



Co-funded by the
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of the European Union

Prolepsis Mobile Applications' (iOS & Android) Manual

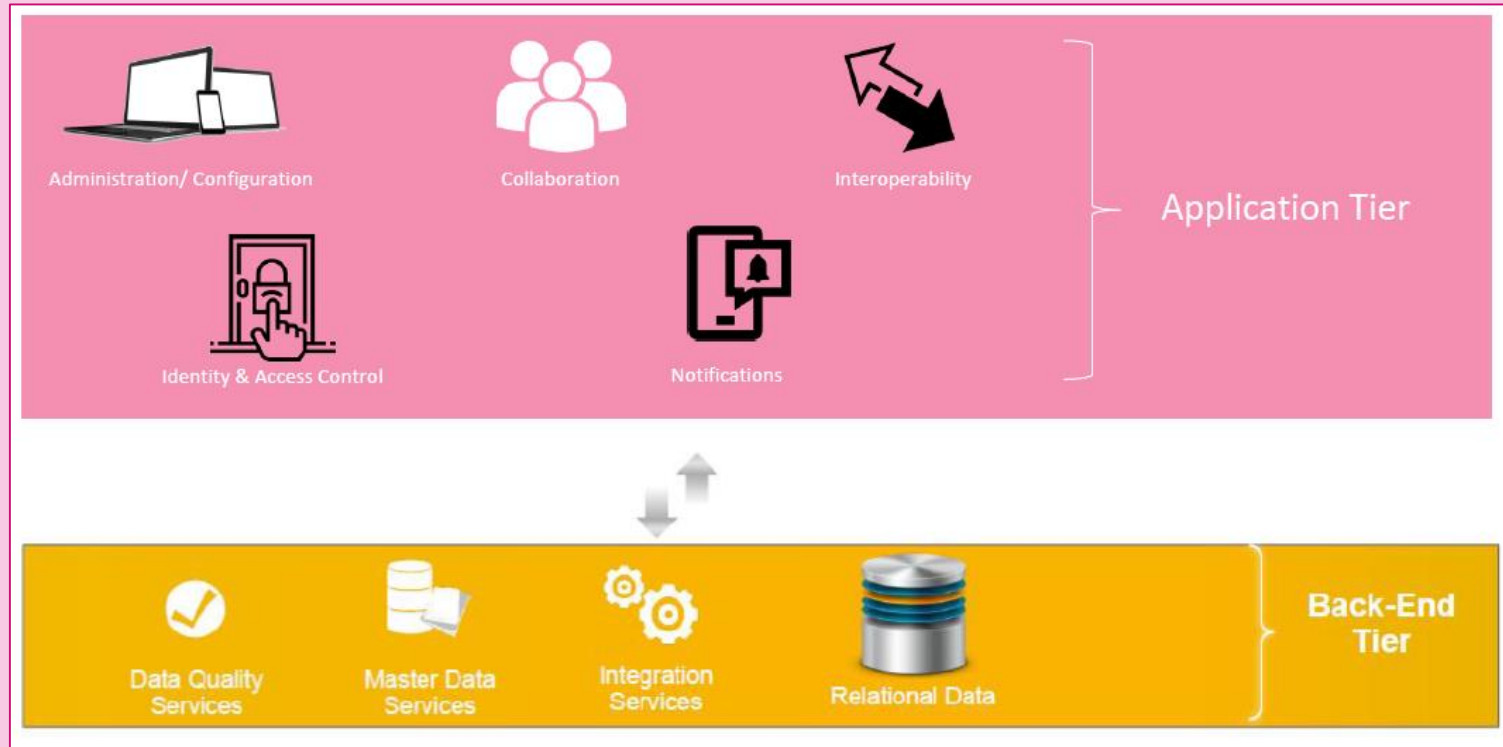
Singularlogic

prolepsis

“There is no medicine you can take that will replace what you can do for your own health.”
— Aarti Patel, The Art of Health: Simple and Powerful Keys for Creating Health in your Life



Architectural Overview



Introducing the Mobile App

End users : Female Carers

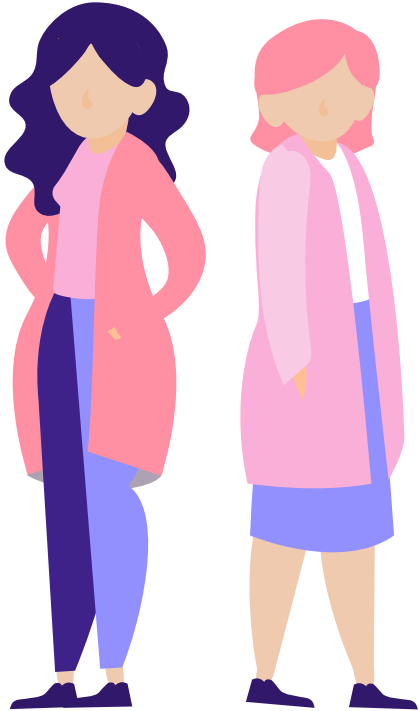
Administrative Roles :

- ❑ Super Admin
- ❑ Region Admin

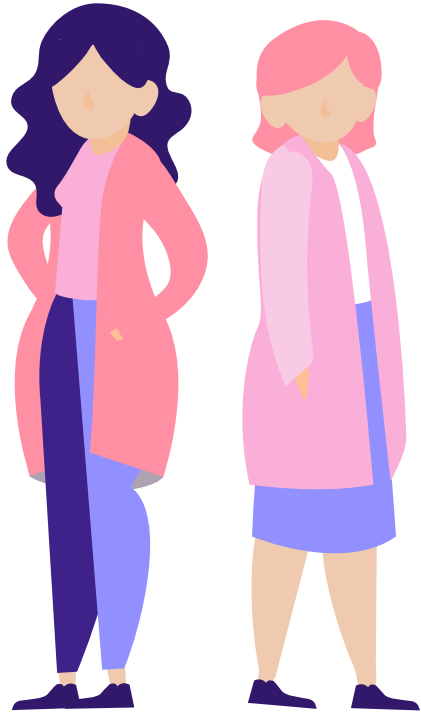
Mobile App



Mobile App



Log in page



prolepsis

e-mail

password

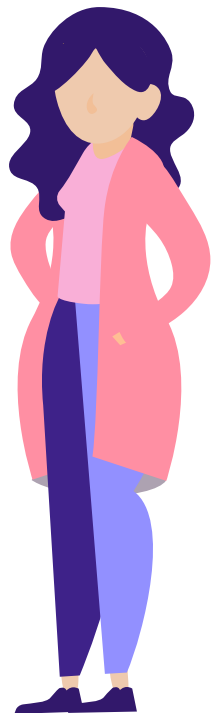
LOG IN

New user?
[Create Account](#)

Forgot your password?
[Reset Password](#)



New user? Create account!



Click on "Create Account" and complete the fields of the form

A screenshot of a web form for creating a new account. The form is titled "prolepsis" at the top, with a pink ribbon logo. The form fields are: "user name" (with a red border and a cursor), "e-mail", "password" (with an eye icon for visibility), "confirm password" (with an eye icon), and a "Country" dropdown menu currently set to "Other". At the bottom of the form is a red button labeled "CREATE ACCOUNT". A pink arrow points from the text "Click on 'Create Account' and complete the fields of the form" to the "CREATE ACCOUNT" button.

prolepsis

user name

e-mail

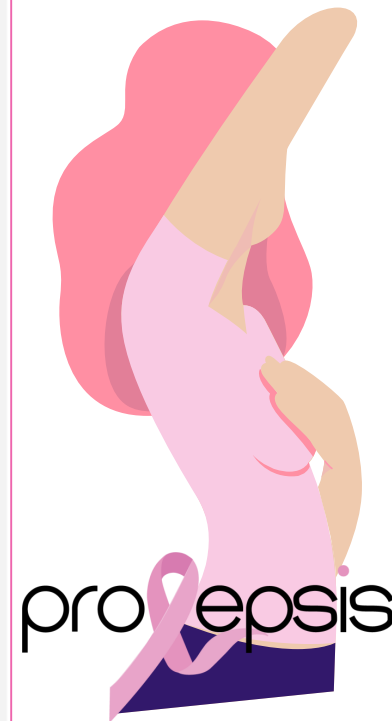
password

confirm password

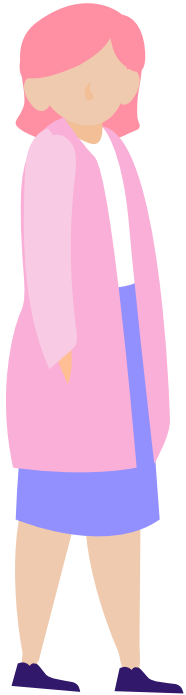
Country

Other

CREATE ACCOUNT



Create account



Select your
country from
the list of
values

And then click at
the button:

CREATE ACCOUNT

prolepsis

user name

Cyprus

Czechia

Denmark

Estonia

Finland

France

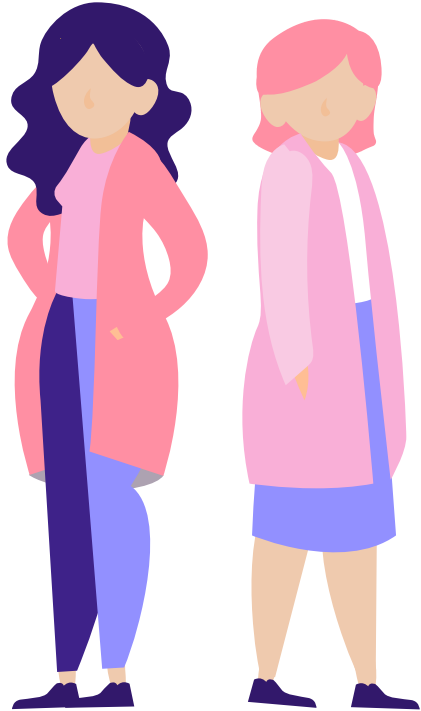
Germany

Greece

Hungary



Forgot Password?



