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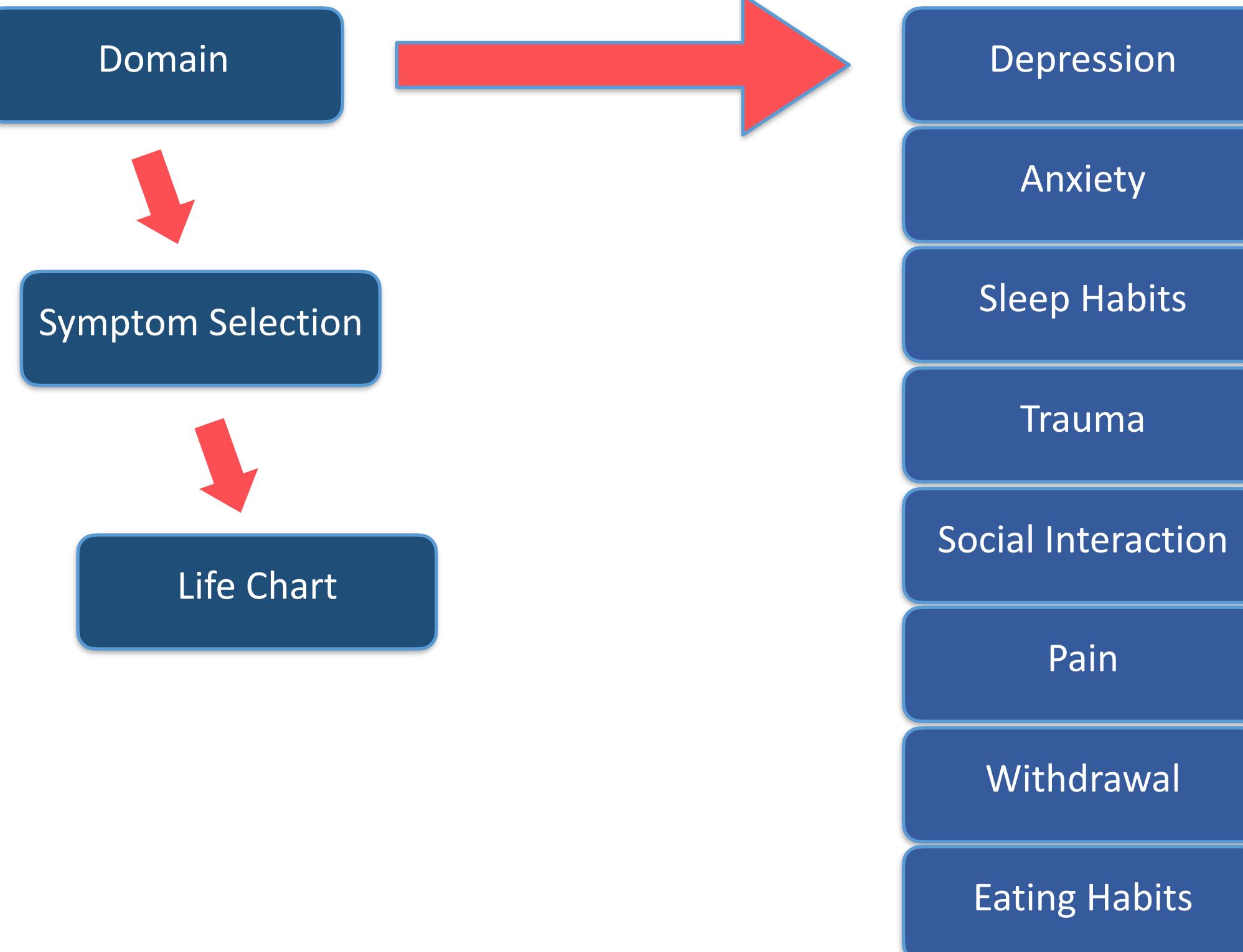
Introduction

- The Risk Assessment and Management Platform (RAMP) is an e-mental health project funded by Health Canada.
- The aim of the platform is to empower individuals who use opioids to understand and manage their risk factors for an opioid overdose.
- The platform's main aim rests upon a Risk Assessment Tool, that has been developed thorough extensive literature search and expert opinion, such that users are given a score, predictive of their risk of overdose.
- Additionally, RAMP provides users with risk management resources, including lesson-based modules, through an accessible and patient-centred e-mental health platform.

