

**Subjective experiences...**

**...objectively**

Grasp



## Using Grasp is easy – just squeeze your experiences

Grasp takes care of your experiences and displays them to you whenever you wish to see them.



**When you squeeze,  
Grasp remembers**



When you squeezed



For how long you squeezed



The strength in your squeeze

## Supportive in use

Grasp is supporting your experiences and causes you to be aware of your feelings. You may feel it relieving to transfer your emotions to Grasp, which takes care of your experiences.

## Insight into your situation

Grasp visualises all your squeezes – mirroring your experiences. When displayed, you are able to gain insight into how past hours, days and weeks actually have been. This in turn enables a better understanding of yourself.

## Acceptance and understanding

Gaining insight into your own situation is a key factor in making others to understand it. When you squeeze Grasp, you may communicate your subjective experiences for others to understand. That is if you permit them access to your Grasp log. This way Grasp may create and increase acceptance and understanding from others.

## Assessment and response (follow up)

### – Outpatients



Outpatient treatment is preferred due to enhanced patient satisfaction besides economic considerations. It is however challenging to obtain reliable information from patients concerning their actual conditions between the consultations.

Using Grasp permits continuously assessments and responds to symptoms, which in turn provides information about the severity of symptoms to

both the patient and the clinician. This may in turn enable faster treatment accustomed to the patient's needs.

The following pages present cases developed through dialogue with clinicians when developing Grasp.

## Case 1

### – Patient with cancer: Nausea

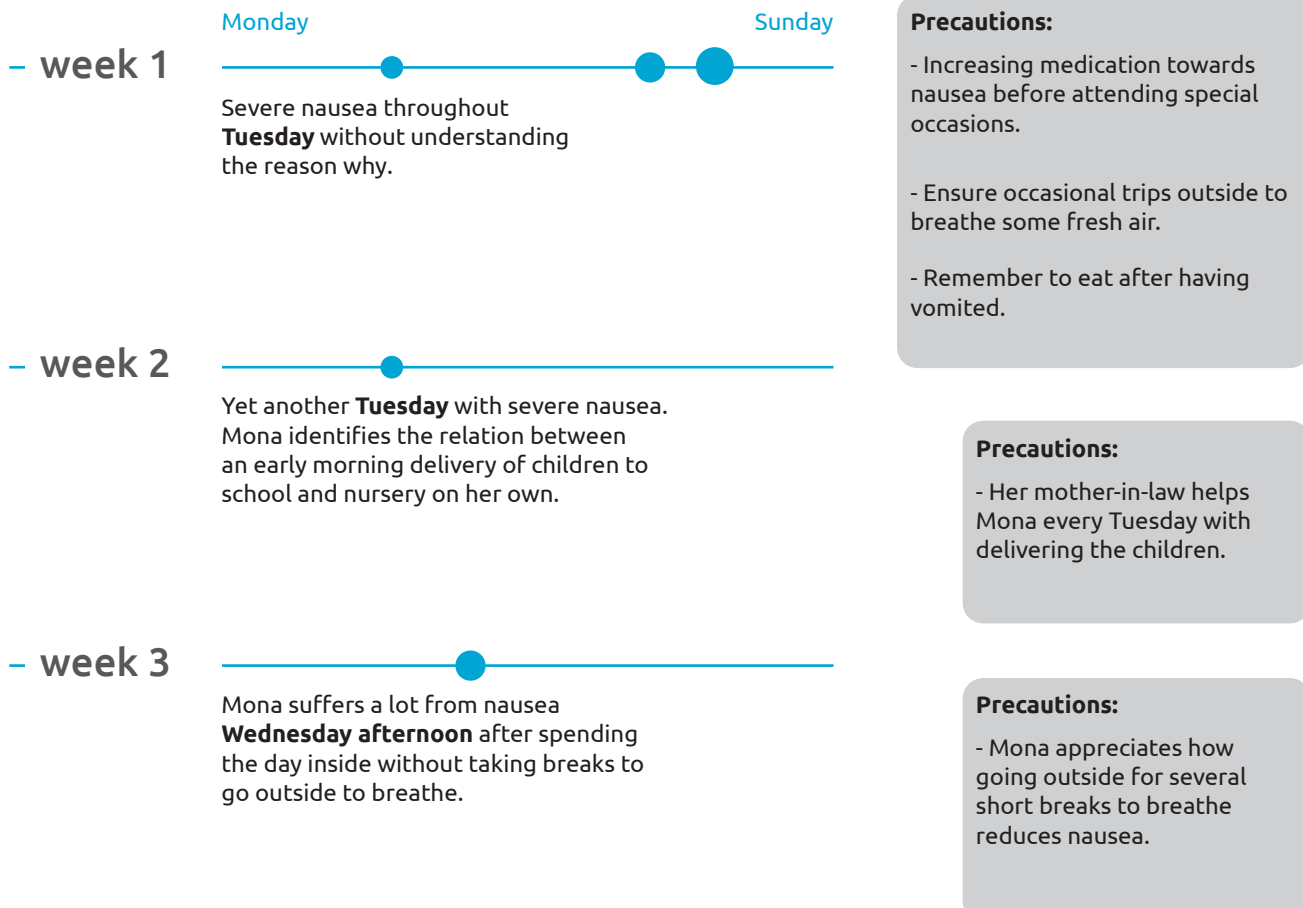
**Background:** 'Mona' has cancer and undergoes treatment with cytostatic. The treatment causes her severe side effects, with nausea being the most troublesome. Mona is attending regular outpatient consultations every Monday.

