

CLAIMS

What is claimed is:

1. A system for treating a disease or disorder, the system comprising:
 - data processing hardware; and
 - memory hardware in communication with the data processing hardware, the memory hardware storing instructions that when executed on the data processing hardware cause the data processing hardware to perform operations comprising:
 - administering, to a first set of one or more users, a digital therapeutic, wherein the digital therapeutic comprises at least cognitive behavioral therapy content;
 - administering, to a second set of one or more users, at least one of a sham or a placebo digital therapeutic, wherein the at least one sham or placebo digital therapeutic does not comprise any cognitive behavioral therapy content;
 - determining a first efficacy value associated with the digital therapeutic based on an analysis of engagement of the first set of one or more users with the digital therapeutic;
 - determining a second efficacy value associated with the at least one sham or placebo digital therapeutic based on analysis of engagement of the second set of one or more users with the sham or placebo digital therapeutic;
 - determining a third efficacy value associated with the digital therapeutic based on a comparison of the first and second efficacy values;
 - altering the cognitive behavioral therapy content of the digital therapeutic based on the third efficacy value to provide an updated digital therapeutic; and
 - administering the updated digital therapeutic to a third set of one or more users.
2. The system of claim 1, wherein the third set of one or more users may include some or all of either the first or second sets of users.
3. The system of claim 1, wherein administering the sham digital therapeutic comprises:
 - delivering one or more statements corresponding to general information related to at least one of an emotion, a disease, a disorder, or a condition associated with a user of the second set of one or more users.

4. The system of claim 3, wherein the one or more statements are delivered in response to the data processing hardware receiving an indication from a user of the second set of one or more users of an emotion, a disease, a disorder, or a condition that is associated with the user of the second set of one or more users.
5. The system of claim 1, wherein administering the sham digital therapeutic comprises:
generating, for display on a display device, textual content, wherein the textual content is configured to simulate a conversation with a user of the second set of one or more users.
6. The system of claim 5, wherein the textual content includes at least one of a greeting message, a prompt, a response, or an indication of the termination of the simulated conversation.
7. The system of claim 1, wherein administering the placebo digital therapeutic comprises:
generating, for display on a display device, graphical content, wherein the graphical content comprises a timer.
8. The system of claim 1, wherein administering the placebo digital therapeutic comprises:
generating, for display on a display device, a blank screen.
9. The system of claim 1, wherein administering the sham digital therapeutic comprises delivering sham content.
10. The system of claim 1, wherein administering the placebo digital therapeutic comprises delivering no content.
11. A method of treatment comprising:
administering, via data processing hardware, to a first set of one or more users, a digital therapeutic, wherein the digital therapeutic comprises at least cognitive behavioral therapy content;
administering, via the data processing hardware, to a second set of one or more users, at least one of a sham or a placebo digital therapeutic, wherein the at least one sham or placebo digital therapeutic does not comprise any cognitive behavioral therapy content;

determining, via the data processing hardware, a first efficacy value associated with the digital therapeutic based on an analysis of engagement of the first set of one or more users with the digital therapeutic;

determining, via the data processing hardware, a second efficacy value associated with the at least one sham or placebo digital therapeutic based on analysis of engagement of the second set of one or more users with the sham or placebo digital therapeutic;

determining, via the data processing hardware, a third efficacy value associated with the digital therapeutic based on a comparison of the first and second efficacy values;

altering, via the data processing hardware, the cognitive behavioral therapy content of the digital therapeutic based on the third efficacy value to provide an updated digital therapeutic; and

administering, via the data processing hardware, the updated digital therapeutic to a third set of one or more users.

12. The method of claim 11, wherein the third set of one or more users may include some or all of either the first or second sets of users.

13. The method of claim 11, wherein administering the sham digital therapeutic comprises:
delivering, via the data processing hardware, one or more statements corresponding to general information related to at least one of an emotion, a disease, a disorder, or a condition associated with a user of the second set of one or more users.

14. The method of claim 13, wherein the one or more statements are delivered in response to the data processing hardware receiving an indication from a user of the second set of one or more users of an emotion, a disease, a disorder, or a condition that is associated with the user of the second set of one or more users.

15. The method of claim 11, wherein administering the sham digital therapeutic comprises:
generating, via the data processing hardware, for display on a display device, textual content, wherein the textual content is configured to simulate a conversation with a user of the second set of one or more users.

16. The method of claim 15, wherein the textual content includes at least one of a greeting message, a prompt, a response, or an indication of the termination of the simulated conversation.
17. The method of claim 11, wherein administering the placebo digital therapeutic comprises: generating, via the data processing hardware, for display on a display device, graphical content, wherein the graphical content comprises a timer.
18. The method of claim 11, wherein administering the placebo digital therapeutic comprises: generating, via the data processing hardware, for display on a display device, a blank screen.
19. The method of claim 11, wherein administering the sham digital therapeutic comprises delivering, via the data processing hardware, sham content.
20. The method of claim 11, wherein administering the placebo digital therapeutic comprises delivering, via the data processing hardware, no content.