

# **CoviStress**

## **Problem -**

The corona virus (Covid 19) pandemic has increased the stress levels among individuals to such an extent that depression and anxiety has become an everyday problem for everyone. There are many causes for the increased stress levels among people like fear of getting covid, post-covid mental illness, isolation in lockdowns, inability to adapt such rapid changes in lifestyle etc. With all of this happening around us, there was a need for an individual to somehow check his/her stress levels without having to pay loathsome amounts of fees at any psychological clinic or labs, without even knowing that they really do need a doctor or not.

**CoviStress** website solves this problem in a very professional manner. Any individual can log in to the website and check his/her stress levels by attempting a to-the-point questionnaire designed specifically by research scholars that aptly suits the current pandemic environment. The result of the stress predictor comes out in terms of three different levels of stress, which are - High, Moderate and Low. The stress predicting system uses Machine Learning algorithm at the back end to predict stress levels of any individual. Moreover, the website also provides users with authenticated remedies and suggestions that would help to reduce anxiety levels in any individual. The website also includes an AI-based chat-bot which would provide users an interactive interface so as to give an in-person feel to the users and thus contribute in improving mental health of any individual.