

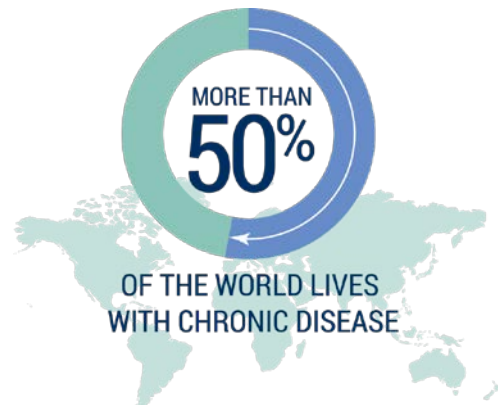
# Digital Therapies at the Center for Digital Health Interventions

Dirk Volland

Baden | 6. September 2017

# Why digital therapies?

# Behavior as the root cause for NCDs happens outside of healthcare institutions...



Source: WHO, World Health Statistics, 2017

Prevention and therapy of chronic diseases require **behavior change**



**Inside healthcare institutions:**  
Personal and highly structured BUT **episodic**, costly, and time-restricted contacts with only limited available data.

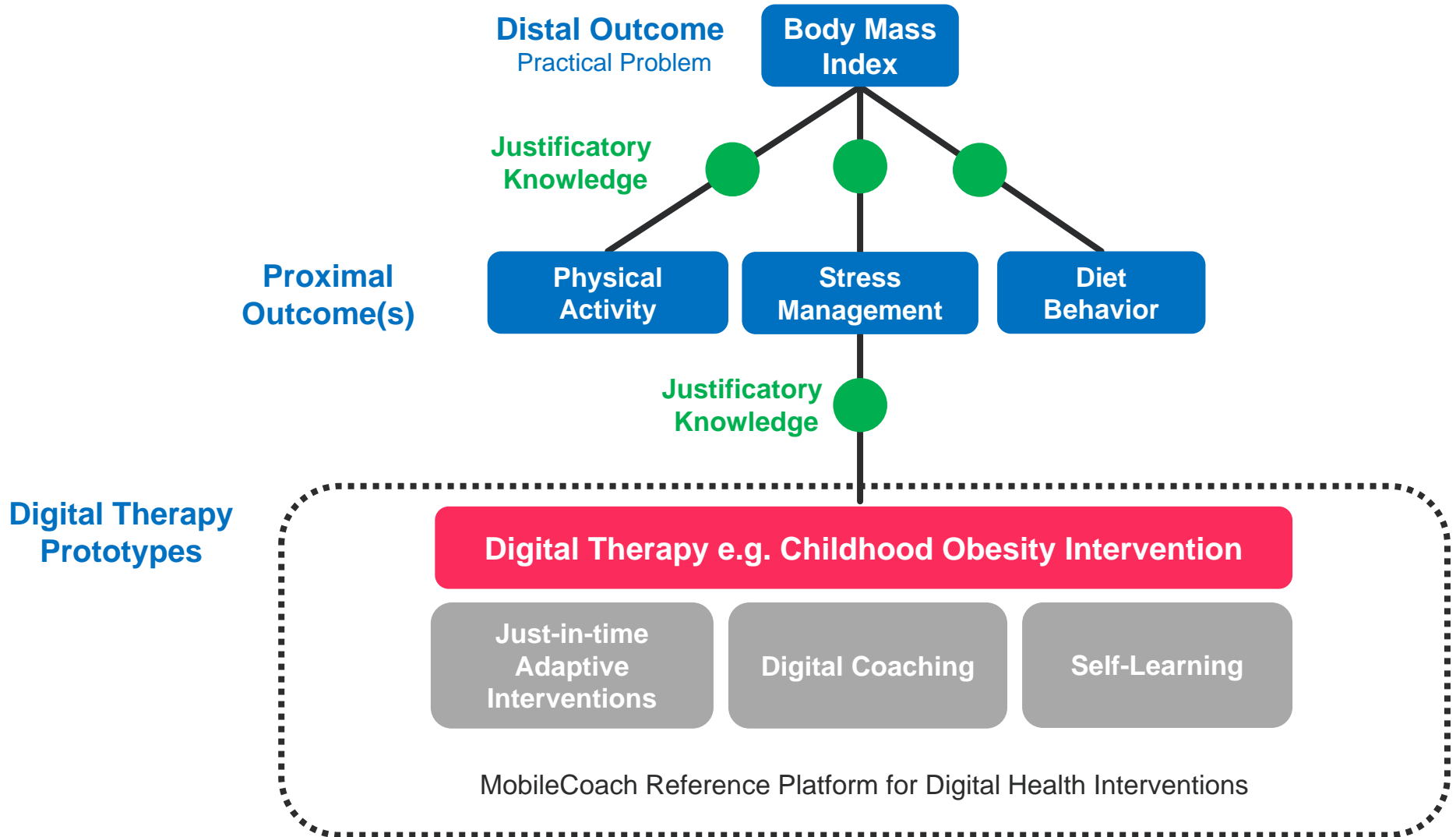


**Outside in everyday life:**  
Lack of well-defined process that supports patients in therapy and behavior changes outside healthcare institutions

