



# Development of an Interceptive Ability Measurement and Tracking Application

## Background:

The Department of Neuroscience and Psychiatry at the Brighton and Sussex Medical School (BSMS) required a new platform which would consolidate all of their existing tools and processes for quantifying Interceptive ability and performing analyses on large datasets.

The short-term objective was to develop a Windows Desktop based application to be used by patient with the guidance of qualified practitioners. The long-term objective is to develop a range of commercial products based on common architecture and technology.

## Solution:



Cell Software conducted a series of workshops with BSMS to produce a detailed baseline specification describing the huge number of software and hardware components and unwritten processes that comprised their current system.



We then produced a detailed product specification describing the new, consolidated architecture underpinning the practitioner-led application and all other commercially viable products.



A small project team was formed who adopted an Agile approach to the design, development, test and management of the project.



Interface and usability design was achieved through a series of workshops with the client. A suitable technology was used to ensure ease of multi-platform deployment for future products.



Delivery was performed on a feature by feature basis to gain early feedback, breakdown user acceptance testing and to ensure the final product was fit for purpose.

## Business Benefits:



Provides a platform to help people with Autistic Spectrum Conditions (ASC) enhance their ability to manage anxiety, improving their quality of life, through an engaging interoceptive training interface.



A scalable architecture design that can be used to leverage a range of products, thus reducing redevelopment and refactoring costs.



A portable system allowing a practitioner to test and track a patient's interoceptive ability at a clinic or in their own home, thus exposing the training to many more patients as well as increasing dataset size.



A roadmap to developing further applications in the fields of security, sports and medical sciences.



Our medical research revealed how a person's sensitivity and awareness of their heartbeat can contribute to the expression and control of anxiety. We were funded by the European Research Council (ERC) to develop this knowledge to help patients.

Cell Software made a high-skilled professional contribution to this translational programme.

We needed attentive expertise and guidance in producing a technological platform for quantifying a patient's interoceptive skills.

We received a first rate service that delivered fully on the project's vision and opened possibilities for implementation across multiple sectors.

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To learn more about Cell Software and how we can help you with bespoke software and app development, visit our website or give us a call, we're more than happy to assist.