



reducecept

# Mobile manual

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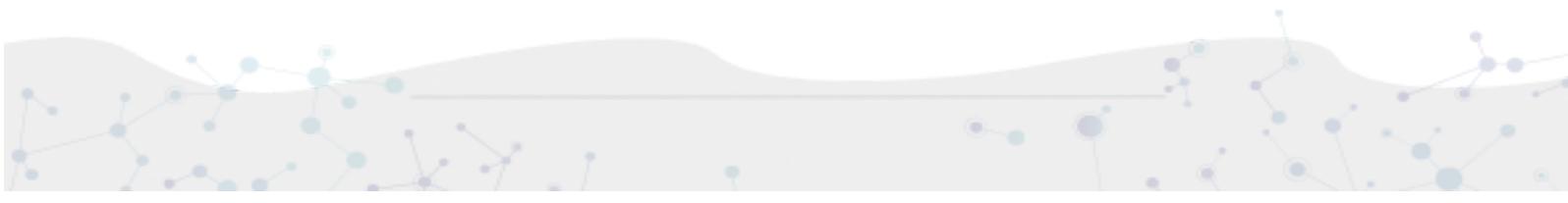


# Reducept mobile app

The Reducept mobile app allows you to play Reducept without the Oculus Go headset. In this manual you install Reducept on your smartphone and link your game to the subscription you received from your practitioner.

## Content

<b>Good to know before you start</b>	<b>3</b>
<b>Installing Reducept on your phone</b>	<b>5</b>
<b>Login to the Reducept app</b>	<b>6</b>
<b>Play the Reducept game in VR</b>	<b>7</b>





## Good to know before you start

Thank you for trying Reducept! We're going to tell you a little bit about the product, right after that you'll find instructions on how to install Reducept on your smartphone.

### **The current scientific status of Reducept mobile**

Reducept uses pain management strategies that have been scientifically researched. We do not yet know if these strategies translated to our smartphone app are also effective and to what extent. We are actively researching this within Reducept, but we cannot make a statement about the efficacy of Reducept's mobile app.

### **Target group**

Reducept is designed for people with chronic pain. Chronic pain is defined as ongoing or recurring pain that lasts longer than the normal healing period for an illness or injury, or that lasts longer than three to six months. Reducept has been tested on people between the ages of 18 and 80. For younger children, we have no data on the efficacy of the product. For people 65 years of age or older, help is often needed to install and familiarize themselves with the program, but subsequently older people can also make improvements with the program.

### **Potential Risks**

Reducept is used at your own risk. At this time, the app itself has few known risks. However, it is possible that playing on your mobile may cause you some discomfort. If you experience more pain while playing, stop playing immediately and contact your doctor.

For possible risks involved in playing on your mobile phone, we recommend you read the manual of your own cell phone.

Furthermore, it is possible that you may become dizzy from looking at the screen. If you experience this, stop playing and contact your treating physician.

Despite Reducept's psychosocial approach and the relatively low risk of the intervention, there are some criteria that are good to keep in mind when using Reducept. We do not recommend using Reducept when experiencing:

- Psychotic disorders: any disorder in which a patient has difficulty distinguishing between reality and the fictional world of VR can potentially lead to an increase in confusion
- Dementia: any disorder in which a patient has difficulty distinguishing between reality and the fictional world of VR can potentially lead to an increase in confusion
- Psychiatric comorbidity: we recommend that psychiatric comorbid disorders be treated before using Reducept
- Younger than 18 years: Reducept was developed for adults. At the time of writing, feasibility studies are being conducted on the application of Reducept in adolescents
- Audio-visual disorders: when they interfere with the use of VR





### **Current state of research**

Within Reducept, we use a variety of psychological treatment techniques. For example, cognitive behavioral therapy, acceptance and commitment therapy, Mindfulness and Hypnotherapy<sup>1</sup>. These techniques have been widely researched in the past and have proven to be effective.

Virtual Reality (VR) has also been widely researched in recent times for its effectiveness in treatment techniques with promising results.

