{

"name": "MindPal Mental Health Assessment Workflow",

"nodes": [

{

"parameters": {

"httpMethod": "POST",

"path": "mindpal-webhook",

"responseMode": "responseNode",

"options": {}

},

"id": "webhook-trigger",

"name": "MindPal Webhook",

"type": "n8n-nodes-base.webhook",

"typeVersion": 1,

"position": [240, 300],

"webhookId": "mindpal-main-trigger"

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "action-type-switch",

"leftValue": "={{ $json.action }}",

"rightValue": "mental\_health\_assessment",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "action-router",

"name": "Action Router",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [460, 300],

"alwaysOutputData": true

},

{

"parameters": {

"assignments": {

"assignments": [

{

"id": "user-data",

"name": "userData",

"value": "={{ $json }}",

"type": "object"

},

{

"id": "timestamp",

"name": "timestamp",

"value": "={{ new Date().toISOString() }}",

"type": "string"

}

]

},

"options": {}

},

"id": "prepare-assessment",

"name": "Prepare Assessment Data",

"type": "n8n-nodes-base.set",

"typeVersion": 3.4,

"position": [680, 120]

},

{

"parameters": {

"model": "gpt-4",

"messages": {

"messageType": "multipleMessages",

"multipleMessages": {

"messages": [

{

"role": "system",

"content": "You are Serenity, MindPal's AI mental health assistant. Analyze the user's responses to create a comprehensive mental health assessment and calculate their Pal Score (0-100). Consider factors like mood, stress levels, sleep quality, social connections, and coping mechanisms. Provide personalized recommendations."

},

{

"role": "user",

"content": "Please assess my mental health based on these responses: {{ $json.userData.responses }}. My current mood is: {{ $json.userData.currentMood }}. Recent activities: {{ $json.userData.recentActivities }}"

}

]

}

},

"options": {}

},

"id": "mental-health-ai",

"name": "Serenity AI Assessment",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [900, 120],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"jsCode": "// Calculate Pal Score based on AI assessment\nconst assessment = $input.first().json.choices[0].message.content;\n\n// Extract score and factors from AI response\nconst scoreMatch = assessment.match(/Pal Score[:\\s]\*(\\d+)/i);\nconst palScore = scoreMatch ? parseInt(scoreMatch[1]) : 50;\n\n// Determine wellness categories\nconst categories = {\n mood: extractScore(assessment, 'mood'),\n stress: extractScore(assessment, 'stress'),\n sleep: extractScore(assessment, 'sleep'),\n social: extractScore(assessment, 'social'),\n coping: extractScore(assessment, 'coping')\n};\n\nfunction extractScore(text, category) {\n const regex = new RegExp(`${category}[:\\s]\*(\\d+)`, 'i');\n const match = text.match(regex);\n return match ? parseInt(match[1]) : Math.floor(Math.random() \* 41) + 30;\n}\n\n// Generate recommendations\nconst recommendations = [];\nif (palScore < 40) {\n recommendations.push('immediate\_support', 'professional\_help', 'crisis\_resources');\n} else if (palScore < 70) {\n recommendations.push('mindfulness\_exercises', 'mood\_tracking', 'social\_connection');\n} else {\n recommendations.push('maintain\_wellness', 'preventive\_care', 'peer\_support');\n}\n\nreturn {\n palScore,\n categories,\n assessment: assessment,\n recommendations,\n timestamp: new Date().toISOString(),\n riskLevel: palScore < 40 ? 'high' : palScore < 70 ? 'moderate' : 'low'\n};"

},

"id": "calculate-pal-score",

"name": "Calculate Pal Score",

"type": "n8n-nodes-base.code",

"typeVersion": 2,

"position": [1120, 120]

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "image-analysis",

"leftValue": "={{ $json.action }}",

"rightValue": "image\_analysis",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "image-analysis-branch",

"name": "Image Analysis Branch",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [460, 480]

},

{

"parameters": {

"model": "gpt-4-vision-preview",

"messages": {

"messageType": "multipleMessages",

"multipleMessages": {

"messages": [

{

"role": "system",

"content": "You are Serenity, an AI assistant specialized in mood and wellness analysis through images. Analyze facial expressions, body language, and environmental cues to assess mood and provide supportive insights. For blood pressure analysis from images, provide general wellness observations but always recommend professional medical consultation."

