

Low intensity CBT coaching

for mild-moderate anxiety and depression



Introducing Clevertar

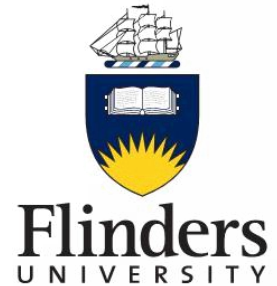
- Relational agents aka “Clever avatars” are a new digital interface
 - Anthropomorphic, conversational agents
 - Designed to influence behaviour change
- Relational agents for digital coaching:
 - Anna is like a peer
 - Time gated, educational content
 - Goal setting and follow up
- Clinical study with Type II diabetes

“I wanted to let Anna know how well I was doing”

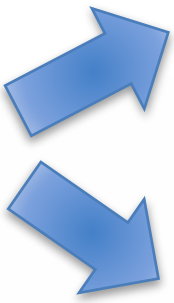


Low intensity CBT program

- Authored by Flinders University (content creators behind New Access and Mindstep programs)
- Li-CBT program for mild-moderate anxiety and depression, designed to enhance
 - self-efficacy
 - self-management
 - recovery
- For adults as a stand alone tool or as an adjunct to therapy



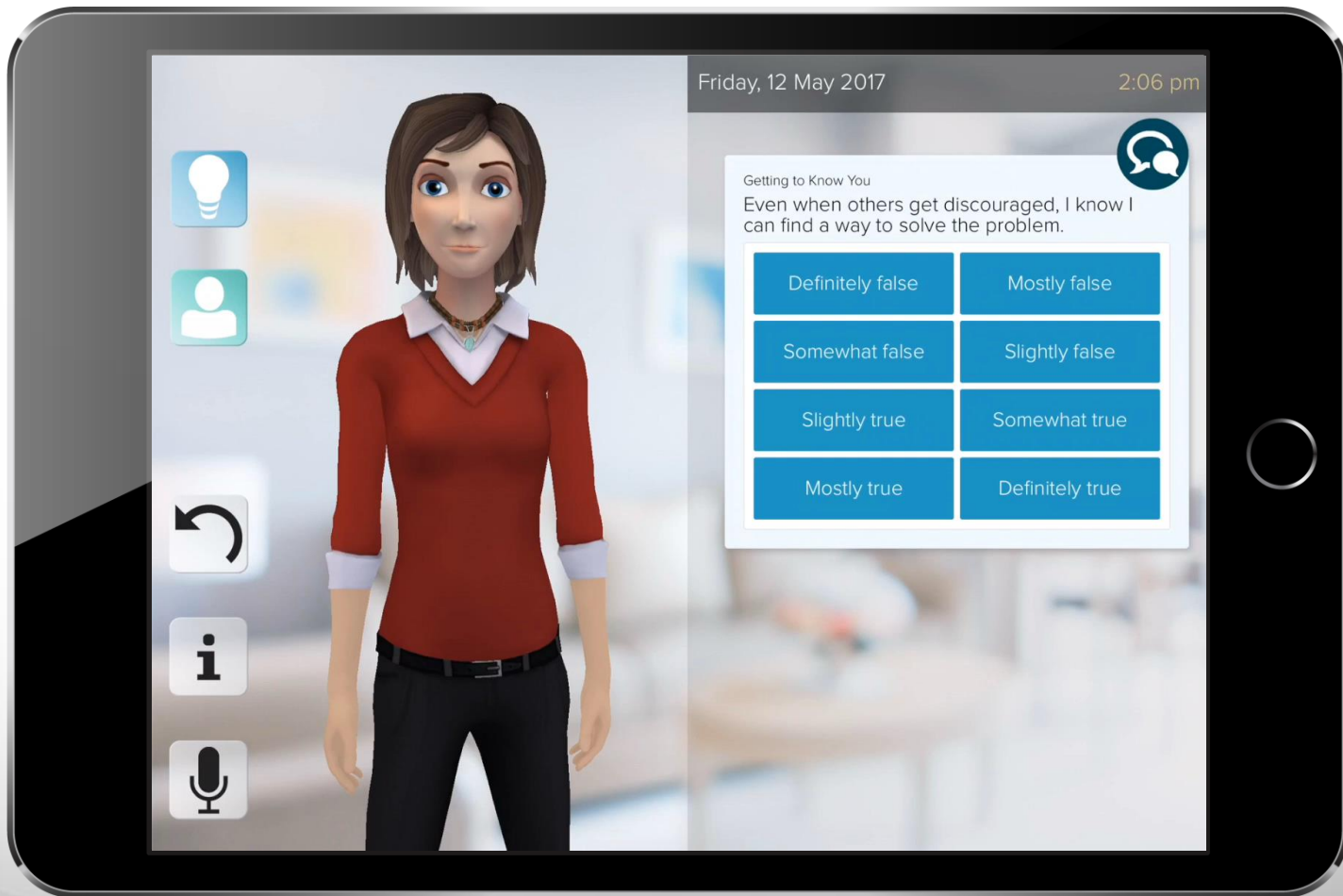
Li-CBT program overview

- Validated tools to screen and direct participants into one of three programs:
 - **Equip** – For people who are struggling with mental illness (e.g., significantly impacting or beginning to cause distress)
 - **Strength** – For people who low levels of psychological distress and strengths (e.g., no distress, but no clear direction, goals, significant connections, or purpose either)
 - **Sustain** - People who are going about life, performing at or close to their best
- 
- Anxiety stream
- Depression stream

Overview (cont.)