Reducept has chosen to combine the well researched psychological treatment techniques with VR. To investigate the success of Reducept, several studies are currently underway. For more information visit the website: [reducept.com/science](https://reducept.com/science).

### **CE mark**

Reducept has a CE mark. This mark certifies that the product complies with the applicable rules within the European Economic Area. The CE number is: 2019/682-01

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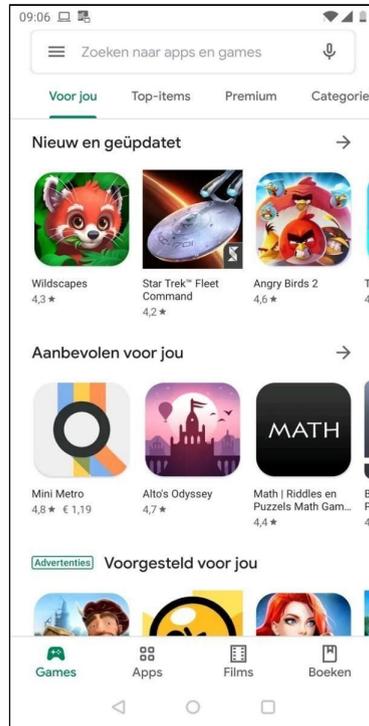
<sup>1</sup> Fennema & Zantema, 2019



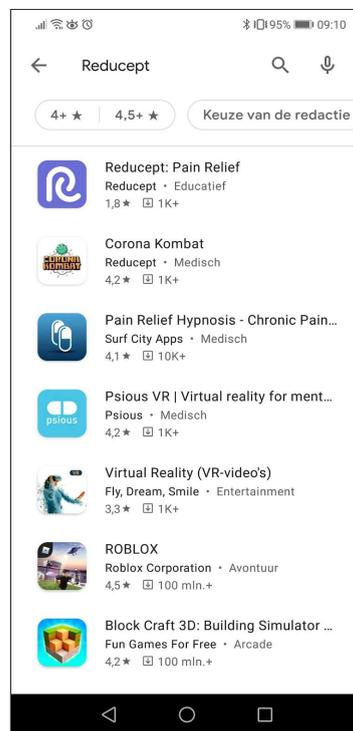


# Installing Reducept on your phone

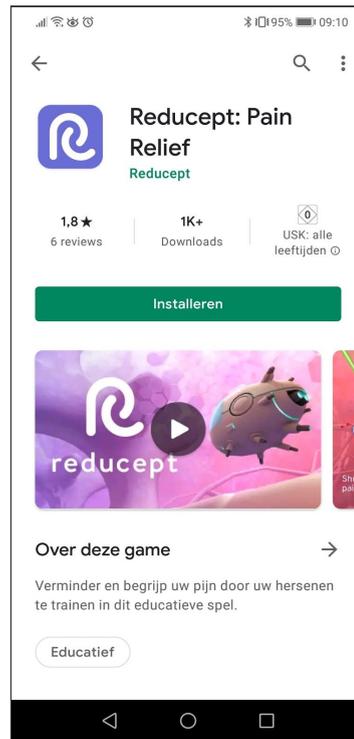
1. Open the iTunes Store (on iPhone) or the Google Play store (on Android phones).



