



Keith Horvath <khorrath@sdsu.edu>

START app activities document

Donovan Ackley III, Ph.D. <dackleyiii@sdsu.edu>

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To: Adam Carrico <acarrico@fiu.edu>, Dr Chika Chuku <cchuku@fiu.edu>, "Valdivia Henderson, Chelsea" <cvaldivi@fiu.edu>, "Ghanooni, Delaram" <dghanoon@fiu.edu>, Keith Horvath <khorrath@sdsu.edu>, "Davis Ewart, Leah Nicole" <ldavisew@fiu.edu>, Michael Miller-Perusse <mmillerperusse@sdsu.edu>, Sabina Hirshfield <sabina.hirshfield@downstate.edu>

Hello, START team,

I have already submitted this to Chika and uploaded to Box, but thought team may have interest in the brief one-page definition of what we track on backend lengagement report). The activities which require user interaction are highlighted in yellow. These are the columns left to right on the engagement report we viewed yesterday.

Backend Data column headers – definitions (what is being reported for each activity.)

- **Check-in** (reports completion of all 3 interactive questions, date-stamped answers reported in Check-in user report: Current Mood, Medication Adherence Y/N, Substance Use: Using, Sober, Coming Down, Prefer not to say)
 - If selected Yes to Module 5 reminder after Goals Practice 2 activity and / or Module 6 Acts of Kindness goal activity, adds fourth Y/N question: "Do you want to check in about your Goals?" If yes, shows personal goal(s) set, allows editing.
- **#times in app** (opened app, may not have completed anything)
- **Module 1: Welcome to START** (3 activities below = **1 interactive**)
 - Intro Welcome: 4 videos
 - **Intro Selfcare**: 1 video + **personalized self-care checklist** (choose from list of options &/or type in textbox)
 - Intro Stim Use: 5 videos on HIV & Stimulant Use
- **Module 2: Positive Events & Gratitude** (3 activities below = **2 interactive**)
 - **PosEvents GoodThings**: 3 videos + **type in textboxes 3 recent Good Things**
 - **PosEve Grat Journal**: 2 videos + **type in Gratitude Journal textbox** "What are you grateful for?"
 - PosEve Meditation: 2 audio clips (separate screens) – 2-minute explanation + 2-minute guided breathing practice
- **Module 3: Mindfulness & Self-Compassion** (3 activities below = **1 interactive**)
 - Informal Mindfulness: 4 videos
 - **Mindful Self Compassion**: **type in textbox** "What's something you can be mindful about that allows you to be present in the moment?"
 - Mindful Meditation: 2 audio clips – one 2-minute guided meditation body scan (same practice, different voices)
- **Module 4: Reappraisal & Coping** (2 activities below = **1 interactive**)
 - **Reappraisal**: 4 videos + **3 Practice screens** (pick 1 out of 4 options to sample scenario) + type in textbox personal difficulty then more positive reframe
 - Reappraisal Meditation: 2 audio clips – one 2-minute guided visualization / focus attention breath/body meditation (same practice, different voices)
- **Module 5: Values, Strengths & Goals** (5 activities below = **3 interactive**)
 - Values Intro: Taking Inventory 1 video
 - **Values**: 1 video + **swipe and sort list to prioritize top 5 personal values**

- **Values Strengths**: 1 video + **swipe and sort list to prioritize top 5 personal strengths**
- **Values Goals**: 2 videos + **2 Practice screens** (Practice 1 = 2 scenarios with 4 steps each (pick 1 out of 4 goal options → drag & drop to order 4 steps to achieve goal → select 2 of 5 options for personal strengths that will help → select 2 of 5 options for personal values that will help; Practice 2 = choose 1 of 6 options to set personal goal → choose 1 of 5 long-term goal options or type in textbox → type in textbox attainable goal to achieve selected long-term goal → type in textbox to add steps to reach attainable goal → select 1 of 5 options each: personal value & personal strength to attain goal)
- Values Meditation: 3-minuted guided breathing / body scan meditation (same meditation, 2 different voices)
- **Module 6: Acts of Kindness** (2 activities below = **1 interactive**)
 - **Kindness**: 4 videos + **Acts of Kindness skills practice** select from 4 options or type in textbox to choose an act of kindness to practice 4 times (What, Who, Where, When)
 - Kindness Meditation: 1 3-minute audio guided loving-kindness meditation with body scan (2 voice options)
- **Videos: number of videos viewed across whole app**
- **Reminders: number of daily reminders set** including Medication reminder, START Check-in reminder, Goals activity reminder

Donovan Ackley III, Ph.D.
Program Specialist, Research Coordinator
Improving Health Outcomes Through Technology Lab (iHOTT)
San Diego State University Research Foundation
[5555 Canyon Crest Drive, San Diego, CA 92182](#)

Tel.: (619) 786-2950
Email: dackleyiii@sdsu.edu
Lab website: <https://ihott.sdsu.edu>