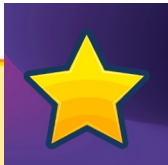


StarStarter

Therapeutic mobile game, clinically validated to manage anxiety symptoms

13+
Age Range



General Information & Features

- Therapeutic mobile game designed to help manage anxiety symptoms through Attention Bias Modification (ABM)
- In-game facial recognition tasks retrain the brain to recognize emotional and attentional patterns that drive the feeling of anxiety
- Recommended use of 6-12 minutes a day, 4 times a week for 4 weeks
- The clinically validated game mechanics have been designed and optimized through a decade of NIH-funded neuroscientific research by Co-Founder and Chief Scientific Officer, Dr. Tracy Dennis-Tiway.
- Available non-prescription under FDA enforcement discretion; it is not evaluated, cleared or approved by FDA. It is not intended to diagnose, monitor, treat or prevent any disease. It may be considered as an adjunct to clinical care, but it does not replace clinical care.

Categories

Anxiety

Patient Acuity/Journey

Mild to Moderate; Prior to care or during to augment care.

Clinical Interventions

Attention Bias Modification (ABM),

Safety

N/A



Platforms

Apple/iOS; Android



Costs/Fees

\$35 yearly access (50% discount); 14 day free trial



Sign-Up Details & Discount Codes

Info available in the Formulary



Reviewer Trial Access (Clinicians)

Request a trial account
[Reviewer Access](#)

Patient Talking Points

- A therapeutic mobile game designed to help manage anxiety symptoms through game play and cognitive training techniques
- 6-12 minutes a day, 4 times a week for 4 weeks
- The Game: Players enter deep space with their ship, the StarStarter, collecting star energy and relighting constellations to help Planet Galea navigate out of darkness.
- To play the game, *simply swipe the spaceship to collect stars*. By reacting quickly and swiping the ship earlier, you will go faster, travel farther, and earn more stars. At the beginning of each turn, two faces appear – a happy face and an angry face. The spaceship will always show up underneath the happy face.

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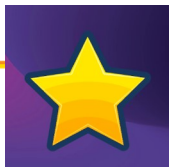


Article Title	Summary
de Rutte, J. Myruski, S. Davis, E. Findley, Dennis-Tiwary, T. A randomized clinical trial investigating the clinical impact of a game-based digital therapeutic for social anxiety disorder - ScienceDirect	<ul style="list-style-type: none">• Study N 104• Participants ages 22-64 who reported elevated SAD symptoms (scores of 7 and above) on the 3-item Mini-Social Phobia Inventory• Purpose: A longitudinal clinical trial pilot study to investigate gamified attention bias modification (ABM) as an efficacious digital therapeutic tool for the reduction of social anxiety disorder symptom severity• Administration: Four weekly 12-minute sessions across 4 weeks• Primary Endpoints: Self-reported Social Anxiety for adults via The Liebowitz SAD Scale Self-Report (LSAS-SR)• Results: 90% showed reduced social anxiety; 68% reduced a full symptom severity level; 38% reduced below clinical thresholds; The active arm was more than 3 times as likely to show meaningful reductions relative to a gold-standard placebo sham
Additional studies available https://arcadetherapeutics.com/research	

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Additional Information

How does StarStarter work? Why the faces?

People with excessive anxiety pay too much attention to negative thoughts, experiences, and social interactions that can distort their outlook. StarStarter retrains these patterns of attention subconsciously through gamified interactions with facial expressions. Even before babies can crawl, they can recognize the difference between a smiling face and an angry one. Facial expressions are unique in their ability to capture our attention and drive an emotional response. Through the repetition of interactions that focus attention on a pleasant face, our technique re-trains the associated neural pathways to reduce anxiety symptoms.

How can players get support if they have technical issues or questions about the game? Or if they want to leave feedback?

Visit <https://arcadetherapeutics.com/support/> to submit a message

How to play the game?

To play the game, *simply swipe the spaceship to collect stars*. By reacting quickly and swiping the ship earlier, you will go faster, travel farther, and earn more stars. At the beginning of each turn, two faces appear – a happy face and an angry face. The spaceship will always show up underneath the happy face.

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