



Designing and developing technology to remotely deliver psychotherapy for anxiety to people living with cognitive impairment

Introduction

New technology such as smart assistants (Amazon Alexa, Google Home, Siri, etc) are now becoming more available to people. They present an opportunity to assist people living with cognitive impairment in many ways.

One opportunity is to use these technologies to support the delivery of psychotherapy to people experiencing anxiety. These technologies may help the person to connect with their therapist and to access resources at other times.

It is important to involve people who are living with cognitive impairment in the process of designing and developing these technologies to ensure that the technology meets their needs and how they want to use those technologies. One approach to do this is co-design.

Our project

Our study aims to design and develop a new technology platform (Tech-CBT) that will all people to access a CBT program through different technologies including a smart assistant and their mobile phones. We are also studying the process of technology design as well as the specific needs of people for a technology that supports psychotherapy.

The technology we develop will then be used in a future trial.

We are using a co-design approach where we will form a team of people that includes people living with cognitive impairment, their care partners, family and friends, psychologists, technology designers and developers, researchers and other stakeholders. That team will go through the process of designing and developing that technology.



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How can I participate?

We are inviting the following people to join our co-design team:

- A person living with cognitive impairment (you may or may not have experienced anxiety)
- A care partner, family member or friend of a person who is living with cognitive impairment
- A psychologist who has had some experience in providing psychotherapy to people living with cognitive impairment
- A person who has an interest in the broader context of the design of technology for people living with cognitive impairment (such as ethics, technology design, human-computer interaction, policy related to technology design).

For people living with cognitive impairment, we would also like to include your support person in this study. They can provide you support with reading forms and completing some of the design activities. Your support person can be your care partners, significant others, spouses, partners or family members.

We will do an initial screen to check your eligibility to join our team. Participation is voluntary, and you may withdraw at any point.

What will I need to do as part of the co-design team?

The design and development process will run for approximately weeks and have three stages (1) gathering background information, (2) designing and developing the technology, and (3) testing the technology in environments where the technology might be used. You do not need to participate in all stages. You can choose to participate in any stage withdraw and return at any time.

Your role as a co-designer will involve providing information through interviews, focus groups, and completing evaluations of the technology as it is developed.

You can choose to complete these sessions and interviews in a number of ways according to your preferences:

- Individually using video conferencing such as Zoom or Skype
- Online workshops and focus groups using video conferencing and a private website to read information and share views (Miro)
- By yourself in your own time working on a private website to read information and share your views (Miro)

Contact

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If you are interested in participating, please contact us by either email or phone using:

T: 07 3346 5036 or 07 3346 5577

E: anxietyresearch@uq.edu.au

You can choose to use a number of these methods and can change how you are involved at any time during the process.

The number of sessions will be agreed by the whole co-design team. There will be no more than one session each week.

What equipment do I need to participate?

You will need an internet connection and a device to perform video conferencing. This device can be a computer with a web camera, a tablet, iPad or smart phone.

What help is available if I have never used video-conferencing?

We will provide you with a manual with clear instructions, a video link with step by step instructions, and support over the phone to help you setup your equipment for video-conferencing.

Your participation will help us develop this technology

Members of our co-design team will receive a \$50 electronic gift card at completion of the entirety of the project, regardless of how many sessions you have been involved in.

Dementia and Neuro Mental Health Research Unit

The Dementia and Neuro Mental Health Research Unit led by Dr Nadeeka Dissanayaka, is part of The University of Queensland Centre for Clinical Research. We facilitate a pipeline of clinical research programs to meet the increasing demands of our growing ageing population and age-related progressive brain diseases such as Dementia and Parkinson's disease. This project is conducted in collaboration with School of Psychology, UQ. Our goal is to accelerate discovery of treatment and improve quality of life for people, and their families.

Acknowledgment

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