# Contouring A User Centered *ChatBot*For Diabetes Mellitus



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## Introduction

Diabetes Mellitus (DM) is a chronic health condition that affects how the body turns food into energy. It occurs when the body either doesn't produce enough insulin or can't use insulin effectively. Its management requires continuous adherence to medical care, self-management and monitoring, to mitigate the risks.

A Chatbot for Diabetes Mellitus, DBOT, was designed using a set of questions grouped under the components- Diabetes History, Medical History, Family History, Medical History (for women only), Eating/Exercising Habits, Tracking Health Status (Lab Test Results), Medicine Consuming Status, Knowledge about reducing the Risk, Frequently Asked Questions (FAQ), and DBOT Usage.

To design the DBOT, JAVA Coding, xml designing language and Android Studio tools were used. The flow charts and Coding sheets for the components were devised. The DBOT was shared with the diabetic patients for their utilisation and through a questionnaire survey the feedback from the respondents about user experience were collected.

The questionnaire data was analysed using statistical techniques like Independent Sample "t" test, Chi square, One-Way ANOVA, Correlation, and Factor Analysis for the comparison, relation and association between the components of DBOT.

The future step is to incorporate the recommendations and suggestions of users and restructure the DBOT with enhanced effectiveness. Keywords

Systems Software; Mobile Apps; Diabetes Mellitus; DBOT; Questionnaire; Statistical techniques.

# Background

#### Diabetes Mellitus

Diabetes Mellitus (DM) is a chronic disease associated with greater rates of cardiovascular illness, kidney disease, vision problems, and nontraumatic amputations. DM cannot be cured, but it can be detected, managed, and its prevention through continuous lifestyle monitoring can delay the further development of the disease. DM management is long, costly, and requires continuous adherence to medical care and in addition, it requires ongoing selfmanagement and monitoring to mitigate the risks.

#### Medical Chatbot

A technology that fosters interaction between man and machine utilising dialog flow. Chatbots are programmed to understand medical language, respond to user queries, provide medical test results and even connect users with healthcare professionals. Medical chatbots aim to enhance patient engagement, streamline healthcare services, improve communication, and provide personalised care to individuals seeking medical assistance.

#### Statistical Tools

SPSS 16.0 is a comprehensive system for analysing data. Within this system, various tests were used to compare data, find correlations between data and associate different groups of data.

- 't' test is a statistical method used to compare the means of two groups
- Chi square test is a statistical hypothesis test used to analyze contingency tables and determine if there is a relationship between two categorical variables.
- One Way ANOVA Test is a statistical method used to compare the means of three or more groups when there is one independent variable and one dependent variable
- KMO Test is a statistical measure used in factor analysis to assess the sampling adequacy of the data. It evaluates whether the data is suitable for factor analysis by measuring the correlation between variables
- Bartlett test is a statistical test used to assess the homogeneity of variances across multiple groups or samples

## Background - DBOT

DBOT the chatbot was programmed by the JAVA programming language in Android Studio, with an aim to assist diabetic patients during the COVID pandemic, when restrictions were put in place to visit hospitals. The two main components in DBOT are the 'Lab Test Results' page and the 'FAQs' page. During the pandemic diabetic patients were not able to go out to lab test centres to get their diabetic test results (blood sugar levels, blood pressure levels and HbAlc levels) checked, something that is extremely crucial. However, most patients have simple equipment at home that measure these levels for them. When lab test results were sent to DBOT, DBOT was able to respond to them by stating whether their test result was low, normal or high and what to do in each situation. Apart from this, it also answered FAQs.



#### **Chatbot FAQs**

What is the difference between Type 1 and Type 2 diabetes?

Type 1 and type 2 diabetes are both diseases that cause your blood sugar to increase. Type 1 diabetes is an autoimmune reaction that attacks cells in your pancreas that produce insulin caused by inherited genetics or environmental elements. Type 2 diabetes happens when your body becomes resistant to insulin and is associated with genetics and lifestyle choice.

