

G6 Internet Explorers

Therapist.io

Harnessing Technology to Improve Mental Health

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# Introduction

# It is estimated that around one billion people globally have a mental disorder which incorporates a range of different but sometimes connected disorders such as depression, anxiety, bipolar, eating disorders, schizophrenia, and alcohol and drug use disorders.

# Despite being critical to overall well-being and physical health, diagnoses and treatment or support is pitifully small particularly away from large and wealthy population centres.

# Today, as the need for mental health services continues to surpass availability, people in distress can reach out online to mental health “chatbots.” In some instances, the responses are based on artificial intelligence. In others, there’s a human element.

# Team Profile

## Team Name

The Team name of G6 Internet Explorers was chosen to reflect our group numbers ie six and the fact that we would be using the internet to research our project. G6 also has connotations of an elite group such as the Group of Seven Organisation of Advanced Economies.

## Personal Information

My name is Brian Dean and my RMIT student number is S3831349 and I am a member of the G6 Internet Explorers Team. I was born in Brisbane, though spent much of my working life in Sydney. My wife and I are now living on the northern beaches of Cairns in a little spot called Yorkeys Knob, with our twelve year old ginger rescue cat called "Pumpkin", who shares by birthday day and month. I enjoy reading, mainly sci fi fiction, cooking and a spot of gardening. Currently self employed as a technology consultant to the hospitality and tourism sector, having worked in that industry and software houses for many years. I am enrolled in this Bachelor of I.T. degree to fill in the many holes in my knowledge and for accreditation for all those years of doing.

My name is Daria Sukonnova, my RMIT student number is S3812576 and I am a member of the G6 Internet Explorers Team. I was born in the Russian city named Khabarovsk but then we moved to the Northern capital of Russia - St. Petersburg. I enjoy doing many things such as playing the piano or drawing. My biggest passion is reading books of any genre. My dream is to become an Artificial Intelligence Engineer. I find writing code quite enjoyable. My first program was a primitive game on Unity which was created with a tutorial. Since that time I really like solve code challenges on Python. Hope that in the near future I will develop the necessary skills to achieve my goal.

My name is Jeremy Naupay my RMIT student number is S3831039 and I am a member of the G6 Internet Explorers Team. I have grown up in the Sydney area since the day I was born. I love using my spare time to play around with different operating systems and brushing up on knowledge base. I have worked in I.T for over 2 years now as an IT Support Officer and looking forwards to be an Chief Information Officer in the future. Sometimes i do love to plan our model train sets as a hobby, but i also enjoy just playing video games and working on modding games in general.

My name is Shane Thacker, and my current home is Toowoomba Queensland. My RMIT student number is s3827970 and I am a member of the G6 Internet Explorers Team. Born in Adelaide, I moved to Queensland when I was eighteen, where I got a job in the furniture industry. By twenty, I was going back and forth to Indonesia to train the suppliers on how to sand, prepare, upholster, assemble, glaze and upholster furniture for the Australian company I was working for. At twenty-one, I made the permanent move to Indonesia working for that company then eventually by the time I was twenty-two started my own teak outdoor furniture company. After the 2008 global crisis wiped out my customers, then me off the map, I worked for a European company managing their properties in Indonesia. When those properties were sold off in 2015, I joined an international school and became the school director.

My main interests are barbeque low and slow and fishing, both of which involve knocking back a few cold beers. I have three kids the youngest being six and extremely naughty, most likely because he is too spoilt. Flight simulation is my main “do on own” hobby, but I rarely find time these days.

I am working towards a Bachelor of International Business where I hope to move into a management position of an international company within the next five years.

## Group Processes

How well did your group work together in Assignment 2? Will you be introducing any changes in process for Assignment 3? This is new for this assignment.

## Career Plans

Compare and contrast the career plans, including ideal jobs, for each person in the group. This may have changed due to feedback from Assignments 1 and 2. What common elements are there, if any? What differentiates each position from the others, if anything? How similar or different are your career plans across the group? This is new for this assignment.

## Tools

G6 Internet Explorers Team website:

<https://g6-internet-explorers.github.io/>

G6 Internet Explorers Team Repository:

<https://github.com/G6-Internet-Explorers/RMIT-Assignment-2>

The G6 Internet Explorers Team utilised Microsoft Teams available through our RMIT Office 365 account to manage online chat and communications. We also posted links to relevant videos and websites within the chat so as to provide context rather than uploading these to GitHub. Through this same platform we also trialled the use of OneNote and Microsoft planner, which we ended up not using to a great extent. Our Team meetings were held through zoom teleconferencing software which allowed us to discuss and contribute in real time as if we were in the same office. Zoom also allowed us to record the session, which allowed anyone not able to be present to catch up at a time that suited them. Zoom, while providing screen sharing capability also allowed for keyboard and mouse control to be switched to other team members during a meeting.

I do not believe the audit trail on the Git repository accurately reflects our individual contributions, as decisions to create or update folders and text or upload word and excel documents were often made and actioned during our teleconference Team meetings. As such the audit trail will show the username of the person hosting the teleconference rather than the team member who created the content. Additionally, with the problem of GitHub invitations apparently being blocked within RMIT email systems and subsequent delay in providing group access it is incorrect to attribute the initial flurry of activity to any one individual, as with appropriate access others would have contributed equally.

# Project Description

## Overview

##### Topic

An overview of what you propose to do in your project. Concentrate on the big picture and outcomes, rather than intricate details. At least two paragraphs is expected.

### Motivation

What are your motivations for your project? Why is this project important or interesting? How does it fit in with current IT trends? What would it show to a future employer if you were able to work on this project? At least one paragraph is expected.

### Landscape

What similar systems or products are available? What competitors are there? What points of difference are there about your project compared to what exist now? At least one paragraph is expected.

## Detailed Description

### Aims

### Plans and Progress

### Roles

### Scope and Limits

### Tools and Technologies

### Testing

### Timeframe

### Risks

Discuss what happened to Microsofts ‘Tay’ and issues arising from unstructured machine learning.

### Group Process and Communication

### Skills and Jobs

Manager

For such a detailed project that spans multiple technologies, cloud computing, software and hardware, the most appropriate

Team Member 1

Team Member 2

Team Member 3

Team Member 4

## Group Reflection

# References

References