2. Search in the search field for 'reducept'. Choose the Reducept app in the search results.



3. Press 'Install'.



4. Press 'Open'. The Reducept app has also been added to your phone's home screen

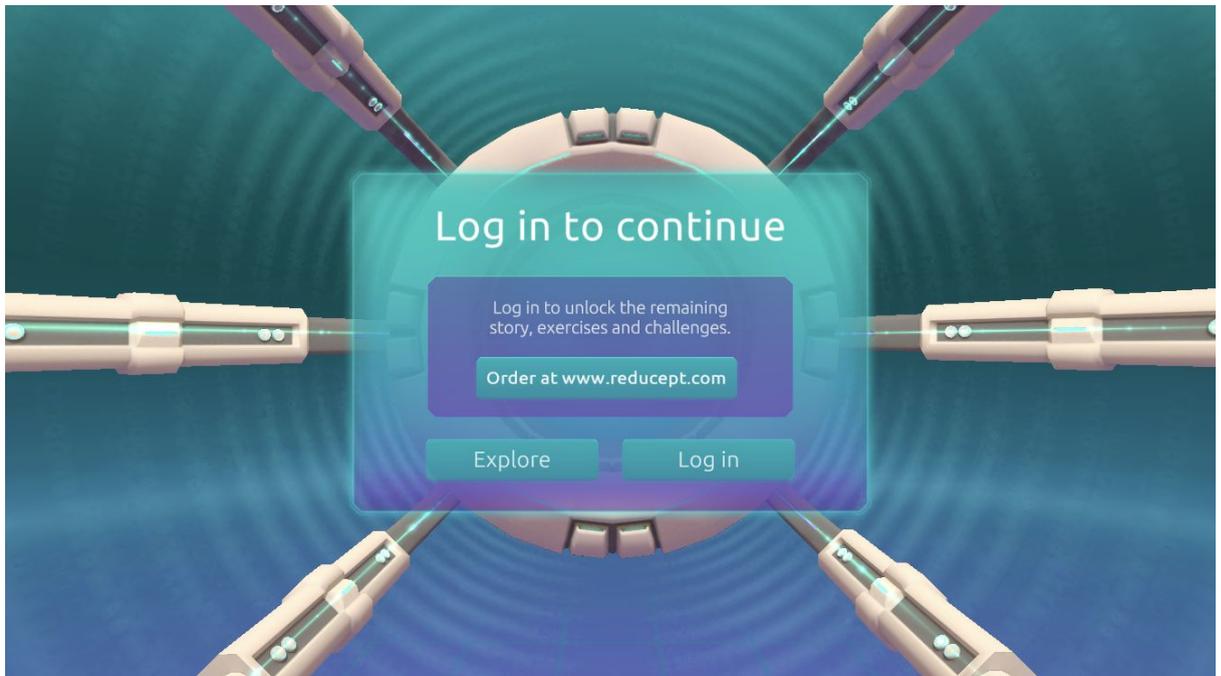


## Login to the Reducept app

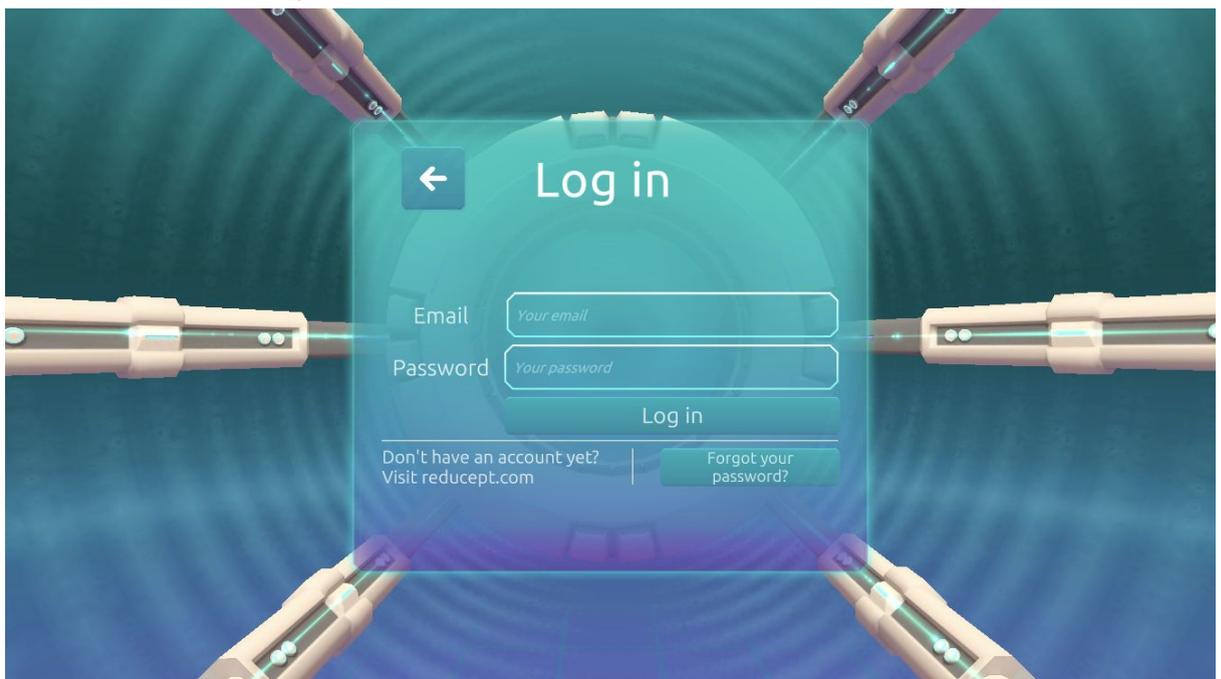
1. Start the Reducept app (see the step 'Install Reducept on your phone').



