



The XRT App

**Everything you need to get started with
XRT App with confidence.**

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What is the XRT App?

The XRT app can be found on the App Store for Android or iPhone. It has been created to be used by a therapist with you at the end of a session to set homework or after treatment has finished.



The image shows three smartphones displaying the XRT app interface. The central phone shows the 'Activities' screen with sections for 'Relaxation Scenes', 'Muscle Relaxation', and 'Breathing Exercise'. The left phone shows the 'Support' screen with text about coping strategies. The right phone shows a 'Completed' screen. Callout boxes with icons and lines pointing to specific app features are arranged around the phones.

- Get Support in ways that help you** (Icon: person with hand raised)
- Track your progress and Next steps** (Icon: checklist)
- Explore Activities to help you regulate** (Icon: location pin)
- Personalise to suit you** (Icon: gear)

FIND US ON THE APP STORE

🔍 XRT (PERSONALISED ANXIETY SUPPORT)



Navigation & Use

Opening the Settings tab there are a number of elements that can be personalised and ideally set up with you and your therapist at the end of the XR session (if you would like to use the app).

You and your therapist will work together using the Settings function to decide the Coping Statement, Strategies, theme and look of the anxiety barometer.

- Theme – the colour and background of the app can be personalised
- Coping statement – this is the coping statement you can choose when taking part in the treatment (e.g. I'm ok, I'm going to be alright)
- Coping strategies – whatever you have found helpful in treatment. It may be watching some of the relaxation scenes or the recorded breathing exercises.
- Favourite content – the elements of the app you find particularly useful, and this allows quick access when they are needed
- Mood word – the word you use to describe your anxiety
- Scale options – you can personalise how these scales look
- Scale levels – an optional scale if you want to identify words to describe how you are feeling on the scale

From the Home screen, you can choose how you are feeling. You can then choose a word to describe how you feel and try and identify what has made you feel that way. When you submit this, you are directed to a screen where there are activities to help e.g. relaxation scenes and recordings of the breathing and relaxation exercises.

You can also go directly to the above activities by using the Activities button on the home page



IMPORTANT!

The Support button takes you to a page with coping strategies and favourite content on.

Navigation & Use

Clicking the Progress button on the home page, allows a therapist to set some next steps with you. These can be typed in. For example, for a dog phobia a therapist might type in several goals:

- Walking to the park and standing outside the gate
- Walking to the park and sitting on a bench
- Walking to a park and staying inside for 10 mins

These can then be marked as completed by you when you do them and you can click the completed button at any time and see all that you have achieved. You can also add your own additional goals as you continue to use the app.

Data Privacy

The XRT app is not intended for general use.

No personal identifiable data is captured when using the app. It does not ask for names or date of birth or any identifiable data for the user and XRT does not receive any data from the app.

There are no third parties who would get any data from the app.

Any data would be stored in the app and deleted with deletion of the app.