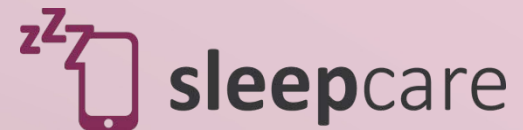# Virtual health agents at home
Will people use them?

25 august 2015
Corine Horsch

Health care

- Increasing health demands
  - Growing number of patients
    (more seniors, more chronic diseases)

- Possible solution
  - Reorganise health care
    - →more self-management
    - →virtual health agents can help with self-management

Virtual Health Agents

- Technical challenges
  - e.g. developing characters, eye-movement, lip synchronisation

- Content-related challenges
  - e.g. poor feedback, applying knowledge

- Lack of resolve
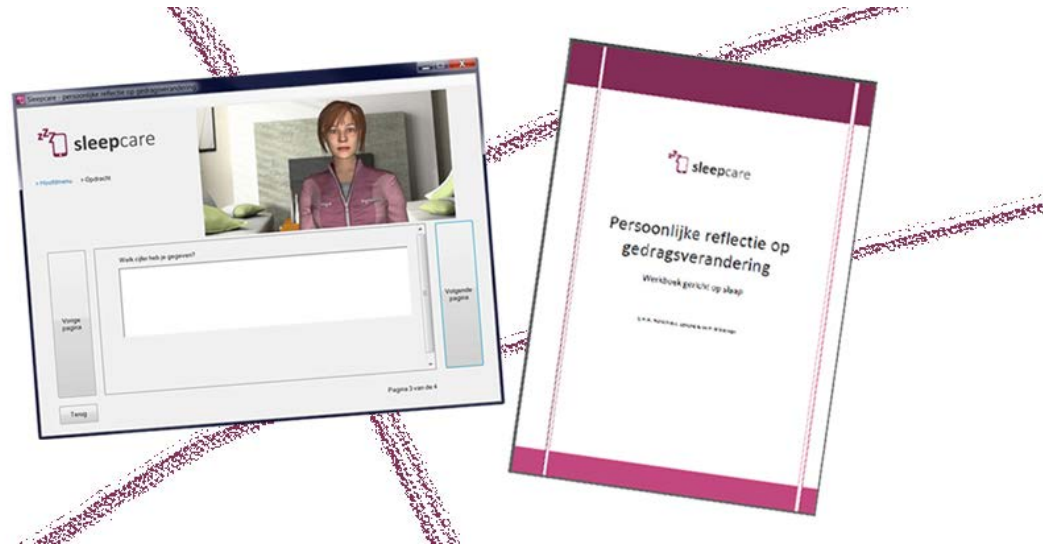 - e.g. in home situations

Virtual Health Agents

- Technical challenges
  - e.g. developing characters, eye-movement, lip synchronisation
- Content-related challenges
  - e.g. poor feedback, applying knowledge
- **Lack of resolve**
  - **e.g. in home situations**

My experiment

- 2 conditions: book vs. computer program

- Participant instructions: use twice
- Online questionnaires: pre, between, post

'Results'

Participants only looked once at the workbook/program

Discussion for think thank

1. What about the three categories?

   – Technical; Content-related; Adherence in home situations

2. What are the (most important) underlying mechanisms of non-adherence?

3. What are possible solutions for non-adherence for field studies?

4. Does a virtual agent contribute to adherence? (If yes, how?)
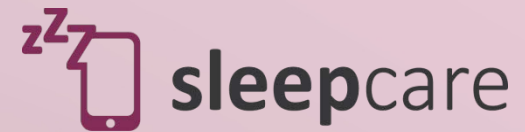
www.ikgalekkerslapen.nl

sleepcare

Implicit reminders

- Week 0: Receive book/program at home
- Week 2: E-mail with questionnaire 2 (Q2)
- Week 3: Reminder e-mail about Q2
- Week 4: E-mail with
  - questionnaire 3 (Q3)
  - make an appointment for telephone interview
- Week 5: Calls for interview