Objectives

The Symptom Diary allows the user to track a few symptoms on a daily basis in various domains of health, and monitor their progress in relation to the goals and health tasks they have selected.

Symptom Diary Plan

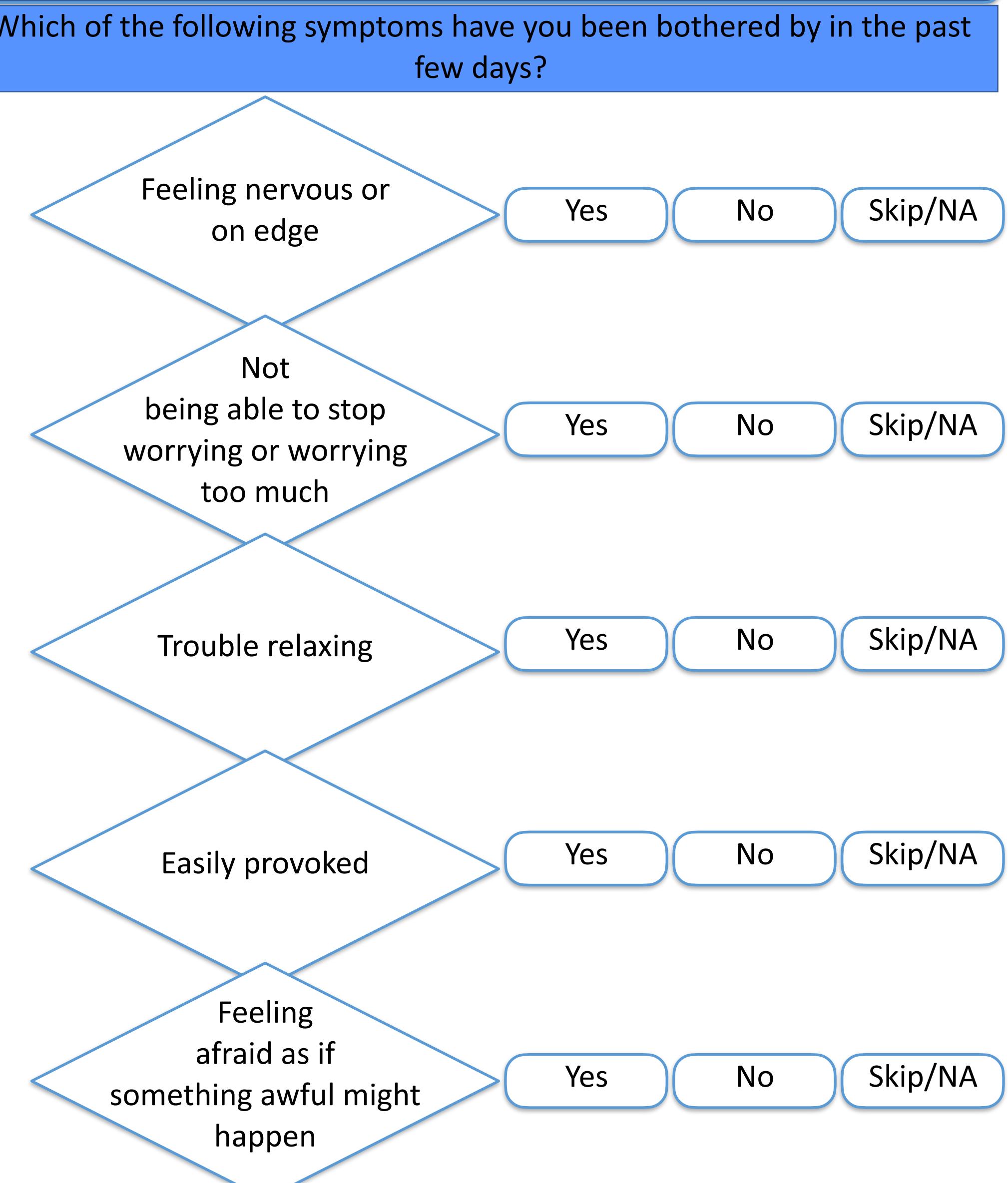


Methods

- Screening mobile and web applications for tracking functionalities and design features
- Consulting physicians and primary care providers for symptom selection
- Linking to other lesson-based modules for user-friendly interface

