

Story Telling!!!

:Find the right one

Idea List:

1. Therapist
 - a. Problem Statement
 - Finding a therapist who is a good match has been a time and energy consuming process.
 - b. App Features
 - Compatibility
 - Doctor description
 - Category-Droplist thing
 - Wait time.
 - Rating
 - Availability
 - Location-zipcode based(GPS)
 - Ethnicity
 - Experience
 - Gender
 - Language
 - Cost
 - In-person or zoom meeting
 - Anonymous review
 - c. Solution
 - how it solved
 - app includes insurance, schedule, chat, specialities, virtual or in person, anonymous review
 - Rate each others (Uber) & linkedin
 - how it(Big Data, AI, ML) makes a difference
 - Utilizing polytech graduates rather than med school graduates.
 - Data set of therapist names who are licensed to work in CA
 - Opportunities for polytech students by using them more
 - d. Marketing Strategy
 - Advertisement
 - Fine ppl who violate the policy
 - e. Limitations (a little bit-aware: like marketing strategy -> impact 모크업)
 - Verification → 1st: tester, google form survey
 - Banning sexual words

- Information -> keyword
- Connecting Database
- Recommendation

(Vote your choice by putting an asterisk beside your selected choice!)

App Name Suggestions:

- CanvasedConvos
- Saminas Choice
- Tender hugify
- Cozy **

Reference: TherapMe, Doctify, Doctient





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Background research:

<https://www.npr.org/sections/health-shots/2016/07/14/481762357/frustrated-you-can-t-find-a-therapist-they-re-frustrated-too>

<https://www.usatoday.com/story/life/health-wellness/2021/09/24/therapy-how-to-find-the-right-therapist-mental-health/5789365001/>

<https://steverosephd.com/why-its-so-hard-to-find-a-good-therapist/>

<https://www.shape.com/lifestyle/mind-and-body/how-find-best-therapist-you>

<https://www.verywellmind.com/how-to-choose-the-right-therapist-for-you-4842306>

<https://www.talkspace.com/blog/how-to-find-the-right-therapist/>

Look at diff subfields of therapy — identify 1

We need to work on creating a strong algorithm that filters out the patient's preference of therapist. By doing so, the patients may feel more comfortable and open when dealing with therapists.

Developing a default app that allows patients to get instant appointments with professional therapists nearby in a safe method with end-to-end encrypted conversation.

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- [X] Artificial Intelligence/Machine Learning

> How can we leverage AI/ML Algorithms to help support diagnostics, clinical decisions, and forecast staffing and hospital capacity?
the AI is a valuable tool in finding algorithms and matchmaking the patients to the providers.

- [X] Mobile

> Designing Mobile Apps to improve user experience before, during, and after a healthcare visit.

The app is for finding a good therapist match, and due to privacy issues and the patient, provider boundaries, it can only be used for finding a therapist and not for therapy.

- [X] Patient experience

> How do you incorporate the patient perspective through the intersection of patient, provider, and community data into care plans.
the patients are able to write anonymous reviews that can be flagged for review. there will be a feature

- [X] Health Disparities

> What is the role of big data and analytics in addressing health disparities among vulnerable and minority populations in San Diego County.

- [X] Privacy and Security

> How can we increase data privacy and enhance cybersecurity measures in the release, exchange and use of healthcare data, both locally and nationally.

Multi Choice Questions for recommending therapist

1.What personality of therapist do you prefer?

- introvert
- extrovert
- omnivert

2.What age range do you want as your therapist?

- 20s
- 30s
- 40s
- 50s
- 60s and over

3.What gender of therapist do you prefer?

- male
- female
- doesn't matter

4.What kind of characteristics do you want for your therapist?

- good listener
- good advisor
- good reactor

5.Do you need LGBTQ therapist?

- Yes
- No

6.Cognitive

- positive
- so so
- negative
- self-harmful

7.Do you have any Trauma?

- Childhood trauma
- Sexual trauma

- Bullying
- No

Background Research

"It can be challenging to find a person who specializes in a specific area of concern. Also, there are many ineffective therapists, so persons seeking therapy need to be critical of the support they are receiving" (Rose). "Working with a bad therapist or a therapist you don't click with can ultimately cause more harm," Jenny says. "Be assertive in asking questions during consultations and with sharing what hasn't worked for you so far when speaking to potential new therapists."

Plus, a therapist may be great for you at one point in your life – like a partner – but might not work out over time" (Oliver) "There are a lot of people suffering from a mental health condition who need therapy. And there are a lot of therapists who want to help them. But both sides believe the insurance companies that are supposed to bring them together are actually keeping them apart" (Dembosky).

Works Cited

Dembosky, A. (2016, July 14). *Frustrated you can't find a therapist? they're frustrated, too*. NPR. Retrieved October 13, 2022, from

<https://www.npr.org/sections/health-shots/2016/07/14/481762357/frustrated-you-can-t-find-a-therapist-they-re-frustrated-too>

Oliver, D. (2021, October 7). *The importance of finding a good therapist – and why it's so difficult*. USA Today. Retrieved October 13, 2022, from

<https://www.usatoday.com/story/life/health-wellness/2021/09/24/therapy-how-to-find-the-right-therapist-mental-health/5789365001/>

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<https://www.norc.umd.edu/NewsEventsPublications/PressReleases/Pages/survey-finds-large-number-of-people-skipping-necessary-medical-care-because-cost.aspx>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1490134/>

<https://news.gallup.com/poll/269138/americans-delaying-medical-treatment-due-cost.aspx>