

## Dashboard Manual

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### Dashboard

The Reducept dashboard has been specially developed for practitioners. Through the dashboard, you can manage different users and devices, and monitor the performance of the different players under your treatment.

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#### Good to know before you start

Thank you for trying Reducept! We're going to tell you a little bit about the product, right after that you'll find instructions on how to make use of the dashboard within Reducept.

#### Target group

Reducept is designed for people with chronic pain. Chronic pain is defined as ongoing or recurring pain that lasts longer than the normal healing period for an illness or injury, or that lasts longer than three to six months. Reducept has been tested on people between the ages of 18 and 80. For younger children, we have no data on the efficacy of the product. For people 65 years of age or older, help is often needed to install and familiarize themselves with the program, but subsequently older people can also make improvements with the program.

#### **Potential Risks**

Reducept is used at your own risk. At this time, the app itself has few known risks. However, it is possible that playing on the VR-Headset may cause your patient some discomfort. If they experience more pain while playing, let them stop playing immediately and let them contact you.

For possible risks involved in playing on the VR-Headset, we recommend you read the manual of the VR-Headset.

Furthermore, it is possible that the patient may become dizzy from looking at the screen. If they experience this, let them stop playing and let them contact you.

Despite Reducept's psychosocial approach and the relatively low risk of the intervention, there are some criteria that are good to keep in mind when using Reducept. We do not recommend using Reducept when experiencing:

- Psychotic disorders: any disorder in which a patient has difficulty distinguishing between reality and the fictional world of VR can potentially lead to an increase in confusion
- Dementia: any disorder in which a patient has difficulty distinguishing between reality and the fictional world of VR can potentially lead to an increase in confusion
- Psychiatric comorbidity: we recommend that psychiatric comorbid disorders be treated before using Reducept
- Younger than 18 years: Reducept was developed for adults. At the time of writing, feasibility studies are being conducted on the application of Reducept in adolescents
- Audio-visual disorders: when they interfere with the use of VR

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#### Current state of research

Within Reducept, we use a variety of psychological treatment techniques. For example, cognitive behavioral therapy, acceptance and commitment therapy, Mindfulness and Hypnotherapy<sup>1</sup>. These techniques have been widely researched in the past and have proven to be effective.

Virtual Reality (VR) has also been widely researched in recent times for its effectiveness in treatment techniques with promising results.

Reducept has chosen to combine the well researched psychological treatment techniques with VR. To investigate the success of Reducept, several studies are currently underway. For more information visit the website: <a href="mailto:reducept.com/science">reducept.com/science</a>.

#### CE mark

Reducept has a CE mark. This mark certifies that the product complies with the applicable rules within the European Economic Area. The CE number is: 2019/682-01

<sup>1</sup> Fennema & Zantema, 2019

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#### How to access the dashboard

- 1. Once received an email from Reducept with an invitation to create an account on the dashboard. Click on the link to go to the dashboard.
- 2. Choose a password and confirm your password on the login screen.

Hi Reducepter	
Email Adress	
Password	
LOGIN Forgot password?	

3. You will now see the Home screen of the dashboard with a summary of the activity of your players in the past month.

Reducept dashboard		۲	4
MENU	Dashboard		
Home MY ORGANISATION     Players     Player groups	Activity the last month Total number of players: 192 Total playtime: 2 days		
<ul> <li>⊖ Staff</li> <li>Ω Devices</li> <li>∰ My organisation</li> </ul>			

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### How to create new players

1. Open the 'Players' menu under 'My organization'.

Rec	luc	ept dashboard							۲	2
fv	IEN	IU.	1	Dashboard						
r.	i IY C	Home ORGANISATION	1	Activity the l	ast month					
3		Players		Total number of p Total playtime: 2 (	layers: 202 daye					
1	£	Player groups								
e	Э	Staff								
G	ā	Devices								
đ	6	My organisation								

2. You will now see an overview of all players linked to your organization. Click on the 'Add Player' button.

Reducept dashboard						
MENU	Licenses: 3 / 10 per month (	until 27 September 2020)				
Homa MY ORGANISATION	Players				Q I	ADD PLAYER
Players	First name	Last name	Group	Last used 🖖	Active until	Actions
Player groups	213	123			27 Mar 2021	OPEN
Staff     Staff     Devices	Daniel	Jack			17 Dec 2020	OPEN
My organisation	Tom	Bolten			17 Dec 2020	OPEN
	Jack	Downing			17 Dec 2020	OPEN
					Hows per page 10 +	1-4 of 4 < >

3. Several empty entry fields will appear in the player overview. (NOTE: If home usage is not enabled then the email is not required)

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First name*	Last name*
Email*	
Group	

