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Evaluation of a Virtual Agent in Guiding Users in Nurturing Self-Compassion and Foresighted Compassion

Help improve wellbeing and compassion towards self and others

The [Algorithmic Human Development](#) group at Imperial College London is dedicated to improving mental well-being in all people and is sponsored by the non-profit organization [Empowered Human Foundation](#).

The novel **Self-Attachment Technique (SAT)** has in recent years generated promising results in both clinical and non-clinical populations. In this non-invasive intervention, participants imaginatively create a passionate affectional bond with their childhood selves using their favourite childhood photos and on this basis practice protocols that simulate optimal interactions of a parent-child dyad. Our pilot projects in 2022 and 2023 show that the daily practice of SAT can significantly enhance your self-and-other compassion, happiness and your problem-solving ability.

Compassion has never been more urgently required today in face of ever increasing conflict at national and international scales in all domains of human activities. Only a substantial increase in compassion at local and global levels can enable us to work collectively for solving our existential problems in today's world.

The **CompassionBot**, which builds upon SAT, guides the user to practice exercises to enhance self-compassion and foresighted as well as tender compassion to others in a wide range of subjects in human activities at national and international levels.

This study is based on two weekly one-hour Zoom sessions on Saturday 19 and 26 August at 5pm UK Summer time, and requires daily practice of exercises using your favourite and non-favourite childhood photos and interacting with a chatbot for at least 20 minutes a day. The protocol has the potential to make a positive impact on individuals and societies around the world and you can be a part of that change. Your participation is very important for our research and we would greatly appreciate it.

You are **eligible** to take part if you are a healthy adult in the age range 20-70, do not suffer from any current psychiatric disorders, organic brain diseases or substance abuse, and speak fluent English, and are based in Europe, Americas, Africa or Middle East.

If you are interested contact Tian Gu at tg222@ic.ac.uk

Thank you for considering taking part in this study and do not hesitate to contact us if you have any additional questions!

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