

Digital Activity Improvement Measure D-AIM

User manual

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Introduction

Congratulations! You now have the D-AIM app for your smartphone. D-AIM stands for “Digital- Activity Importance Measure.” The D-AIM app can help you do more of the important, positive things that make for a better life. The app makes it easier to work with your clinician to identify important positive things that you do, and makes it easier for you to make a record of what you do. You can try different things and then look at the records and discuss your activities with your clinician. You can do more of the things that work for you, so that over time you can have more of these positive things in your life. So this is your tool to help you to have more and better activities in your life. Like other tools, it’s not automatic – there are several steps to using it. However, it is easy to use, and the steps to using it can be helpful in themselves. Also like other tools, it won’t solve every problem, and it is not an instant solution—you have to use it over time to benefit from it. On the other hand, the more you can use the D-AIM, and the more you can share D-AIM data with your clinician, the more that he or she can help you lead a happier, more satisfying life, and the more benefits you can experience.

The big thing that the D-AIM does is make a record of the time and day that you tap each button. You use the app to make a useful record of your activities. When you share the record with your clinician, you and s/he can discuss each event from last week and figure out how to make a better number of good activities happen for you next week.

If you make a mistake, it’s no problem because you can fix the record as needed. Sometimes people forget to tap a button when an activity is happening, or tap the wrong button. The D-AIM makes your personal record, and you can change entries to make it more accurate. Your clinician will show you how to make changes. What is important is that you make the record accurate, so that you and your clinician can talk about what really happened, even if it was not planned that way.

Please note that the D-AIM is designed to help you to work with your clinician on specific things that you pick and you do. Everyone is different, and some of your goals may not involve the D-AIM. That is normal and expected. You and your clinician will decide what to work on and how to address it. Let your clinician be the guide in how to best use your time and energy in your sessions. For now, let us look at the way that you can use the D-AIM to help get positive change in your life.

How to use the D-AIM

Step 1: Get familiar with it.

Open the D-AIM and swipe up and down. Tap a few of the buttons. Swipe right and left. Go back to the “Home” screen and tap a few more buttons. Press and hold one of the buttons. You will see that the app will just make a record when you tap a button, and you can press and hold to change an entry if you make a mistake. Try a few things out and see what the app does. In the Appendix to this document you can find pictures of some of the screens, but for now you can just tap, swipe, and look. You won’t hurt the app, and your clinician can help you to undo any changes that you don’t want to keep.

Step 2: Set up the D-AIM for you to use today.

When you open the D-AIM, you see a set of buttons on the screen. The buttons are in a 3X4 layout, just like your phone keypad. If these are hard to read, swipe to the right on the screen to get to the “Other Options” screen. Here you can add a button, rearrange the buttons, and change the colors and layout. The 2X3 layout gives you bigger buttons and bigger print, but the 3X4 layout lets you see more buttons at once. Go ahead and try the

different layout and color options and find the ones you like the best. You can make changes to the layout at any time. Swipe to the left to see the “Home” screen and its buttons.

Step 3: What to do next week.

Go to the “Home” screen again, and swipe up and down to see all of the buttons. Then discuss them with your clinician. The goal is to pick some things to concentrate on for next week. Remember that “Rome wasn’t built in a day” and you don’t have to do all of this at once. The D-AIM comes with buttons for some important things that adults do, but neither you nor it has to cover everything at once. Instead, you can focus on a few important things, and you certainly can erase buttons that you don’t need and add buttons for what is coming up in your life that is important for you.

To get started, people often select 3 to 5 activities to work on in the next week. Discuss your goals with your clinician, and come up with the activities to focus on for next week, and how many times to plan to do each one. Don’t forget you can add a button for any activity that does not already have a button.

Step 4: How many times?

A very useful part of the D-AIM is deciding how many times you want to do each activity next week. Talk it over with your clinician and set reasonable and doable goals for how many times you want to do each activity next week, taking into account all of the other things that will be happening in your life.

Go to the first of your target activities, and press and hold its button to get to its “Edit Entry” screen. Then you can swipe right to the “Edit this Activity” screen. In the middle of this screen is a box called “Goal” where you can put in the number of times you want to do this activity next week. Put in your target number, and then tap any colored area to get back to the editing, or in any other box to change it. Press “Save” when you are finished, and then “Home.” Now you can put in goal numbers for the rest of your target activities.