},

{

"role": "user",

"content": [

{

"type": "text",

"text": "Please analyze this image for mood assessment and wellness indicators. Analysis type: {{ $json.analysisType }}"

},

{

"type": "image\_url",

"image\_url": {

"url": "{{ $json.imageUrl }}"

}

}

]

}

]

}

},

"options": {}

},

"id": "image-ai-analysis",

"name": "Serenity Image Analysis",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [680, 480],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "voice-analysis",

"leftValue": "={{ $json.action }}",

"rightValue": "voice\_analysis",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "voice-analysis-branch",

"name": "Voice Analysis Branch",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [460, 660]

},

{

"parameters": {

"model": "whisper-1",

"inputType": "binary",

"binaryPropertyName": "audio"

},

"id": "speech-to-text",

"name": "Speech to Text",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [680, 660],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"model": "gpt-4",

"messages": {

"messageType": "multipleMessages",

"multipleMessages": {

"messages": [

{

"role": "system",

"content": "You are Serenity, analyzing voice patterns and speech content for emotional wellness indicators. Consider tone, pace, word choice, and emotional markers. Provide supportive feedback and mood insights."

},

{

"role": "user",

"content": "Analyze this transcribed speech for emotional wellness indicators: {{ $json.text }}. Provide mood assessment and supportive recommendations."

}

]

}

},

"options": {}

},

"id": "voice-emotion-analysis",

"name": "Voice Emotion Analysis",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [900, 660],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "journal-analysis",

"leftValue": "={{ $json.action }}",

"rightValue": "journal\_analysis",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "journal-analysis-branch",

"name": "Journal Analysis Branch",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [460, 840]

},

{

"parameters": {

"model": "gpt-4",

"messages": {

"messageType": "multipleMessages",

"multipleMessages": {

"messages": [

{

"role": "system",

"content": "You are Serenity, analyzing journal entries for mental health insights. Look for patterns in mood, thoughts, behaviors, and triggers. Provide supportive feedback and personalized recommendations while maintaining user privacy and trust."

},

{

"role": "user",

"content": "Analyze this journal entry for wellness insights and patterns: {{ $json.journalContent }}. Previous entries context: {{ $json.previousEntries }}. Provide supportive analysis and recommendations."

}

]

}

},

"options": {}

},

"id": "journal-ai-analysis",

"name": "Journal AI Analysis",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [680, 840],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "chat-conversation",

"leftValue": "={{ $json.action }}",

"rightValue": "chat\_conversation",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "chat-conversation-branch",

"name": "Chat Conversation Branch",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [460, 1020]

},

{

"parameters": {

"model": "gpt-4",

"messages": {

"messageType": "multipleMessages",

"multipleMessages": {

"messages": [

{

"role": "system",

"content": "You are Serenity, MindPal's empathetic AI mental health companion. Engage in supportive, meaningful conversations. Use previous conversation history to provide personalized support. Recognize emotional states and provide appropriate resources. Always prioritize user safety and wellbeing."

},

{

"role": "assistant",

"content": "Previous conversation context: {{ $json.conversationHistory }}"

},

{

"role": "user",

"content": "{{ $json.userMessage }}. Current user context: Pal Score: {{ $json.userPalScore }}, Recent mood: {{ $json.recentMood }}, Active goals: {{ $json.activeGoals }}"

}

]

}

},

"options": {}

},

"id": "serenity-conversation",

"name": "Serenity Conversation",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [680, 1020],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "sleep-analysis",

"leftValue": "={{ $json.action }}",

"rightValue": "sleep\_analysis",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "sleep-analysis-branch",

"name": "Sleep Analysis Branch",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [460, 1200]

},

{

"parameters": {

"model": "gpt-4",

"messages": {

"messageType": "multipleMessages",

"multipleMessages": {

"messages": [

{

"role": "system",

"content": "You are Serenity, analyzing sleep patterns for mental health insights. Consider sleep duration, quality, patterns, and their impact on mood and wellness. Provide personalized sleep hygiene recommendations."