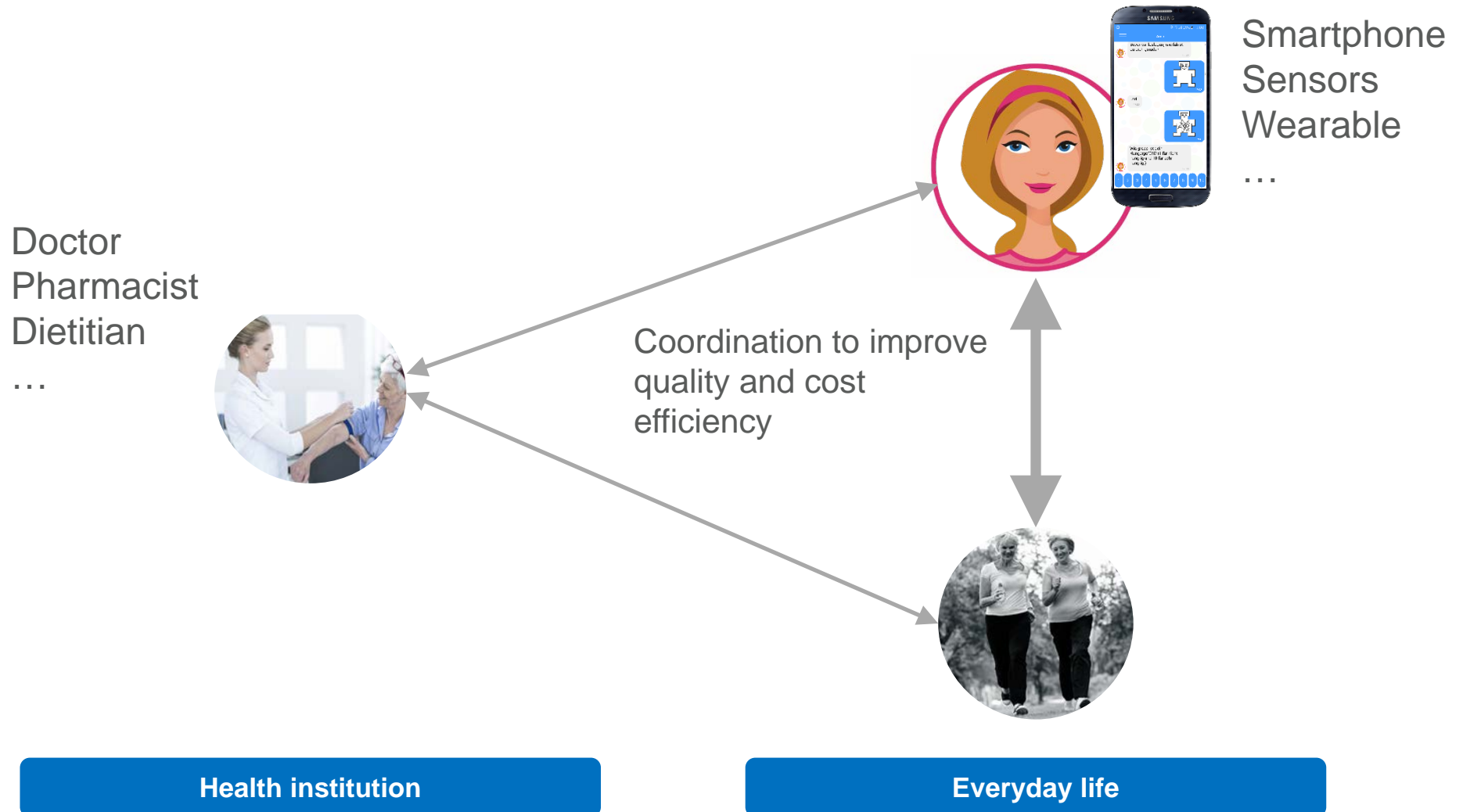


# Digital therapies

# Anatomy of Digital Health Interventions



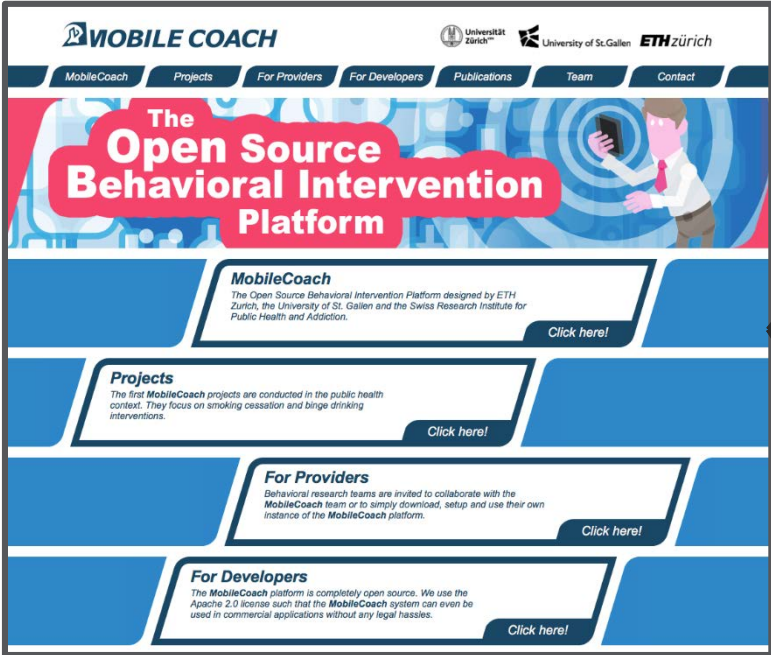
# Physical and Digital Coaching





# MobileCoach

## The Open Source Platform (the “Tool”)



[www.mobile-coach.eu](http://www.mobile-coach.eu)

## Digital Therapies (i.e. “Rules, Sensing & Support”)

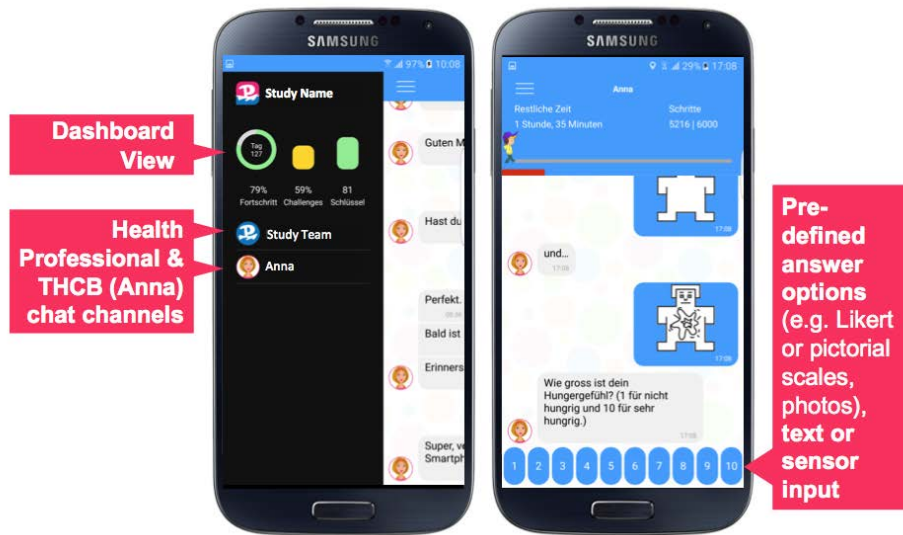
- 
1. Smoking cessation
  2. Reduce Problem Drinking
  3. Eating Disorders in Adolescents
  4. Workplace Stress Management
  - 5. Childhood Obesity Intervention**
  6. Life Skills Intervention
  7. Personality Change Intervention
  8. Couple Support in Chronic Illness Mgt.
