

# **iPromptU**

### **Introductory Tutorial**

Duyen B. Vo, Ph.D. and Bradford C. Richards, Ph.D., ABPP Cognitive Behavioral Institute of Albuquerque, NM, USA Email: br@cogtherapy.com

## 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 2<sup>nd</sup> 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

#### T-Mobile58° 1.4 K/s 🕅 🔶 📶 100% 📼 2:23 PM

#### ← Terms & Conditions

I understand that this application is designed merely to prompt me to record observations. If I choose, I may configure the application to transmit those recorded observations via email. I understand that email is not a secure medium for confidential communications. I understand that this application does not render psychological, financial, legal, or other professional services, and does not substitute for services rendered by a qualified professional. I understand that if I need the expert assistance of a competent professional, it is my responsibility to seek such services. I assume all responsibility for the use of this application, including any decisions I make based on its use.

### App Settings

S 🗢 2:11 PM 💿 🕫 83% 💷		le. v ♥ 69% ■_/	
iPromptU	Settings SECURITY SETTINGS		
	Turn Admin PIN on		
	Turn User PIN on		
	RESET DEFAULTS		
	Reset Application		
	EMAIL & USERNAME		
Prompt Now	<enter username=""></enter>	2	Please enter a username now
Alerts are not scheduled. Press the	<export email=""></export>	\$a 🗾	Please enter your email address
alert mode.	INFO		
	About		
	Terms & Conditions		
	Privacy Statement		
Question Settings Alert Settings	Help		
Mode: Single Alert Mode: Immediate Order: Sequential Alert Interval: N/A resentation: Single Form Response Time: 00:05:00	SETTINGS EXPORT		
ings Question Settings Responses	Export Application Settings		

d

Responses

Alert Settings

Question Settings

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



### Home Screen: Customizing Options



#### Prompt Now

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



Most commonly used functions: Adding and editing your own questions

### Changing "Question Settings": Click "Question Settings"



#### Prompt Now

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



### Editing Questions in Apple iOS

INI MetroPCS 	all 🖉 82% 🔲 🖌
QUESTION LIST	
Active: 4, Inactive: 1	>
QUESTION MODE	
Multiple Single	à
All of the active questions will be presented with ea	ach alert.
QUESTION ORDER	
Sequential Random	n
Questions will be presented in the same order as the active list.	ne
QUESTION PRESENTATION	
Paging Single Fo	rm
Determines whether active questions will be asked time displaying only one question per page, or all a	one at a t once on
a single form.	
ALERT EXAMPLE	
Show Sample Alert	>
Alert Settings Re	esponses

#### 

To add your own question, press the plus sign. To edit a question, tap the question text. To change the order of questions, press the Edit button above the list. While in editing mode, questions can be dragged to their desired locations in the list by pressing, holding and dragging the horizontal lines to the right of each question.

ACTIVE QUESTION	IS	
What happene	d?	
Automatic thou	ights	
Emotions		
Response		
Must contain at lea	ast one question.	
INACTIVE QUESTIO	ONS	
[Sample questi	on]	
	? Question Settings	Resources

📲 MetroPCS 🗢	3:20 PM	🕑 🕫 🍯 73% 💻	
<	Questions	Done +	

To add your own question, press the plus sign. To edit a question, tap the question text. To change the order of questions, press the Edit button above the list. While in editing mode, questions can be dragged to their desired locations in the list by pressing, holding and dragging the horizontal lines to the right of each question.