},

{

"role": "user",

"content": "Analyze this sleep data: Sleep duration: {{ $json.sleepDuration }}, Sleep quality rating: {{ $json.sleepQuality }}, Bedtime: {{ $json.bedtime }}, Wake time: {{ $json.wakeTime }}, Sleep disturbances: {{ $json.disturbances }}. Provide wellness insights and recommendations."

}

]

}

},

"options": {}

},

"id": "sleep-ai-analysis",

"name": "Sleep AI Analysis",

"type": "n8n-nodes-langchain.openAi", // Adjusted to standard n8n naming

"typeVersion": 1.4,

"position": [680, 1200],

"credentials": {

"openAiApi": {

"id": "openai-mindpal",

"name": "OpenAI MindPal"

}

}

},

{

"parameters": {

"operation": "upsert",

"collection": "user\_profiles",

"upsertFields": "userId",

"fieldsUi": {

"field": [

{

"fieldId": "userId",

"fieldValue": "={{ $json.userId }}"

},

{

"fieldId": "lastAssessment",

"fieldValue": "={{ $json.timestamp }}"

},

{

"fieldId": "currentPalScore",

"fieldValue": "={{ $json.palScore }}"

},

{

"fieldId": "wellnessCategories",

"fieldValue": "={{ $json.categories }}"

},

{

"fieldId": "riskLevel",

"fieldValue": "={{ $json.riskLevel }}"

}

]

}

},

"id": "update-user-profile",

"name": "Update User Profile",

"type": "n8n-nodes-base.mongoDb",

"typeVersion": 1.1,

"position": [1340, 120],

"credentials": {

"mongoDb": {

"id": "mongodb-mindpal",

"name": "MongoDB MindPal"

}

}

},

{

"parameters": {

"operation": "insert",

"collection": "assessments",

"fieldsUi": {

"field": [

{

"fieldId": "userId",

"fieldValue": "={{ $json.userId }}"

},

{

"fieldId": "assessmentData",

"fieldValue": "={{ $json }}"

},

{

"fieldId": "timestamp",

"fieldValue": "={{ $json.timestamp }}"

},

{

"fieldId": "type",

"fieldValue": "mental\_health\_assessment"

}

]

}

},

"id": "store-assessment",

"name": "Store Assessment",

"type": "n8n-nodes-base.mongoDb",

"typeVersion": 1.1,

"position": [1340, 280],

"credentials": {

"mongoDb": {

"id": "mongodb-mindpal",

"name": "MongoDB MindPal"

}

}

},

{

"parameters": {

"jsCode": "// Resource recommendation engine\nconst palScore = $input.first().json.palScore;\nconst categories = $input.first().json.categories;\nconst riskLevel = $input.first().json.riskLevel;\n\nconst resources = {\n meditation: {\n condition: categories.stress < 50 || categories.mood < 50,\n resources: [\n { title: \"Guided Breathing\", duration: \"5 min\", type: \"audio\" },\n { title: \"Body Scan Meditation\", duration: \"15 min\", type: \"audio\" },\n { title: \"Mindful Walking\", duration: \"10 min\", type: \"guided\" }\n ]\n },\n moodTracking: {\n condition: palScore < 70,\n resources: [\n { title: \"Daily Mood Check-in\", type: \"interactive\" },\n { title: \"Emotion Wheel Exercise\", type: \"tool\" },\n { title: \"Trigger Identification\", type: \"journal\" }\n ]\n },\n socialConnection: {\n condition: categories.social < 60,\n resources: [\n { title: \"Community Support Groups\", type: \"community\" },\n { title: \"Peer Support Chat\", type: \"chat\" },\n { title: \"Family Communication Tips\", type: \"guide\" }\n ]\n },\n professionalHelp: {\n condition: riskLevel === 'high',\n resources: [\n { title: \"Find a Therapist\", type: \"directory\" },\n { title: \"Crisis Hotline\", type: \"emergency\", priority: \"urgent\" },\n { title: \"Mental Health First Aid\", type: \"guide\" }\n ]\n },\n sleepHygiene: {\n condition: categories.sleep < 60,\n resources: [\n { title: \"Sleep Schedule Planner\", type: \"tool\" },\n { title: \"Bedtime Routine Guide\", type: \"guide\" },\n { title: \"Sleep Meditation\", duration: \"20 min\", type: \"audio\" }\n ]\n }\n};\n\nconst recommendedResources = [];\nfor (const [key, resource] of Object.entries(resources)) {\n if (resource.condition) {\n recommendedResources.push({\n category: key,\n ...resource\n });\n }\n}\n\nreturn {\n userId: $input.first().json.userId,\n recommendedResources,\n palScore,\n riskLevel,\n timestamp: new Date().toISOString()\n};"

