potentially revolutionising the way we address mental health challenges.