



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

## 2-Dooz Pioneers Innovative Smart Ring Technology to Combat PTSD Symptoms in New Clinical Study

**SANTA CLARA, CA – June 25, 2025** – 2-Dooz announces the launch of two new smart ring models, the **Resilience R1** and **J2 Blue**, which are designed to work in conjunction with the company's novel **Distress Symptoms Mitigation App**. The **combination** provides for the real-time detection and intervention of symptoms of distress, inclusive of symptoms of Post-Traumatic Stress Disorder (PTSD) induced distress.

In the context of the more than 46 million individuals in the U.S. who are predicted to suffer from PTSD during their lifetimes, 2-Dooz is concurrently announcing the start of a groundbreaking clinical study examining a **reduction in the severity of PTSD symptoms utilizing the Distress Symptoms Mitigation App and the company's family of smart rings**. The PTSD clinical study is exploring if the use of a Distress Symptoms Mitigation App adjunct therapy along with the primary use of an evidenced-based cognitive behavioral therapy can improve the overall effectiveness of PTSD treatment.



2-Dooz's newest designs *join a [lineup](#)* of distinctive smart rings that askew the bland-band look. The Resilience R1™ is the newest member of the Resilience Smart Ring™ family. The Resilience R1 comes in two variations. The first comprises the Eagle emblem of the original Resilience Smart Ring and the second is fitted with the new Lotus emblem. The J2 Blue joins the J2 Smart Ring family and comes in two color variations: charcoal grey and silver. Both new ring designs comprise patented MSSD intellectual property per the [Resilience Technology Platform](#).

The Distress Symptoms Mitigation™ App, specifically developed for use with the Resilience and J2 Smart Rings, represents a significant step forward in personalized mental fitness support. The system is engineered to recognize the early onset of distress symptoms through biofeedback-powered notifications from the smart rings. Upon detection of elevated stress levels, the app independently alerts users and initiates a guided deep breathing session. These deep breathing sessions leverage descending interoceptive pathways to disrupt and reduce the severity of distress-induced symptoms in real-time as they arise, offering immediate relief. Deep breathing is widely recognized as a beneficial stress intervention, as affirmed by resources such as the VA's Veterans Employment Toolkit.

The [clinical study](#), titled "Assessing the Usefulness of the Distress Symptoms Mitigation (DSM) App for PTSD Symptoms Relief," is a prospective, single-arm, open-label, unblinded pilot proof-of-concept study. Its primary objective is to evaluate the safety and efficacy of using the Distress Symptoms Mitigation App over a 10-week period. The study will assess the utility of the combination of the Resilience and J2 Smart Rings and DSM App as an adjunct to Cognitive Behavioral Therapy (CBT) treatment for subjects with PTSD who are currently involved in a continuation of maintenance supportive therapy post-CBT.

"The burden of PTSD on individuals and society is immense, and we believe innovative technological solutions can play a crucial role in enhancing existing treatments," said Tony Clark, CEO of 2-Dooz. "Our new Resilience and J2 Smart Rings, combined with the Distress Symptoms Mitigation App, represent our commitment to providing real-time, proactive support. This clinical study is a critical step in demonstrating how biofeedback-powered interventions can empower individuals to better manage their distress triggered symptoms and improve their quality of life."

The National Institute of Health estimates that more than 12 million people are currently experiencing PTSD symptoms in the US. Symptoms include panic, terror, dread, grief, insomnia, cognitive impairment, hypervigilance, paranoia, irritability, angry outbursts, startle, and trigger avoidance. Specific demographics, including women, first responders, and military veterans, experience PTSD at higher rates than the general population. Alarming, a minimum of 60% of those seeking treatment require more than one year of care. Per the [J Clin Psychiatry](#) for calendar year 2018, the excess economic burden for PTSD in the United States alone was a staggering \$189.5 billion for civilians and \$42.7 billion for the military. 2-Dooz is dedicated to developing solutions that can help alleviate these profound human and economic costs.

#### **About 2-Dooz**

## For Immediate Release

[2-Dooz](#) is a privately funded, socially conscious Silicon Valley based incubator, accelerator, independent biotechnology research lab and consultancy. The company's mission is to foster affirming, technology-based products and services which aid in the discovery of purpose and wellbeing. 2-Dooz is dedicated to leveraging cutting-edge innovation to develop solutions that empower individuals to proactively manage their health and well-being. The company was founded by Tony Clark, President, CEO and Chairman, in 2003 and formally incorporated in May of 2006.

Resilience Smart Ring, Resilience R1, J2 Smart Ring, J2 Blue, and Distress Symptoms Mitigation App are trademarks of 2-Dooz, Inc.