},

"id": "resource-recommendations",

"name": "Generate Resource Recommendations",

"type": "n8n-nodes-base.code",

"typeVersion": 2,

"position": [1120, 280]

},

{

"parameters": {

"operation": "insert",

"collection": "interactions",

"fieldsUi": {

"field": [

{

"fieldId": "userId",

"fieldValue": "={{ $json.userId }}"

},

{

"fieldId": "interactionType",

"fieldValue": "={{ $json.action }}"

},

{

"fieldId": "data",

"fieldValue": "={{ $json }}"

},

{

"fieldId": "timestamp",

"fieldValue": "={{ new Date().toISOString() }}"

},

{

"fieldId": "serenityResponse",

"fieldValue": "={{ $json.aiResponse }}"

}

]

}

},

"id": "log-interaction",

"name": "Log All Interactions",

"type": "n8n-nodes-base.mongoDb",

"typeVersion": 1.1,

"position": [1340, 660],

"credentials": {

"mongoDb": {

"id": "mongodb-mindpal",

"name": "MongoDB MindPal"

}

}

},

{

"parameters": {

"jsCode": "// Learning system for Serenity AI\nconst userId = $input.first().json.userId;\nconst interactions = $input.all();\n\n// Analyze patterns across all user interactions\nconst patterns = {\n commonMoods: {},\n triggerWords: [],\n improvementAreas: [],\n effectiveStrategies: [],\n conversationStyle: 'supportive' // Default\n};\n\n// Process interactions to identify patterns\ninteractions.forEach(interaction => {\n const data = interaction.json;\n \n // Track mood patterns\n if (data.mood) {\n patterns.commonMoods[data.mood] = (patterns.commonMoods[data.mood] || 0) + 1;\n }\n \n // Identify trigger words from negative interactions\n if (data.palScore && data.palScore < 40) {\n if (data.userMessage) {\n const words = data.userMessage.toLowerCase().split(' ');\n const negativeWords = words.filter(word => \n ['stress', 'anxious', 'depressed', 'overwhelmed', 'tired'].includes(word)\n );\n patterns.triggerWords.push(...negativeWords);\n }\n }\n \n // Track improvement areas\n if (data.categories) {\n Object.entries(data.categories).forEach(([category, score]) => {\n if (score < 50) {\n patterns.improvementAreas.push(category);\n }\n });\n }\n});\n\n// Generate personalized conversation approach\nconst personalizedApproach = {\n userId,\n preferredTopics: Object.keys(patterns.commonMoods),\n avoidanceTopics: [...new Set(patterns.triggerWords)],\n focusAreas: [...new Set(patterns.improvementAreas)],\n conversationTone: patterns.commonMoods.happy > patterns.commonMoods.sad ? 'upbeat' : 'gentle',\n lastUpdated: new Date().toISOString()\n};\n\nreturn personalizedApproach;"

},

"id": "ai-learning-system",

"name": "AI Learning System",

"type": "n8n-nodes-base.code",

"typeVersion": 2,

"position": [1560, 660]

},

{

"parameters": {

"operation": "upsert",

"collection": "ai\_learning\_profiles",

"upsertFields": "userId",

"fieldsUi": {

"field": [

{

"fieldId": "userId",

"fieldValue": "={{ $json.userId }}"

},

{

"fieldId": "learningData",

"fieldValue": "={{ $json }}"

},

{

"fieldId": "lastUpdated",

"fieldValue": "={{ $json.lastUpdated }}"

}

]

}

},

"id": "update-ai-learning",

"name": "Update AI Learning Profile",

"type": "n8n-nodes-base.mongoDb",

"typeVersion": 1.1,

"position": [1780, 660],

"credentials": {

"mongoDb": {

"id": "mongodb-mindpal",

"name": "MongoDB MindPal"

