

# Clinical Pilot Framework

Cognitai Health Inc. · Montréal, Québec, Canada · Version 1.0, October 2026

**Summary.** An 8-week clinical pilot in which a participating outpatient clinic uses Cognitai in routine practice. It evaluates feasibility, acceptability and early impact on continuity of care, and tailors the platform to the clinic's workflows and clinical approach.

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[cognitai.org/clinical-pilot](https://cognitai.org/clinical-pilot)

## 01 Background and rationale

Psychotherapy is a longitudinal process: change unfolds across sessions and in the time between them, and continuity of care is a core dimension of its quality.

Over the course of care, clinically relevant information accumulates from many sources:

- intake and client history;
- session content and clinical notes;
- self-reports and standardized assessments;
- worksheets and between-session activities;
- with the client's consent, biometric data from wearables and health trackers.

This information is clinically meaningful. Clinician feedback on between-session work, for example, has been associated with lower anxiety and depression scores in the following week (Espel-Huynh et al., 2024, *Journal of Medical Internet Research*).

Yet it is rarely integrated. Mental health clinicians report that patient-generated data is already part of their workflow, but its integration and use are not optimized, and they call for better support with interpretation (Wu et al., 2020, *JMIR Formative Research*). Synthesizing the full longitudinal record, within and between sessions, is difficult within the time constraints of routine practice. Without support, continuity can come to depend on what the clinician recalls and on the most recent note, which limits how continuous and evidence-informed care can be.

## 02 Description of the platform

Cognitai is a clinical intelligence platform that supports evidence-informed, longitudinal care. It brings the record of care together and makes it interpretable, usable and actionable for clinicians:

- **Before the session:** a preparation brief on what has changed across sessions and between them, and what may deserve attention.

- **During the session:** assistance in capturing the session's context, the clinician's observations and key moments of insight (Aha Moments), with transcription started by the clinician with the client's consent.
- **After the session:** assistance in analyzing the session and connecting its evidence, for informed, clinically useful documentation aligned with the requirements of the clinician's professional regulatory body, reviewed and approved by the clinician.
- **Between sessions:** check-ins and activities aligned with the client's needs, recent sessions and the clinician's approach.

Every insight is traceable to its source. Cognitai is non-diagnostic and clinician-controlled: clinical decisions remain with the clinician, and nothing is filed without their approval. It can be tailored to the clinic's workflows and therapeutic approaches.

Cognitai is built and run from Montréal, Québec, and designed with clinicians in Québec.

### 03 Aims

1. To assess and optimize the feasibility and acceptability of Cognitai in routine practice.
2. To explore its contribution to continuity of care and to clinicians' longitudinal understanding of their clients.
3. To explore change in the outcome domains selected with the clinic.
4. To tailor Cognitai to the clinic's different clinical workflows, priorities and therapeutic approaches.

### 04 Design

A single-site, uncontrolled pre–post evaluation embedded in routine care, using mixed methods. The clinic is compared only with its own baseline. Aims and measures are agreed with the clinic before the pilot begins. As a pilot, it is not designed to establish efficacy.

### 05 Setting and participants

An outpatient mental health clinic, with at least three participating clinicians, taking part voluntarily and with informed consent.

### 06 Procedures and timeline

| PHASE                   | TIMING       | ACTIVITIES                                                        |
|-------------------------|--------------|-------------------------------------------------------------------|
| Scoping                 | Before start | Agree aims, outcome domains and measures                          |
| Baseline and onboarding | Week 0       | Workflow mapping, baseline measures, educational material         |
| Implementation          | Weeks 1–8    | Use in routine practice, with support; mid-point review at week 4 |
| Close                   | Week 8       | End-of-pilot measures; semi-structured interviews                 |
| Reporting               | After close  | Written summary of findings for the clinic                        |

### 07 Outcome domains

Selected with the clinic, typically two to four of the following:

- continuity of care, as perceived by clinicians and clients;
- therapeutic alliance, from clinician and client perspectives;
- premature termination of therapy;

- clinician burnout and workload;
- perceived usefulness for session preparation and treatment planning;
- workflow efficiency (time spent preparing, documenting and following up);
- client engagement between sessions.

## 08 Methods and analysis

- **Quantitative:** validated, standardized instruments selected with the clinic, at baseline and close, plus clinician-reported time.
- **Qualitative:** semi-structured interviews with clinicians, using thematic analysis.
- **Analysis:** descriptive analysis of change from baseline, without causal inference.

## 09 Ethics, data and governance

- The evaluation uses only information that the clinic and its clinicians choose to provide to the Cognitai team, with consent. Client-reported measures, where selected, are provided to the Cognitai team only in anonymous, aggregate form, solely for the purpose of the evaluation.
- Results are reported to the clinic in aggregate, never per clinician and never ranked.
- All data is encrypted and stored in Canada, in Montréal, Québec. Cognitai is built to meet Québec's Law 25 and PIPEDA requirements.
- The pilot is a quality-improvement evaluation. Its results are not published. Any future publication would present aggregate findings only, would name the clinic only with its written permission, and would require prior review by an independent research ethics board.

## 10 Roles and benefits

- **The clinic:** participating clinicians use Cognitai with the educational material and support provided, and share their feedback.
- **Cognitai:** onboarding, tailoring to the clinic, ongoing support and the evaluation summary.
- **The participating clinic receives:** full access to Cognitai at no cost during the pilot, Cognitai tailored to its practice, and a summary of its findings.
- **For clinics selected:** CA\$1,500 in Cognitai credit for use after the pilot, under a specific agreement.

## 11 Further information

Each page opens on our website: click its name or its address.

### [Clinics ↗](#)

How Cognitai supports continuity and quality across a practice.  
[cognitai.org/clinics](https://cognitai.org/clinics)

### [Clinicians ↗](#)

Preparation, documentation and between-session support in practice.  
[cognitai.org/clinicians](https://cognitai.org/clinicians)

### [Clients ↗](#)

The client app, and how clients choose what they share.  
[cognitai.org/clients](https://cognitai.org/clients)

### [Traceability ↗](#)

How every insight links back to its source.  
[cognitai.org/traceability](https://cognitai.org/traceability)

### [Responsible AI ↗](#)

The principles we hold ourselves to.  
[cognitai.org/responsible-ai](https://cognitai.org/responsible-ai)

### [Privacy and terms ↗](#)

Our privacy policies and terms of use, in one place.  
[cognitai.org/trust](https://cognitai.org/trust)

### [Research ↗](#)

Our white paper on making longitudinal client data usable in care.  
[cognitai.org/research/bottleneck-use-not-collection](https://cognitai.org/research/bottleneck-use-not-collection)

Interested in a clinical pilot at your clinic?

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#### Contact

Fora Fereydouni, Co-founder & CEO,  
Cognitai  
[fora@cognitai.org](mailto:fora@cognitai.org) · [cognitai.org](https://cognitai.org)

*Cognitai Health Inc. is a health technology company built and run from Montréal, Québec, Canada. Maximizing continuity, precision, and personalization in mental healthcare while minimizing clinician workload.*