prolepsis

e-mail
@gmail.com

password

LOG IN

New user?
Create Account

Forgot your password?
Reset Password



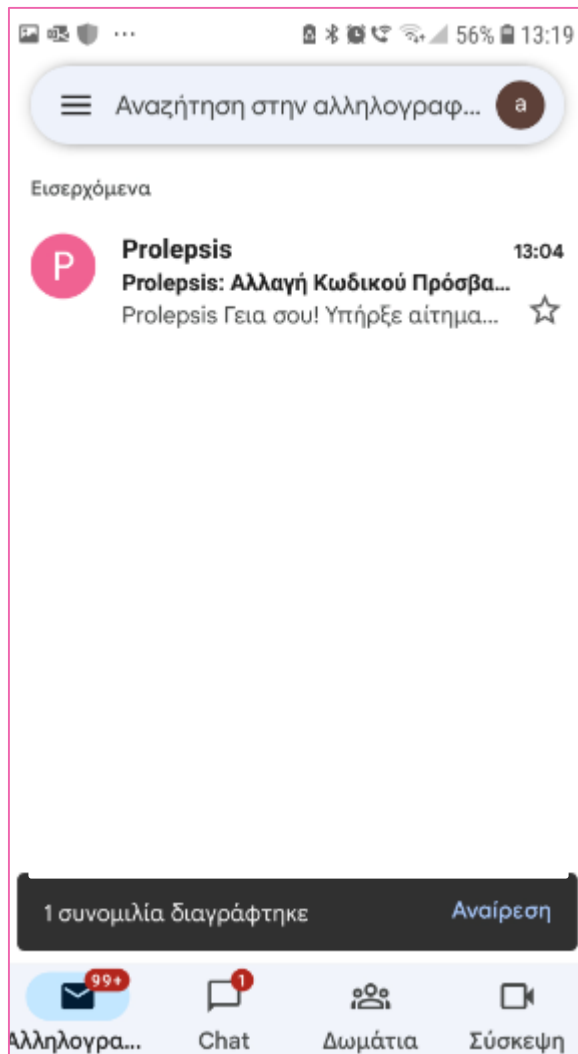
Automatically a mail will be send to
the user's mail

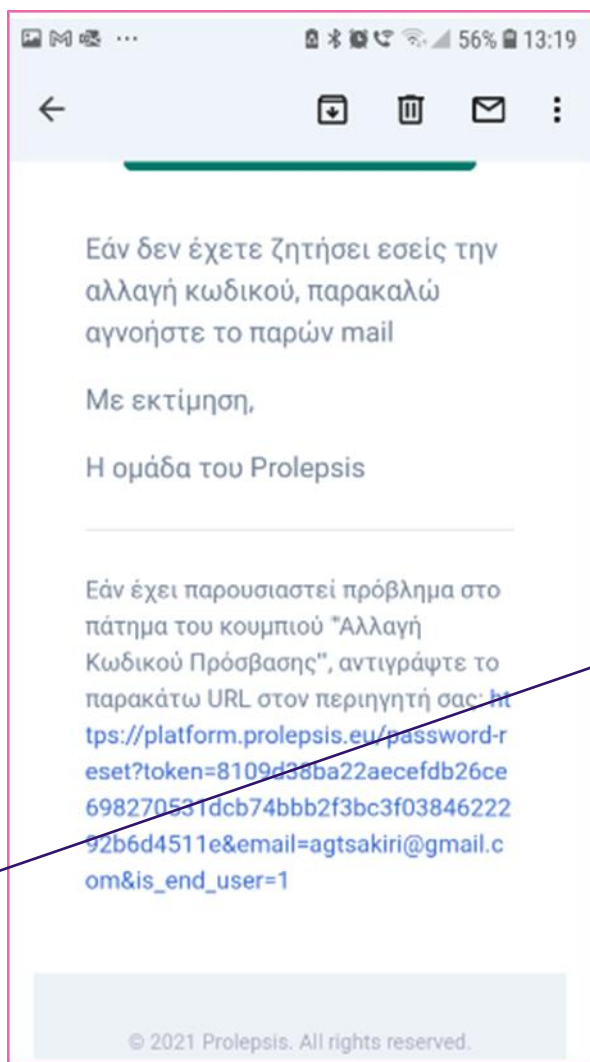
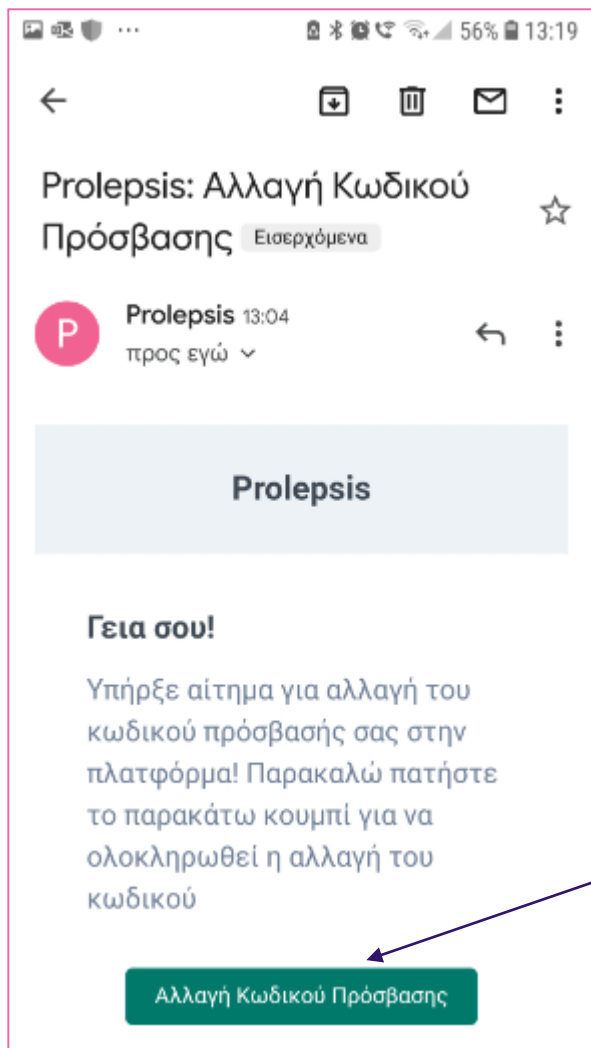


Reset Password

You will receive an e-mail.

Open the mail and click on the following button, in the respective language (Change of Password)





Open mail

Click on the button

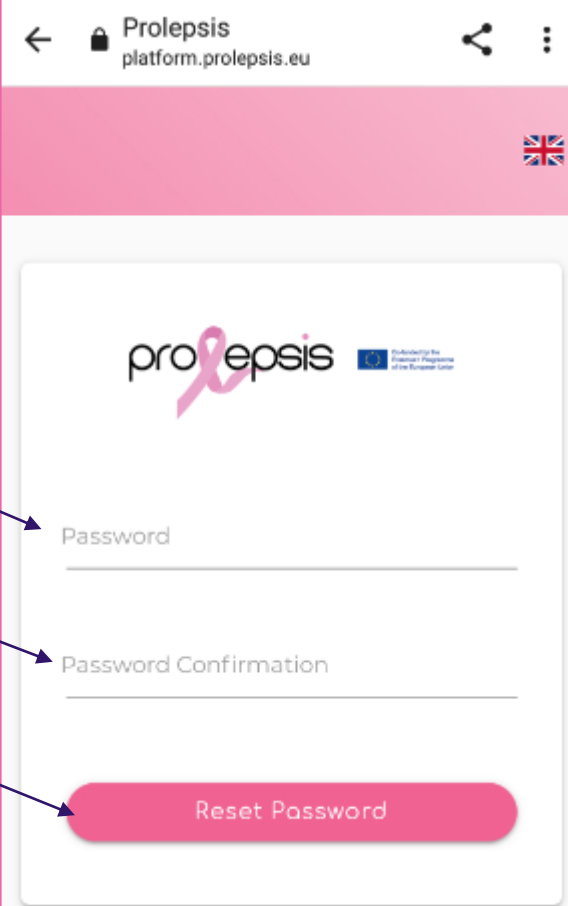


Change Password

Write your new password at the
“Password field”

Write again you new password at
the “Password Confirmation” field

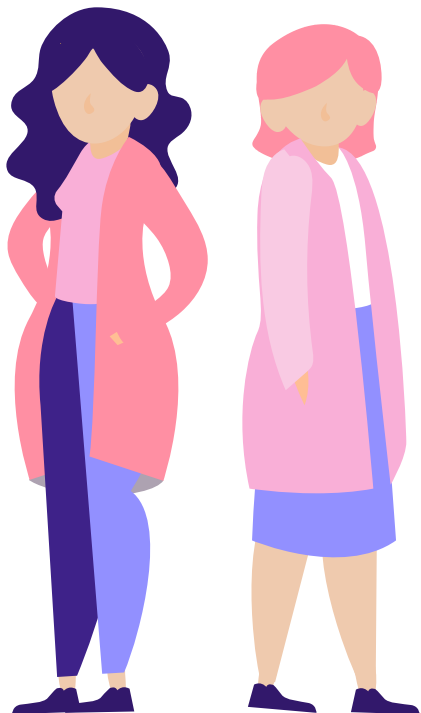
Press the button “Reset
Password”



The screenshot shows a mobile web browser interface for the Prolepsis platform. At the top, the address bar displays 'Prolepsis platform.prolepsis.eu'. Below the address bar is a pink header with a UK flag icon. The main content area features the Prolepsis logo and the text 'Co-funded by the Erasmus+ Programme of the European Union'. The form consists of two input fields: 'Password' and 'Password Confirmation', each with a horizontal line below it. At the bottom of the form is a pink button labeled 'Reset Password'. Three blue arrows point from the text instructions on the left to the respective fields and button.



Enter your account -
Log in



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of the European Union

If already a user:

- Type your e-mail and password.
- Then click the "LOG IN" button

Welcome to Prolepsis

Prolepsis is an application that was created as the main product of a European project funded by the Erasmus + programme.

The main objective of the project is indeed to develop an application that is based on the characteristics and needs of the user and makes it easier to take care of one's own breast health, providing practical suggestions on how to maintain a good preventive lifestyle in relation to breast cancer.

In order to build this app, we consulted international guidelines for breast cancer screening, relevant literature in the field, as well as health professionals and end users, i.e. women caregivers, through focus groups. All the material and testimonials we collected allowed us to create an app that contains content that is accurate and precise, but at the same time useful and actionable for a carer, who often has a large caring burden.

