

# lumoro

## Research Overview

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01

### Intervention where life actually happens.

Ecological Momentary Interventions reach you in your real environment, at real moments. Lumoro delivers adaptive SMS-based EMIs shaped by behavioral signals.

02

### The channel matters.

Text messaging doesn't require a smartphone, a data plan, a download, or a login. Daily supportive texts produce significant reductions in depression and anxiety within 60 to 90 days.

03

### You write back. The system listens.

When you text back, that input feeds your behavioral model. Expressive writing has been studied over 400 times since 1986 with significant reductions in anxiety and PTSD symptoms.

04

### Repetition rewires. Timing accelerates it.

The average time to reach behavioral automaticity is 66 days. Lumoro delivers adaptive content at unpredictable intervals, combating habituation.

05

### Personalization that earns itself.

Lumoro's adaptive engine builds a behavioral model unique to you, drawing from your archetype, engagement rhythm, journal language, and content responses.

06

### We're building the evidence base now.

We're tracking perceived stress, mood trends, engagement consistency, and journal participation across our beta.

07

### Static messages don't change behavior. Adaptive systems do.

Lumoro combines EMI principles, behavioral adaptation, and a live feedback loop to deliver something that actually evolves with you.

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## REFERENCES

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