



# **ENGINEERING PSYCHIATRY**

research program

## **FACULTY MENTOR**

Ellen Lee

## **PROJECT TITLE**

Personalized Digital Cognitive Behavioral Therapy for Insomnia for Older Adults with Serious Mental Illnesses

## **PROJECT DESCRIPTION**

We are developing a protocol to personalize cognitive behavioral therapy for insomnia for a vulnerable population, older adults with serious mental illnesses, using wearable fitness trackers and smartphone-based ecological momentary assessments. We would like a student (or two) to work with us on developing an automated system that can pull the wearable data from an online app and create reminders and surveys that are tailored to the patient.

This project will be in-person.

## **INTERNS NEEDED**

1-2 Students

## **PREREQUISITES**

- Programming in python
- Willingness to learn to work with existing apps