4. Fill in the details of the new player and then click the 'Save' button.

First name *	Last name *
Jack	Ryan
Email	
Group	

5. The new player has been added and appears in the game overview screen.

Q	Ryan		×		۵ 💷	T ADD PLAYER
	First name	Last name	Group	Last used 🎐	Active until	Actions
	Jack	Ryan			10 Dec 2020	OPEN

#### How to view player statistics

1. Open the 'Players' menu under 'My organization'.

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Reduc	cept dashboard		۲	4
ME	NU.	Dashboard		
<b>↑</b> MY	Home	Activity the last month Total number of players: 202		
	Player groups Staff	Total playfine: 2 daya		
50 6	Devices My organisation			

2. Click the "Open" button of the player for which you want to view statistics.

Hame	Players				م	u = 🚺	DD PLAYER
ORGANISATION	Eirst name	Last name	Group	Last used 4	Active until	Actions	
Player groups	213	123			27 Mar 2021	OPEN	
Btatt	Daniel	Jack			17 Dec 2020	OPEN	
Devices My organisation	Tom	Botten			17 Dec 2020	OPEN	
	Jack	Downing			17 Dec 2020	OPEN	
					Hows per page 10 -	1-4 of 4	<

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3. In the statistics screen, you can see a summary of the sessions this player has played so far within the selected period.

<ul> <li>Hote</li> <li>Hydrodautation</li> </ul>	Period selection
🙏 Playan	Data from Ta Data viet Ta
Theyer groups	- Ren
Θ sur	
LaD Deessa	*
By the operation	Summing  Summing  Physical for 12,002 (2014) II to Exercise 2012 (2014)
	StabSeE Network answer: UE Tabi Journe: If Thank Journe: J. Ad. Average entypes have: J. Ad. Average entypes have: J. Ad.
_	Nervy

4. You can view statistics from a specific period by entering the start and end date of the desired period under 'Period selection'. The statistics screen will now show the player statistics from the desired period.

	-	Date Ison 22-07-2020		-		Ostor 1011 08-00-2028	
	<	July 205	20	>	Renard .		
	this	The Max The	14111441	66 T			
6		1 2	3 4	5			
		7 8 9	10 11	12			
	13	14 15 16	17 10	19			
	20	21 22 23	24 25	28			
	27	28 29 30	31				
Summary	ptember 2020	0 patient has, ovei	r the saurse o	144 eessione, played Reducent for	steral of 16 haurs. The overage pain score et the b	regioning of these associes was 7.66. The average pain score at the end	of those seconds was 7,44. The overlage
in the period from 23 July 2020 to 8 Se decrease in pain was 0.21.							
in the period from 25 July 2020 to 8 Se decrease in pain was 0.21. Statistics							
In the period income 23 July 26281 to 8 Se decrease in pain was 0.21. Statistics function of persponse, 44 food perspiner: 18 hours liverage seart pers Science 7.65 liverage eart pain ecome: 7.44							

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### How to link devices to your organization

When you log in to your VR headset, Android, or iPhone with your login information, it is automatically added to the dashboard.

It can be useful to change the name of your device. You do this in the dashboard:

1. Open the 'Devices' menu under 'My organization'.

MENI	Devidosant	
A Nate We delia Rowton Hearts	Activity the list month The consort always the The statement it must	
Arr     A	]	

2. You will see the device overview screen where the new device has been added to the overview.

Reducept					• ±
MENU	Devices				
MY ORGANISATION	Name	Logged in player	Log infaut	Last usage at	Actions
Playors	Miko	Test Tes	SIGN OUT	17 September 2020 13:04	OPEN
Player groups	Boyd	None	LOGIN	11 October 2019 14:30	OPEN
G Devices	John Dee	None	LOGIN	31 July 2019 15:09	OPEN
My organisation	Lise	None	LOGIN	18 June 2019 18:12	OPEN
Q, Search	Oculus Quest	None	LOGIN	4 April 2020 20:10	OPEN
					Rows per page 10 = 1-10 of 54 < >

3. Click on 'Open'

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Reducept					@ <b>1</b>
MENU	Devices				
MY ORGANISATION	Name	Logged in player	Log in/out	Last usage at	Actions
Players	Mks	Test Tes	SIGN OUT	17 September 2020 13:04	OPEN
22. Player groups	Bayd	Nona	LOON	11 October 2019 14:30	OPEN
GO Devices	John Dae	None	LOGIN	31 July 2019 15:09	OPEN
🚯 My organisation	Lina	None	LOGIN	18 June 2019 16:12	CPEN
Q, Search	Oculus Quest	None	LOGIN	4 April 2020 20:10	OPEN
					Rows per page 10 = 1-10 of 84 ( >