What are the symptoms of diabetes for men and women?

- Excessive thirst
- Frequent urination
- Hunger
- Fatigue and tiredness
- Weight loss
- Slow-healing sores

# Objectives

The primary objectives of this project are as follows:

To design a medical chatbot for diabetic patients

To conduct a questionnaire survey for 10 components. (listed below)

To assess the correlation within the components itself using statistical tools and the correlation between individual components and the DBOT user experience.

## Data & Tools

#### Questionnaire Survey

#### Components

- Diabetes History
- Medical History
- Family History of Diabetes
- Medical History (for women only)
- Eating/Exercise habits
- Lab Test Results
- Prescription Status
- Knowledge about reducing the risks of Diabetes
- FAQs
- DBOT usage

#### Statistical Tools

- Two sample 't' test
- Chi- square test
- One way ANOVA test
- KMO test
- Bartlett Test

## Methodology

Designing a flowchart of the various components of the app

a. The various question and answer sequences the app will answer

2

Design a structure of the app on Figma implementing buttons and the navigation pathway for the different buttons and pages.

Selecting 100 patients from my father's clinic who have been using the app using random sampling and conducting a questionnaire survey.

It was ensured that a consent form was received from these patients and that their data was protected and not disclosed to any external parties.

The data received from this questionnaire was analyzed using various statistical tests for correlation between the 10 components.

3

Using this Figma design to build the appusing the programming language JAVA in Android Studio.

And to deduce whether these 10 components played a role in the how a user interacted with the DBOT.

Research Question

How to design a user friendly medical chatbot?

Research Hypothesis

There is a significant difference between gender, age, locality and educational qualification of the respondent and the user experience of DBOT

Null Hypothesis

There is no significant difference between gender, age, locality and educational qualification of the respondent and the user experience of DBOT

Independent Variables

Gender, age, locality, educational qualification

Dependent Variables

Diabetes History, Medical History, Family History, Medical History (for women only), Eating/Exercising Habits, Tracking Health Status (Lab Test Results), Medicine Consuming Status, Knowledge about reducing the Risk, Frequently Asked Questions (FAQ), and DBOT Usage

## Questionnaire

	Questionnaire for DBOT User's Feedback
Personal F	Profile
1.	Name:
	Sex:  Male Female
	Address:
	Where do you live : □ City/Town □ Village
3.	Contact Number:
4.	Age: 🗆 15-35 🗆 36-55 🗆 56 and above
5.	Marital status: ☐ Single ☐ Married
6.	Does anyone else who lives with you have diabetes? ☐ No ☐ Yes_If "yes,", who:
7.	Do you have Supporting person/ Care taker?   Yes  No If "yes,", who:
5.	Occupation:   Self-employed  Salaried  Not working Work hours:   <8  >8
6.	Educational Qualification:
	betes History
	How long have you had diabetes or year diagnosed?
	How was it diagnosed? □ Accidentally □ Incidentally
	What symptoms you had during diagnosis?
	What type of diabetes do you have? ☐ Type 1 ☐ Type 2 ☐ Gestational ☐ Don't know
	Eye problems: □ Advanced □ Moderate □ No symptoms
6.	Heart problems□ Advanced □ Moderate □ No symptoms
7.	Brain/Nerve problems: □ Advanced □ Moderate □ No symptoms
8.	Teeth/gums problems: ☐ Advanced ☐ Moderate ☐ No symptoms
9.	Feet/leg problems: □ Advanced □ Moderate □ No symptoms
10	. Skin problems: □ Advanced □ Moderate □ No symptoms
11	. Bone/Joint problems:   Advanced   Moderate   No symptoms
12	. Gastro intestinal problems:   Advanced   Moderate   No symptoms
13.	. Kidney problems:   Advanced   Moderate   No symptoms
14.	. Frequent infections: □ Advanced □ Moderate □ No symptoms
15	. Other problems: ☐ Advanced ☐ Moderate ☐ No symptoms
16	. Do you have any physical limitations that may affect your ability to perform your self-care?  ☐ Hearing problems ☐ Problems with the use of your hands