**Use:** Mona uses Grasp to log the frequency and the intensity of her nausea and thus to improve shared understanding of her situation to enable actions that might reduce this side effect.

**Analysis:** Mona has used Grasp for three weeks and analysed the squeezes together with her physician every week to improve precautions. The Grasp log from each week are illustrated below together with the initiated precautions:

**Friday:** Mona attended a birthday party. Due to much food and odours, she became nauseous and vomited. She went to bed without eating anything else.

**Saturday:** Severe nausea all day.



# Mental health

## – Patients with anxiety and depression



Mental health problems represent an increasing challenge in our society. These problems impede people's ability to functioning and influence their relations in school, work and private life. The necessary treatment demands considerable resources and many people misses the required attention.

A main challenge for patients with mental health problems is that the symptoms influences their personality and thus to cause difficulties in disentangling structure and systematics. Having particular bad periods influences the cognition,

causing problems in reproducing symptoms systematically. Until now, it has been difficult to register and document experiences when they occur in an accessible way independent of time and space.

Grasp offers a new concept in understanding these challenges from the user's perspectives. Squeeze what you experience when the experience occur independently from anything else. Your registrations combined with therapeutic communication may increase insight and thus improve comprehension of situations that trigger anxiety and depression.

## Case 2

### – Patient with anxiety

**Background:** 'Eirik' is a student and suffers from severe anxiety attacks. He has previously experienced having anxiety, however, the attacks are getting more severe. He has difficulties in remembering when, and explaining what causes the attacks. He is presently attending weekly conversational therapy with a psychologist.

**Use:** Eirik has started to use Grasp to gain insight in the severity of his anxiety and to enable explaining his everyday situation. Eirik has made an agreement with his psychologist to squeeze Grasp every time he experiences anxiety.

**Analysis:** Eirik has used Grasp during four weeks. Together with his psychologist, he analyses the squeezes from Grasp to gain insight and look for explanatory connections. The illustration below display the logs from every week and the responses put in train.

#### – week 1

Monday Sunday

Several squeezes are recorded from **Sunday evening** until **Thursday afternoon**, also during the nights. Eirik experiences going by bus to be demanding and that Grasp supports him during the bus ride.

##### Response:

Eirik agrees with his psychologist to avoid the bus and instead walk to the university for one day during the following week.

#### – week 2

The next week is almost identical; however, the day Eirik avoids going by bus, he was surprised to discover there being fewer squeezes (recorded). Eirik and the psychologist discuss how anxiety attacks might be triggered both before and after the lectures. Eirik ran through how he might avoid being questioned by a lecturer.

##### Response:

The psychologist encourages Eirik to email the lecturer asking whether it is common to use students for demonstrations during lectures. Eirik will one day in the following week sit where it is difficult for any lecturer to select him for demonstration.

#### – week 3

The lecturer answered to Eirik that he would not use any student in demonstrations. **Tuesday** had by far fewer squeezes than the other days. Eirik did not attend the lectures that day as he decided to check how that would turn out.

##### Response:

The psychologist wants Eirik to focus on the reply from the lecturer and bring Grasp in the forthcoming period.

#### – week 4

The log for the 4th week shows that Eirik has by far less anxiety attacks. He feels greatly motivated due to the reduction of squeezes (as he has experienced fewer anxiety attacks). The reduction in squeezes cause great motivation for Eirik.