4. A dialog box will appear with the corresponding information.

Device		
Oculus	Quest	
DELETE	CANCEL	SAVE

5. Now change the name and press 'Save'.

Edit De	vice	
Device Oculus	Quest	1
DELETE	CANCEL	SAVE



### How to log players in and out of the Oculus Go

1. Open the 'Devices' screen under 'My organization'. You will see the device overview screen.

Reducept					۰ د
MENU	Dévices				
MY ORGANISATION	Name	Logged in player	Log infaut	Linit usage int	Actions
🚊 Players	Mko	Test Teo	SIGN OUT	17 September 2020 13:04	OPEN
#* Player groups	Boyd	None	LOGIN	11 October 2019 14:30	OPEN
Staff     Devices	John Dee	None	LOGIN	31 July 2019 15:89	OPEN
💼 My organisation	Lisa	None	LOGIN	18 June 2019 16:12	DPEN
Q, Search	Oculus Quest	None	LOGIN	4 April 2020 20:10	OPEN
					Hows por page 10 = 1-10 of 54 < >

2. Click on the 'Login' button next to the device you want to use.

Reducept							۲	-
MENU	Devices					с ш <mark>л</mark> о	D DEVICE	
MY ORBANISATION	Namo	Logged in player	Log in/out	Last usage at		Actions		
Players	Boyd	None	LOGIN	11 October 2019 14:30		OPEN		
Stoff     Devices	John Dee	None	LOGIN	31 July 2019 15:09		OPEN		
My organisation	Lisa	None	LOGIN	18 June 2019 16:12		OPEN		
S. Snaron	Oculus Quest	None		4 April 2020 20:10		OPEN		
					Rowsperpage 10 -	1-10 of 54	$\sim$	

3. Select the name of the player you want to login to, and click 'Save'.

	Ľ	OGIN
Login		GIN
 Player		
Test Drie	~	GIN
CANCEL	SAVE	GIN

4. The selected player is now paired to the device!

#### How to allow home use

1. Open the 'Players' screen under 'My organization'. You will see the game overview screen.

Redu	cept dashboard		
ME	NU	Dashboard	
A MY	Home ORGANISATION Players	Activity the last month Total number of players: 202 Total playtime: 2 daya	
#1 (0)	Player groups Staff Devices		
曲	My organisation		

2. In the player overview screen, click on the 'Open' button for the new player

Reducept dashboard							0 ±
MENU	Ucenses: 3 / 10 per month	(until 27 September 2020)					
Home MY OFIGANISATION	Players	E-PROVIDER M	444,55531	na meningin kanala sa kar	PAGE 171124	Q III =	OD PLAYER
2 Players	First name	Last name	Group	Last used .*	Active until	Actions	
21 Player groups	213	123			27 Mar 2021	OPEN	
Staff	Daniel	Jack			17 Dec 2020		
My organisation	Tom Tom	Botten			17 Dec 2020	OPEN	
	Jack	Downing			17 Dec 2020	OPEN	
					Hows per p	oage 10 - 1-4 of 4	c >

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3. Click on 'Edit'.

Reducept		ي
MENU	John Doe	EDIT
Homa MY ORGANISATION	Period selection	
2 Players	Date from Date until	
Player groups	heat	
Staff     Staff     Devices		
My organisation		
ing openul	Summary	

4. Click on the button 'Activate home use' and fill in the email address.

John	Last name*
202446011	9
Email	
Group	
Status	
unknown	
PROLONG WITH	3 MONTHS

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5. You will now see the badge turn from red to green. Now click on 'Save'

First name*	Last name *
John	Doe
Email *	
Johndoe@gmail.com	
Group	-
Status	
unknown	
PROLONG WITH 3 MON	ITHS
Allow home usage	HOME USAGE ENABLED

6. The player will receive an email with instructions on how to create a Reducept account for home use.

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### How to prolong a license

1. Open the 'Players' screen under 'My organization'. You will see the game overview screen.

MENU Dashboard  Activity the last month  NY ORGANISATION  Players  Activity the last month  Total number of players: 202  Total playtime: 2 days  Ext Player groups  Staff  Devices	
Home   MY ORGANISATION   Players   Player groups   Staff   Devices	
Player groups     Staff     Devices	
Devices	
画。 My organisation	

2. In the player overview screen, click on the 'Open' button for the new player

Hame	Players					Q III 😇 ADD PLAYE
ORGANISATION	First name	Last name	Group	Lastused 4	Active until	Actions
Player groups	213	123			27 Mar 2021	OPEN
Staff	Daniel	Jack			17 Dec 2020	OPEN
Devices.	Tom	Botten			17 Dec 2020	OPEN
	Jack	Downing			17 Dec 2020	OPEN
					Hows per pa	age 10 - 1-4 of 4 < >

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#### 3. Click on 'Edit'.