☐ Problems with the use of your feet

. Med	lical History							
1.	Have you ever been diagnose	d for the following ailments?						
	☐ High Blood pressure	☐ High Cholesterol/Triglycerides	☐ Kidney/Bladder problems					
	☐ Eye or vision problems ☐ Surgery in the last 5 years ☐ Asthma ☐ Depression or anxiety ☐ Obesity	☐ Frequent nausea, vomiting, cons ☐ Heart disease Chest pain ☐ Numbness/pain/tingling of hand ☐ Stroke ☐ Shortness of Breath	☐ Thyroid disease					
	Other health problems							
2.	Do you have any allergies?	Yes 🗆 No. K"yes", 🗆 Medicine 🗆	Food					
3.	Do you smoke? ☐ Yes ☐ N	o If "yes" for how many years?						
		□ No □ Yes: How long ago?						
4.		No If "yes," for how many yea						
	Have you ever tried to quit?	□ No □ Yes: How long ago? on how to quit?						
5.	When was your last physical	examination?						
6.	How often do you see your re	gular doctor?						
7.	Have you been hospitalized v	vithin the last 12 months?	□ Yes □ No					
	If "yes," describe reason(s) as	nd where:						
endly	? □ Strongly agree □ Agree □ Family History	DBOT, under <u>Component 2- Medical</u>	<u>History</u> , are conducive, benefici					
	How many people live in your household?							
27	Who is diagnosed with diabetes □ First degree relatives □ Second degree relatives							
1.		n diabetes:						
		With Type 2:						
		With heart attacks or o						
	Other complications	Other Diabetes relate	d complications					
	Oral drugs	Taking Insuling						

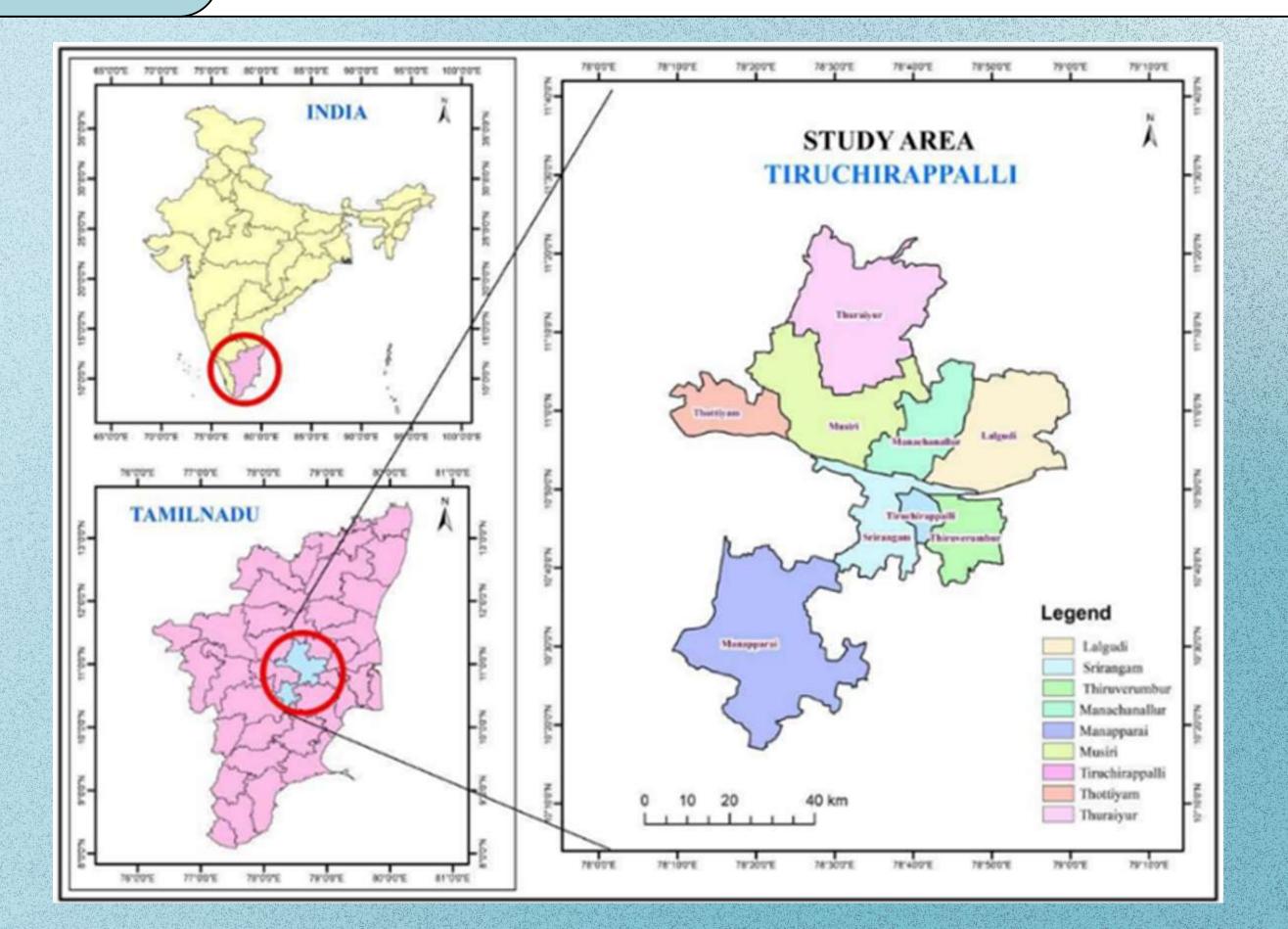
Did the above questions, framed in DBOT, under Component 3- Family History, are conducive, beneficial and user friendly? 

