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Evaluation of a Virtual Agent in Guiding Users in Nurturing Creativity and Problem Solving

Help improve wellbeing and creativity and problem-solving ability

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.

The current study is based on an SAT protocol to enhance creativity and problem-solving ability. In a world grappling with complex challenges such as climate change, geopolitical conflicts, and social inequalities, **creativity** emerges as an indispensable force for transformative solutions. It is a catalyst that can unravel the most pressing existential issues we face today

We incorporated the SAT protocol into our platform called **CreativeBot** to allow individuals to ignite a passion towards a creative domain of their interest, enhance their playfulness, enhance openness to experience, and enrich their emotions

This study is based on two weekly one-hour Zoom sessions on Sunday 20 and 27 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.

If you are interested to take part in the study, please contact Olivia Chavigny de Lachevrotiere: ohc22@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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