

mHIC and HTIC Join Forces with T2 to Put Behavioral Change Coach into Production

On October 12, 2016 a face to face meeting took place at Ft. Detrick on the Behavioral Change Coach (BCC) Project to kick off active production. This Joint Program Committee – 1 funded project is a unique and collaborative partnership between the National Center for Telehealth and Technology (T2) and two of TATRC’s intramural labs, the Mobile Health Innovation Center (mHIC) and the Health Technology Innovation Center (HTIC).

The BCC project is a readiness enhancing technology effort designed to help Service Members change any behavior or condition they are struggling with. It is based on the Transtheoretical Model of Change.

The goal of the BCC project is to address the lack of motivation and unsuccessful attempts to change behaviors of mental health concerns in US military personnel. Some examples are: attempting to quit smoking, lose weight, reduce alcohol use, be a better parent, spouse, employee, or improve depression. These behaviors or conditions have a high impact on the healthcare costs for the DoD. Development of an empirically supported technology application focused on assisting military personnel to change any problem or behavior will likely increase readiness and reduce overall DoD healthcare costs.

The BCC Mobile App product allows the user to identify one or several behaviors to change, then assesses their stage of change, and routes the user to the appropriate readiness enhancement exercises based on their motivation to change.

There are three major phases to the BCC project:

Phase 1: Development of a native (e.g. stand alone) mobile application called “BECOME”

Phase 2: Integration of the “BECOME” mobile app into the Mobile Health Care Environment – Research (MHCE-R) Center to provide a bi-directional version of the content that can allow assigned behavioral health providers to track their patient’s progress between clinical encounters.

Phase 3: Expansion of the MHCE-R system to request and retrieve synthetic patient data related to the ICD-10 codes which are key to the “BECOME” functions.

At this time, the T2 team is actively developing the native BECOME application. To prepare for phase 2 and 3 of the project effort, the mHIC team is jointly designing the provider portal interfaces to view patients’ progress on the BECOME app exercises and view their progress graphically through the transtheoretical stages of change. In addition, the HTIC team is preparing the necessary synthetic patient data so that the objectives of phase 3 of the project can be realized.

Ms. Jeanette Little, TATRC’s mHIC Lab Manager stated, “The

TATRC Team is excited about the BCC project because of its utility, but also because of the collaborative nature of the effort, as it will connect the expertise of T2, HTIC and mHIC on one project, which will strengthen the functions of the resulting connected health product.”

