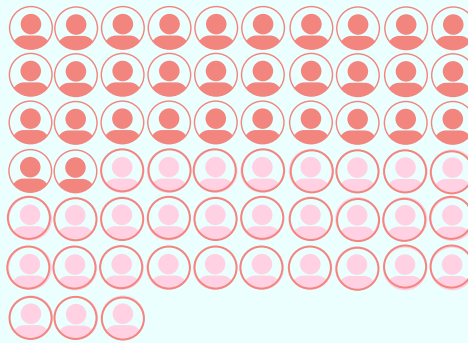


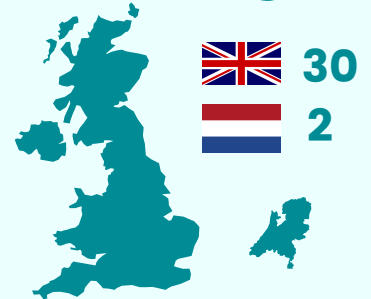
Does using Kindspace reduce feelings of worry?



A 6 week intervention, where participants were asked to use Kindspace around 3 times a week



Recruited 63 participants and ended the study with 32 active participants, with 8 attending the online focus group



30 active participants from UK & 2 from the Netherlands



87% of Kindspace sessions were done in the morning

"I enjoyed the tip of the day which was about focusing on positive moments throughout the day instead of the negatives."

"I am very much enjoying doing my daily check in and a morning journal. I am considering starting to use the evening journal option before bed."

"The breathing exercise really helped slow me down after a mentally draining day."

"I needed this this morning after waking up in a bad mood for no reason, it made me feel so much better and on a better path for the day."

"The tip of the day are nice and bite sized, doable, affirmative, and I can see leading to positive habit building."

Actions based on feedback include improving the audio quality and expanding the selection of bedtime stories and activities in general

System Usability Score



Results of the Penn State Worry Questionnaires (PSWQ-PW)



Overall feelings of worry reduced during the trial

Proportion of active participants that experienced a reduction in their PSWQ-PW score over the 6 weeks **84%**

Proportion of active participants that experienced at least a 10% reduction in their PSWQ-PW score over the 6 weeks **47%**

Learn more at www.createyourkindspace.com