Imperial College London

IMAGINATOR 2.0



Flowchart of the study

Referrals



83 participants were referred (34 from CAMHS and 49 from adult services)

Screening



32 participants met inclusion criteria and completed screening (31 female and 1 transgender, mean age = 18.4)

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27 participants started therapy (adherence to therapy per protocol was 59%)

Outcome Assessment



15 participants completed the first outcome assessment

Outcome Baseline (TO) Mean Cohen's Assessment (T1) change SD CI (95%) Mean SD CI (95%) Mean TimeLine Follow-Back 0.80 24.41 28.51 11.30 0 – 31.07 -17 41 Interview Adolescents (age 12-17) IMAGINATOR Intervention IMAGINATOR Intervention User Experience Questionnaire for **Imaginator** App

Self-harm episodes reduction Qualitative Feedback Interviews

5 themes identified:

Imaginator therapy impact

Mental Imagery efficacy and limitations

App experience and engagement

App needs to be more integrated to the therapy

Imaginator expectations and need for improvement



O minutes of imagery	O exercises completed	O.O weekly sessions
© Log Mood		
Log your mood to see your progress!		
Goals		+
Start by setting some goals!		



Thank you for your collaboration!