Now look at the button that you just changed. (You might have to swipe up or down to see it.) On that button, you will see your goal for that week in the parentheses, like this for 3 per week: (3/w) or this for 5 per week (5/w). You will also see any other edits that you made in to the buttons.

Step 5: Make it faster.

The D-AIM will open up to your “Home” screen. If you are going to use some buttons that appear on other screens, you can use the “Rearrange Buttons” command to scoot the buttons that you will use the most onto your “Home” screen. Then they will be immediately visible when you open the app. To rearrange buttons, start at the “Home” screen and swipe right to get back to the “Other Options” screen. Press “Rearrange Buttons” and you will be able to move the buttons as you like. Press the little red “Exit” to save your new arrangement.

Step 6: Review the plan.

Review your plans with your clinician. Get comfortable with your goals and what you are going to try to accomplish. You are in command, and your clinician is here to help. You can review the tools, resources, plans, skills, and anything else that might be needed to get to your goals next week. (Also, please review with your clinician what you should do in emergencies—the D-AIM does NOT provide any emergency services, but you should consult your clinician to be better prepared.

Step 7: Out and about.

After you leave the session and your clinician, you will be out and about. When you do one of your planned activities, open the app and press the button corresponding to that activity. You will hear a click and see the little number on that button go up by one. That is all there is to it!

Step 8: Oops! Correct the record.

Sometimes people get busy and don't tap the button just when they do an activity, or they press the wrong button. No problem. Press and hold any button to get to its "Edit" screen, and you can delete entries or add an entry for that activity as needed. If you swipe Left, you will see a list of all of the times that you pressed that particular button. If you press any entry, you can change its day or time or delete it. Just be as accurate as you can, because this is your record and it is less helpful if its less accurate. There is no wrong answer, just "what happened?"

Step 9: How are you doing so far this week?

You can look at your record at any time. Just open the app and you can see how many times you accomplished that activity so far this week. Swiping left will get you to a list of all of your entries, and swiping left again gets you to a picture of the last week (today is the column labelled "Now.") If you pushed any buttons, you will see some boxes scattered around the screen. The number in each little box tells how many button pushes there were. The column that the box is in tells you the day, and the row tells the time of day. So you can see a picture of your week and when you were active. If you tap a box, it will reveal what button(s) you pressed at that time. If you have data from some previous week, you can swipe down to see it.

Step 10: How about looking at one activity?

If you want to see how well you are doing on just one activity, you can go to the "Home" screen and press and hold that activity's button. Then in the "Edit" screen, swipe once left to see the list of all entries for that activity. Swipe again and you will see the weekly graphic for that activity alone. Again you can swipe down and up to change weeks.

Step 11: Emergencies!

In an emergency, call 911 or follow the instructions of your clinician. The D-AIM cannot provide any emergency service, support, or communication.

Step 12: Meet your clinician.

When you meet your clinician, open the app and show the clinician what happened, just like in Step 9. You can discuss everything that you did, and celebrate your successes in making a record and in accomplishments. You can discuss any barriers or problems you met, and plan ways to greater achievement. Then it's back to Steps 3 and 4, to select some new activities and set new goals, and proceed through the steps again.

Frequently Asked Questions.

What if I didn't make my goals?

Nobody makes every goal all of the time. The important thing is to make an accurate record, and then you and your clinician can problem-solve about positive steps to take. It's nice to achieve goals, but it's better to have accurate data, so you can build towards real accomplishment. There are several ways that goals can be met or not met; a few of them are listed briefly below.

If the goal is to do the same thing (like going shopping) several times each week, your clinician may recommend that you try smaller steps (how about just once next week). Then over time you can build up to more and more times each week, and address the barriers that come with doing something more and more.

You may also address the components of a goal, or all of the different kinds of things that might go into a bigger goal. For example, going shopping can involve making a list, getting prepared to leave your home, finding the right store, and so forth. It's important to figure out the different steps, and do each of them well enough and quickly enough to get to the bigger goal. Your clinician can help here too.