If you are interested in finding out more about the project, visit <https://prolepsis.eu/>

ΜΗΝ ΤΟ ΕΠΑΝΑΔΕΙΞΕΙΣ

OK

When read,
either click "OK
or "DO NOT
SHOW AGAIN"
(in your language)

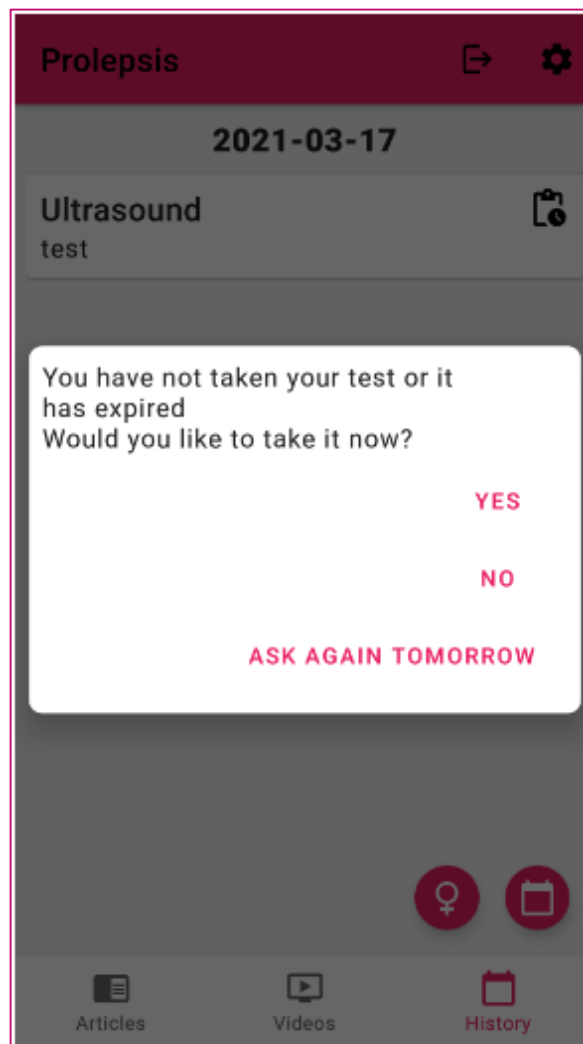
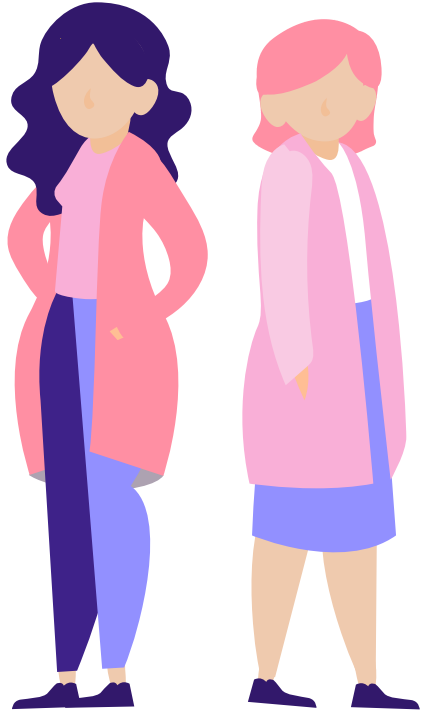
Welcome Page



prolepsis



Question-reminder of Initial Assessment

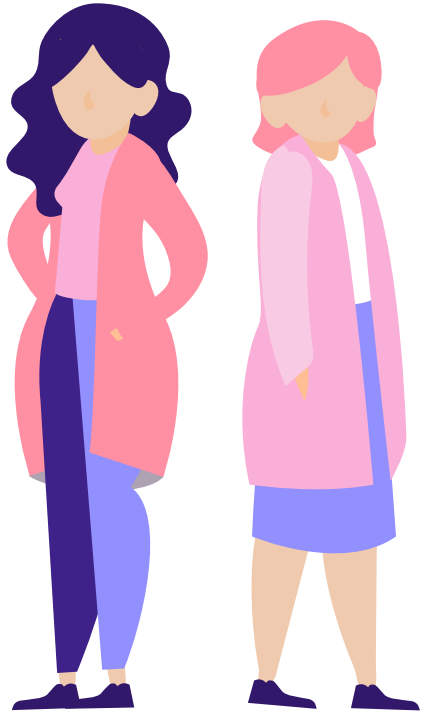


**Answer the initial assessment
!
It will personalize the
application.**

**If you don't have time, option
to answer another time.
Access to take again the initial
test, in case one of the
answered conditions change.**

prolepsis

Initial Assessment 1/3



Initial Test

Age

50

First menstrual period

- Unknown
- 7 - 11 years old
- 12 - 13 years old
- > 13 years old

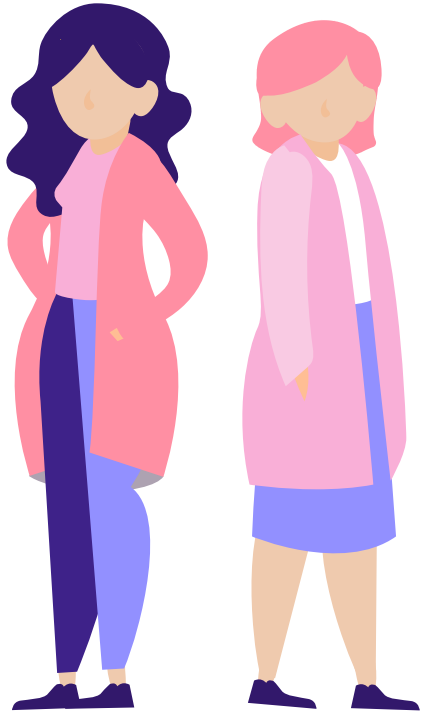
First live birth

- Unknown
- No Births
- <20 years old
- 20-24 years old
- 25-29 years old
- ≥30 years old

First-degree relatives with
breast cancer



Initial Assessment 2/3



Initial Test

First-degree relatives with breast cancer

- Unknown
- 0
- 1
- >1

Previous breast biopsy

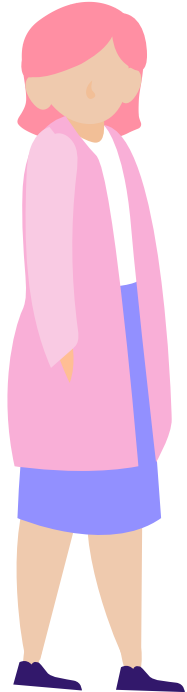
- Unknown
- 0
- 1
- >1

Race/ethnicity

- White
- African-American
- Hispanic
- Asian-American



Initial Assessment 3/3



Do not forget to save
your answers. Press
the "SAVE" button.
To activate "Save",
all questions should
be answered.

Initial Test

PREVIOUS BREAST BIOPSY

Unknown

0

1

>1

≥1 breast biopsy with atypical hyperplasia

Unknown

No

Yes

Race/ethnicity

White


African-American

Hispanic

Asian-American

American-Indian/Alaskan Native

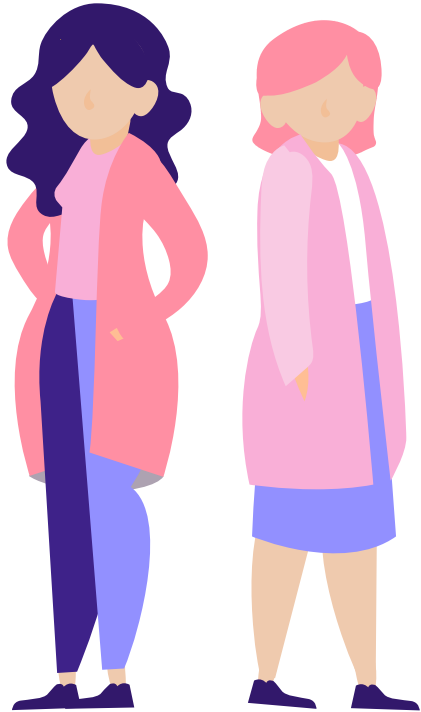
Unknown





prolepsis

Articles



Prolepsis 🔍 ☰ ⋮

2021-09-22

11:06 Self-efficacy - Module 4
This module aims to raise awareness about the importance of the self-efficacy, promote self recog...

2021-09-10

14:48 Self-Monitoring - Module 3
This module aims to raise awareness about the importance of the self-monitoring and the man...

2021-09-01

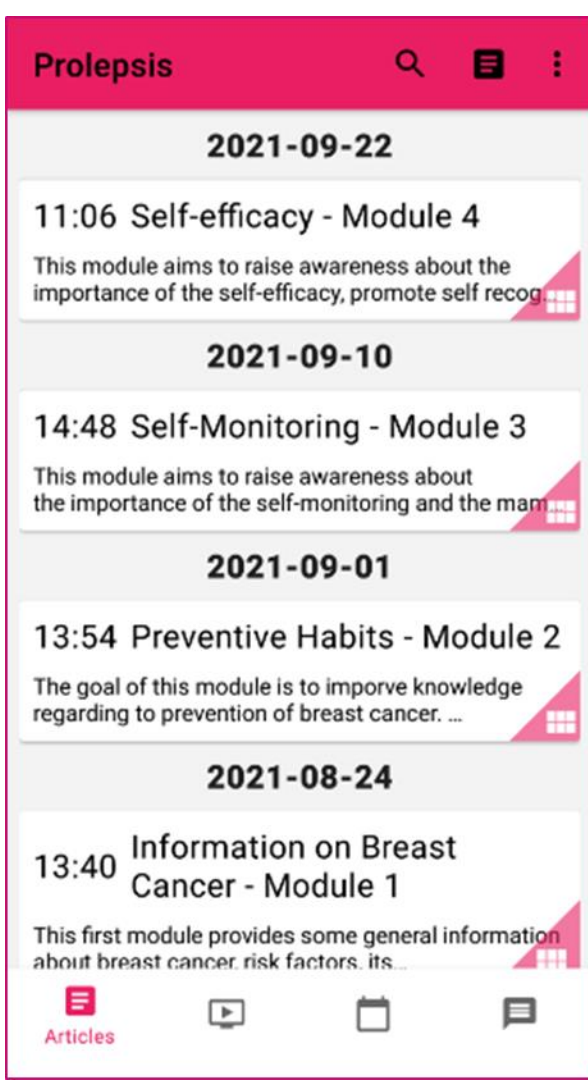
13:54 Preventive Habits - Module 2
The goal of this module is to improve knowledge regarding to prevention of breast cancer. ...

2021-08-24

13:40 Information on Breast Cancer - Module 1
This first module provides some general information about breast cancer, risk factors, its...

