

ChangeTalk

CHILDHOOD OBESITY

Motivational Interviewing Skill Building Simulation for Pediatricians, Nurses,
Family Physicians, and Nutritionists

About

Change Talk: Childhood Obesity™ (Change Talk) is an online and mobile app designed to help health professionals learn to manage challenging family and patient conversations regarding childhood obesity and its attendant risk factors.

Change Talk addresses the challenging question: How do I build motivation in patients and families to make positive changes in their health behaviors when they are resistant to change? It is built as a virtual practice environment in which healthcare providers assume the role of a physician and engage in a conversation where they decide what to say to a mother and her son – virtual humans who possess individual personalities, emotions and memories. Their goal is to apply Motivational Interviewing (MI) tactics to address the family's resistance and create actionable opportunities for behavior change. **Change Talk** is designed to realistically simulate the experience and behaviors of practicing professionals, patients, and caregivers in real life situations.



Snapshot of the Virtual Role-Play Conversation

Change Talk is an initiative of the American Academy of Pediatrics Institute for Healthy Childhood Weight (www.aap.org) and Kognito (www.kognito.com), leaders in immersive learning experiences with virtual humans that drive positive change in health behaviors. **Change Talk** is the first immersive practice environment for health professionals involved in addressing childhood obesity.

Motivational Interviewing

Motivational interviewing (MI) is an evidence-based and patient-centered method for enhancing intrinsic motivation to change health behaviors. In **Change Talk**, users practice MI skills and communication techniques including shared agenda-setting, open-ended questions, reflective listening, elicit-provide-elicited, importance-and-confidence scales, affirmation and summarizing.



How to Access Change Talk

Change Talk is a free app and web resource approved for *0.5 AMA PRA Category 1 Credit™*. **Change Talk** is available for download from the Apple App StoreSM, Google Play[™] and the Windows Store. The web version can be accessed at <http://ihcw.aap.org/resources> or www.kognito.com/changetalk



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