



Mobile and Electronic Health ARC (ME-ARC)

March Seminar

Therabot: 6.5 Years and Over 100,000 Human Hours Building and Evaluating the First Generative AI Psychotherapy Chatbot

Nicholas C. Jacobson, PhD

Thursday, March 19th

12:00-1:00pm

Via Zoom: <https://bit.ly/mearc-spring26>



Dr. Jacobson's research focuses on using technology to improve mental health assessment and treatment. His lab develops AI systems that analyze passive sensor data from smartphones and wearables to detect and predict changes in anxiety and depression. In this talk, he'll describe the 6.5-year path to building Therabot, a generative AI chatbot for psychotherapy recently tested in a randomized controlled trial published in the New England Journal of Medicine AI. He'll discuss what worked, what didn't, and implications for the broader mHealth field.

ME-ARC PI & Director: Belinda Borrelli, Ph.D.

Leadership Team: Daniel Fulford, Ph.D. (Co-Director), Joanne Murabito, M.D. (Co-Director), Lisa Quintiliani, Ph.D.

Have questions? Contact Maria Monteiro by emailing mmonte1@bu.edu

For more information about the Mobile and Electronic Health ARC, please visit: <http://sites.bu.edu/me-arc/>