Independent Study: Supporting Peer and Novice Therapists

Project Overview:
Areas: Interaction Design, Social Computing

In this project we are developing an interactive prototype for motivational interviewing training using a human-centered design approach. Motivational Interviewing (MI) is an effective therapeutic technique to support behavior change, but training is often time consuming and its effectiveness diminishes over time. Our goal is to design and develop a prototype for time effective interactive MI training useful both for initial training and refreshers. Our prototype will build on our research to identify the unique challenges nurses face in learning MI and that MI newcomers struggle with building rapport, analyzing the problem, and promoting readiness for change during therapeutic interactions.

Research Plan:

For my independent study, I will be focusing on the design research and prototype development aspect. I will be responsible for research on the learning process of amateur helpers. I will design and develop a prototype for time effective interactive MI training useful both for initial training and refreshers with my research collaborators at CoEx Lab.

My role is broken down into the four stages below.

Stage 1: Research

Timeline: 4 weeks

Literature Review

- Study the research conducted on the project thus far
- Review the existing literature on motivational interviewing
- Get familiar with the current training for motivational interviewing and the existing platforms for online therapy

User Study

- Assist in creating a research plan
- Assist in conducting pilot testings and user studies
- Assist in data collection for each user study

Collect and Compile Findings

- Compile notes and transcribe interviews from user studies
- Engage in the interpretation and analysis of interview notes (open coding and affinity diagram)
- Deliverable: Write a short report of user study results

**Stage 2: Design**

**Timeline: 2 weeks**

- Based on the previous research, generate a set of ideas that meet user needs
- Create storyboards for each need and conduct speed dating sessions to find out how accurately each storyboard represented the user’s need as well as the effectiveness of the proposed solution
- Create a low-fi prototype based on finalized ideas

**Stage 3: Testing**

**Timeline: 2 weeks**

- Conduct think-aloud study, in which potential users speak out their thoughts while navigating through the prototype, to identify usability problems, positives, and other discoveries.
- Improve the low-fi prototype based on findings from the think-aloud study and repeat this process if necessary

**Stage 4: Prototype**

**Timeline: 2 weeks**
• Deliverable: Design and develop a final high-fidelity prototype

Learning Objectives:

• I will have knowledge about the current research relevant to motivational interviewing
• I will be able to conduct user testing from question preparation and data collection from user study to data analysis and final report of user study results.
• I will be able to design and conduct speed dating sessions and think-aloud studies
• I will be able to design and develop prototypes

Activities/time per week:

• 1-2 hours per week on team meetings and communications
• 3 hours per week on literature reviews
• 3 hours per week on research logistics
• 6 hours per week on prototype design and development