

OBOUR جبر

A Substance-use recovery system



Prepared By: Alaa Asghar, Reema Hesamudin,
Bakirah Alseari

Supervised by: Dr. Tagreed Bagies

Abstract

Post-rehabilitation patients recovering from drug use often face emotional, cognitive, and social challenges. Obour is a culturally tailored mobile app for Arabic-speaking users in Saudi Arabia. It offers personalized recovery plans, and remainder for them, AI-generated motivational and religious quotes, progress tracking, achievement badge, peer SMS support, and educational content. Obour provides long-term support to help patients maintain sobriety and rebuild their lives after addiction treatment.

Problem Definition

Post-rehabilitation patients face numerous challenges that hinder their recovery journey, including:

- Memory issues
- Depression and anxiety
- Sobriety maintenance
- Limited support for ongoing recovery
- Lack of recovery apps tailored for Arabic speakers
- Social reintegration challenges
- Limited awareness of substance use disorder risks

Problem Solution

Obour app supports post-rehabilitation patients recovering from substance use disorder by providing:

- A weekly activity plan
- Activity progress tracking
- Activity notification reminders
- Achievement badges for completing activities
- Supportive quotes based on the patient's emotional state
- SMS support messaging for peers
- Educational information about substance use disorder

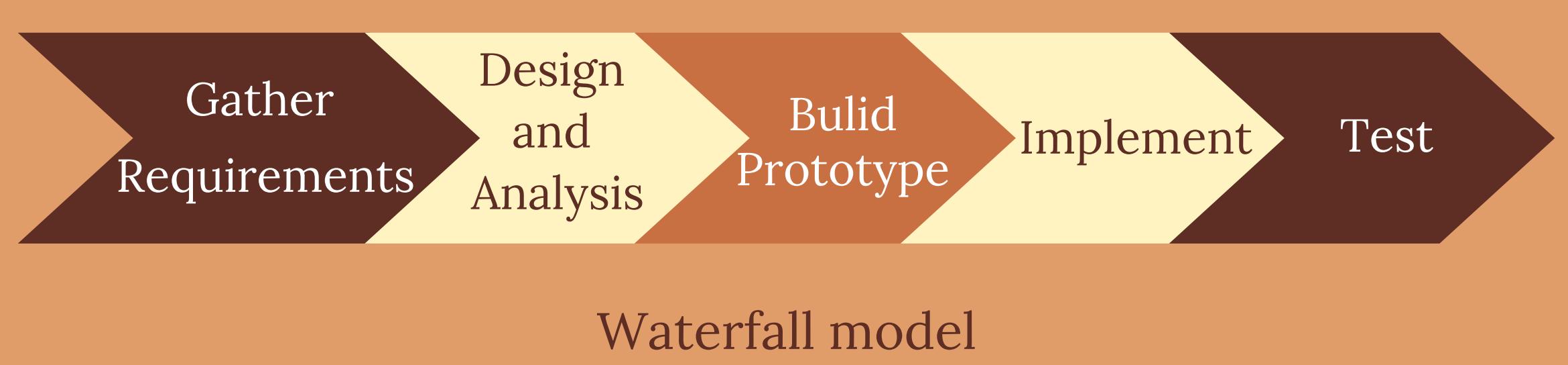
Tools



Prototype



Methodology



References



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Objectives

- Developing strategies for more personalized and effective behavioral treatment approaches
- Encouragement for continued recovery
- Improvement in long-term success and societal reintegration
- Enhancing motivation and self-esteem by acknowledging patients' efforts and achievements
- Providing emotional support to help patients maintain hope during recovery
- Building a support network that helps patients reach out for help and feel less isolated
- Awareness raising about substance use disorder in society

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Future Work

- Using AI to **diagnose and scale the severity of drug use-related issues** can enhance treatment precision and improve recovery progress
- Using AI to **create personalized activity plans for patients based on their interests** can boost engagement and foster sustained rehabilitation