☰ Articles 📺 📅 💬





Articles

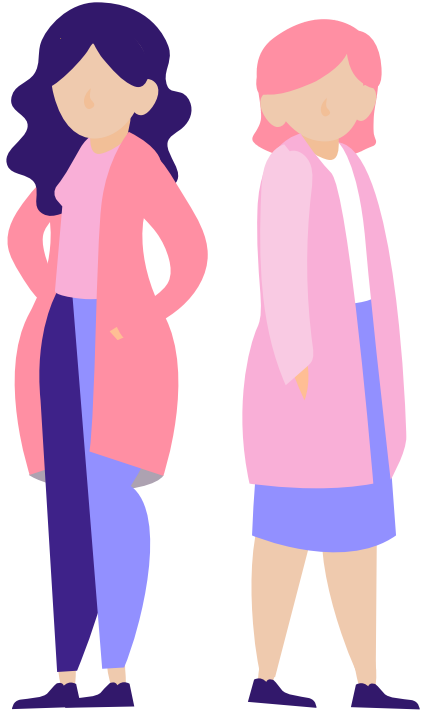
Press the 'Articles' button



Modules & Articles, related with the personalized user, will appear in a list, by date and time of publication.

- The general issues are public to all users.
- Roll up the screen to see all the listed titles
- Press on the one you wish to read.

Display of a selected Module



Information on Breast Cancer - Module 1



This first module provides some general information about breast cancer, risk factors, its spread and how to prevent it. Let's start this journey together!

Click here to watch these video:

[Information on Breast Cancer - Video Module 1.1](#)

[Information on Breast Cancer - Video Module 1.2](#)

[Information on Breast Cancer - Video Module 1.3](#)

[Information on Breast Cancer - Video Module 1.4](#)

After watching the videos, test your knowledge [here!](#)

Below are the sources we used to construct this material:

[World Health Organization](#)

[Early breast cancer: ESMO Clinical Practice Guidelines for diagnosis, treatment and follow-up](#)

(F. Cardoso et al., 2019)

[European Code Against Cancer](#)

[Division of Cancer Prevention and Control, Centers for Disease Control and Prevention](#)

[Breast Cancer symptoms](#)

[Breast Cancer clinical trials](#)

[Health care quality](#)

[Breast cancer statistics](#)

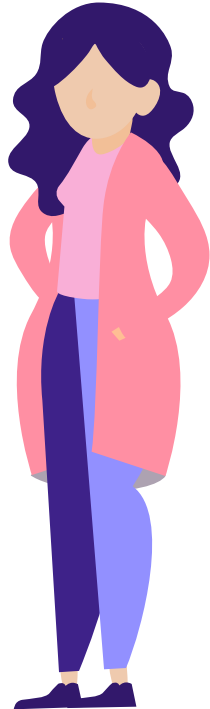
If you want to learn more about this topic:

[TED Talk: Si sono sopravvissuta al cancro. Ma non è questo che mi identifica!](#)



Link will open and play
the video

Watch
the video!
Be
informed.



BREAST CANCER PREVENTION

prolepsis

Watch Factors

Information on BC

BC epidemiology and treatment

Prevention

Information on Breast Cancer (1) - Prolepsis Project

42 προβολές · πριν από 4 μήνες

0 0 Κοινοποιή... Λήψη Αποθήκευ...

Prolepsis Project 3 εγγεγραμμένοι ΕΓΓΡΑΦΗ

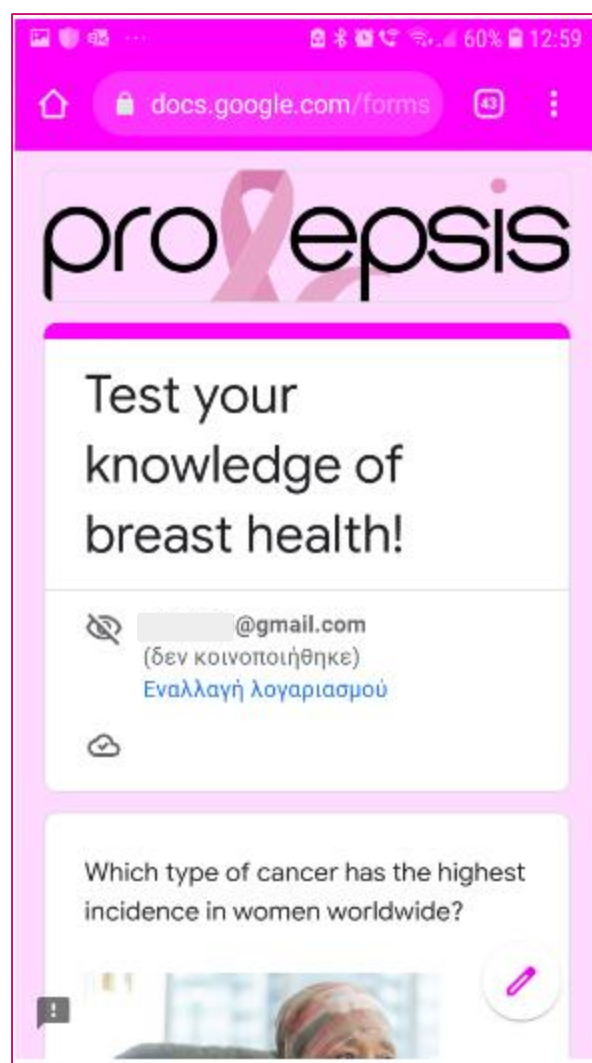
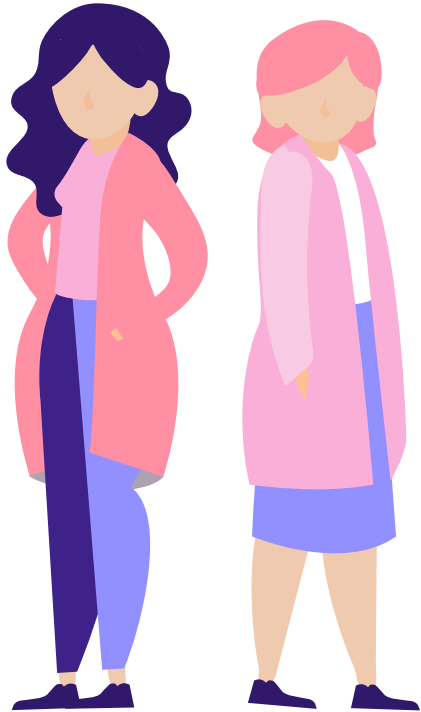
Σχόλια

Προσθέστε ένα δημόσιο σχόλιο...

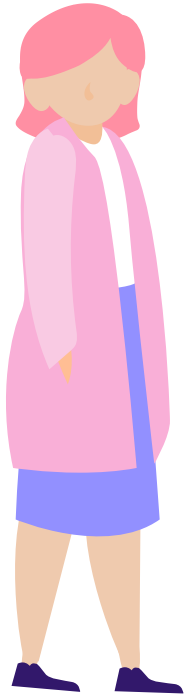


prolepsis

Link will open the quiz
1/3




Link will open the quiz
2/3



Answer the test!
It will enhance
your knowledge!

Which type of cancer has the highest incidence in women worldwide?



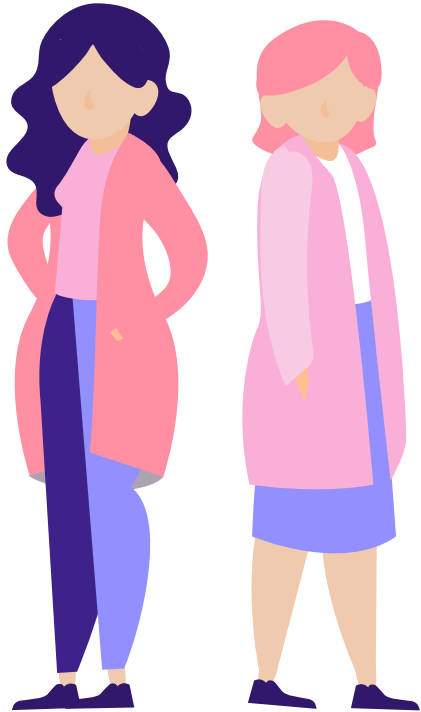
- Lungs
- Thyroid
- Breast
- Colorectum

Διαγραφή επιλογής

What is the percentage of women in Europe who get Breast Cancer?



Display of a link to a source (website)



A screenshot of a mobile browser displaying a link to a website. The browser's address bar shows 'annalsofoncology.org/ai'. The website header includes the 'ANNALS of ONCOLOGY' logo and a 'Log in' button. The main content area features the title 'Early breast cancer: ESMO Clinical Practice Guidelines for diagnosis, treatment and follow-up†'. Below the title, the authors are listed: 'F. Cardoso • S. Kyriakides • S. Ohno • F. Penault-Llorca • P. Poortmans • I.T. Rubio • S. Zackrisson • E. Senkus • on behalf of the ESMO Guidelines Committee'. There are links for 'Open Archive' and 'Show footnotes'. The DOI is provided as 'https://doi.org/10.1093/annonc/mdz173'. At the bottom of the page, there is a 'vords' logo and navigation arrows.



Tumore al Seno: domande e risposte dalla diagnosi al dopo cura- Manuale



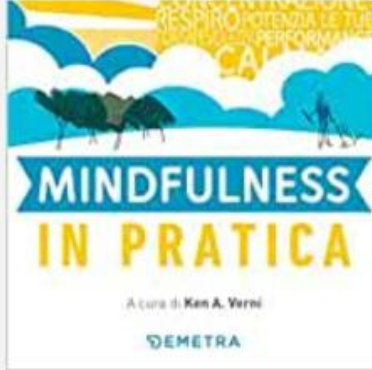
Il volume "Tumore al seno: domande e risposte dalla diagnosi al dopo cura" che la **Fondazione Umberto Veronesi**, nel mese dedicato alla prevenzione del tumore della mammella, dedica alle donne che affrontano la malattia.

Si tratta di un **manuale pratico**, con approfondimenti rigorosi sul piano scientifico ma esposti con *linguaggio semplice*, impostato sul modello domanda-risposta per dare chiarimenti puntuali ai dubbi, fornire informazioni utili e accompagnare alla comprensione del lessico medico.

Alla stesura del manuale hanno contribuito *specialisti in oncologia, senologia, nutrizione, medicina dello sport, psiconcologia*.

Collegati al [link](#) per scaricare il manuale.

Mindfulness in pratica- Libro



"Mindfulness in pratica" è un libro a cura di **Ken A. Verry**, edito Demetra (2018).

