**Preliminary Evaluation of a mHealth Coaching Conversational Artificial Intelligence (AI) for the Self-Care Management of People with Sickle-Cell Disease (SCD)**

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**Introduction**

Sickle-Cell Disease (SCD): the most prevalent monogenic disorder worldwide
- more than **300 million people** affected
- life expectancy stagnates around 42 years (High-income countries)
- causes **acute pain episodes** and **life-threatening complications**
- treatment options are limited
- complex **lifestyle behaviours can improve quality of life**
- only **1% of SCD patients are able** to properly self-manage
- studies have shown that AIs could **support patient empowerment**
- **no research has been done** to design conversational AIs for people with SCD

**Methodology**

Co-design sessions

Interviews and Focus Groups

Usability Evaluation and Usefulness Surveys

**Results**

N = 17
Age min: 19
Age max: 59

88% said: **“The chatbot contains all the information I need”** (score > 3/4)
58% declared: **“The bot encouraged me to be more active in order to improve my condition”** (score > 3/4)

**Conclusion**

Conversational AIs for health coaching could be used to promote the knowledge acquisition of recommended self-care practices related to symptoms prevention