

**Designing for Self-management of Mental Ill-health –
The Need to Extend Interdisciplinary Bioengineering Agenda**

Corina Sas – Keynote Speaker

Abstract

Affective disorders, such as stress and depression are estimated to be among the highest ranking causes of disease by 2020 affecting over 33 million people whose yearly healthcare costs exceed €100 Billion. Technologies addressing these challenges range from computerised cognitive behavioural therapy tools to more recent mental health apps and wearable devices. The latter technologies reflect the quantified self movement and its emphasis on data capturing in real life settings, remote data storage and analysis by professional therapists for diagnosis and medical treatment. In this talk I will challenge some of the assumptions of such technologies and the importance to shift from devices for capturing and recognizing emotions to those supporting also understanding and regulation of emotional responses. I will discuss the main theoretical perspectives supporting this shift and the need for broader interdisciplinary Bioengineering research agenda drawing also from Human-Computer Interaction and Psychology. The talk will conclude with a reflection on such a novel interdisciplinary approach within our EC-funded Innovative Training Network AffectTech: Personal technologies for affective health (Euro 3.8m).

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