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**Research program "Assessment and psychotherapy based on virtual reality and robotherapy"**



# Retman Effect

The RETHink platform will extend to adolescents the RETMAN series innovative products, used with great success by our team in research: stories, comics, action-figure, *roboRetman* and cartoons.

RETMAN is a cartoon character which was invented in order to make the principles of Rational Emotive Behavior Therapy more accessible among children and adolescents. The first RETMAN concept was developed at the Albert Ellis Institute, USA (Merrieffield & Merrieffield, 1979).

RETMAN was "reloaded", with the character having his own story (e.g., he is coming from a planet called Rationalia) and adventures in the book called "*Retmagic and the wonderful adventures of RETMAN*" (David, 2010).

## The *robo*RETMAN

Mecatronic device

Recently, RETMAN was developed in a simple robotic agent (Robo-RETMAN: <http://retman.ro>).



When a radio-frequency identification card labeled with a dysfunctional feeling (e.g., anxiety, depressed mood, anger, guilt), is brought near to Robo-RETMAN, it prescribes a corresponding functional/ rational coping state (PsyPills) targeting dysfunctional feelings, based on CBT/ REBT framework.

Recent studies (see David & David, 2013b; David, David, & Vanderborcht, 2013) showed that Robo-RETMAN helped children to regulate their distress and dysfunctional feelings.