



WOEBOT

Mental Health
Chatbot

Supporting Research

- US university students who experienced symptoms of depression and anxiety were randomly assigned to use either Woebot or a mental health ebook for 2 weeks. Anxiety was reduced in both groups. However, those who used Woebot significantly reduced symptoms of depression ($P=.004$), reported higher satisfaction overall, and reported a greater amount of emotional awareness. (Fitzpatrick, Darcy & Vierhile, 2017)
- Students found Woebot to be entertaining and friendly (Demirci, 2018)

Target Symptoms & disorders

- Depression/Anxiety
- Substance use disorder
- Mood disorders
- Stress
- Wellness difficulties

Main Features

- AI powered chatbot
- Mood & Journal tracker
- Uses CBT techniques
 - Journaling
 - cognitive restructuring
 - meditation

Tips

- Actively participate
- Accurately self-report
- Use when needed
- Use as a supportive tool