	ACT	IVE QUESTION	٩S		
	•	What happ	ened?	_	
	•	Automatic	thoughts	=	
	•	Emotions			
	•	Response		=	
To d	lelet	t contain at le te	ast one question.	To change o	rder
		Sample q	ons uestion]	of questions	;
	-	Teenthie di			
		Ð	?		
	A L	ort Sottings	Question Settinge	Deconsec	

## Adding new Questions in Apple iOS

•••• MetroPCS 🗢 2:19 PM	📶 MetroPCS 🗢	2:20 PM	@ 🕈 🍯 82% 🔲	📲 MetroPCS	7	2:20 P	м	@ 7 Ø	82% 🗖
iPromptU	<	Questions	Edit 🕂	Cancel	A	dd a Qu	estion		Save
QUESTION LIST	To add your own a question, tap th	question, press the p ne question text. To cl	us sign. To edit hange the order	New Ques	ion				0
Active: 4, Inactive: 1	in editing mode, desired locations	ss the Edit button abo questions can be drag in the list by pressing	ged to their , holding and						
QUESTION MODE	question.	izontal lines to the rig	nt of each						
Multiple Single	ACTIVE QUESTION	IS							
All of the active questions will be presented with each alert.	What happened	?							
QUESTION ORDER	Automatic thou	ghts							
Sequential Random	Emotiono								
Questions will be presented in the same order as the	Emotions								
active list.	Response								
QUESTION PRESENTATION	Must contain at lea	st one question.							
Paging Single Form	INACTIVE QUESTION	ONS		for		is		to	
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.	[Sample questi	on]		q w	e r	t	y u	i o	p
ALERT EXAMPLE				a s	d	f g	h j	k	T
Show Sample Alert				↔ Z	x	c v	b r	n m	x
Alert Settings Question Settings Responses	Alert Settings	Question Settings	Responses	123		sp	ace	re	turn

## Editing Questions in Android

F-Mobile און 11:35 AM ראי 11:35 AM	T-Mobile 5		
iPromptU {ිු	÷	iProi	
Question List	Must co questior	ntain at n, press t	
Question Mode Determines whether one or all active questions will	the ques tap the f left of ea	EDIT butt ach ques	
Question Order	On a s extren this ap (Active	cale of ne diffic op and p e)	
in random or sequential order.	On a s extrem	cale of ne likeli	
Question Presentation Determines whether active questions will be asked	to reco MCT h develo	ommen omewo opment?	
one at a time displaying only one question per page, or all at once on a single form.	On a s you be	cale of to forv	
Show Sample Alert	br@cc	gthera	

Ð	?	
Alert Settings	Question Settings	Responses
$\triangleleft$	0	

### 743 B/s ≵ 🔃 🔶 🚚 89% 💽 11:46 AM





EDIT

least one question. To add your own the plus sign. To edit a question, tap t. To change the order of questions, ton, then use the slider control to the stion.

#### Active Ouestions

1 - 10, with 10 representing culty, how difficult was it to install populate it with these questions?

1 - 10, with 10 representing ihood, how likely would you be d this method for individualized ork, research, or scale ? (Active)

1 - 10, how likely would ward your Response Log to nards, at my email address, py.com so I can see your ratings? (Active)

Inactive Questions

 $\bigcirc$ 

[Sample question...] (Inactive)

 $\leq$ 



## Adding new Questions on Android

←

784 B/s 🖇 🔃 🛜 📶 83% 💽 🛙 11:35 AM
ক্রি

#### Ouestion Mode

Determines whether one or all active questions will be asked at each alert.

#### **Ouestion Order**

Determines whether active questions will be asked in random or sequential order.

#### **Question Presentation**

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.

#### Show Sample Alert





#### 743 B/s 🕸 🕄 🙃 📶 89% 📼 11:46 AM T-Mobile 53° iPromptU EDIT

Must contain at least one question. To add your own question, press the plus sign. To edit a question, tap the question text. To change the order of questions, tap the EDIT button, then use the slider control to the left of each question.