Sometimes people set goals that are far too easy or far too hard to achieve within the time and resources that you have available, or have goals that depend on other people doing things that they may or may not do. Here your clinician can help you, too.

Whatever happens, if you have accurate information from the D-AIM, you and your clinician can work on finding activities that advance you toward reasonable and doable goals. So it's important to keep a good record, and the D-AIM is set up to make that as easy as possible.

What if I want to share data with my clinician?

For now, the D-AIM is set up to protect your privacy. This means that it does not communicate directly to anyone else. However, it is possible to take a screenshot of data (with the iPhone, simply press Home and the power button at the same time) and email the screenshot.

How about future versions or enhancements?

We are always interested in enhancements, and we welcome communications about how well the D-AIM works for you or what else you want it to do.

A note to clinicians:

The D-AIM is not a "Do it Yourself" tool—it is designed to support an organized treatment approach, such as Acceptance and Commitment Therapy, Functional Analytic Psychotherapy, or similar approaches whose goals and foci are the empowerment of the client and building positive accomplishments. In other words, the D-AIM is designed for use by a skilled, credentialed clinician in the context of a positive, supportive clinical relationship. It is designed to help people focus on positive accomplishment and data that honestly reflect what has happened in their lives outside of the session. To that end we recommend a review of last week's data as the usual first focus of any session—it communicates the importance of the data, tells what happened, keeps a positive focus, and keeps the client empowered. However, note also that the D-AIM system is no substitute for good clinical judgment, and there will be occasions at which other priorities must be addressed first, or the procedures outlined here must be modified. Always know your client and exercise good clinical judgment—your client's safety and progress are primary, and this tool is a support, not a substitute.

Appendix: D-AIM Screenshots

Following are some sample D-AIM screenshots.

1. A Home screen showing some D-AIM buttons.
2. The "Other Options" screen, showing how to get a different layout or colors, etc.
3. The 2X3 button layout.
4. The "Edit event" screen.
5. A list of events in the record. (You can also do a list with all events.)
6. A week of events, showing how they are distributed across the week.

Please note that the screens on your D-AIM may be a bit different- sometimes we change how screens look.

Personal

care

6/10 12d ago

Prepare

meals

13/10 18d ago

Good night

sleep

6/10 27d ago

Tap to save; press/hold for more

Emotionally

feel good

9/10 11d ago

Read > 20

min

20/10 12d ago

Community

activities

18/10 12d ago

Swipe up/down for more actions

Leisure at

home

13/10 12d ago

Fun away

from home

23/10 5d ago

Shopping

15/10 5d ago

<- other options - - - - historical list ->

Time with
significant
other

7/10 5d ago

Time with

family

7/10 5d ago

Time with

friends

9/10 28d ago

Add Activity Button

Rearrange Activity Buttons

Change Button Size/Layout

Change Delay for Press and Hold

Set Colors

Home

meds

0 (7/w) 11d ago

na- pain

0 (0/w) 50d ago

Tap to save; press/hold for more

aspirin

0 (1/w) 2d ago

dizzy

0 (0/w) 13d ago

Swipe up/down for more activities

Personal
care

0 (0/w) 11d ago

missed
scheduled
evt

0 (1/w) 4d ago

<- other options - - - - historical list ->

aspirin: 3:49 PM

Fri, May 13	1	47	
Sat, May 14	2	48	AM
Sun, May 15	3	49	PM
Mon, May 16	4	50	
Tue, May 17	5	51	

Accept Change

Delete

Cancel

Home

Editing Activity:

8. Entertainment activities away from home (e.g., restaurant, movie, theater, ball game).

10/09/14, 8:50 PM

10/09/14, 8:06 PM

10/02/14, 5:42 PM

10/02/14, 5:14 PM

Undo Last Entry

Change Last

Add New Entry

Exit Menu

Mdn	05/10/16-05/16/16						
1AM							
2AM							
3AM							
4AM							
5AM							
6AM							1
7AM							
8AM							
9AM							
10AM				1		1	
11AM							
Noon							
1PM							
2PM							
3PM	1				1	2	1
4PM							
5PM		1					
6PM					1		
7PM				1			
8PM		1					
9PM							
10PM							
11PM							
	TUE	WED	THU	FRI	SAT	SUN	NOW