



onlinehulp-apps

Description of app for the Flemish Appstore for wellbeing and mental health:

<https://www.onlinehulp-apps.be/>

version: 13.3.2023

Clear Fear



Where is the app available?

	platform	URL
X	iOS (Apple)	https://apps.apple.com/gb/app/clear-fear/id1437282350
X	Android	https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear

What is the app's uniqueness?*

The Clear Fear app provides information on different types of anxiety and how to recognise them. You get tips and exercises to control your fear. The app offers breathing exercises and the opportunity to set up a personal safety network.

MORE EXTENSIVE DESCRIPTION

Subtitle:

When facing your fear

Whom is this app for? *

Children under 11 who are struggling with anxiety can use this app when assisted. Young people between 11 and 19 years old who want to learn to control their fear can use this app autonomously.

What is the purpose of the app? *

By means of short exercises and explanation on several types of fear, Clear Fear tries to support young people in managing their fears.

What can you do with this app?

Clear Fear offers several ways to manage your fears:

- information on the several types of fear and anxiety: description, characteristics, and tips.
- a drop-down list what you want to do with this fear
- short exercises that help you reach your goal. You can select exercises of three or five minutes.
- for direct help, the app offers
 - breathing exercises,
 - information on panic attacks
 - a personal safety net that you construct with contacts and thoughts that can help you in a difficult moment.
- monitor yourself so you get an overview of your fears and activities in the past week
- the Grit Box, in which you can find inspiring quotes, people, and your own positive thoughts.

How much does it cost to use this app?*

Free

Who is the supplier? *

Stem4 - <https://stem4.org.uk/>

Release: 04/12/2018

QUALITY ASSESSMENT

In the app store we decide to include the most important notes of attention on the quality of the app. These are distinct strengths of the app as well as possibly weaker aspects. We do not include what is just okay.

On the app's TRANSPARANCY

What are the most important strengths of this app if you focus on transparency?

- Clear Fear has a specific Covid section

What are important weaknesses of this app if you focus on transparency?

- None

On the ACCESSIBILITY of the app

What are important strengths of this app if you focus on accessibility?

- you can personalise the app with a colour theme.
- Icons make Clear Fear well-organised
- The app is partially available offline.

What are important weaknesses of this app if you focus on accessibility?

- Only available in English

On the RELIABILITY of the app

What are important strengths of this app if you focus on reliability?

- You have the option to set a password.

What are important weaknesses of this app if you focus on reliability?

- None

DOES THIS APP ENABLE CONTACT WITH A COUNSELLOR?

No this is a self-help tool

IN WHAT LANGUAGES(S) THIS APP CAN BE USED?

English

WHAT IS OR ARE THE CENTRAL THEME(S) OF THE APP?

- Mental well-being
- Emotional well-being
- Fear