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## **4th Kognito Role-Play Simulation Added to SAMHSA's National Registry of Evidence-Based Programs and Practices**

Professional Development Simulation about Patient's Mental Health and Substance Use  
Targets Primary Care Practitioners

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Kognito today announced that its professional development simulation At-Risk in Primary Care has been added to the Substance Abuse and Mental Health Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). In its review, SAMHSA stated that the program "is effective... (and) yielded strong evidence of a favorable effect." The simulation is the fourth Kognito program to be listed in NREPP.

At-Risk in Primary Care is part of a suite of Kognito role-play simulations designed to prepare health professionals to screen adult and adolescent patients for substance use and mental health conditions, conduct brief interventions using motivational interviewing techniques, and coordinate referrals or follow-up care. A demo can be viewed at: <https://kognito.com/products/at-risk-in-primary-care/>

At-Risk in Primary Care utilizes Kognito's simulation platform to engage learners in a series of clinical scenarios where they practice and develop patient assessment and intervention skills by engaging in conversations with virtual patients presenting with of mental health or substance use concerns. Kognito's virtual humans are coded with individual personality and memory, and they adapt their responses to users' dialogue decisions and conversation tactics thereby providing an individualized and highly effective learning and self-assessment experience.

More than 30 government agencies, health organizations, and schools of health professions currently use the simulation, which is approved for 1.50 CME AMA PRA Category 1 Credits<sup>TM</sup> and 1.50 ANCC CNE contact hours. This simulation is part of a growing portfolio of professional development simulations developed by Kognito and sold to organizations on an annual subscription basis.

"This recognition from SAMHSA highlights the effectiveness of Kognito simulations and reflects our ability to provide an innovative and research-supported alternative to traditional in-person or e-learning approaches that lack personalized practice opportunities for learners – a critical component in building clinical skills and changing health behaviors," said Ron Goldman, Co-Founder & CEO of Kognito.

The randomized-controlled study submitted for review by SAMHSA found that:

- The treatment group that completed the simulation reported statistically significant ( $p < .001$ ) increases in skills including identifying risk factors, screening patients, discussing treatment

options, engaging in collaborative decision-making, and building intrinsic motivation in patients to adhere to a treatment plan

- 52% reported an increase in the number of patients they screened in the three months following the simulation when compared to pre-simulation behavior
- 97% indicated that the simulation was a realistic representation of conversations they had or may have with patients
- 97% indicated that they would recommend it to their colleagues
- 85% rated the simulation as “very good” or “excellent”

For more information about Kognito’s simulation At-Risk in Primary Care, please visit; <https://kognito.com/products/at-risk-in-primary-care/>

### **About Kognito**

Kognito is a health simulation company that believes in the power of conversation to change lives. We are pioneers in developing research-proven, role-play simulations that prepare individuals to lead real-life conversations that result in measurable changes in social, emotional, and physical health. Our growing portfolio of Kognito simulations is used by 300+ leading health, education, government, and non-profit organizations for professional development and public education. Kognito is the only company with health simulations listed in the National Registry of Evidence-Based Programs and Practices (NREPP). Learn more at [www.kognito.com](http://www.kognito.com).