Vivi nel momento presente, trova il tuo equilibrio e raggiungi la felicità.

Questi sono alcuni dei benefici che ti offre la mindfulness e in queste pagine scoprirai com'è semplice ed efficace praticarla giorno per giorno. Un percorso illustrato e graduale con meditazioni step-by-step da mettere in pratica facilmente durante la giornata. Per esplorare i meccanismi della mente e modificare gli atteggiamenti inutili, ristabilire una relazione sana e amichevole con noi stessi, sentirci meno alienati e isolati e riconnetterci con la nostra profonda saggezza intuitiva e con il nostro spirito creativo.

Kan A. Verry

Demetra

Anno edizione 2018

EAN: 9788844053147

Display
articles



V I D E O S



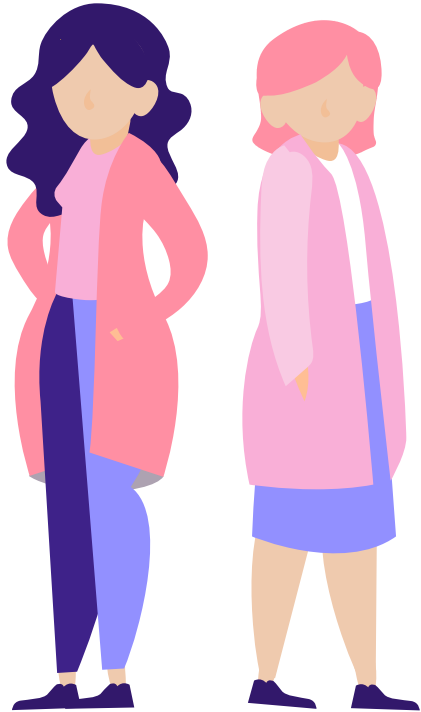
Press the “Videos” button



Videos, related with the personalized user, will appear in a list, by date and time of publication.

- The general issues videos are public to all users.
- Roll up the screen to see all the listed titles
- Press on the one you wish to watch.

Display of the listed videos




Prolepsis

This video module aims to explore the topic of self-efficacy. What is self-efficacy? How can developing it affect the life of a carer? How to find time to take care of oneself in spite of the caregiving commitment? Which strategies to use? Let's answer these questions together!

2021-09-15

16:26 Self-monitoring - Video
Module 3.2

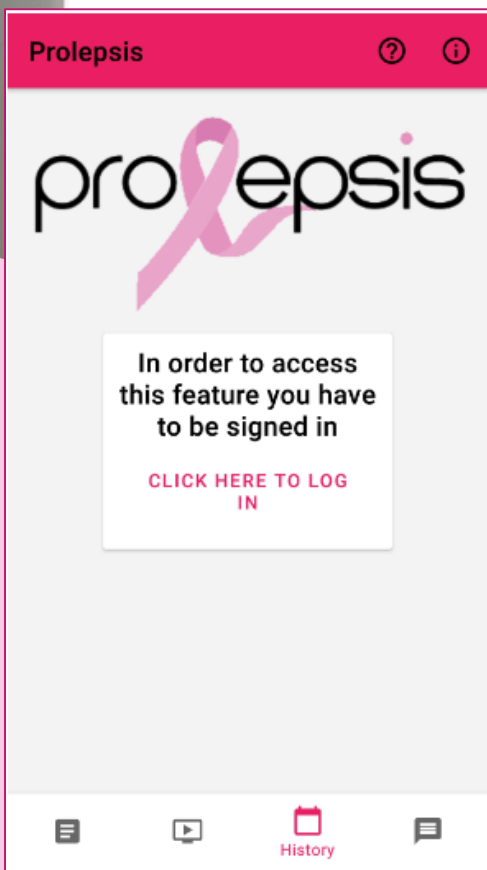


This video module aims to deepen the understanding of how to monitor your health. What is mammography? When should it be done and what kind of results can it produce? What types of other examinations can be recommended by medical personnel? Let's answer these

Videos



HISTORY



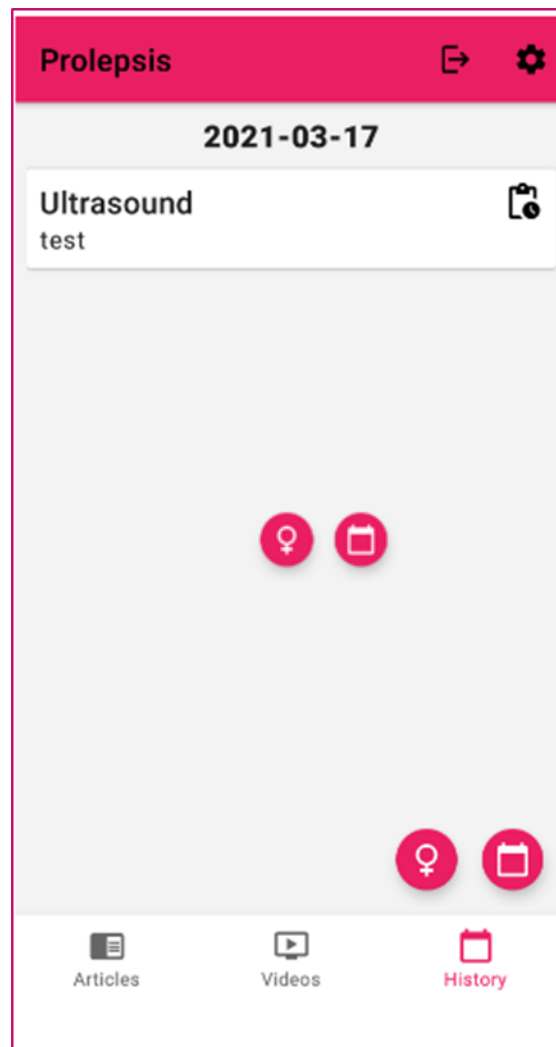
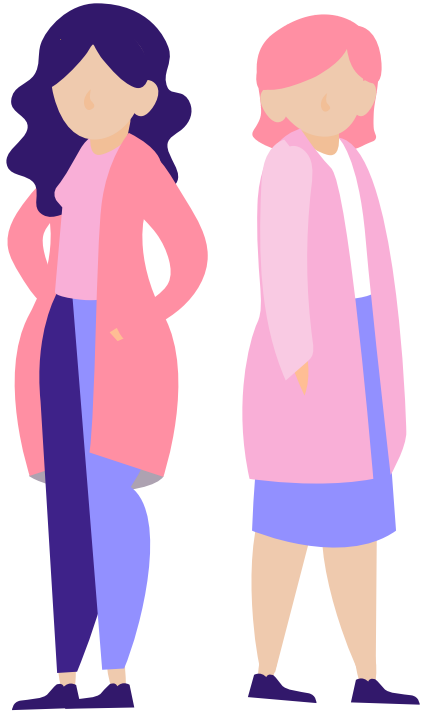
Press the
“History” button








To access
“History”, you
should “Log in”

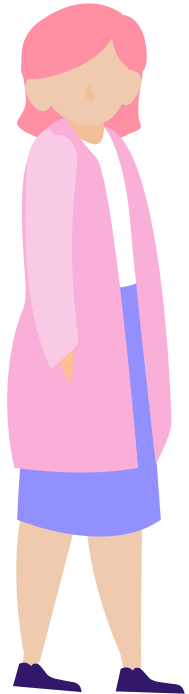


Edit or delete an
examination record

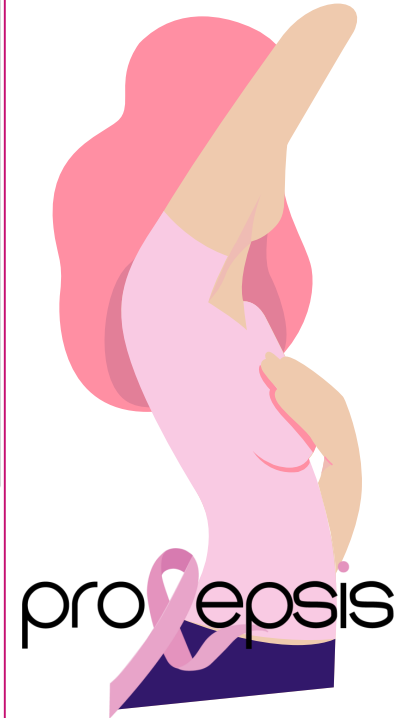


“History” button:

- ✓ Displays the medical appointments by date and shows its status.
- ✓ Depicts the inserted data regarding menstrual.
- ✓ Uses the following icons to manage the page :  
- ✓ To enter the menstruation dates press the 
- ✓ To enter a medical appointment press 
- ✓ Edit any of the above record or delete 



A screenshot of the Prolepsis mobile application interface. The app title "Prolepsis" is at the top left. Below it, there's a "Your Rating..." section with five empty star icons. The main content is a list of records grouped by date. The first group is for "2021-09-14" and contains an "MRI" record with the text "ραντεβου στις 15.00" and a clipboard icon. The second group is for "2021-08-04" and contains two records: "MRI" with "OK" and a checkmark, and "Self Examination" with "OK" and a checkmark. The third group is for "2021-06-19" and contains an "End of menstruation" record. Below this, there are two input fields: "Select menstruation start date" with the value "2021-11-16" and "Select menstruation end date" with the value "2021-11-18". At the bottom right, there is a red circular button with a white calendar icon. A blue arrow points from the "Calendar icon" in the list above to this button.



