

## **Body-Soul Map: An app for the psychiatric therapy combining mental and physical information**

The patient's limited ability to express his/her feelings during the therapy session results in an ineffective encounter in which the patient's words are often forgotten and the therapist receives partial information.

The time between sessions can be used to allow the patient to convey the information he/she wants, enabling the patient to concentrate, gather information and formulate it into a description of his/her overall condition - physical and mental. As body and mind are one and should be represented simultaneously for optimal decisions, we developed an app for patient that collects the words and the physical and mental state, before the meeting, and present it to the therapist. This innovative approach of an ongoing patient-therapist encounter that enables the patients to express themselves beyond the clinic, in their natural environment, "share their feelings", pain frequency and type, using a humanoid form that graphically represents the patient and intermediating the communication, may improve patient experience and overcome therapist-patient encounter barriers.

For the therapist providing the information in real time, showing patients' expectations and condition, all integrated into the app, may improve the quality of care and the communication with the patient. The research aims at collecting data that will serve for the development of an AI-based Decision Support System for medication adjustment, prioritization of meeting scheduling and treatment.

The research is performed at the psychiatric outpatient clinic in Sheba Medical Center. It evaluates the contribution of a virtual persona to the quality of information available to the therapist. It also examines the persona's role as a facilitator for the patients to express their mental condition, while improving their experience. We will discuss the challenges in mental health treatment that can be overcome by using technologies like this and its relevance to other chronic clinical domains as well as COVID/isolated patients.