

Nthabi — AI Conversational Agent for Young Women's Health Education (Lesotho)

Digital Inclusion · Good practice · Lesotho

Quality score: 56/100

Evidence strength: Moderate

Summary

A culturally-adapted AI conversational agent delivered sexual and reproductive health education on smartphones/tablets to 160 young women in rural Lesotho; a clinical trial found significant knowledge gains on 2 of 3 topics.

Key dimensions

Dimension	Score
Innovation level	4/5
Sustainability (ongoing)	0/1
Evaluation evidence	1/1
Demonstrated reach	0/1
Documented learning	1/1

Evaluated by C-NAPSE

Data sources

C-NAPSE web research — accessed 2026-09-02

Sefako Makgatho University of Health Sciences & Northeastern University (Gabby Lab) — accessed 2026-09-02

BMC Global and Public Health: clinical trial results (2024) — accessed 2026-09-02

PMC: adaptation of the Gabby conversational agent system — accessed 2026-09-02

PMC: usability and acceptability study — accessed 2026-09-02

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