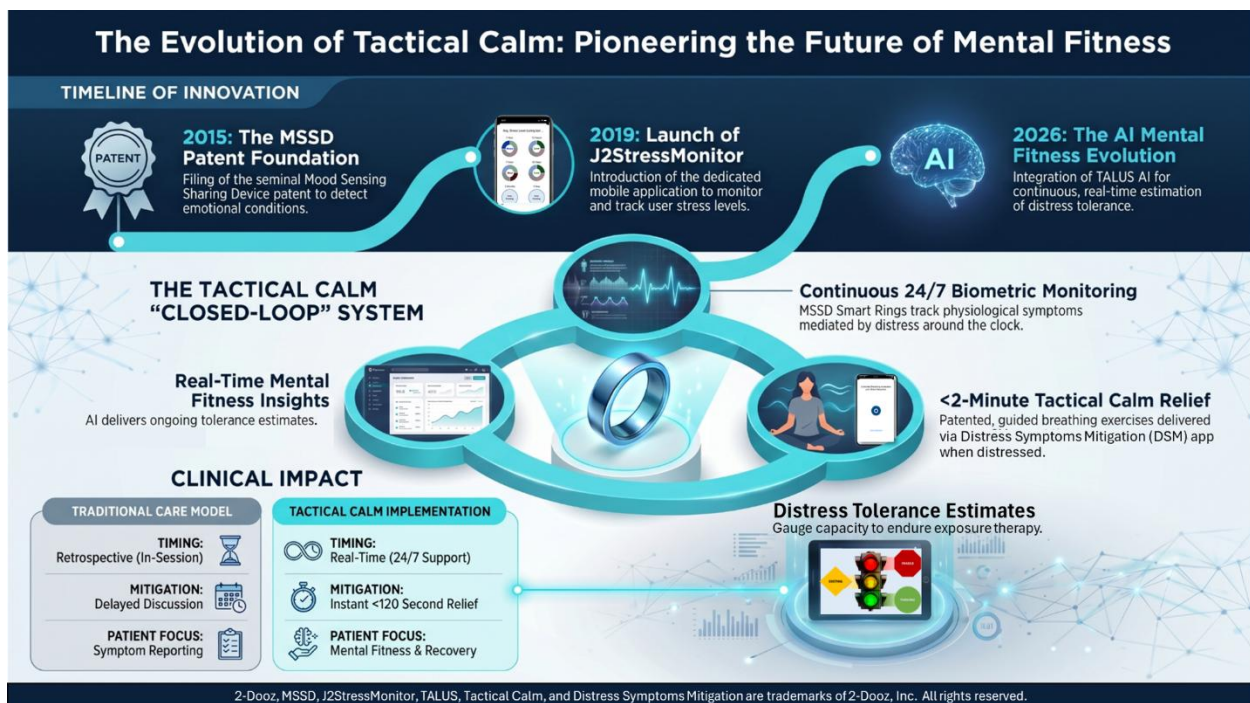




For more information contact:
news@2-dooz.com

2-Dooz Announces Groundbreaking Real-Time 'Mental Fitness' AI Integration for Its Tactical Calm PTSD/PTSD Solution

The DSM App, powered by OH•AI•SYS and TALUS AI, becomes the first wearable system to continuously monitor and estimate real-time distress tolerance.



SILICON VALLEY, CA — May 29, 2026 — 2-Dooz, a pioneer in behavioral health technology, today announced the successful integration of real-time distress tolerance (mental fitness) estimates into its flagship Distress Symptoms Mitigation (DSM) app. Powered by the company’s proprietary OH•AI•SYS and TALUS AI engines, this upgrade marks a major evolution in 2-Dooz’s *Tactical Calm* implementation, establishing a new paradigm for trauma recovery and clinician-supported mental health management.

A Decade of Pioneering the "Emotive Internet"

Ten years ago, while other wearable developers were still strictly focused on step-counting, physical fitness, and sleep tracking, 2-Dooz forged a different path. Beginning with the vision of an "Emotive Internet," the company has built an "always-on" system of action where biosensors

and software intelligence collaborate to enable the real-time detection, recognition, and sharing of the human emotional condition.

This ecosystem is built upon a robust intellectual property foundation, including the seminal Mood Sensing Sharing Device (MSSD) patent (U.S. Pat. No. 9,064,390) and subsequent 2024 patents (11,878,126 B2 and 12,114,977 B2). Codified as the Resilience Technology Platform (RTP), this architecture provides a closed-loop system for detecting and treating a wide range of physiological symptoms mediated by human distress.

2-Dooz's history of behavioral health milestones includes:

- **2017:** Introduced the industry's first emotion-sensing smart rings.
- **2019:** Launched the innovative J2StressMonitor mobile application to detect and monitor user stress.
- **2024:** Paired MSSD Smart Rings with the DSM app, delivering a patented combination that provides on-demand relief of physiological distress through a guided, structured breathing and mindfulness exercise taking less than two minutes.

The Next Evolution: Continuous Distress-Tolerance Estimation

Building on last year's introduction of the OH•AI•SYS AI-powered *Tactical Calm* solution—which targets the tens of millions of Americans suffering from Post-Trauma Distress (PTD)—today's update introduces continuous mental fitness tracking. The updated DSM app and MSSD Smart Ring ecosystem now stand alone as the only wearable AI system capable of simultaneously monitoring stress, mitigating distress symptoms in real time, and using advanced AI to deliver both baseline and ongoing real-time estimates of an individual's distress tolerance.

"Tactical Calm goes beyond just treating symptoms; it paves the way to actual recovery," said Tony Clark, CEO of 2-Dooz. "By coaching individuals on how to achieve a calm, focused mental state precisely when they feel distressed, it increases their perceived control over their own reactions."

Combating PTSD Treatment Dropout Rates

For clinicians and patients alike, this comprehensive *Tactical Calm* implementation addresses one of the steepest challenges in trauma therapy: high patient dropout rates.

"24/7 biometric-driven Tactical Calm can augment existing treatments, aligning care more closely with the moment-to-moment dynamics that fuel dropout in between clinical sessions," noted Dr. David Mosely, Chief Clinical Officer (CCO) of 2-Dooz. "Rather than waiting for distress

to be discussed retrospectively in a session, clinicians and patients can be supported in responding to it—and tracking tolerance to it—as it occurs."

About 2-Dooz

2-Dooz is a privately funded, pioneering, and socially conscious Silicon Valley-based incubator, accelerator, independent biotechnology research laboratory, and consultancy. Founded by Tony Clark in 2003 and formally incorporated in May 2006, the company's mission is to foster affirming, technology-based products and services that enhance purpose and quality of living. 2-Dooz leverages cutting-edge AI innovation to develop solutions that empower individuals to proactively manage their health and well-being.

MSSD Smart Rings, J2StressMonitor App, Distress Symptoms Mitigation, DSM App, OH•AI•SYS, OH•AI•SYS AI, TALUS, TALUS AI, TALUS AI Mental Fitness Test, and Tactical Calm are trademarks of 2-Dooz, Inc.