Strongly agree 

Agree, 

Disagree 

Strongly Disagree



#### Comparison - DBOT user based on gender

#### Two Sample 't' Test

Components	Male	(N = 60)	Female	e (N =40)	Statistical Inference
Components	Mean	SD	Mean	SD	Sucistical interesice
Diabetes History	15.83	3.698	14.91	3.407	T=1.214, Df=98 .228 > 0.05 Not Significant
Medical History	13.29	1.588	13.29	1.545	T=0.020, Df=98 .984 > 0.05 Not Significant
Family History	9.51	1.804	9.34	2.057	T=0.415, Df=98 .679 > 0.05 Not Significant
Medical History (For Women Only)	.00	.000	14.57	1.195	T=-1.722, Df=98 .369 < 0.05 Not Significant
Eating/ Exercising Habits	9.12	.801	9.34	.802	T=-1.308, Df=98 .194 > 0.05 Not Significant
Tracking Health Status (Lab Test Results)	11.45	1.287	11.69	1.157	T=-0.919, Dt=98 .361 > 0.05 Not Significant
Medicine Consuming Status	5.43	.558	5.54	.611	T=-0.927, Dt=98 .356 > 0.05 Not Significant
Knowledge about reducing the risk	10.37	1.069	10.11	.718	T=1.264, Df=98 .209 > 0.05 Not Significant
Frequently Asked Questions	12.05	3.054	11.97	3.082	T=0.116, Df=98 .908 > 0.05 Not Significant
DBOT Usage	11.06	.768	11.14	.430	T=-0.579, Df=98 .564 > 0.05 Not Significant
All Components	17,46 15	2.58044	16.5429	1.91500	T=1.848, Df=98 .068 > 0.05 Not Significant

ResultThe DBOT user experience's variance for Male and Female, does not show a significant difference