- Coaching program for anxiety and depression focused on:
 - Exposure
 - Behavioural activation
 - Strength building
- SMART goal-setting principles to support behaviour change
- Psychometric analysis = change between first and last session using validated scales (including K-10) and problem statement
- Step up and step down incorporated into program

Example interaction

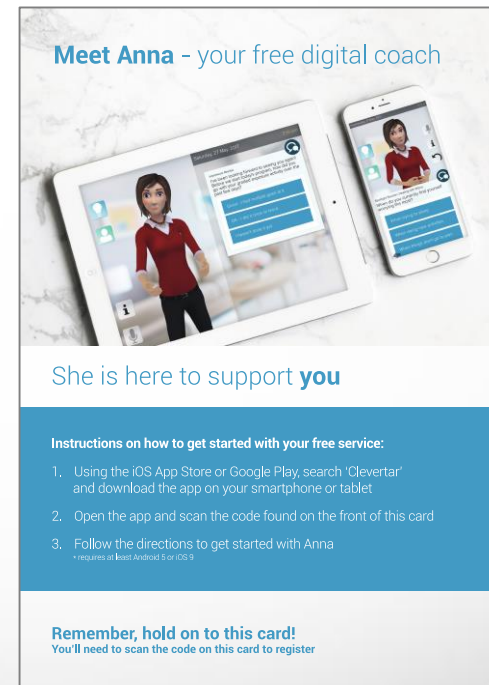


Key benefits

- Accessibility – free download to smartphone or tablet (85% of Australians have a smartphone); available 24/7
- Personalised engagement and consistent delivery
- Scheduled goal-oriented sessions to support personal progress
- On-demand sessions - including review sessions, crisis support and special topics
- Risk management – regular questions seek user input about imminent risk and ongoing mental health
- Monitoring and measurement of outcomes

How consumers register

- Referral / recommendation to consumers by:
 - GPs
 - Psychologists
 - Helpline
 - General promotion
- Available free to people in Western Sydney



Who gets what data?

- WentWest receives de-identified MDS data including:
 - Demographic info
 - Program completion
 - K-10 scores
- Practices who sign up to Clevertar, and who refer patients (via their own unique QR code) can view patient data

NB – limited number of practices for pilot phase

WentWest pilot program

- Six month pilot to test for:
 - User acceptance and engagement
 - Clinical outcomes – statistically significant improvements
- Aiming for 300-600 participants
- Evaluation by Flinders University
- Beginning July 2017

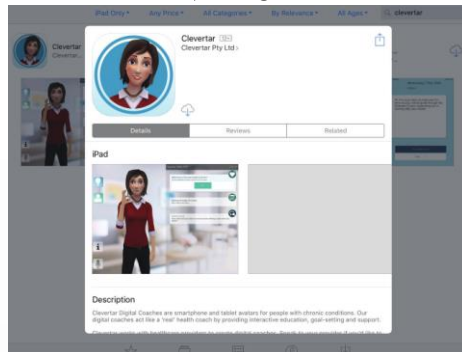
Join the Beta program!

LiCBT Digital Coach Set-up / BETA Version

Please use the following instructions to begin using Clevertar's LiCBT coach for beta testing.

Please note that the following QR token is for the beta test phase only and is not to be used for wider pilot deployment.

1. Using the iOS App Store or Google Play, search '**Clevertar**' and download the app.
 - a. **Note:** A minimum operating version of iOS 9.0 or Android 5.0 is required.



2. Agree to the '**Terms and Conditions**'
3. Tap '**Scan Code**'
4. Bring the following QR token into camera view



5. Fill in your profile details and the LiCBT coach will begin.



Free App
for people
who reside
in a Clevertar
commissioned
service area.



Contact

Clevertar PTY Ltd.
clevertar.com
info@clevertar.com



Low intensity CBT Digital Coach

A program for people with mild-moderate anxiety and depression

Clevertar's Low intensity CBT Digital Coach (Li-CBT) is a health coach for people with mild to moderate anxiety and depression. Written in partnership with Flinders University's School of Medicine, the Li-CBT Digital Coach is an app based coaching program downloaded by a consumer onto their smartphone or tablet and delivered interactively by a relational avatar. The program includes education on anxiety and depression, support for personal goal setting, and monitoring via clinical tools including the Kessler-10. Content is personalised to each individual, and is delivered over a number of weeks to support behaviour change.

Designed to build self efficacy Measurable outcomes

Similar to face-to-face interactions the Li-CBT Digital Coach is designed to engage individuals and motivate self-management using exposure, behavioral activation and strength building skills. It is designed as a standalone program, but can also be used to reinforce CBT principles and self-management techniques between consultations.

Importantly, the Li-CBT Digital Coach includes regular checks on suicide ideation to direct individuals who report imminent risk to appropriate services.

Clinically validated tools are applied within the Clevertar app to monitor a person's progress across several domains and to direct them towards interventions required, while also measuring outcomes.

Easy consumer access

Consumers access the Li-CBT program by downloading the Clevertar app from the App Store or Google Play to their iOS or Android phone or tablet, and scanning a QR code found on the front of the Clevertar Li-CBT promotional pamphlet to register.