2. Press the arrow in the 'User' menu.



3. Enter your email address and the password you have set in the Reducept dashboard and then press the 'Login' button.



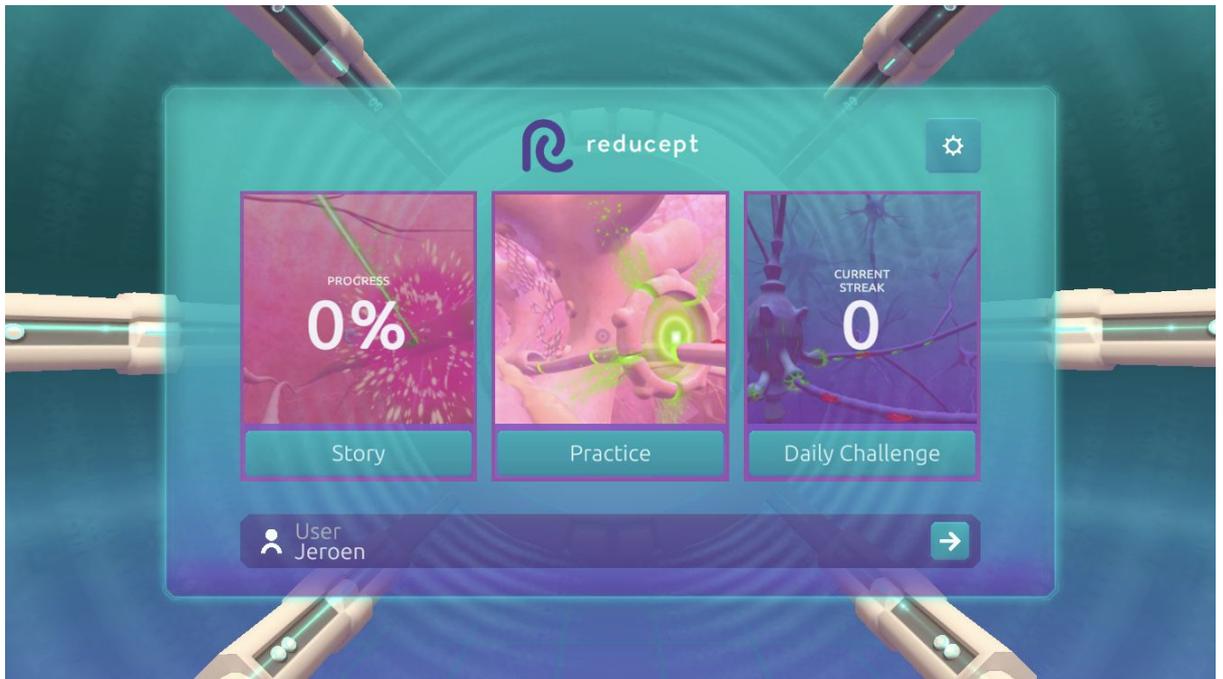
4. You're logged in now.

## Play the Reducept game in VR

1. Start the Reducept app (see the step 'Install Reducept on your phone'). Make sure you are logged in (see the step 'Login to the Reducept app').



2. Open the 'Options' screen by pressing the cogwheel in the upper right corner.



3. In the 'Options' screen, press the 'Switch VR' button.



4. **(OPTIONAL)** Put your phone in a dedicated VR headset and place the headset on your head.

