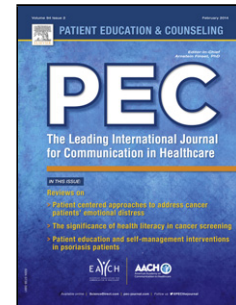


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## **Engaging Women with an Embodied Conversational Agent to Deliver Mindfulness and Lifestyle Recommendations: A Feasibility Randomized Control Trial**

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### **Highlights**

- It is feasible to use an ECA to teach healthy behaviors among urban women.
- Stress management techniques can be developed through interaction with an ECA.
- An ECA can also be used to increase fruit consumption.
- More research is needed on using ECAs to replace patient information sheets.

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