

# T-BIDS

Technology-based Behavioral Intervention Delivery System

## T-BIDS can help you:

- Convert research findings into products
- Deliver health interventions
- Deliver training programs
- Conduct research and collect data about users' health indicators, progress, and mastery of the curriculum

Along with our friendly staff, the Technology Based Intervention Delivery System (T-BIDS) provides a content management system for creating web-based intervention applications (apps) with integrated administrative support portals.

From our library of features, you select those that best support your program. We can also design custom features to meet the unique needs of your program.

T-BIDS protects all data collection and monitoring activities with state-of-the-art security protocols.

## Here's how it works

### BUILD YOUR PRODUCT WITH THE CURRICULUM EDITOR TEMPLATES

- The Curriculum Editor is the back-end content management system where you design the user experience.
- Select from a variety of features and tools to create the most effective configuration for your product.
- You can work with the Influents team or your own development team.

#### CREATE MODULES

Present a variety of content, such as:

- **Text**
- **Media:** Audio · Images · Video · Slides
- **Games:** Flip · Match · Buckets · Cloze · and more
- **Quizzes:** Many formats available, such as: Radio · Checkbox · Text

#### FACILITATE INTERACTION

- Private interactions with the coaches and trainers
- Ask questions, upload videos, post messages
- Interact with other participants in the Group Forum
- Provide feedback to coaches and participants

#### WHAT YOU BUILD

#### GIVE FEEDBACK

- Provide encouragement with:
- Rewards
  - Activity ideas
  - Reminders and notifications

#### COLLECT DATA

E.g., daily ratings and daily event counting

#### CUSTOMIZE

Develop custom features tailored to your specific program.

#### Influents Innovations:

- Helps customize the platform to meet your needs
- Hosts the program and maintains the database on a secure server
- Helps with updates and expansion of the platform

#### TRAINER

The trainer uses the website to:

- View data in the Coach Portal
- View coach and participant aggregated progress, status and quiz reports

#### EXPERIENCES YOU PROVIDE

#### PARTICIPANTS

Participants use a mobile app to engage in the program.

#### COACH

The coach uses the website to work with participants and monitor their progress.

#### AVAILABLE TOOLS & FEATURES

##### Communication

- Private messaging with participants and trainer
- Group messaging on the Program Forum

##### Participant Progress

- Session/Clinical notes
- Review daily ratings (e.g., mood)
- Monitoring (e.g., depression safety, parenting)
- Daily event counting (e.g., pleasant activities)

##### Progress Reports

- Quiz and Game results
- Participant usage data
- Activity plans
- Graphic display of Ratings and Events

##### Video

- Download participant videos
- Add time-specific video notes

##### Feedback and Engagement

- Rewards (e.g., stars, badges)
- Notifications

#### AVAILABLE TOOLS & FEATURES

##### Communication

- Private messaging (between participant and coach)
- Group messaging on the Program Forum

##### Self-help and Monitoring

- Monitoring (e.g., depression safety, parenting)
- Daily ratings (e.g., mood)
- Daily event counting (e.g. pleasant activities)
- Plan lists (e.g., rewards, pleasant activity ideas)
- Graphic display of ratings and events

##### Curriculum

- Curriculum viewing
- Quizzes and feedback from coach

##### Interactive Games

- e.g., Flip · Match · Buckets · Cloze · Image-Audio

##### Video

- Video recording and upload
- Time-coded video note viewing/playback

##### Rewards

- e.g., Stars and badges

**influents**<sup>SM</sup>  
INNOVATIONS

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Evidence-based products and services for health, social services and education

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