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



Deborah Bott, Peter Campbell, Ahalya Subramanian, David Edgar, John Lawrenson

Department of Optometry and Vision Sciences, School of Health and Psychological Sciences, City, University of London

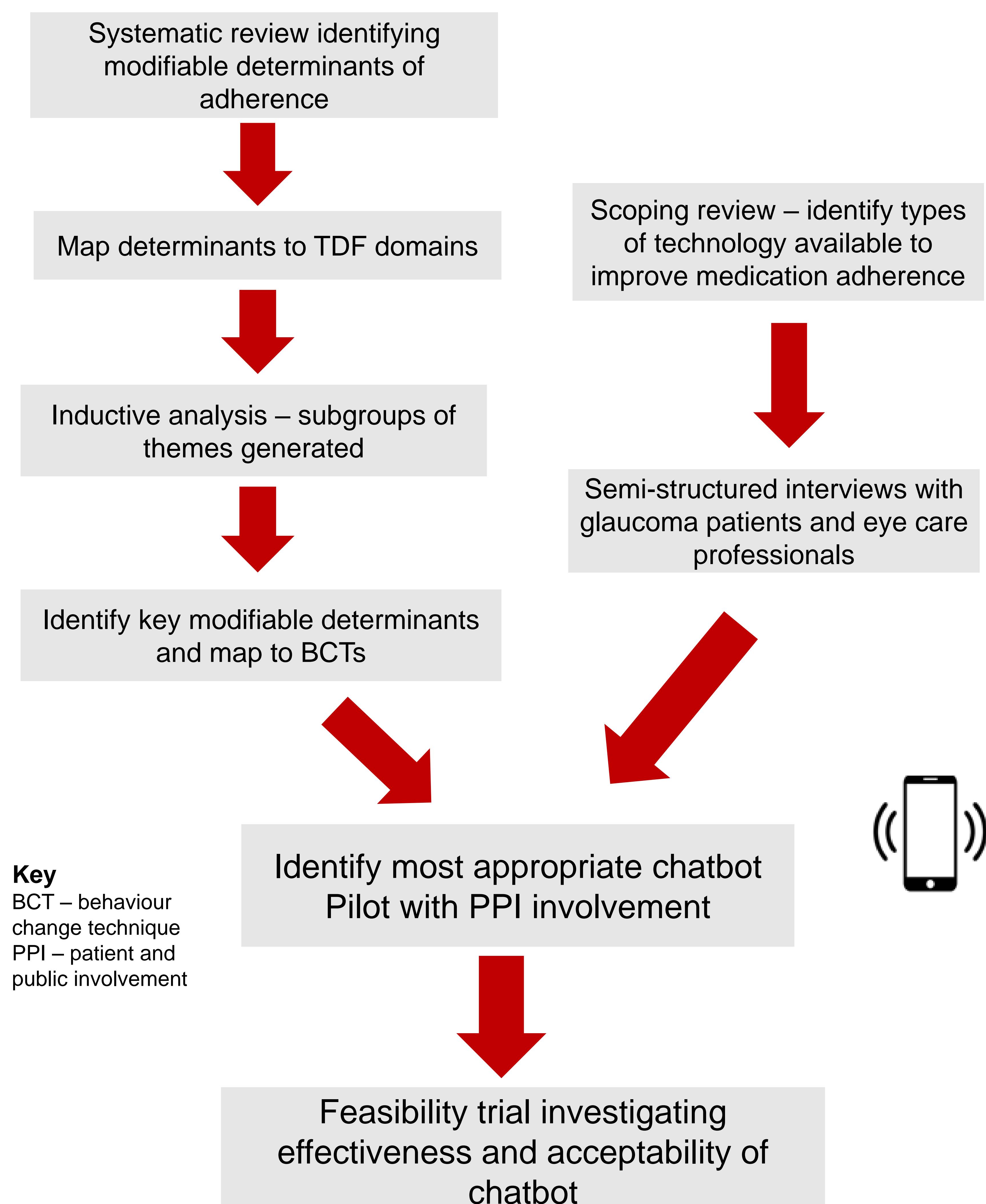
Background

- Adherence to long-term medication is poor¹
- 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^{2,3}
- The Theoretical Domains Framework (TDF) represents a theory-driven basis for identifying determinants of behaviour change suitable for targeting with a behaviour change intervention⁴
- 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 problem⁵
- Ultimately, to benefit glaucoma patients, providing evidence for future RCTs on how technology, such as chatbots, could improve medication adherence

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