Therapy Adherence of Obese Children in a 6-Month High-Frequency Intervention

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1. Problem
Non communicable diseases (NCDs) the greatest global burden. Health personnel is strongly limited to address NCDs satisfactory and thus, scalable, cost-efficient and evidence-based digital health interventions are required.

2. Research Question
How to increase therapy adherence with a digital coach in the everyday life of patients that show a low degree of motivation in general?

4. Method: Build a Digital Coach

5. Results - 18064 Conversational Turns (CTs) during 6 Months & 14 Patients, i.e. 8 CTs per Day

References

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Month1: 3.02%
Month2: 0.75%
Month3: 5.16%
Month4: 1.67%
Month5: 1.32%
Month6: 9.23%

% out of 14 patients with at least 6 conversational turns % of daily goal achievements

References