# DkIT tests technology to improve health and wellbeing for people with heart conditions.



The NetwellCASALA team, at Dundalk Institute of Technology (DkIT), is currently developing and testing new technologies aimed at supporting people with heart conditions to self-manage their own health and wellbeing.

Some examples of heart disease include but not are not limited to high blood pressure, angina, heart failure, and coronary heart disease among others.The challenges associated with managing health conditions such as heart disease can often take a toll on our mental well being and increase feelings of stress. On this basis, Dr Orla Moran and Dr Julie Doyle are developing psychological supports, in the form of written psychology tips and advice, as well as guided meditation recordings, to be used in digital app. The purpose of these is to help improve coping skills, making self-care more manageable and improving overall well being.

We are testing digital health intervention grounded in Acceptance and Commitment Therapy (ACT) for helping cardiac patients better manage stress, anxiety, and other types of distress. The intervention will take place over a period of 8 ​weeks and will involve 6 one-to-one therapeutic ACT session will be delivered via Zoom by a psychologist.  You will also have access to interactive exercises, such as guided meditations, as well as tips and information delivered by a digital app. You will also be invited to complete daily assessment measures and use self-management devices important for managing cardiac conditions (for example, to monitor blood pressure and heart rate) throughout the course of the intervention.

If you are interested in participating in this research, please contact Dr. Orla Moran (Email: [Orla.moran@dkit.ie](mailto:Orla.moran@dkit.ie)) to discuss.