

Developing and testing a novel aphasia self-treatment app platform *AphasiaFit*: a protocol of the LifeCHAT research project



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Background

Speech and language therapy for aphasia is effective in improving language and communication in the short-term; however, these effects are not always maintained (Brady et al., 2016; Menahemi-Falkov et al., 2022).

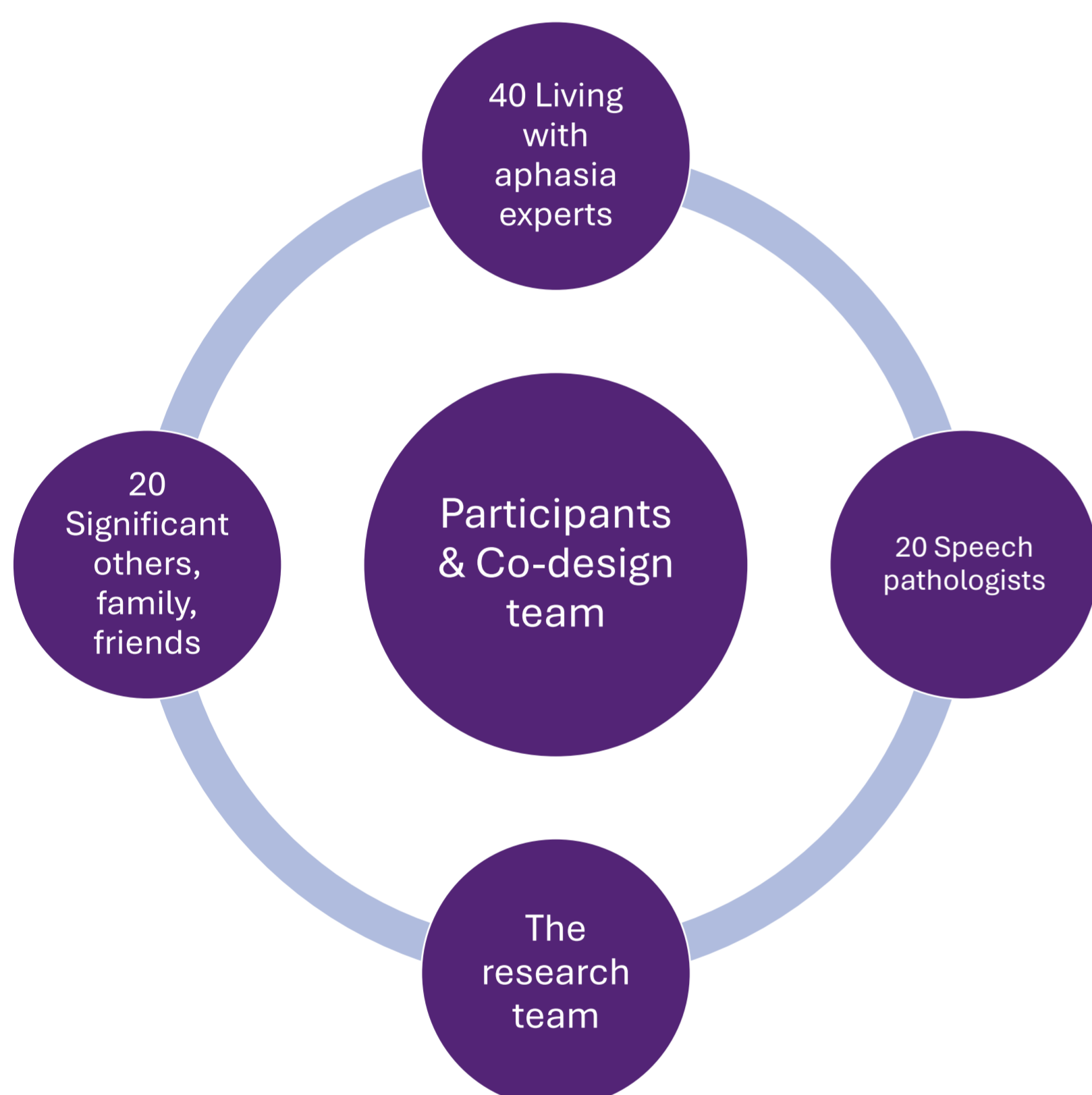
Mobile Health (mHealth) applications provide a potential solution to supporting long-term access to therapy and maintenance of gains for people with aphasia (Burns et al., 2021; Vaezipour et al., 2021).

This poster describes the protocol for the co-design and evaluation of a novel mHealth app platform for aphasia self-management: ***AphasiaFit***.

Methods

Design

Experience-Based Co-design and Human-Centred Design.



Consumer and Community Involvement

A research advisory group comprising stroke survivors with aphasia, family members, and speech pathologists has been established to provide expert guidance, feedback, and oversight across the project.

Outcomes

Outcomes will include a prototype co-designed mHealth app platform for self-management of aphasia and evidence of usability and preliminary efficacy.

The app platform will have **three components**: the main ***AphasiaFit*** app, a companion app for family and friends, and a therapist app.

