CONNECT

Design Opportunities Tracking Related Cues to Support Remote Psychotherapy

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This work aims to address these challenges through the integration of sensor tracking systems, which offer potential to improve online interactions and support a stronger therapeutic alliance.

We begins by exploring the opportunities and challenges of deploying sensor tracking systems in remote psychotherapy, through qualitative analysis of interviews, card-sorting activities, and co-design sessions. We subsequently propose a sensor-based remote psychotherapy platform called CONNECT, informed by the findings from these activities. Finally, we ran an user testing sessions to evaluate the feasibility of our proposal.

This work offers insights into the deployment of sensor tracking systems in remote psychotherapy, presenting valuable directions for enhancing the therapeutic alliance and overall experience for both clients and therapists.

User Study

Participants: 9 clients and 10 therapists

Semi-Structured Interview

- Ask about the experiences with remote psychotherapy

Card Sorting

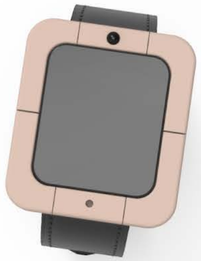
- Show participants sensors and traits
- Show participants challenging scenarios
- Ask them about what traits they want to be tracked
- Ask them what sensing system they want to use

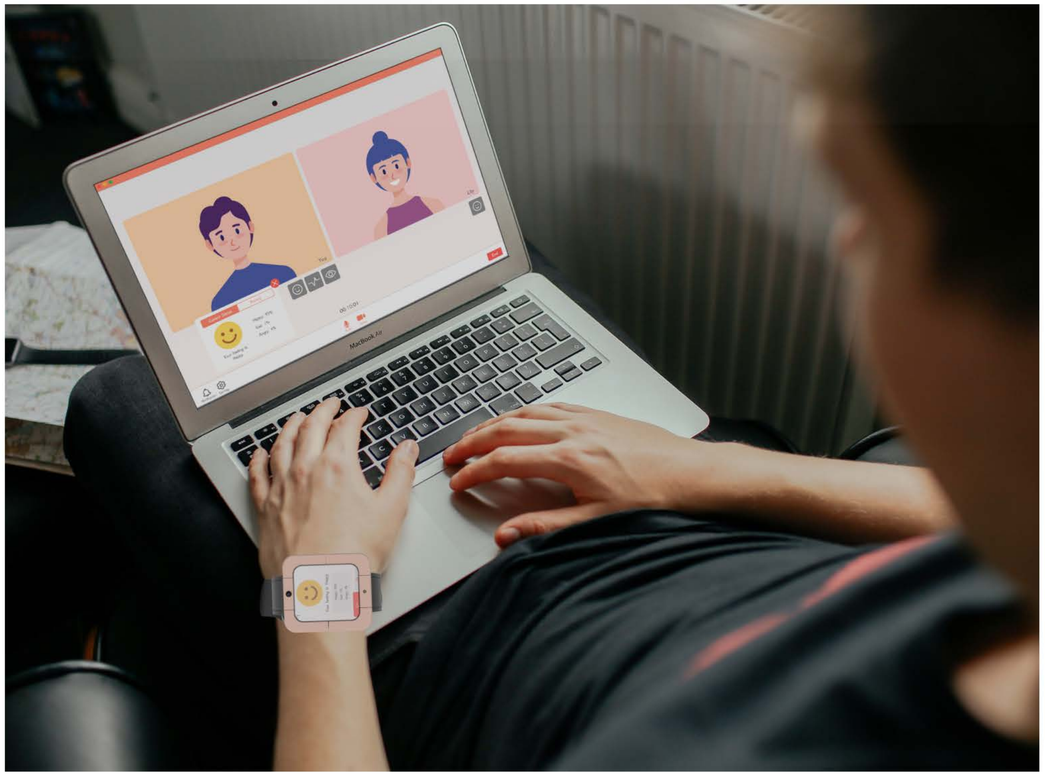
Participatory Design

- Let participants draw the platform interface,
- Ask them about the platform they designed

- Less solid therapist-client relationship is the main challenge in remote psychotherapy
- Tracking and sharing related cues in remote psychotherapy can help both clients and therapists get more information and understand each other better
- Tracking and sharing related cues also introduce extra privacy concerns and cognitive burdens

Design & Testing





- Overall, it is feasible to use tracking technology to support remote psychotherapy. The usability of the system is above average.
- Participants have concerns and considerations especially on the extra efforts of learning the interface and sensor usage