#### Comparison - DBOT user based on locality

Two Sample 't' Test

3	Two Sample 't'	lest				
	Components	City/T	own (N = 67)	Villag	ge (N =33)	Statistical
1		Mean	50	Mean	50	Inference
1				-		T=-0.693, Df=98
	Diabetes History	15.28	3,609	15.97	3.618	.374 > 0.05
						Not Significant
				-		T=1.305, Df=98
8	Medical History	13.43	1.406	13.00	1.837	.195 > 0.05
344						Not Significant
				_		T=-0.576, Df=98
	Family History	9.37	1.976	9.61	1.713	.564 > 0.05
1000	5					Not Significant
				-		T=0.522, Df=98
	Medical History (For	5.36	7.246	4.58	6.615	.603 < 0.05
X	Women Only)					Not Significant
				-		T=0.686, Df=98
	Eating/ Exercising Habits	9.24	.676	9.12	1.023	.494 > 0.05
512500	Placets					Not Significant
				-		T=0.939, Dt=98
15.0	Tracking Health Status (Lab Test Results)	11,61	1.114	11.36	1.475	.350 > 0.05
100	(Las rest results)			1 1		Not Significant
				-		T=0.187, Df=98
100	Prescription Status	5.48	.612	5.45	.506	.852 > 0.05
A POST						Not Significant
				-		T=0.053, DF=98
	Knowledge about reducing the risk	10.28	1.012	10.27	.876	.958 > 0.05
W. San						Not Significant
	Frequently Asked					T=-1.570, Of=98
	Frequently Asked Questions	11.69	2.709	12.70	3.592	.120 > 0.05
						Not Significant
	-				000	T=0.945, Df=98
公司の	DBOT Usage	11.13	.672	11.00	.661	.347 > 0.05
Slot and the						Not Significant
						T=-0.210, Df=98
	All Components	17.1045	2.41921	17.2121	2.39475	.834 > 0.05
						Not Significant
MI						

ResultThe DBOT user experience's variance with respondents living in City/Town and Village, does not show a significant difference.

#### Association - DBOT user based on age

#### Chi - square test

_			Diak	etes Histor			Statistical
	_	Below 15   15 - 40   41 - 60   Above 60   Total					Inference
241	-	10	29	29	2	70	x'=81.905
Good	54	100.0%	98.7%	98.7%	6.7%	70.0%	Df=3
	F	0	4	1	28	30	.000 < 0.05
B-ad	96	.0%	3.3%	3.3%	93.3%	30.0%	Significant
	-		2	dical History	33 1	21	X <sup>2</sup> =11.392
Good	-					21.0%	Df=3
	%	.0%	6.7%	26.7%	36.7%	100000000000000000000000000000000000000	.010 < 0.06
Bad		10	28	22	19	79	Significant
	54	100.0%	93.3%	73.3%	63.3%	79.0%	
			2.74	mily History			x <sup>2</sup> =2.045
Good		5	21	20	17	63	Df=3
	54	50.0%	70.0%	66.7%	56.7%	63.0%	.563 > 0.05
Bad	- 10	5	9	10	13	37	Not Significan
	%	50.0%	30.0%	33.3%	43.3%	37.0%	1
			edical Histo	ery (For Wor	men Only)		
-	F	- 5	20	20	20	65	x°=1.099
Good	54	50.0%	66.7%	66.7%	66.7%	65.0%	D4=3
	-	5	10	10	10	35	.777 > 0.05
Bad	56	50.0%	33.3%	33.3%	33.3%	35.0%	Not Significan
			Fation/	xercising H			
			19	23	1 15 1	67	x²=2.156
Good	96	70.0%	63,3%	76.7%	60.0%	67.0%	Df=3
	- 27	0.7018-0.5	COOK STATE			100000000000000000000000000000000000000	.541 > 0.05
Bad		3	11	7	12	33	Not Significan
	92	30.0%	36.7%	23.5%	40.0%	33.0%	
		Traci	ding Health	Status (Lab	Test Results		x*=7.156
Good		10	22	28	23	63	Df=3
	- 94	100.0%	73.3%	93.5%	76.7%	63.0%	.067 > 0.05
Bad	E	0	- 8	2	7	17	Not Significan
	%	.0%	26.7%	6.7%	23.3%	17.0%	1
			Presc	ription Stat	us		-3-44 000
-22-10-1	F	0	8	20	29	57	x2=44.920
Good	94	.0%	26.7%	66.7%	96.7%	57.0%	Df=3
	F	10	22	10	1	43	.000 < 0.06
Bad	%	100.0%	73.3%	33.3%	3.3%	43.0%	Not Significan
		12527-7327-735	525374574745	bout reducir	200000		
	E	2	6	5	5 1	18	X <sup>2</sup> =0.181
Good	34	20.0%	20.0%	16.7%	16.7%	18.0%	Df=3
	- %-	20.0%	20.0%	25	25	82	.981 > 0.05
Bad			775				Not Significan
	%	80.0%	80.0%	83.3%	83.3%	82.0%	
	100	(a) 1985		y Asked Que			x²=0.962
Good		,	20	17	16	62	Df=3
-5-5-5-5/6	%	70.0%	66.7%	56.7%	60.0%	62.0%	.810 > 0.06
Bad	-	3	10	13	12	38	Not Significan
	56.	30.0%	33.3%	43.3%	40.0%	38.0%	
			ы	SOT Usage	•		x2=4.040
	F	10	24	23	21	78	
Good	5%	100.0%	80.0%	76.7%	70.0%	78.0%	Df=3
	-	0	6	7	9	22	.257 > 0.05
Bad	%	.0%	20.0%	23.3%	30.0%	22.0%	Not Significan
	-	14,555		Component			
	_				1 14 1	61	x²=6.543
Good	54	90.0%	26	18			
	1000	140000000000000000000000000000000000000	66.7%	60.0%	46.7%	61:0%	Df-3
	4	•	10	12	16	39	.088 > 0.05
							Not Significan
orozon i	%	10.0%	33.3%	the second contract of the	53.3%	39.0%	

