

Multi-regional ChatPal trials



Length of trials:
12-weeks



348

Total participants

Northern Ireland, Republic of Ireland,
Scotland, Finland and Sweden

Top 4 features used in chatbot



1

Thoughts diary

2

“Treat yourself
like a friend”

3

Information about
physical health

4

Activities to
help you relax

29,298

Total number of chatbot
app interactions
(average 246 per day)

Participant demographics



25%



75%



18-73

Age range

(average age 30)



35%

Students

Other participants had a
wide range of occupations

Main outcome



Participants showed a
small improvement in mental
wellbeing over the trial period
(although this wasn't
statistically significant)



Northern Periphery and
Arctic Programme
2014-2020



EUROPEAN UNION

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ChatPal 
Digital Wellbeing Conversations