

# Developing a FACETS Digital Toolkit

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*Fatigue is a highly debilitating symptom, experienced by the majority of pwMS and third in the James Lind Alliance 'Top 10' research priorities.*

## What is FACETS?

- A f2f cognitive behavioural group-based fatigue management programme developed by team members
- Shown to be effective in a national RCT
- Implemented in UK - received by >1500 people with MS (pwMS)
- International reach increasing
- Homework tasks enable strategies learned to be translated to everyday life

## What is the FACETS Digital Toolkit?

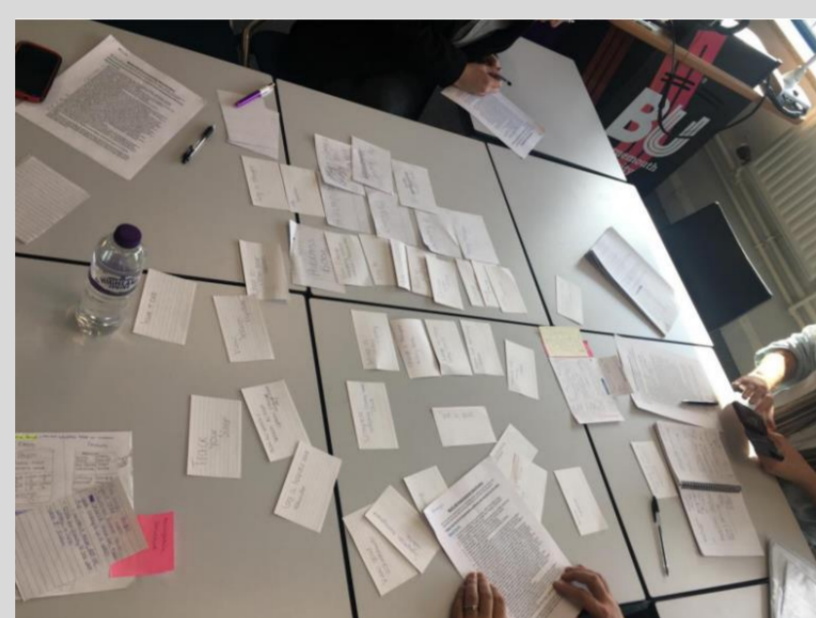
- A digital version of FACETS homework tasks
- Developed initially in Android
- Will include activity diary, rest/sleep planner, goal setter, thought challenge diary, 'keeping-on-track' planner.
- Enabling on-the-go use, real-time symptom monitoring and reminders
- Can be used alongside the f2f FACETS programme or as a stand-alone tool.
- BU funded project running from Jan 2018-Dec 2019

## Phases of development

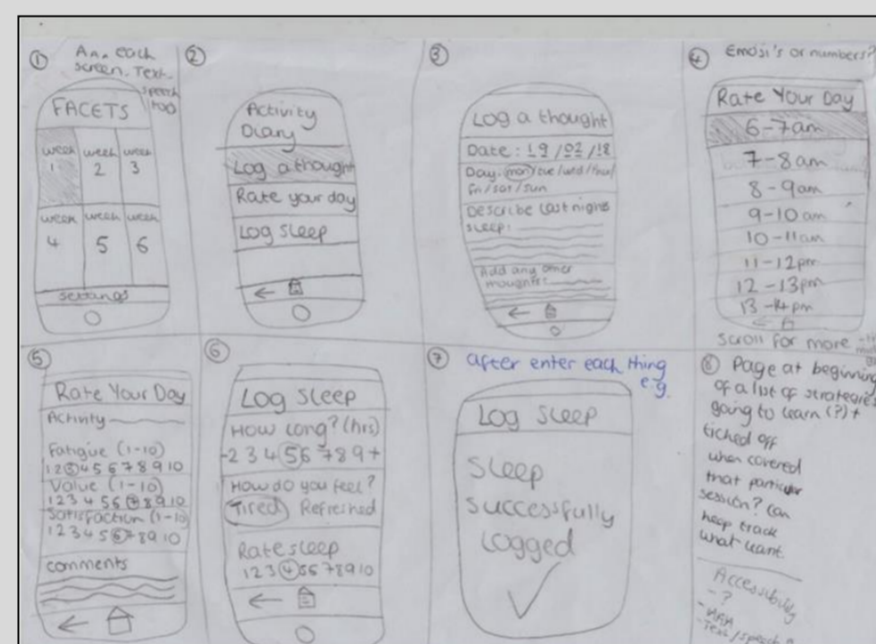
Many MS apps fail to meet the needs of pwMS or involve them in their development. By involving pwMS throughout the design, build and evaluation phases of the FACETS toolkit we hope to create an app that is truly fit-for-purpose.



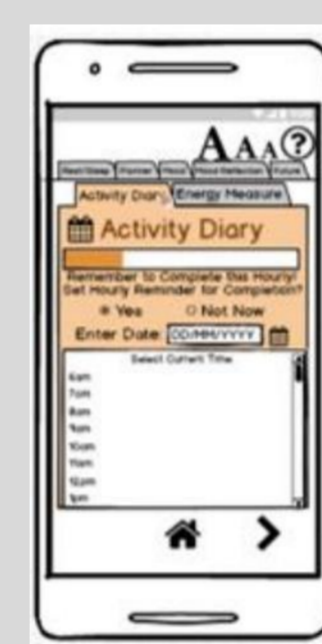
Focus groups held with pwMS to elicit user requirements