## Case 3: Pain, discomfort and anxiety

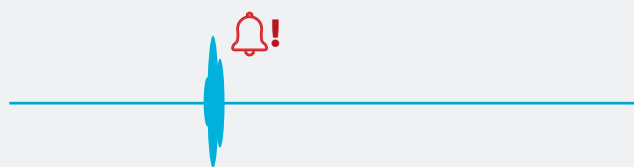
– At the dentist



**Background:** 'Peder' experiences severe discomfort at the dentist and therefore, he has avoided the dental treatment for several years. Due to severe toothache, he has to consult a dentist. At the dentist, he is given a device for communicating with the dentist during the treatment.

**Use:** The dentist instructs Peder to squeeze Grasp when he experiences discomfort and thus notify the dentist. If the agony is too severe to bear and Peder wants the dentist to pause, he is supposed to squeeze firmly. This will provide a sound from Grasp indicating, "stop".

**Analysis:** At first Peder is sceptical, however he discovers that Grasp gives him control in a very unpleasant situation. Below we display three logs showing Peder's experiences during the treatment.



Straightaway, Peder squeezes firmly providing an immediate sound from Grasp that cause the dentist to stop. Peder is anxious; however, as he experiences Grasp to work as intended, he allows the dentist to continue.



Peder squeezes a little, increasing until moderate, as it is uncomfortable. However, he feels being in control and wants the dentist to continue.



Peder squeezes firmly. Grasp alerts. The dentist stops. Peder feels a strong pain. The dentist then chooses to administer an anaesthetic before continuing the treatment.

LIVE

Grasp used as an alarm

## Grasp is useful in several purposes



### **Grasp provides help with impaired speech and communication**

Patients/users:

- Various neurological conditions
- Children in childcare
- Refugees in public health treatment



### **Assessment and follow-up of physical parameters**

Patients/users:

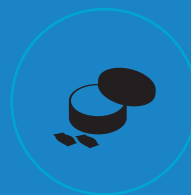
- Pregnant women
- Athletes
- Patients in rehabilitation



### **Support and assessment in difficult relations and within challenging groups**

Patients/users:

- Next-of kin
- Group therapy
- Couple therapy
- Bullying situations amongst children



### **Assessment and support in other situations**

Patients/users:

- People feeling lonely or anxious
- People with addictions
- People with compulsive behaviour

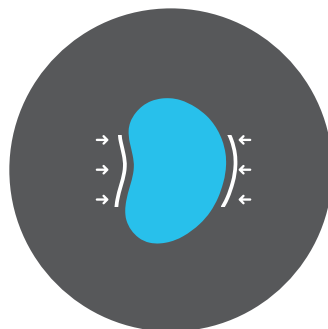
## Grasp – the device

– a digital silicon stone with a unique user interface and design



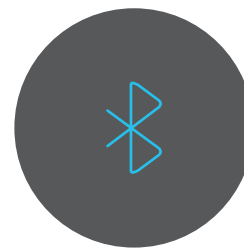
1

Consider how to  
use Grasp



2

Squeeze your  
experiences



3

Load your squeezes  
and analyse. Take a  
grip and follow-up

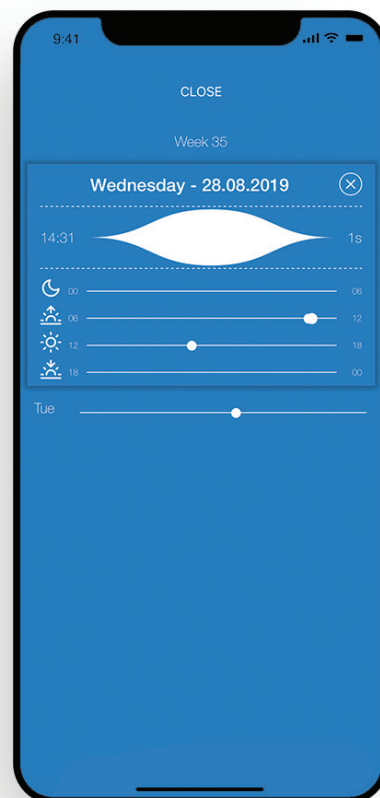
## Overview – the service


– a special analytical device that provides insight and creates understanding




### Visualisation of your squeezes

- Provides insight into your experiences, You may look for occurrences, tendencies and coherences
- Creates understanding and acceptance for your situation
- Identifies responses and precautions to follow-up. Use Grasp for support and motivation



 [www.grasp.global](http://www.grasp.global)

 [contact@grasp.global](mailto:contact@grasp.global)

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### User friendly

- Causes few mistakes

### Discrete

- Bring it wherever you are going

### Non-verbal

- No text

### You are in control of your data

### Registers intensity, length and time of squeeze

### Long-life battery

- Charging once a month is sufficient

### Huge memory

- Saves more than 10,000 squeezes

### Waterproof and robust

### Bluetooth transfers data