#### Active Ouestions

On a scale of 1 - 10, with 10 representing extreme difficulty, how difficult was it to install this app and populate it with these questions? (Active)

On a scale of 1 - 10, with 10 representing extreme likelihood, how likely would you be to recommend this method for individualized MCT homework, research, or scale development? (Active)

On a scale of 1 - 10, how likely would you be to forward your Response Log to me, Brad Richards, at my email address, br@cogtherapy.com so I can see your ratings? (Active)

Inactive Questions

[Sample question...] (Inactive)



 $\triangleleft$ 

 $\bigcirc$ 



### Other changes to "Question Settings"

📶 MetroPCS 🗢	2:19 PM	
iP	romptU	
QUESTION LIST		
Active: 4, Inactive:	1	>
QUESTION MODE		
Multiple		Single
All of the active question	s will be present	ted with each alert.
QUESTION ORDER	_	
Sequential		Random
Questions will be present	ed in the same	order as the
detive list.		
QUESTION PRESENTATIO	Л	
Paging		Single Form
Determines whether activ time displaying only one o a single form.	ve questions wil question per pa	l be asked one at a ge, or all at once on
ALERT EXAMPLE		
Show Sample Alert		>
23	2	

Responses

Alert Settings Question Settings



### Changing "Question Settings"

MetroPCS 축	12:04 PM	
QUESTION LIST		
Active: 4, Inactive: 7	1	>
QUESTION MODE		
Multiple	Sing	gle
All of the active questions	will be presented with	each alert.
QUESTION ORDER		
Sequential	Ranc	lom
Questions will be presente active list. QUESTION PRESENTATIO	ed in the same order a	s the
Paging	Single	Form
Determines whether activ time displaying only one q a single form.	e questions will be ask Juestion per page, or a	ed one at a Il at once on
Determines whether activ time displaying only one q a single form. ALERT EXAMPLE	e questions will be ask juestion per page, or a	ed one at a Il at once on
Determines whether activ time displaying only one q a single form. ALERT EXAMPLE Show Sample Alert	e questions will be ask juestion per page, or a	ed one at a II at once on >
Determines whether activ time displaying only one q a single form. ALERT EXAMPLE Show Sample Alert	e questions will be ask juestion per page, or a	ed one at a Il at once on

💵 MetroPCS 🗢	12:04 PM	@ 🕈 81% 🔲
Ignore	Alert Sample	Submit
What happened	?	
Anguar		

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.



## Changing "Alert Settings" Apple



## Changing "Alert Settings" Android

T-Mobile 53°	1 K/s  🕅 🛜 📶 79% 🗩 11:09 AM	T-Mobile 5	53°	547 B/s   🕅 🔶	<b>,ıı  </b> 78% <b>■</b> 11:15 Al
iPromptU	¢	÷	Alert S	ettings	
¢		Alert I	Mode ediate	Random	Fixed
	PROMPT NOW	Immed manua the Ho	liate Alert M Ily by press me screen.	lode: The user fi ing the 'Prompt	res alerts Now' button on
Alerts are not button below	t scheduled. Press the "Edit" to change the alert mode.	Respo	onse Time	Limit	
		Alert	Tone		
	EDIT				
Question Settings Mode: Multiple Order: Sequential Presentation: Single	Alert Settings Alert Mode: Immediate Interval: 00:01:00 - 00:03:00 Form Response Time: 00:05:00				
D Nert Settings	Question Settings Responses				
$\triangleleft$	0		$\triangleleft$	0	

## Changing "Alert Settings"



### Adjustable timeframe for Non-Alerting Hours

## Changing "Alert Settings"



#### Adjustable timeframe for Non-Alerting Hours

### Accessing "Responses": Click "Responses"



#### Prompt Now

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



### Accessing "Responses": Deleting Response Entries - Apple

MetroPCS 🗢	3:32 PM	🖲 🕫 72% 🔲	III MetroPCS 🗢	3:34 PM	@ 7 Ø
	iPromptU	Edit 1		iPromptU	Done
SER RESPONSE	LOG		USER RESPON	SE LOG	
S:31:53 pm Completed	27, 2019 n	>	<b>Feb</b> 3:31 Com	ruary 27, 2019 :53 pm ipleted	
Eebruary 2:33:06 pn Ignored	27, 2019 m	>	e S Feb 2:33 Igno	ruary 27, 2019 ::06 pm red	
Eebruary 2:32:52 pn Ignored	27, 2019 n	>	e S Feb 2:32 Igno	ruary 27, 2019 :52 pm red	
Ð	?		Alert Settings	Question Settings	Respon

