

Project Initialization and Planning Phase

Date	03 July 2024
Team ID	SWTID1720017249
Project Name	Panic Disorder Detection
Maximum Marks	3 Marks

2.1 Define Problem Statements :

Many people struggle with unpredictable panic attacks that mess up their daily lives and make them feel worse overall. Not knowing what causes these attacks makes them even more anxious and frustrated. There's a need for a simple and reliable tool to help identify panic disorder signs, track panic attacks, and offer ways to manage them better. An understanding and user-friendly platform could monitor these attacks in real-time, provide insights specific to each person, and offer practical help. This would empower people with panic disorder to take control, reduce their anxiety, and live better lives. By addressing these needs, we can create a service that truly helps people with panic disorder by giving them the tools to manage their condition effectively and build a positive relationship with our platform.

Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
PS-1	Someone who experiences frequent panic attacks	Understand what triggers my panic attacks so I can avoid them	The sudden and unpredictable nature of my attacks makes it difficult to identify any patterns or triggers	Without knowing what sets off my panic attacks, I live in constant fear of another episode, which only worsens my anxiety	Anxious, frustrated, and out of control
PS-2	Someone struggling with panic disorder that disrupts my daily life	Effectively manage my panic attacks when they occur	I often feel overwhelmed and lost during an attack, making it difficult to implement any coping mechanisms	There's a lack of readily available and user-friendly tools to guide me through managing a panic attack in real-time	Helpless, scared, and isolated during panic attacks
PS-3	Someone newly diagnosed with panic disorder.	Learn more about panic disorder and how to manage it effectively	The abundance of information online can be overwhelming and sometimes contradictory	I lack a reliable source of personalized insights and clear guidance specific to my situation	Confused, unsure, and anxious about managing my condition.