Sample User Flow-Through

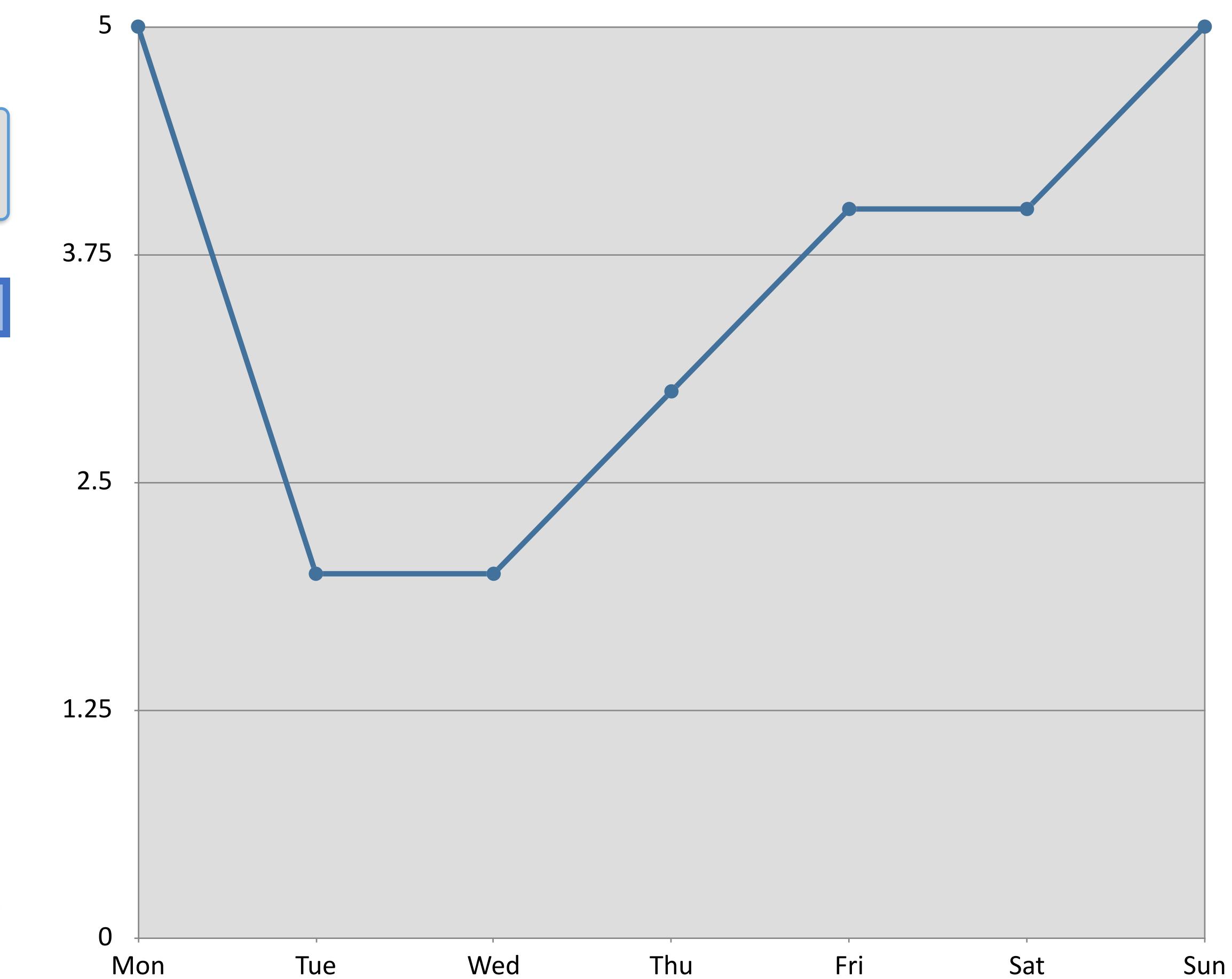
Anxiety



Sample User Flow-Through (Continued)

Life Chart

Number of Anxiety Symptoms Felt Each Day



Please be advised that experiencing these symptoms does not necessarily mean that you have an anxiety disorder. The screening assessments you take biweekly can more accurately determine your state of anxiety.

Conclusions, Limitations, Future Directions

- Symptom Diary is a patient-centred online tracking system that allows users of RAMP to track their symptoms, as they progress through the platform.
- In Phase I, we were limited in the extent of symptoms and complexity of functionalities that were implemented within the platform. Phase II will integrate health tasks that users have chosen into the life chart, so users can more effectively reflect on their symptoms, in relation to their selected goals.

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