



TOPIC

Combating Depression in Students using an
Intelligent ChatBot: A Cognitive Behavioral Therapy

ABSTRACT

- Chatbots are special agents that respond with the user in natural language just as a human would reply. Specifically , social chatbots are the ones which establish a strong emotional relationship with the user.
- The main concept behind this chatbot was to provide mental relief to students who undergo different levels of stress and which can be the onset of an inimical depression.
- In this paper, we proposed an intelligent social therapeutic chatbot which distributes the text into emotion labels namely, Happy, Joy, Shame, Anger, Disgust, Sadness, Guilt and Fear.
- Further, based on the emotion label, it identify the users' mental state such as stressed or depressed using users' chat data.
- For emotion detection, we deployed three popular deep learning classifiers namely, Convolutional Neural Network (CNN), Recurrent Neural Network (CNN), and Hierarchical Attention Network (HAN).

OBJECTIVE:

- Chatbots main objective is to provide customer support. Our chatbots main aim is to provide stress relief to the students.
- Creating friendly chatbot.
- Through this chatbot students should be able to get out of stressfull environment which may lead to depression.

SOCIAL OR ENVIRONMENTAL BENEFITS

- Today as parent-children interaction is depleting this chatbot will work like a bridge and somehow can solve social problem of depression.
- As this chatbot involves simple text interaction it will be convenient even for naive users.
- This influencing chatbot can uplift the strength of students so that they are ready to face challenges.