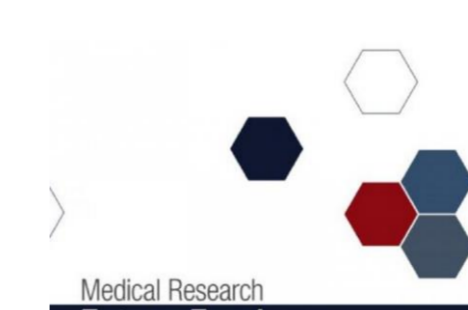
References

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An overview of the LifeCHAT project

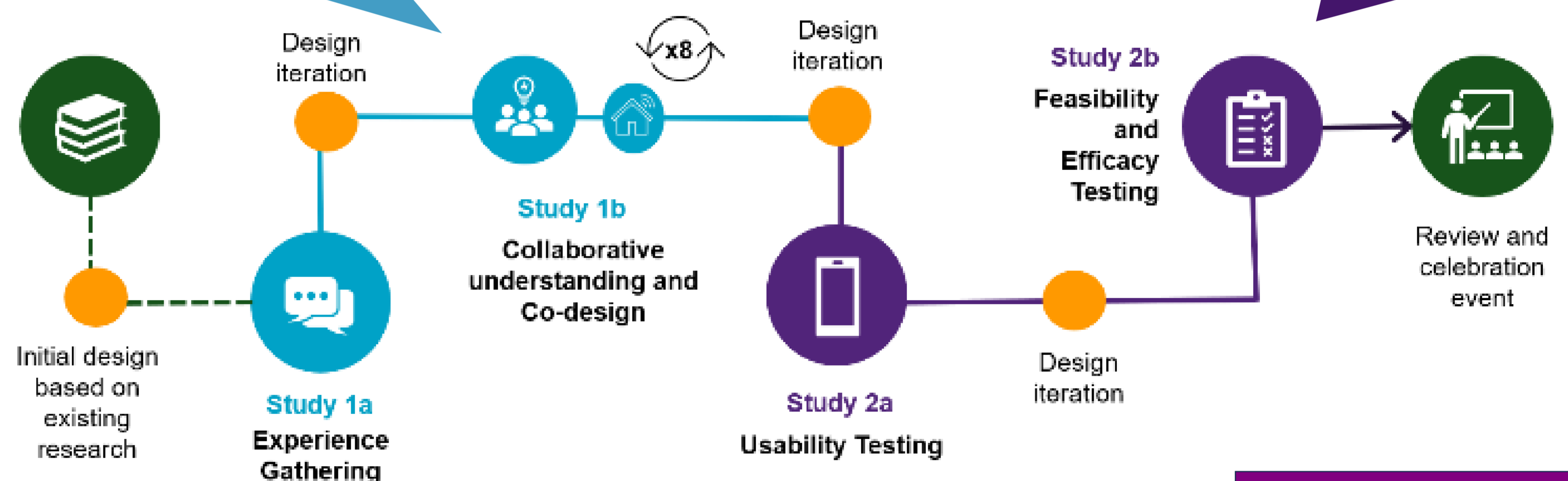
Aphasia-friendly summary

This poster shows the research plan for developing and testing ***AphasiaFit***. ***AphasiaFit*** is a new app platform for self-management of aphasia treatment. The stages of the project involve:

- 1) **Gathering experiences** of doing therapy at home and identifying what could help.
- 2) **Working together to co-design** the app platform.
- 3) **Testing the app with people with aphasia, family and friends, and speech pathologists.**

Designing the prototype ***AphasiaFit*** app platform in partnership with key stakeholders

Conducting a 1-month field-test trial of an individualised treatment plan in ***AphasiaFit***

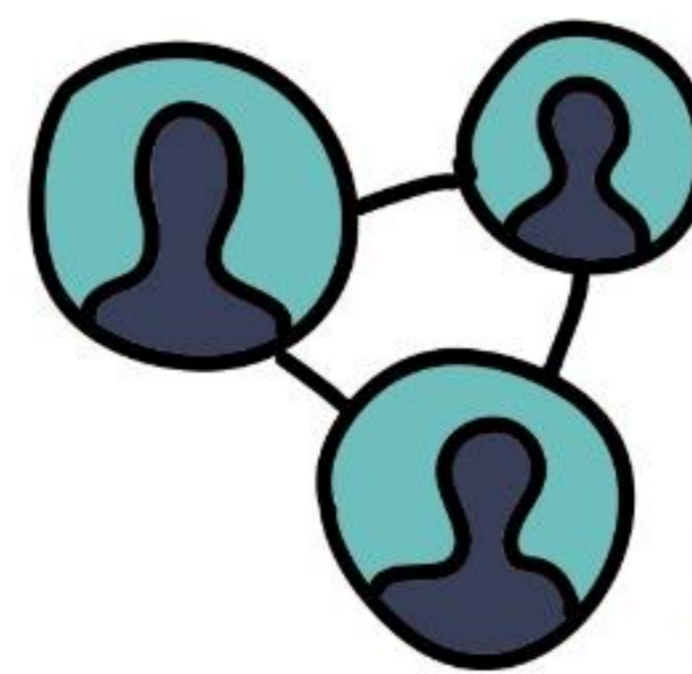


Identifying barriers, facilitators, and behaviour change techniques that promote self-managed aphasia treatment adherence. Identifying priorities for co-design through interviews and focus groups

Conducting a pluralistic walkthrough, a 'think aloud' technique evaluation, and completing app quality and acceptability measures

Evaluating the research process. Gathering participants' observations, major decisions/rationales, and co-designer feedback.

Person living with aphasia
AphasiaFit App



Treating Speech Pathologist
AphasiaFit Therapist Web App

Significant others, family and friends
AphasiaFit Companion App