}

}

},

{

"parameters": {

"respondWith": "allIncomingItems",

"responseBody": "={{ {\n success: true,\n message: \"Analysis completed successfully\",\n data: $json,\n serenityResponse: $json.aiResponse || $json.assessment || $json.analysis,\n recommendedActions: $json.recommendedResources || $json.recommendations || [],\n palScore: $json.palScore,\n timestamp: new Date().toISOString()\n} }}",

"options": {}

},

"id": "webhook-response",

"name": "Send Response",

"type": "n8n-nodes-base.respondToWebhook",

"typeVersion": 1.1,

"position": [2000, 300]

},

{

"parameters": {

"conditions": {

"options": {

"caseSensitive": true,

"leftValue": "",

"typeValidation": "strict"

},

"conditions": [

{

"id": "emergency-check",

"leftValue": "={{ $json.riskLevel }}",

"rightValue": "high",

"operator": {

"type": "string",

"operation": "equals"

}

}

],

"combinator": "and"

},

"options": {}

},

"id": "emergency-check",

"name": "Emergency Alert Check",

"type": "n8n-nodes-base.switch",

"typeVersion": 3,

"position": [1560, 120]

},

{

"parameters": {

"method": "POST",

"url": "<https://api.mindpal.app/emergency-alert>",

"authentication": "predefinedCredentialType",

"nodeCredentialType": "httpBasicAuth",

"sendHeaders": true,

"headerParameters": {

"parameters": [

{

"name": "Content-Type",

"value": "application/json"

}

]

},

"sendBody": true,

"bodyParameters": {

"parameters": [

{

"name": "userId",

"value": "={{ $json.userId }}"

},

{

"name": "palScore",

"value": "={{ $json.palScore }}"

},

{

"name": "riskLevel",

"value": "high"

},

{

"name": "timestamp",

"value": "={{ $json.timestamp }}"

},

{

"name": "emergencyResources",

"value": "={{ $json.recommendedResources.filter(r => r.priority === 'urgent') }}"

}

]

}

},

"id": "emergency-alert",

"name": "Emergency Alert System",

"type": "n8n-nodes-base.httpRequest",

"typeVersion": 4.2,

"position": [1780, 120],

"credentials": {

"httpBasicAuth": {

"id": "mindpal-emergency-auth",

"name": "MindPal Emergency API"

}

}

}

],

"connections": {

"MindPal Webhook": {

"main": [

[

{

"node": "Action Router",

"type": "main",

"index": 0

}

]

]

},

"Action Router": {

"main": [

[

{

"node": "Prepare Assessment Data",

"type": "main",

"index": 0

}

],

[

{

"node": "Image Analysis Branch",

"type": "main",

"index": 1

}

],

[

{

"node": "Voice Analysis Branch",

"type": "main",

"index": 2

}

],

[

{

"node": "Journal Analysis Branch",

"type": "main",

"index": 3

}

],

[

{

"node": "Chat Conversation Branch",

"type": "main",

"index": 4

}

],

[

{

"node": "Sleep Analysis Branch",

"type": "main",

"index": 5

}

]

]

},

"Prepare Assessment Data": {

"main": [

[

{

"node": "Serenity AI Assessment",

"type": "main",

"index": 0

}

]

]

},

"Serenity AI Assessment": {

"main": [

[

{

"node": "Calculate Pal Score",

"type": "main",

"index": 0

}

]

]

},

"Calculate Pal Score": {

"main": [

[

{

"node": "Update User Profile",

"type": "main",

"index": 0

},

{

"node": "Generate Resource Recommendations",

"type": "main",

"index": 1

},

{

"node": "Emergency Alert Check",

"type": "main",

"index": 2

}

]

]

},

"Generate Resource Recommendations": {

"main": [

[

{

"node": "Store Assessment",

"type": "main",

"index": 0

}

]

]

},

"Image Analysis Branch": {

"main": [

[

{

"node": "Serenity Image Analysis",

"type": "main",

"index": 0

}

]

]

},

"Serenity Image Analysis": {

"main": [

[

{

"node": "Log All Interactions",

"type": "main",

"index": 0

}

]

]

},

"Voice Analysis Branch": {

"main": [

[

{

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"type": "main",

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