Insert a new menstruation date


Press on the start date and a calendar will
open to indicate the date (when selecting the
date press OK)

Select menstruation start date

2021-11-02

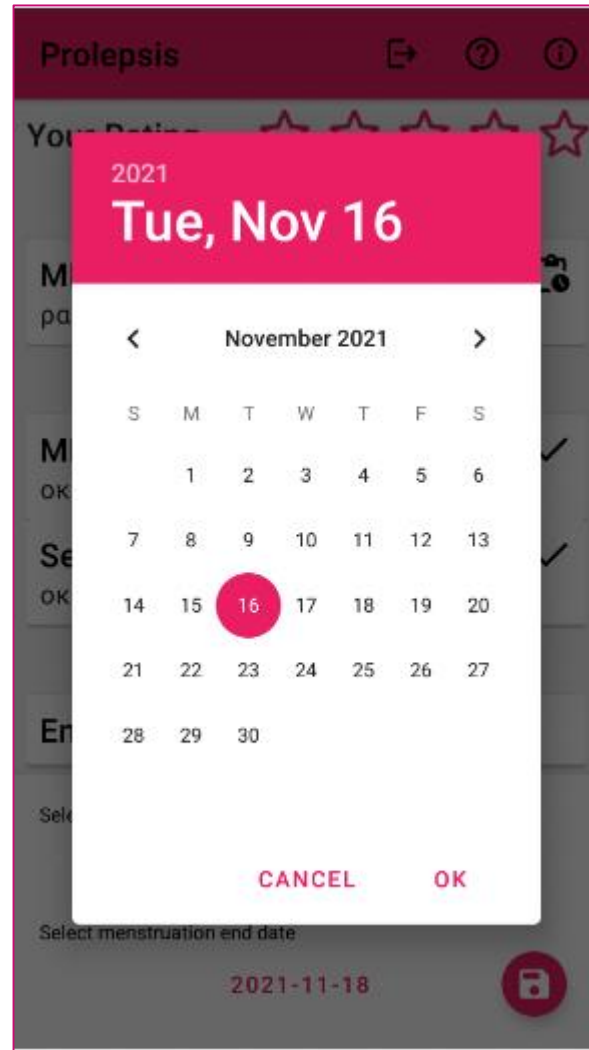
Select menstruation end date

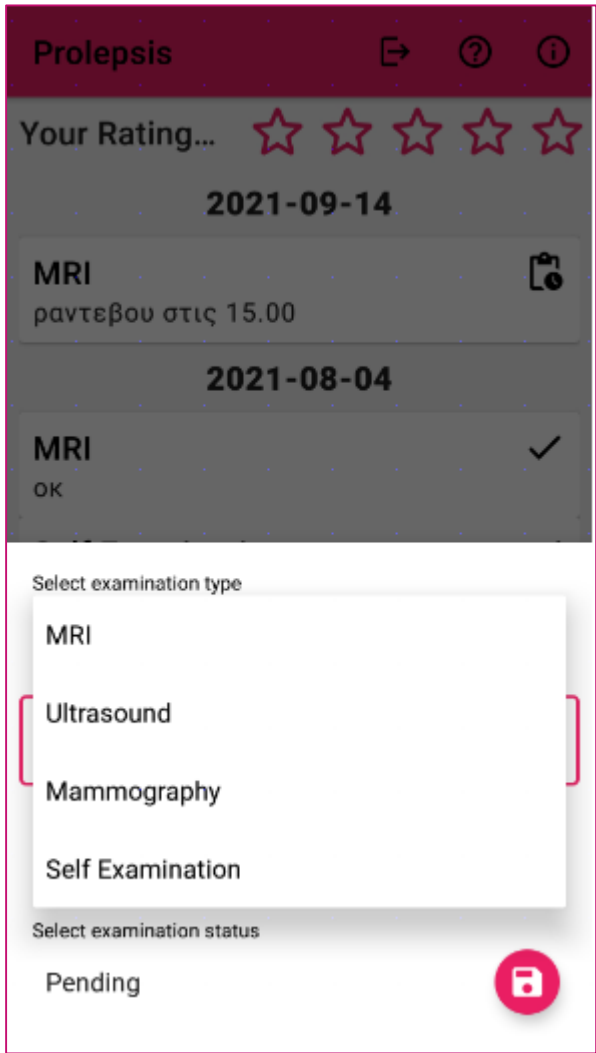
2021-11-05



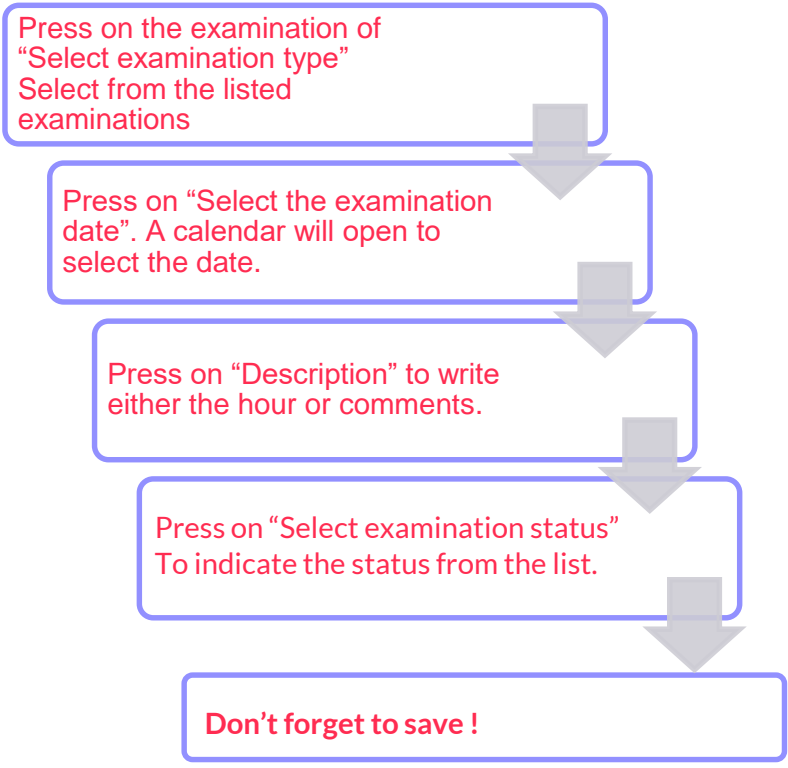
Repeat the procedure with the end date

Remember to save your input !





Insert a medical examination



Prolepsis

Your Rating... ☆☆☆☆

2021-09-14

MRI
ραντεβου στις 15.00

2021-08-04

MRI
OK

Select examination type

Mammography

Description
at 19.00. Do not forget the previous results

Select the examination date

2021-11-16

Select examination status

Pending

Prolepsis

Your Rating... ☆☆☆☆

2021
Thu, Nov 18

November 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

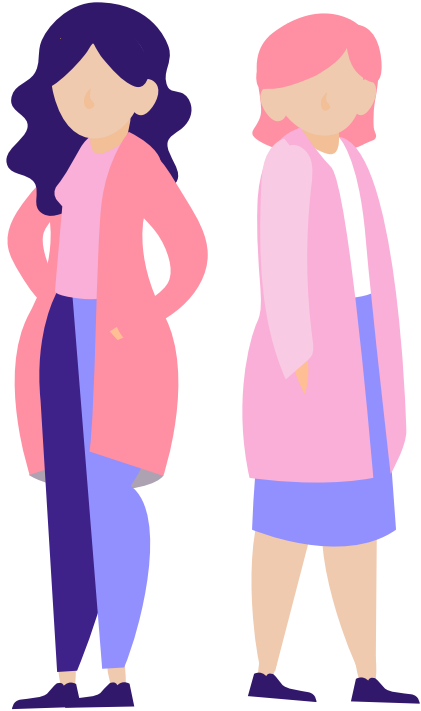
CANCEL OK




Select examination status






Pending

Enter the data of
an examination
appointment, step
by step


Complete and save the data




Prolepsis   

Your Rating...     

2021-09-14

MRI 
ραντεβου στις 15.00

2021-08-04

MRI 
OK


Select examination type

Mammography

Description

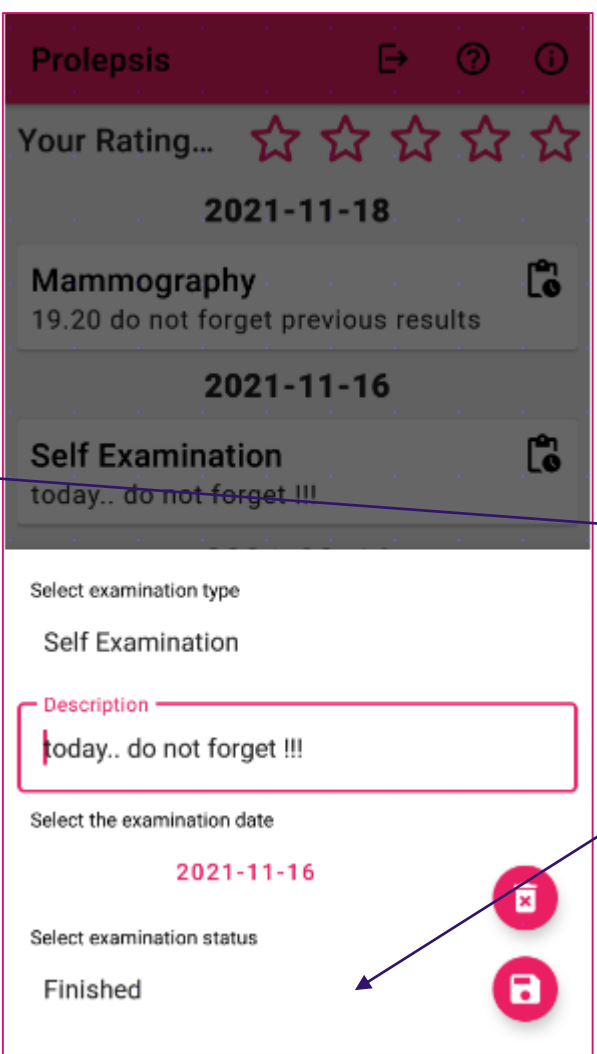
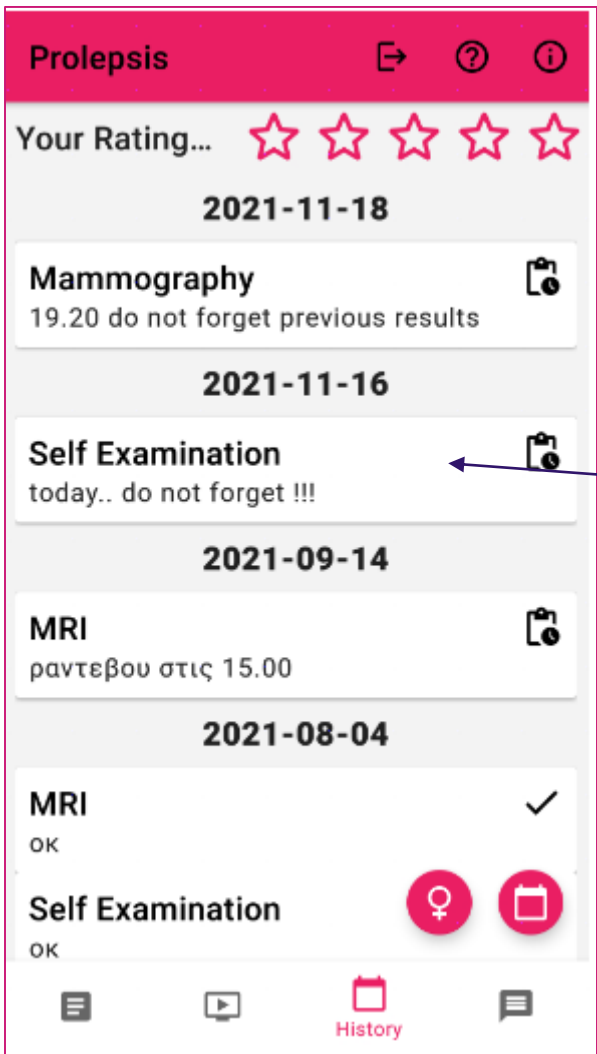
Pending

Finished

Pending 



prolepsis



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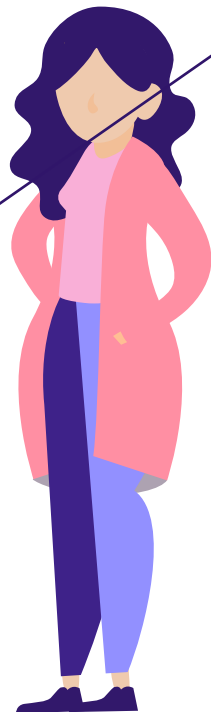
When you
complete a self
examination,
change the status
to "Finished"



Your Rating

When a “Self Examination” changes to status “Finished” the rating stars on the top are filled with fuchsia color !

