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# Investigating the feasibility and acceptability of using a chatbot to improve adherence to glaucoma medication



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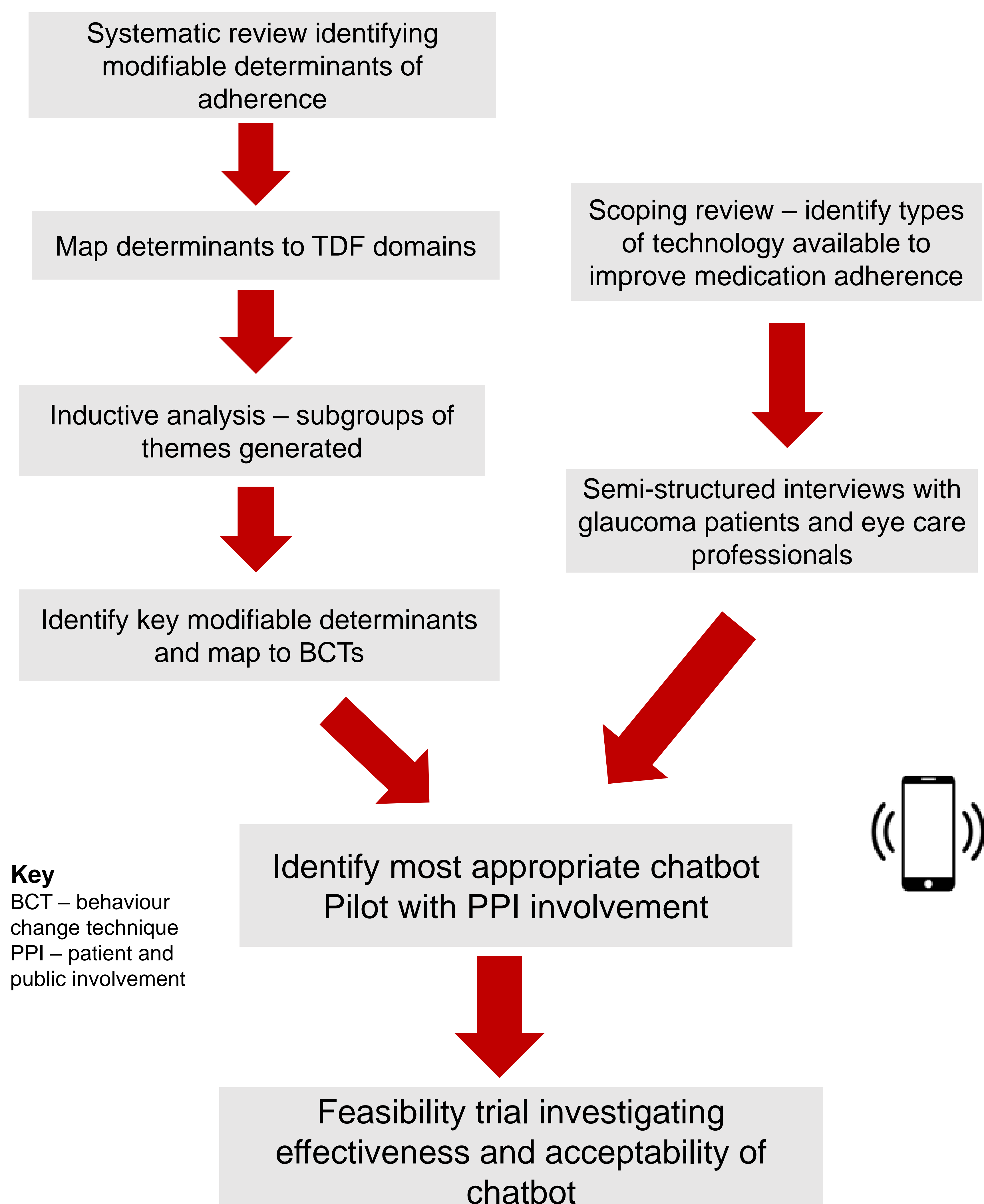
## Background

- Adherence to long-term medication is poor<sup>1</sup>
- Sub-optimal adherence reduces treatment effectiveness leading to disease progression and visual loss
- Interventions to improve adherence have achieved limited success, lacking robust theoretical underpinning<sup>2,3</sup>
- The Theoretical Domains Framework (TDF) represents a theory-driven basis for identifying determinants of behaviour change suitable for targeting with a behaviour change intervention<sup>4</sup>
- Chatbots, a type of software technology accessed by a mobile phone, can interact with users by simulating interactive conversations. There is a lack of evidence investigating their potential benefits in glaucoma

## Project Aim

To assess feasibility and acceptability of a chatbot to improve glaucoma medication adherence

## Methods



## Progress to date

- Systematic review protocol registered on Prospero. Registration no. CRD42022330637
- Glaucoma UK article – published, generating glaucoma community awareness



## Objectives

- Development of behaviour change intervention in line with UK Medical Research Council Framework, which advocates intervention development that is based on empirical evidence with a theoretical underpinning of the problem<sup>5</sup>
- Ultimately, to benefit glaucoma patients, providing evidence for future RCTs on how technology, such as chatbots, could improve medication adherence

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