#### Results-

The DBOT user experience's variance with respondents of age groups- <15, 16-40, 41-60, and above 60 years, does not show a significant difference.

#### Comparison - DBOT user based on all ten components

One - way ANOVA test

All Components	Diabetes History	Medical History	Family History	Medical History (For Women Only)	Eating/ Exercising Habits	Tracking Health Status (Lab Test Results)	Prescription Status	Knowledge about reducing the risk	Frequently Asked Questions	DBO1 Usage
	1	.054	018	126	175	.117	495"	.037	.073	.123
Diabetes History		.005	.008	.021	.002	.024	.000	.015	.046	.022
	100	100	100	100	100	100	100	100	100	100
	.054	1	.010	.009	063	002	018	054	035	.110
Medical History	.005		.021	.027	.036	.05	.007	.05	.029	.027
	100	100	100	100	100	100	100	100	100	100
	+.018	.010	1	037	093	129	.045	.019	049	121
Family History	.008	.021		.015	.035	.020	.05	.05	.028	.032
	100	100	100	100	100	100	100	100	100	100
	-,126	.009	037	1	.131	.092	.121	112	036	.061
Medical History (For Women Only)	.021	.027	.015		.019	.036	.032	.026	.019	.050
	100	100	100	100	100	100	100	100	100	100
	-,175	-,063	093	.131	1	148	.100	.187	105	128
Eating/ Exercising Habits	.002	.036	.035	.019		.014	.021	.002	.030	.020
rabits	100	100	100	100	100	100	100	100	100	100
	.117	002	129	.092	148	1	027	226	.112	.185
Tracking Health Status (Lab Test Results)	.024	.05	.020	.036	.014		.000	.024	.026	.045
,	100	100	100	100	100	100	100	100	100	100
	495"	018	.045	.121	.100	027	1	003	086	.099
Prescription Status	.000	.007	.05	.032	.021	.000		.007	.039	.028
	100	100	100	100	100	100	100	100	100	100
Knowledge	.037	054	.019	112	.187	226"	003	1	.063	.023
about reducing the risk	.015	.05	.05	.026	.002	.024	.007		.031	.019
	100	100	100	100	100	100	100	100	100	100
Frequently	.073	035	049	036	-,105	.112	086	.063	1	.158
Asked Questions	.046	.029	.028	.019	.030	.026	.039	.031		.017
	100	100	100	100	100	100	100	100	100	100
25/24/2007	.123	.110	121	.061	128	.185	.099	.023	.158	1
DBOT Usage	.022	.027	.032	.050	.020	.045	.028	.019	.017	
	100	100	100	100	100	100	100	100	100	100

