2. Project Initialization and Planning Phase

Date	04 July 2024
Team ID	SWTID1720017249
Project Name	Panic Disorder Detection
Maximum Marks	4 Marks

2.5 Project Proposal:

This project aims to develop a system for **detecting and managing panic disorder**. We propose a user-friendly approach with features for individuals to track and analyze their panic attacks, gaining valuable insights into their condition. This self-management focus can empower them to develop coping mechanisms. Additionally, the project will explore (with user consent) functionalities that could anonymously share data trends with healthcare professionals, potentially aiding in earlier detection of panic disorder.

Project Overview	
Objective	This project strives to develop a user-friendly system that tackles panic disorder. The primary focus is to empower individuals by equipping them with self-management tools. This will enable them to gain valuable insights into their condition and potentially develop improved coping mechanisms.
Scope	The project aims to develop a system that allows users to track and analyze panic attacks, providing data visualization tools to understand patterns. It may also explore the possibility of sharing anonymous data trends with healthcare professionals, but this feature falls outside the self-management focus and requires careful design to ensure user privacy.
Problem Statement	
Description	Individuals with panic disorder experience unpredictable panic attacks that significantly disrupt their daily lives. Recognizing the signs and symptoms of these attacks, tracking their frequency and severity, and accessing reliable information can be challenging. This lack of readily available tools and knowledge can lead to increased

	anxiety, feelings of helplessness, and difficulty managing their condition.
Impact	A user-friendly system addressing these challenges has the potential to empower individuals with panic disorder and significantly improve their quality of life. By equipping them with self-management tools, data-driven insights, and educational resources, the system can lead to reduced anxiety, improved coping mechanisms, and potentially earlier detection. This holistic approach empowers individuals to take control of their condition, ultimately leading to a better and healthier life.
Proposed Solution	
Approach	This project will utilize a user-centered design approach to develop a user-friendly system. Users can easily record details of their panic attacks (date, time, duration, symptoms, triggers) for analysis. Data visualization tools will help users identify trends and patterns in their panic attack frequency and severity. Additionally, the system will integrate informative content on panic disorder and coping techniques.
Key Features	-Users can effortlessly record details of panic attacks (date, time, duration, symptoms, triggers) for comprehensive analysis. -Interactive tools help users identify trends and patterns in their panic attack frequency and severity, fostering self-awareness. -The system integrates informative content on panic disorder, including symptoms, causes, and effective coping techniques, promoting user education.

Resource Requirements:

Resource Type	Description	Specification/Allocation
Hardware		
Computing Resources	CPU/GPU specifications, number of cores	T4 GPU
Memory	RAM specifications	8 GB
Storage	Disk space for data, models, and logs	1 TB SSD
Software		
Frameworks	Python frameworks	Flask
Libraries	Additional libraries	scikit-learn, pandas, numpy
Development Environment	IDE, version control	Jupyter Notebook, Git
Data		
Data	Source, size, format	Kaggle dataset, 120000, CSV