Reducept		≞ ⊕
MENU	John Doe	
MY ORGANISATION	Period selection	
Players     Player groups	Date trom  Date until  Reat	
⊖ Staff		
Devices     My organisation		
Q, Search		
	Summary	

#### 4. Click Prolong with 3 months

First name	Last name *			
John	Doe			
Email*				
Johndoe@gmail.com				
Group		13		
Status				
Status unknown PROLONG WITH 3	MONTHS -			

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#### 5. Now click on 'Save'

	Last name*
John	Doe
Email*	
Johndoe@gmail.	com
Status	
Statús	
unknown	
unknown	
PROLONG WITH	3 MONTHS

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### How to change languages

1. Select this highlighted icon on the toolbar

		ill dashboard.reducept.com	G.	• • • +
Reducept dashboard				
MENU	Dashboard			
n Home	12 1250 02 12 10 20			
MY ORGANISATION Players Player groups	Activity the last month Tetal number of players: 214 Tetal playtime: 2 days			
⊖ Staff				
(e) Devices				
My organisation				

#### 2. Select your preferred language



3. That's it.

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### How to delete multiple players at once

1. Open the 'Players' screen under 'My organization'. You will see the game overview screen.

	1		a dashbaardinaduoqot.com	e	
Reduce	apt dashboard				
MEN	U	Dashboard			
<b>↑</b> MY O	Home RGANISATION	Activity the last month	í.		
1	Players	Total playtime: 2 days			
25	Player groups				
Θ	Staff				
60	Devices				
Б.	My organisation				

2. Select which players you would like to delete using the left-most box for each player respectively

Home	Players					Q III = AD	D PLAYER
Players	First name	Last name	Group	Last used 4	Active until	Actions	
Player groups	213	123			27 Mar 2021	OPEN	
Staff	> Daniel	Jack			17 Dec 2020	OPEN	
My organisation	Torn	Bolten			17 Dec 2020	OPEN	
	Jack	Downing			17 Dec 2020	OPEN	
					Rows per pe	ige 10 - 1-4 of 4	с э

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3. Then in the top right corner click the delete icon, followed by a "yes" in the confirmation dialog box

MENU	Licens	es: 3 / 10 per month (	until 27 September 2020)					
A Home	21	ow(s) selected	<u>-</u>	→				
Players		First name	Last name	Group	Last used $\Psi$	Active until	Actions	Dee
Player groups		213	123			27 Mar 2021	OPEN	
Staff		Daniel	Jack			17 Dec 2020	OPEN	
<ul> <li>Devices</li> <li>My organisation</li> </ul>		Tom	Bolten			17 Dec 2020	OPEN	
		Jack	Downing			17 Dec 2020	OPEN	
						Rows per page 10 =	1-4 01 4	c 5

4. Click on the option you want:



5. Done!

### How to sort by a certain column

1. Open the 'Players' screen under 'My organization'. (This can be done in any other section eg. Player groups)

Reduc	cept dashboard		0	4
MEN	10	Dashboard		
<b>↑</b> MY	Home ORGANISATION	Activity the last month		
1	Players	Total playtime 2 days		
0	Player groups Staff			
60	Devices			
ця.	My organisation			

2. Click on a column which shows a tooltip if however over the column name.

Horne	Players					۹ 🖬		DO PLA	YE
Players	First name	Last name	Group	Last used 🏺	Active until	Α	ctions		
Player groups	213	123			27 Mar 2021		OPEN		
Stat	Daniel	Jeck			17 Dec 2020		OPEN		
My organisation	🗆 Tom	Bolten			17 Dec 2020		OPEN		
	Jack	Downing			17 Dec 2020		OPEN		
					Ros	vs per page 10 +	1-4 af 4	ŝ	3

3. You can then view the sorted list in your best interest!

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# R

Reducept dashboard						۵ 🛎	
MENU	Licenses: 3 / 10 per month (until 27 September 2020)						
Home MY ORGANISATION	Players						
Players	Eist name *	Last name	Group	Last used	Active until	Actions	
T Player groups	213	123			27 Mar 2021	OPEN	
<ul> <li>⊖ Staff</li> <li>(1) Devices</li> <li>(2) My organisation</li> </ul>	Daniel	Jack			17 Dec 2020	OPEN	
	🗆 Jack	Downing			17 Dec 2020	OPEN	
	Tom	Bolten			17 Dec 2020	OPEN	
					Hows p	er page 10 = 1-4 of 4 🗧 🗦	
	·						

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