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Poster abstract

Stress meter for people with Autism Spectrum Disorder (ASD) to visualize and anticipate on their stress level

***M.C.C. Vervaet**, Project Manager Team Innovation, Dr. Leo Kannerhuis, Centre for Autism, The Netherlands*

Correspondence to: Michel Vervaet, E-mail: m.vervaet@leokannerhuis.nl

Abstract

To improve the independence, health and well-being of people who are under stress (which is common these days) you have to give them an insight into their own stress behavior.

The Dr. Leo Kannerhuis, specialized centre for Autism (Doorwerth, Netherlands) is developing a stress meter which measure the stress level accurate and reliable by measuring the heart rate variability of the client. The stress data will be saved and calculated on a mobile phone which will give the user a warning, text message or light/vibration signal, when you are stressed or stress threatened.

- Besides this the client can choose between multiple options: The Pebble (luminous boll on your desk) which interacts with your stress meter by visualizing your state of mind into colored light (green: relaxed; red: stressed) or
- A Digital Coach on your smartphone. By increasing specific multiple-choice questions, the user is presented with suitable advice or,
- A professional who also will receive a message when you are stressed. The professional can decide to contact you by phone or conference call (video coaching).

At this moment (spring 2011) the Leo Kannerhuis is testing the prototypes of the stress meter by people with Autism Spectrum Disorder—-people who daily cope with a lot stress—to get and/or preserve their job. By doing this a lot of governmental fee to support ASD patients in daily life can be saved.

Keywords

stress, stressmeter, heart rate variability, digital coach, autism spectrum disorder