

# Method And System For Diagnosing And Training Self Regulation Of Internal Distraction

Tech ID: 24176 / UC Case 2014-169-0

## CONTACT

Abdalla A. Saad  
[abdalla.saad@ucsf.edu](mailto:abdalla.saad@ucsf.edu)  
tel: .



## OTHER INFORMATION

### KEYWORDS

App, Software, Internal distraction, ADHD, Mental illness, Obsessive compulsive disorder, PTSD, Major depressive disorder, Substance dependence disorder

### CATEGORIZED AS

- ▶ Computer
- ▶ Software
- ▶ Medical
- ▶ Diagnostics

### RELATED CASES

2014-169-0

VALUE PROPOSITION

Both internal (i.e. intrusive thoughts, emotions, urges) and external distractions (i.e. sounds, images, smells) can affect behavior as well as impact performance on a wide variety of activities. In fact, failure to regulate or adequately control internal and external distractions can lead to significant impairment in cognition and social conduct, and is likely to play an important role in a range of mental illnesses including ADHD, PTSD, Major Depressive Disorder, Obsessive Compulsive Disorder, and Substance Dependence Disorders. As a method for training self-regulation of internal distractions, this technology could potentially be an easy and effective way to attenuate the symptoms from these illnesses as well as lead to high-level performance on goal-directed activities.

TECHNOLOGY DESCRIPTION

This technology is a novel, computer-based, assessment and training method designed to study and improve internal distraction regulation. Individuals engage in computer-based tasks that assess their ability to maintain focused attention on a task while resisting internal distraction. The software quantifies the time that they can accomplish the goal for each session and, via adaptive training algorithms, trains them to increase this time with each successive session.

APPLICATION

Software applications for many different platforms (tablets, mobile phones, internet) so that individuals and their healthcare professionals can identify and better control internal distractions

STAGE OF DEVELOPMENT

Has clinical data

DATA AVAILABILITY

Under NDA/CDA

PATENT STATUS

Country	Type	Number	Dated	Case
United States Of America	Issued Patent	10,863,940	12/15/2020	2014-169

ADDRESS

UCSF  
Innovation Ventures

600 16th St, Genentech Hall, S-272,  
San Francisco,CA 94158

CONTACT

Tel:  
innovation@ucsf.edu  
https://innovation.ucsf.edu  
Fax:

CONNECT

 Follow  Connect

© 2014 - 2020, The Regents of the University  
of California