#### Factor Analysis - DBOT user based on all components

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measur	.767				
Bartlett's Test of Sphericity	Bartlett's Test of Sphericity Approx. Chi-Square				
	Df	36			
	Significance	.000			

#### Result-

A KMO value over 0.5 and a significance level for the Bartlett's test below 0.05 suggest there is substantial correlation in the data.

The KMO value is 0.767, (which is very high), shows that the factor analysis is beneficial to test the components.

#### Result-

There exists a strong relationship between all the components among eachother.

#### **Total Variance**

Component	Initial Eig	genvalues		Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	%of Variance	Cumulative %	Total	%of Variance	Cumulative %	Total	%of Variance	Cumulative %
1	1.784	19.818	19.818	1.784	19.818	19.818	1.758	19.531	19.531
2	1.250	13.892	33.709	1.250	13.892	33.709	1.211	13.456	32.987
3	1.177	13.074	46.783	1.177	13.074	46.783	1.184	13.158	46.145
4	1.098	12.197	58.980	1.098	12.197	58.980	1,104	12.270	58.414
5	1.067	12.022	62.520	1.047	11.631	70.612	1.098	12.197	70.612
6	1.047	11.631	70.612						
7	.957	10.637	81.249						
8	.761	8.459	89.708						
9	.628	6.974	96.682						
10	299	3.318	100.00						

Result- Each component is grouped under 5 factors, according to their flexibility of usage. The first factor has 19.531 percentage of variance, the second, third fourth and fifth factor shows 13.456, 13.158, 2.270,12.197 respectively.

#### **Rotated Component Matrix**

Components	Values	Component
Diabetes History	.882	1
Medical History	.889	1
Family History	.642	5
Medical History (For Women Only)	.779	2
Eating/ Exercising Habits	.785	5
Tracking Health Status (Lab Test Results)	.767	2
Prescription Status	.902	4
Knowledge about Reducing the Risk	656	3
Frequently Asked Questions	.797	3
DBOT Usage	.889	1

Result- Values close to '1' for each component shows that all the components are closely related to each other - they all some what of a correlation with one another either positive or negative.

## Suggestions from respondents of the survey

- Chatbot Content to be displayed in Local language (Tamil- Official language ofTamil Nadu)
- Add a Diet Chart
- · Reducing the number of questions under each component
- · Increasing the number of questions under each component
- Simplify the FAQ, as some answers are found hard to understand.
- Avoid personal questions
- Recommend Test Centers
- Add Case studies for diabetic complications
- DBOT is extensive and long-drawn
- Encompass Voice Chat Assistance
- Include the Availability of the physician
- Comprehend illustrations and demonstrations for Diabetic Foot Ulcer

## Conclusion

The feedback received from the questionnaire acts as guidelines on how to structure the DBOT more effectively in the future. DBOT is a tool supporting the diabetic patients and ensures it will not substitute the professional medical advice that a physician gives in person. This DBOT will provide diabetic patients with clinically validated particulars about Diabetes and all that the patients have to do is to commence chatting with DBOT through a few button clicks. It also connects the user to the doctor if necessary. From the questionnaire data that was analysed, it can be concluded that DBOT is designed in such a way that it is easy to use for regardless of gender, literacy age, or locality. A user interface that is intuitive and straightforward, ensuring that individuals of all backgrounds can navigate the app with ease has been implemented in DBOT. By incorporating clear and simple language, visual cues, and easy-to-understand instructions, it has been made sure that literacy levels do not pose a barrier to using DBOT. Additionally, the design takes into account diverse age groups, with features that are accessible and appealing to users of all ages.

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