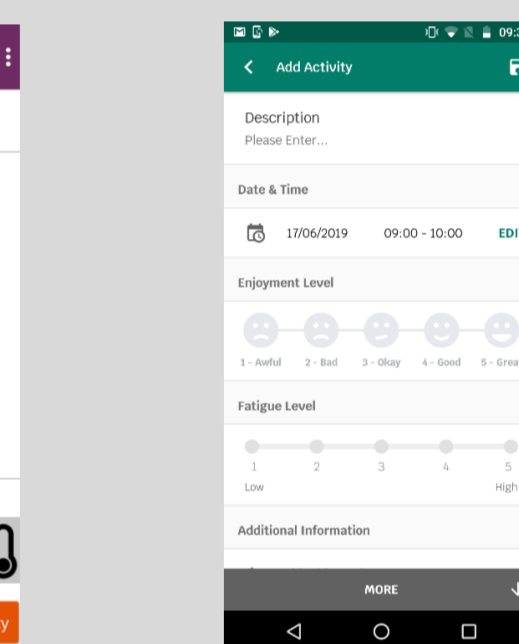
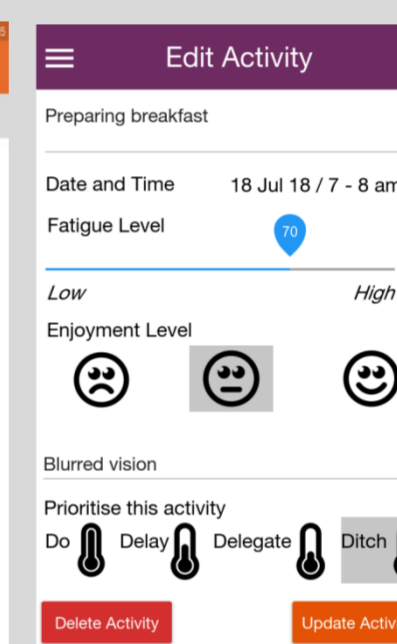
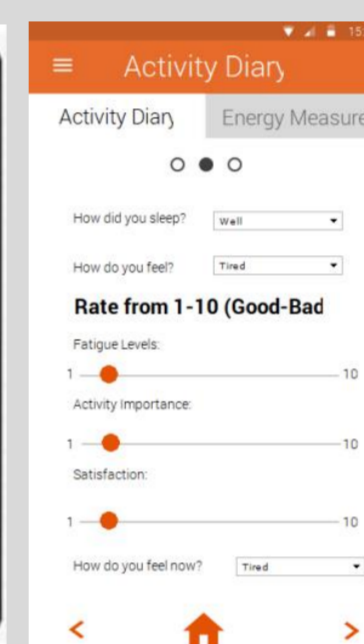
Card sorting task informed navigation structure



Paper design sketches created



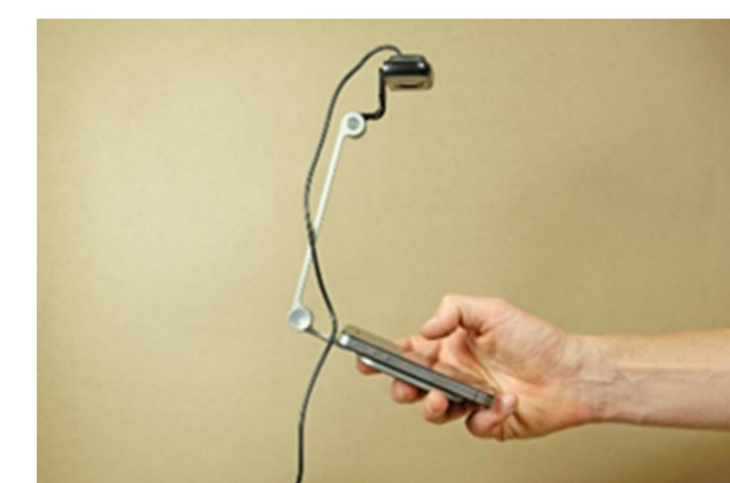
Low-fidelity wireframes and high-fidelity prototype designs produced



Multiple test versions created/tested

## Usability testing with pwMS

- Supervised usability testing using think-aloud methods, the System Usability Scale (SUS) and semi-structured interviews. Video capture of participants' faces/hands obtained as they interact with the toolkit. (March – Sept 2019)
- Unsupervised testing plus online questionnaire feedback. (July – Dec 2019)



Usability testing rig

## Challenges

- Making the most of the functionality offered by the mobile format without losing compatibility with the original FACETS homework tasks.

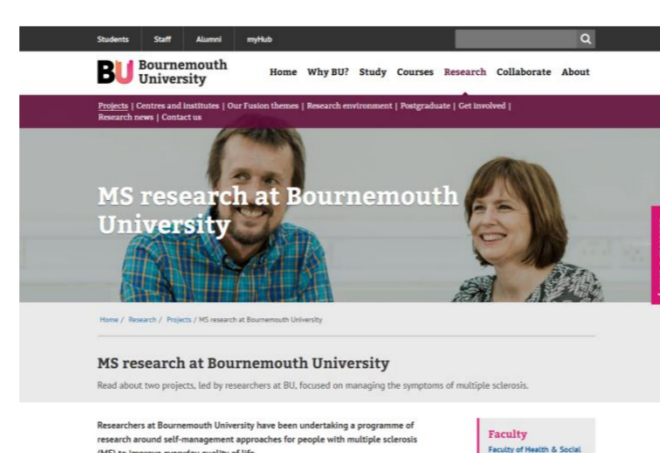
## Future work

- Adapt for iOS.
- Scope integration of SMART technologies/wearables and possible links with MS Register (e.g., linking data about FACETS attendance and from homework activities).



Keep up to date via our website:

<https://www.bournemouth.ac.uk/research/projects/ms-research-bournemouth-university>



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