It is enabled only with the “Self Examination”.



A screenshot of the Prolepsis app interface. At the top, there is a pink header with the text 'Prolepsis' and three icons: a share icon, a question mark, and an information icon. Below the header is a rating bar with the text 'Your Rating...' followed by five stars. The first four stars are filled with a pink color, and the fifth is an outline. Below the rating bar is a date separator '2021-11-18'. The main content area shows a list of appointments: 'Mammography' with a reminder '19.20 do not forget previous results' and a clipboard icon; 'Self Examination' with a checkmark icon and the text 'today.. do not forget !!!'; 'MRI' with a reminder 'ραντεβου στις 15.00' and a clipboard icon; and another 'MRI' with a checkmark icon and the text 'OK'. Below this is another date separator '2021-08-04' and a 'Self Examination' entry with a checkmark icon and the text 'OK'. At the bottom, there are two circular icons: a pink one with a female symbol and a red one with a calendar icon. The bottom navigation bar contains four icons: a list icon, a video icon, a 'History' icon with a red calendar icon above it, and a chat icon.



My Circle

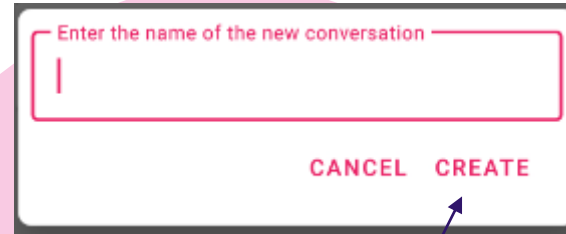
Press the button



The "chat" page appears. With the use of the "new" button it opens the field to insert the name of a new conversation

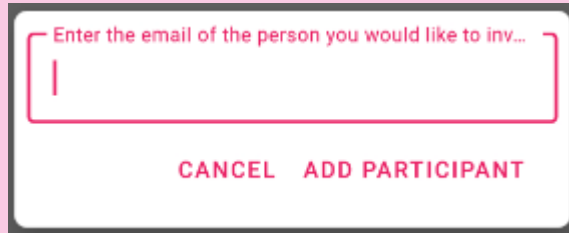
Type the name and select "Create"

A new dialogue box will open

A screenshot of a white dialogue box with a black border. At the top, it says "Enter the name of the new conversation" followed by a red-outlined text input field. Below the input field, there are two buttons: "CANCEL" and "CREATE", both in red capital letters. A blue arrow points from the "CREATE" button to the text "select 'Create'" in the adjacent text block.

Select the participants of the group

Use the “Add Participant” button to
open the respective field.

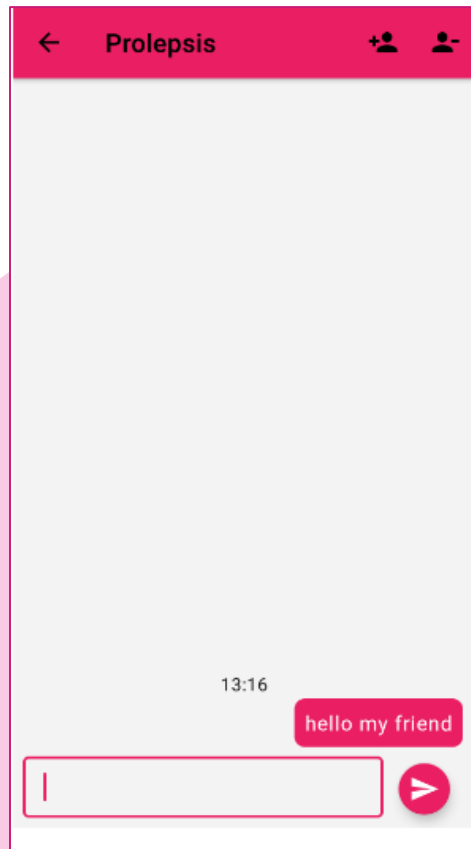
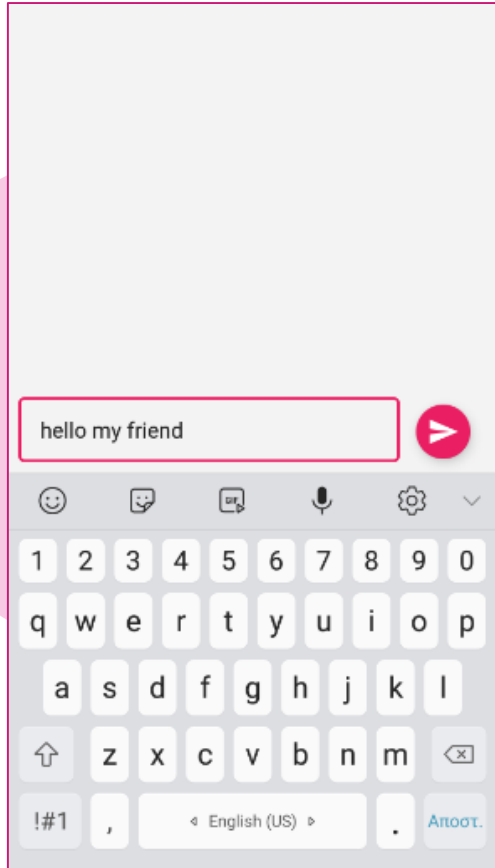
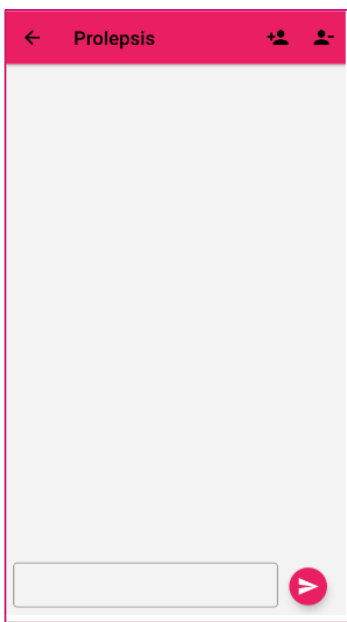
A screenshot of a dialog box with a white background and a dark border. At the top, there is a text input field with a red border and a red placeholder text: "Enter the email of the person you would like to inv...". Below the input field, there are two buttons: "CANCEL" and "ADD PARTICIPANT", both in red text.

Type the mail of the participant and
press “ADD PARTICIPANT”

If you want to remove a participant
use the relative button

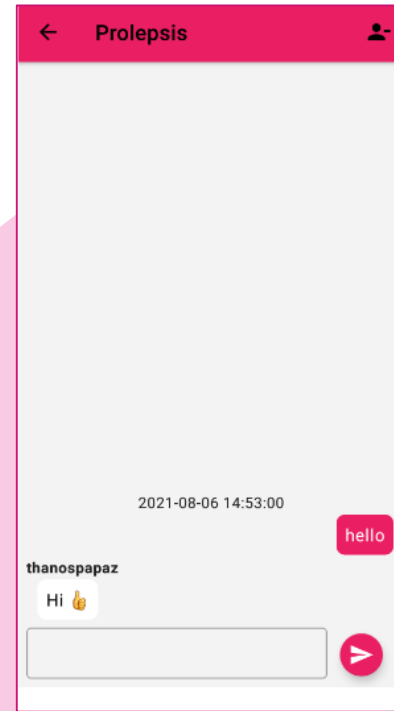
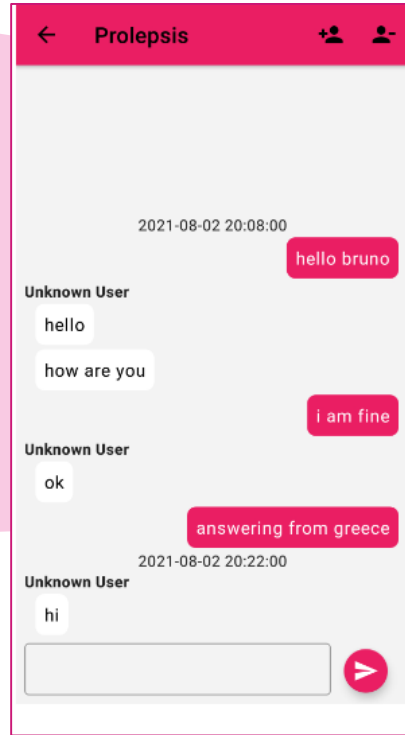
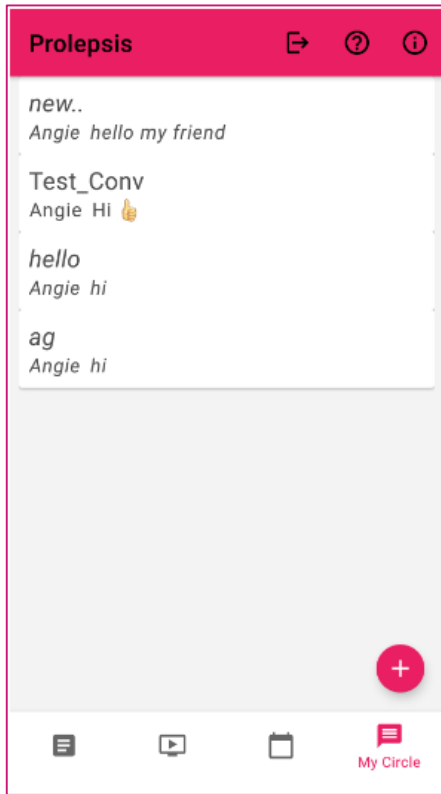