### Accessing "Responses": Deleting Response Entries - Android



### Accessing "Responses": Emailing Response Entries in Apple

🛚 MetroPCS 🗢	3:32 PM	🕑 🗗 🍯 72% 🔲	📶 MetroPCS 🗢	2:25 PM	🖲 🕫 🛛 81% 🔳
	<b>iPromptU</b>	Edit 「	Cancel	User Response Log	
			To:		
ER RESPONSE	LOG		Cc:		
February 3:31:53 pr	/ 27, 2019 n	>	Bcc:		
	. 27. 2010		From:		
ebruary 33:06 pi pored	m	>	Subject: User Re	esponse Log	
obruan	, 27, 2010		*** BEGIN LOG	; ***	
32:52 pr	m	>			
Ignoreu			Alert Date: Feb	oruary 27, 2019 2:22:03	7 pm
			Q: What happe	ened?	
			A: Supervisor a	asked me for the repor	t
			Q: Automatic t	houghts	
			A: She doesn't	trust me. She's micro	managing. I
			can t do my we	in the keeps intrudu	ng.
			Q: Emotions		
			A: Frustrated, m	nad	
			Q: Response		
			A: I told I'd get i	t to her by the end of th	ne day,
			and then I went	for a cigarette.	
7	(2)				
 Settings	Question Settings	Responses	*** END LOG **		

### Accessing "Responses": Emailing Response Entries in Android

-Mobile 53°	869 B/s  🚺 🛜 .11	93% 🖭 11:55 AM
iPromptU		ţ
	EXPORT ALL	
SAT 03/02/20	019 11:31:31 AM	
11:31:31 AM		
User did not res	pond to alert	
SAT 03/02/20	19 11 <sup>.</sup> 24 <sup>.</sup> 09 AM	
11:24:09 AM		
User did not res	pond to alert	
THU 02/28/20	019 14:57:07 PM	
14:57:07 PM		
Completed		
MON 02/25/2	019 09·40·48 AM	0
$\bigcirc$	(?)	
Alert Settings	Question Settings	Responses

 $\bigcirc$ 

 $\triangleleft$ 

MetroPCS 😤	2:25 PM	🛯 🕙 🖉 🕲 🕲 🐨
Cancel	User Response Log	
To:		
Cc:		
Bcc:		
From:		
Subject: Use	r Response Log	
*** BEGIN L	OG ***	
Alert Date: I Q: What hap	February 27, 2019 2:22:( opened?	07 pm
A: Supervise	or asked me for the repo	ort
Q: Automati	ic thoughts	
A: She does can't do my	m't trust me. She's micro work if she keeps intruc	omanaging. I Jing.
Q: Emotions	3	
A: Frustrated	l, mad	
Q: Response	2	
A: I told I'd g and then I we	et it to her by the end of ent for a cigarette.	the day,

\*\*\* END LOG \*\*\*

### App Settings

IMetroPCS 🗢	3:53 PM Settings	🕑 🕈 🖉 69% 💼 )
SECURITY SETTINGS	ge	
Turn Admin PIN on		
Turn User PIN on		
RESET DEFAULTS		
Reset Application		
EMAIL & USERNAME		
<enter username=""></enter>		>
<export email=""></export>		>
INFO		
About		
Terms & Conditions		
Privacy Statement		
Help		
SETTINGS EXPORT		
Export Application Set	ings RE	search ut
2	(?)	1
Alert Settings	Question Settings	Responses

•	III MetroPCS 🗧	•	4:30 PM	@ 7 0	66% 🔳	
	Cancel	iPromptU	Settings Ex	port	Send	
	To:					
	Cc/Bcc, Fro					
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/id7173 91862?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 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 "impromptu\_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