  9. Physical Activity Intervention myStep
  10. Mobile Asthma Companion
  11. Mobile Diabetes Companion
  12. Public Health Diet Coaching

**IP belongs to the  
intervention author(s)**

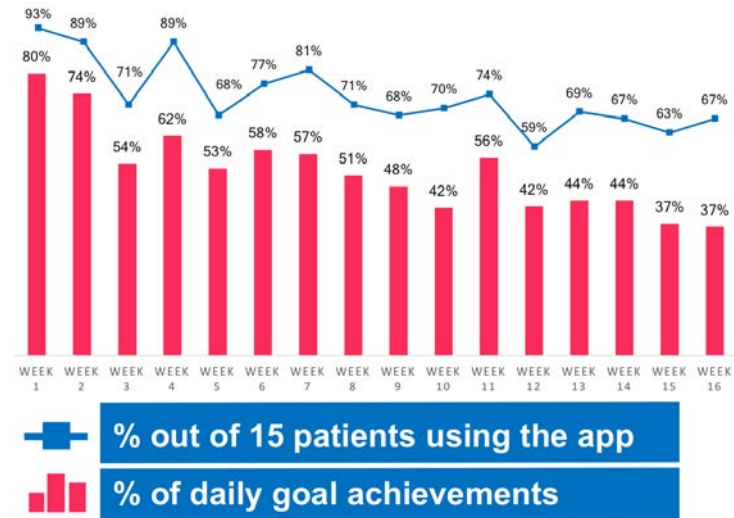


# Digital Therapy: Childhood Obesity

## Impressions of the digital therapy



## Preliminary results



- Patient communication channels after 3 months:**
- 99.52% of all communication was handled over the **text-based healthcare chatbot**
  - Only **0.48%** of all communications was handled through the Pathmate Team Channel



## Dr. Dirk Volland

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