

RehabChat – a motivational chatbot for brain injury rehabilitation

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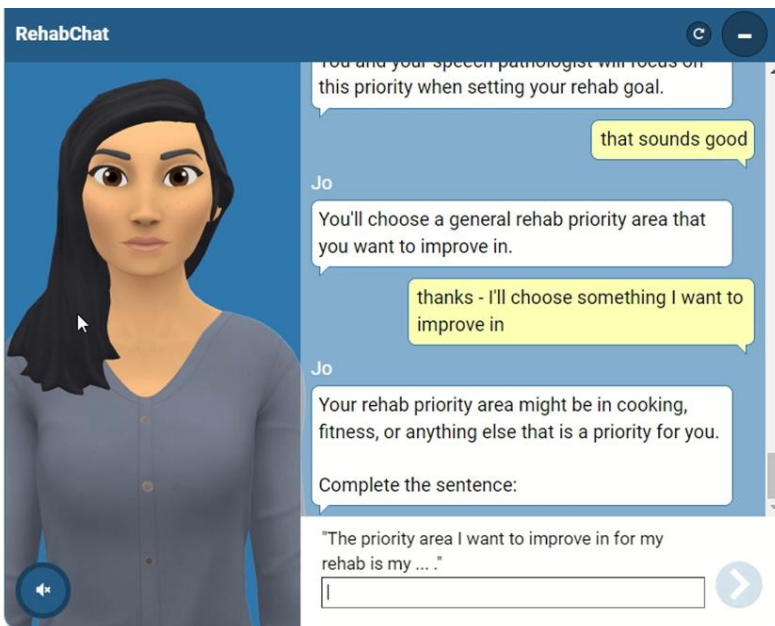
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What is the project about?

Goal setting is an important part of recovery following injury or trauma. Goal setting can help to motivate people to stay engaged with their rehabilitation and provide a clear direction for the recovery journey. Goal setting is also a good way to track progress and empower people to take an active role in their recovery. We developed a chatbot application (app) – called RehabChat - that was designed to help with goal setting.

What did the team do?

The aims of this project were to explore the feasibility and acceptability of the use of a chatbot, called RehabChat, to support goal setting following brain injury. 11 people with brain injury and 12 clinicians used RehabChat and shared their thoughts about how it could be improved. We also collected information from some participants about their use of the chatbot over six-weeks.



S	M	A	R	T
SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIME-BOUND
Well-defined, clear and unambiguous	Provides a reliable way to gauge progress	Can be done with the given time and skills at hand	Makes sense in helping you get to your bigger goals	Has a clear deadline and amount of time to spend on it

What did the team find?

All of the people who tried the RehabChat application said that it would be helpful to use as part of the rehabilitation process. The structured goal setting using RehabChat was helpful to encourage discussion and planning during the initial goal setting discussion. Having a goal to refer to along with the additional support (motivations and symptoms to be aware of) and regular check-ins was reported to be a good addition to the process over time.

How will the results be used?

The RehabChat app was designed for use during rehabilitation sessions with a clinician present and to support people between sessions. The feedback from participants supported this use but also highlighted that this tool may be more helpful if used by people in their own time outside of therapy. For the next step of this research, we are revising the tool based on participant feedback and targeted for use outside of the rehabilitation setting.