When adding a participant, the
application informs, with a
message, if the mail is invalid or
that the invitation to the
participant has been send
successfully in the user’s
selected language



Send
messages





List of named
conversation.
Select and press
one to view the
conversation

Other Functionalities



Prolepsis

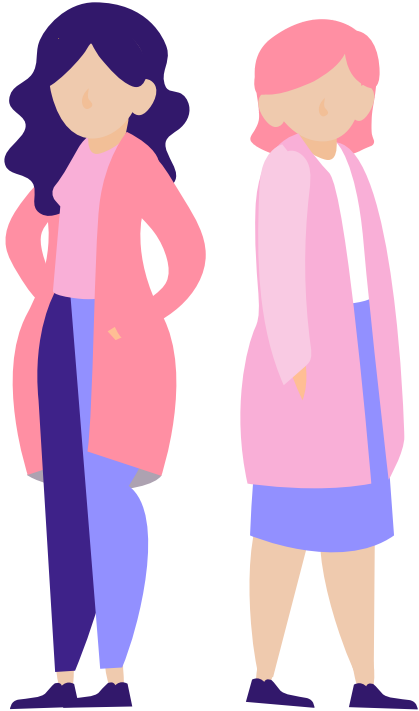
The buttons on the top are used as described below:

 Settings and Profile

 Help

 Log out

Settings and Profile



Application Theme
System ▼

Application Language
English ▼

[UPDATE YOUR TEST ANSWERS](#)

[VIEW PROJECT INFORMATION](#)


[SHOW GDPR INFORMATION](#)



Application Theme

- System
- Dark
- Light
- Auto

SHOW GDPR INFORMATION



Αποτύπωση
Σχεδίαση
Περικοπή
Κοινοποίηση

Application Theme

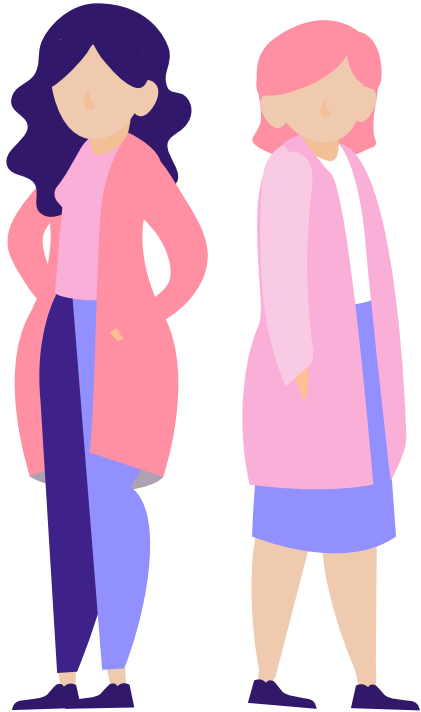
System

Application Language

- System
- English
- Ελληνικά
- Português
- Italiano

Profile
settings

Settings – Application Theme



Application Theme

System

A

Dark

Light

Auto



PROLEPSIS Privacy Policy

PROLEPSIS is a project that is co-funded by the ERASMUS+ Programme of the European Union.

This privacy policy will explain how the PROJECT uses the personal data we collect from you when you use our website/mobile application.

Topics:

- What data do we collect?
- How do we collect your data?
- How will we use your data?
- How do we store your data?
- Marketing
- What are your data protection rights?
- What are cookies?
- How do we use cookies?
- What types of cookies do we use?
- How to manage your cookies
- Privacy policies of other websites
- Changes to our privacy policy
- How to contact us
- How to contact the appropriate authorities

What data do we collect?

PROLEPSIS collects the following data:
Personal identification information: only e-mails address, which is secured due

OK

UPDATE YOUR TEST ANSWERS

VIEW PROJECT INFORMATION

SHOW GDPR INFORMATION

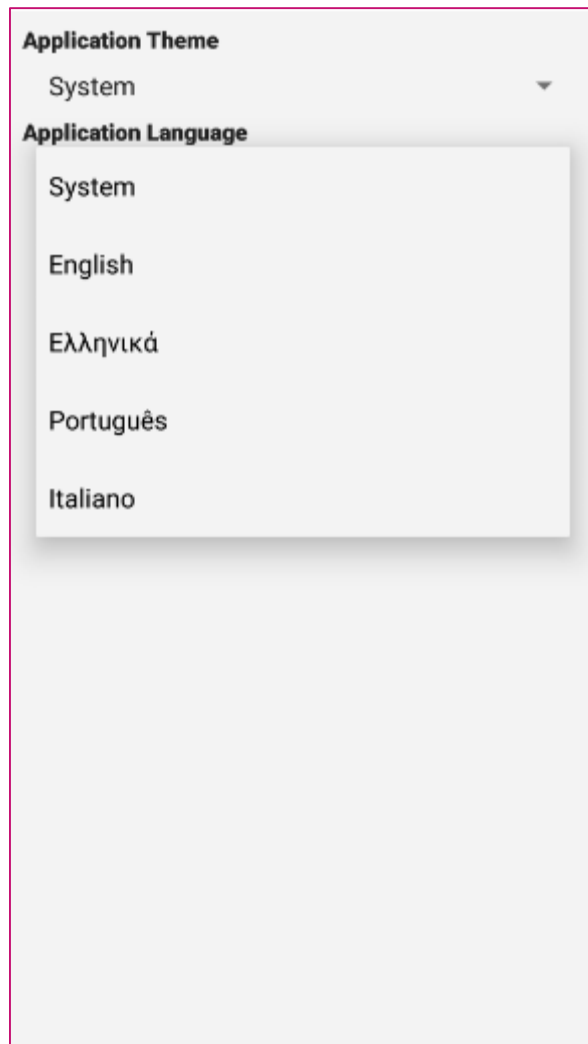
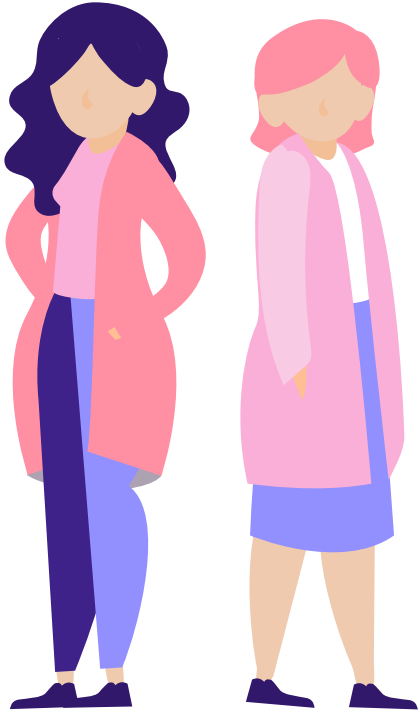
Repeat the initial
assessment

View and read the
welcome page

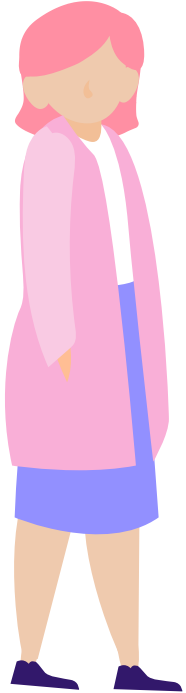
Roll up the page to
read all the GDPR
information and
press OK to close

Other
options

Settings – Application Language

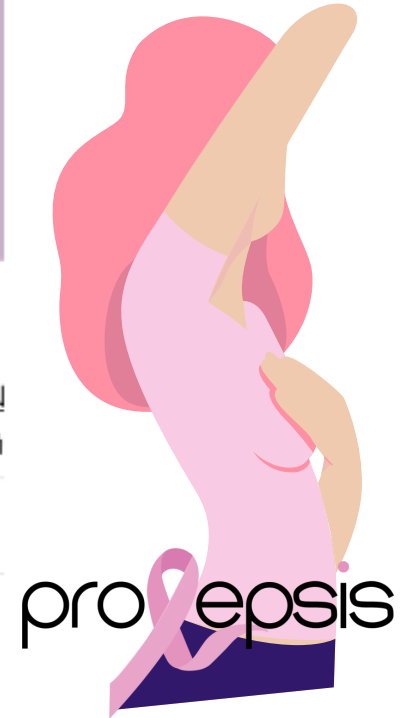
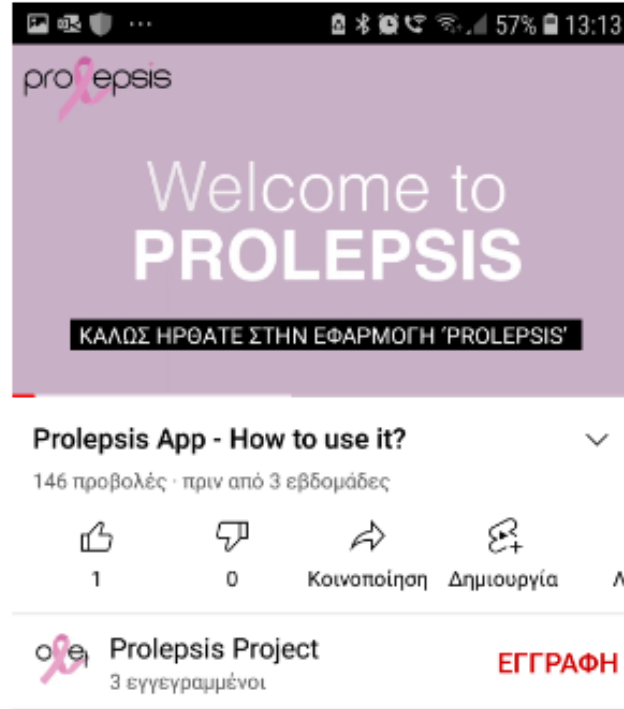


HELP



Press the help
button and watch
the video with
quick instructions.
It is pleasant and
helpful.

The video is in
English, subtitles
are available for
other languages.



Log out

by using the
button 

 prolepsis

