

HelloBuddy - on my Survivorship Journey: An AI-Powered Personal Counsellor to Manage Cancer Distress

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Technology

HelloBuddy utilizes proven frameworks, including the NCCN Distress Management Guidelines, nursing management principles, and Acceptance and Commitment Therapy (ACT), to deliver customized, empathetic support and virtual companionship during the cancer survivorship journey. This application offers a 24/7 chatting companion, powered by cutting-edge large language models, meticulously enhanced with a localized training dataset centered on care resources, self-care, and distress management.

Stage of Development

- Text-based prototype developed and pilot-tested
- Animated HelloBuddy under development with enhanced emotion recognition and user interaction
- Additional training content and testing in progress

Key Advantages

- 24/7 accessible emotional support via mobile devices
- Scalable and cost-effective digital mental health tool
- Enables precision and personalized psychosocial care
- Improves patient engagement and quality of life
- Reduces burden on hospital mental health services

Opportunities

- Meets the rising global needs for mental health care in cancer
- Partnerships with hospitals, NGOs, and digital health sectors
- Expands digital therapeutics to reduce symptoms and improve QOL
- Strong market and clinical potential in global oncology care



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