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**Roads to resilience in the domain of social stress: coping skills and mHealth**

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**Learning Goal:**

To learn more on building resilience using mHealth in the domain of social stress.

**Abstract Text:**

Persons with lived experience of psychosis encounter situations in which stigma and other social stressors play a role. This often has negative consequences for the individual. To assist individuals to develop coping, the Experience Sampling Method (ESM), a structured diary in an App, was introduced.

The aim was to develop an application to assist people with mental health problems in diminishing negative consequences of social stressors and stigma. Our aim was to increase resilience, by assisting people in their coping process in social relations. The app was co-created with experts by experience and peer support workers. They provided strategies to increase resilience that are implemented in the app.

The co-creation process and the app that was developed will be presented. The app gives immediate in situ feedback based on an individual's daily life situation. In a pilot phase stigma was addressed directly, which may increase stigma consciousness.

Now, stigma and social stress are assessed more implicitly, with a focus on resilience.

Monitoring daily life experiences (thoughts, feelings, behaviors) and providing feedback to increase resilience may help people with mental health problems in general, and people with psychotic experiences specifically, to develop coping with stigma and other social stress situations. Individual needs of people with lived experience of psychosis will be further explored to optimize the app.

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