PrevANS: Digital Solution to Prevent Anxiety Disorders

Self-guided web and mobile platform based on the PredictA algorithm that stratifies risk and personalizes psychological training.



Medical Necessity

Health systems prioritise treatment over prevention, leaving a serious care gap in the population at risk without a previous diagnosis.

A shortage of specialists, waiting lists, and social stigma prevent early and scalable access to preventive psychological interventions.

Current apps apply generic approaches (one-size-fits-all) without clinical risk stratification, causing low adherence and dropout.

Technology

Multi-platform software (web and mobile app) that integrates the PredictA algorithm to calculate the individual risk of anxiety at 12 months.

It generates a personalized report of risk and protection factors, classifying the user as low or moderate/high risk.

It deploys weekly multimedia psychoeducation , mindfulness, gamification and moderate forum, adding 4 cognitive-behavioral modules at moderate/high risk.

Opportunity

Prevalence

More than 301 million people suffer from anxiety disorders worldwide (+54% in three decades), affecting nearly 3 million in Spain.

Market

The global Digital Therapies (DTx) in Mental Health market reached USD 5,640 million in 2025 and projects USD 42,870 million in 2034 (CAGR of 25.3%).

TRL

TRL 6-7: Operational web and mobile platform, validated in usability and with completed recruitment (n=1,000) in a multicenter randomized clinical trial.

Results

Algorithm validated in primary care (PredictA-Spain), with a high capacity to predict the onset of anxiety at 12 months.

Preventive efficacy supported by meta-analysis (Psychological Medicine, 2025; n=6,093), demonstrating significant risk reduction.

Usability and acceptability validated in a pilot study (Digital Health, 2024) and completed recruitment (n=1,000) in a randomized clinical trial (NCT05682365).

Roadmap

IBIMA BIONAND platform is looking for a partner to further develop the technology through a co-development or licensing agreement.

RPI: RPISC2606196151779
https://prevans.org/

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