Cozy Space

Advisor - Dr. Unkelos Shpigel Naomi

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The app is designed to help individuals manage anxiety by offering a range of features that support their well-being. It facilitates seamless information sharing between patients and therapists, enhancing personalized care and treatment.

MOTIVATION

- 320 million people affected globally (WHO, 2024).
- 32% of Israeli adults suffer from anxiety (Macabbi, 2023).
- Need for innovative support solutions between therapy sessions.
- Hard to book therapist appointments in peripheral areas.

REQUIREMENTS

- The System shall detect anxiety attacks based on physiological indicators. (FR)
- The System shall provide calming actions during anxiety attacks. (FR)
- The System shall support documentation and monitoring. (FR)
- The System shall allow therapists to view reports on patient progress over specified time periods. (FR)
- Ensure that patients have full control over their data sharing preferences. (NFR Security)
- Ensuring options for personalization, including dark mode and language selection. (NFR Usability)
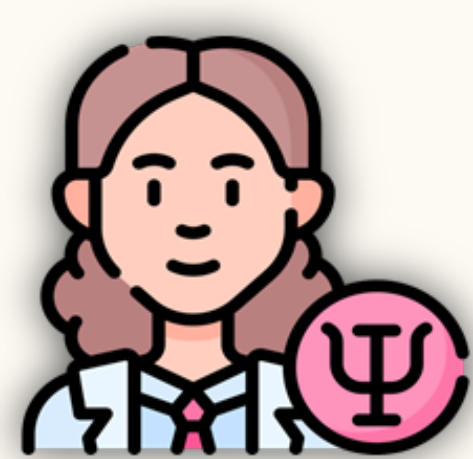- Ensure free or structured note-taking is available within 2 seconds. (NFR Performance)
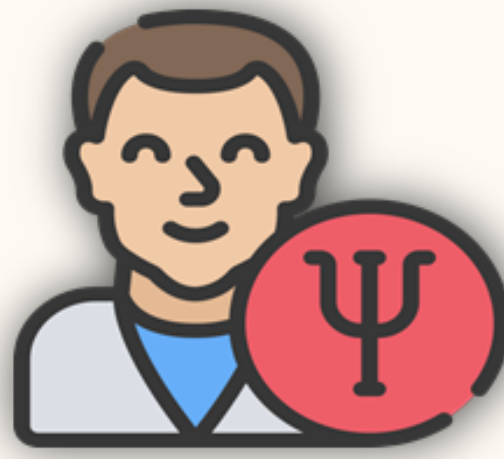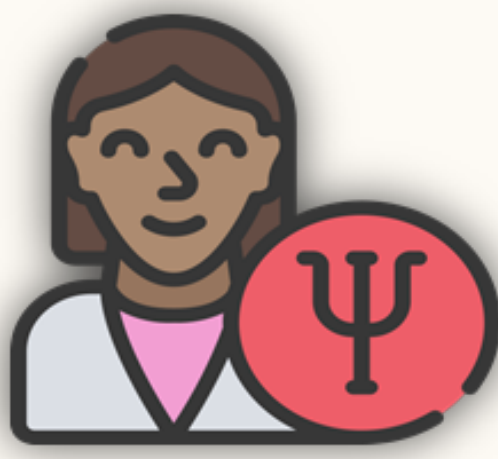
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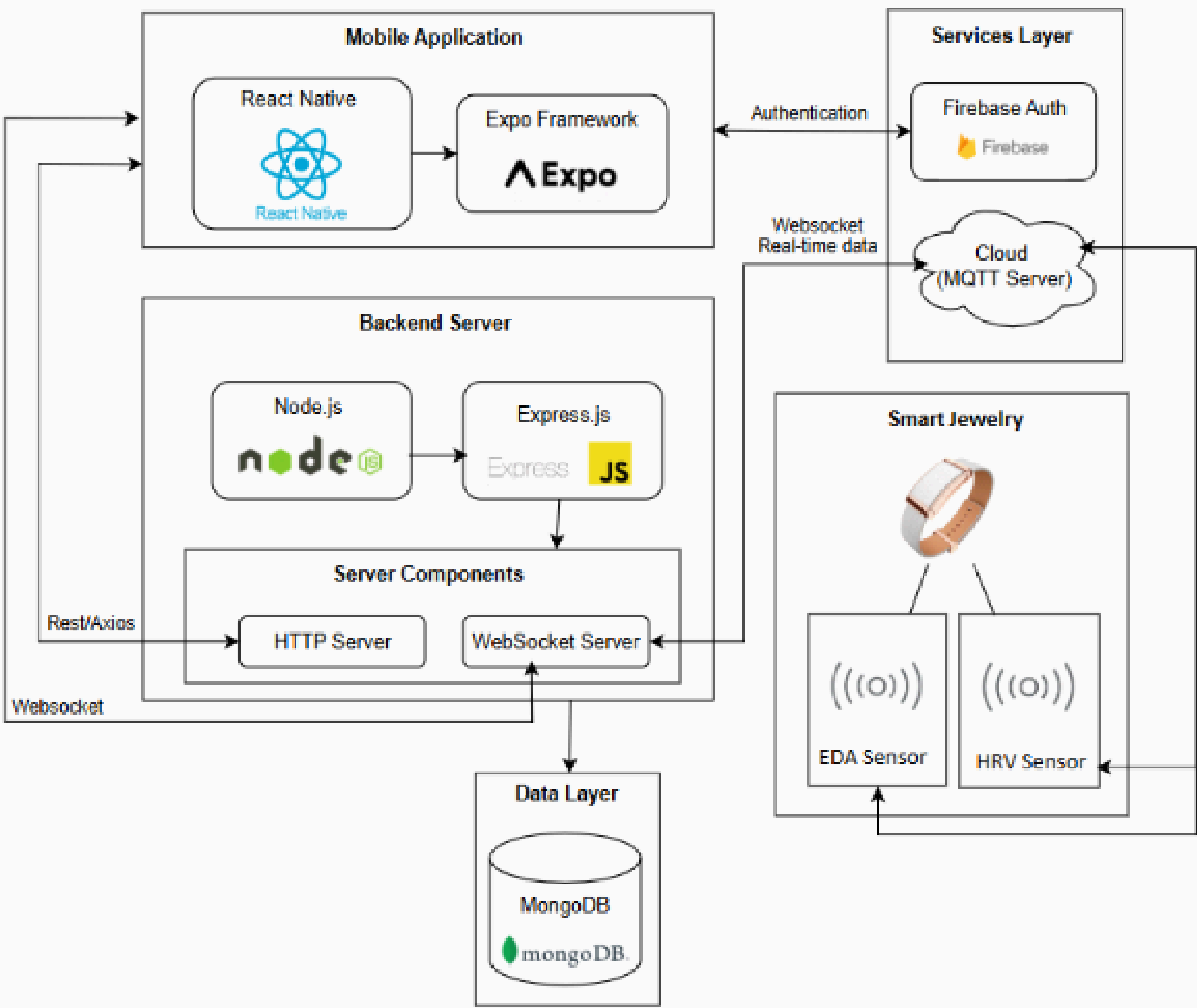
SCREENSHOTS
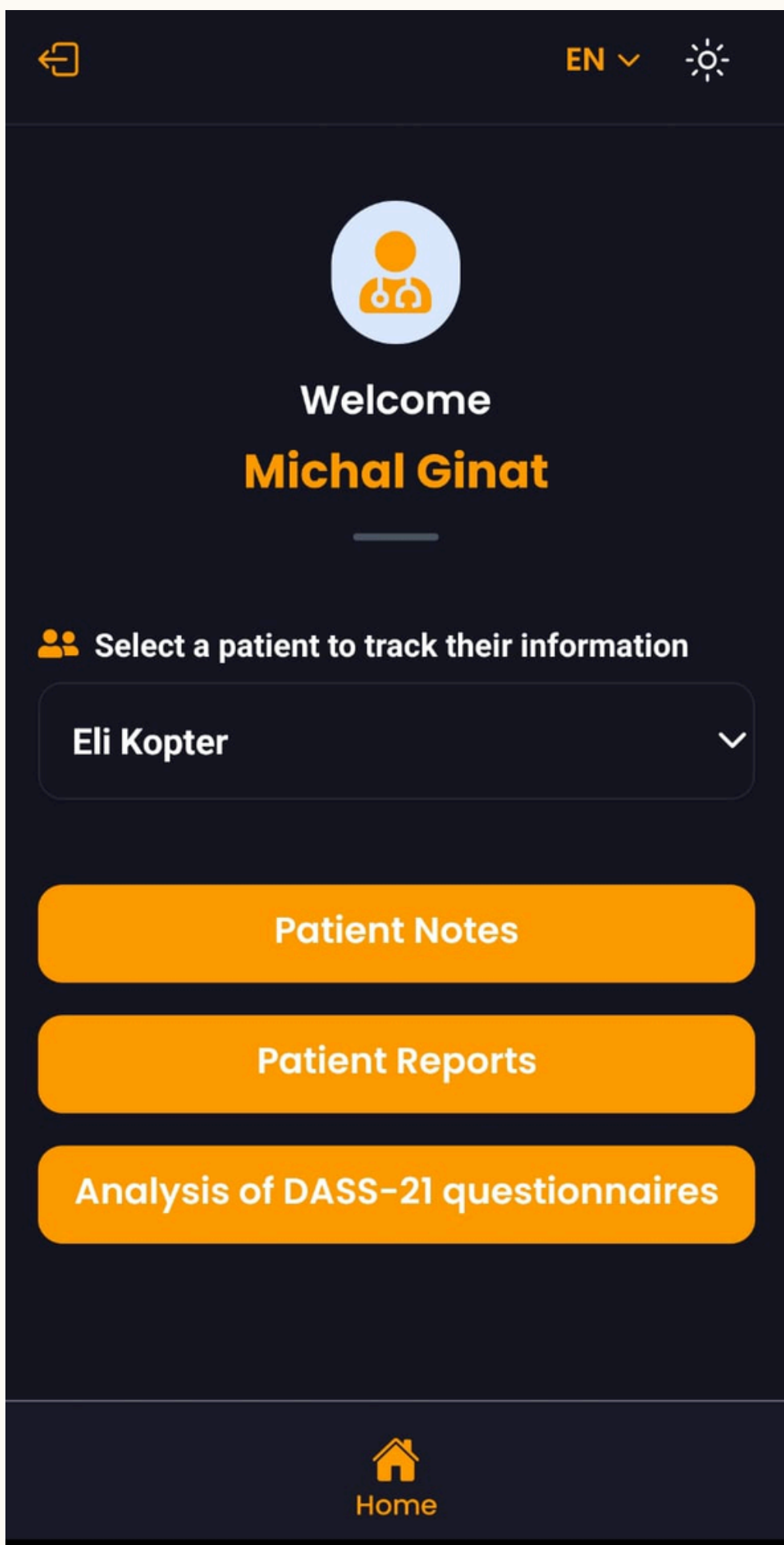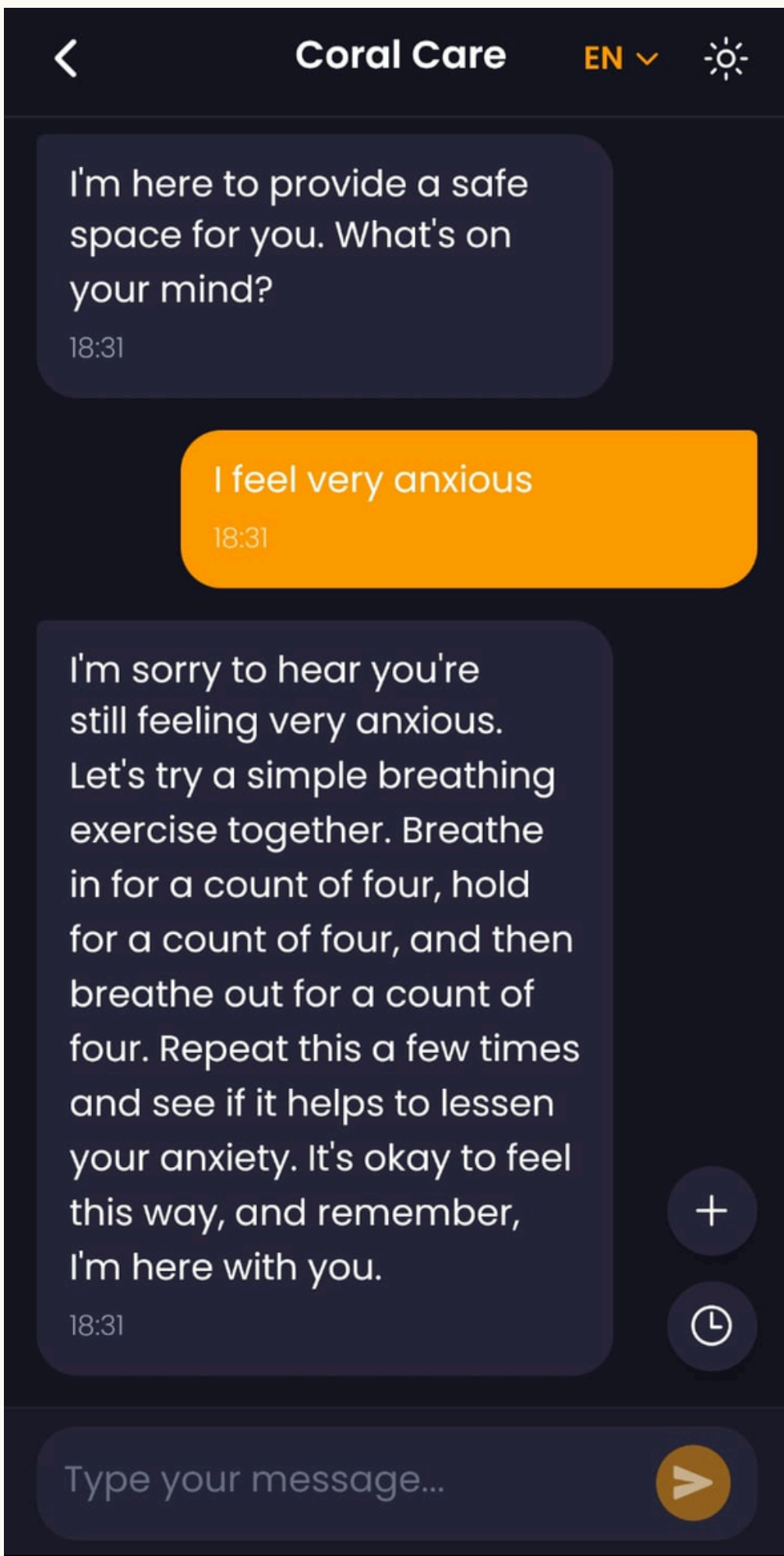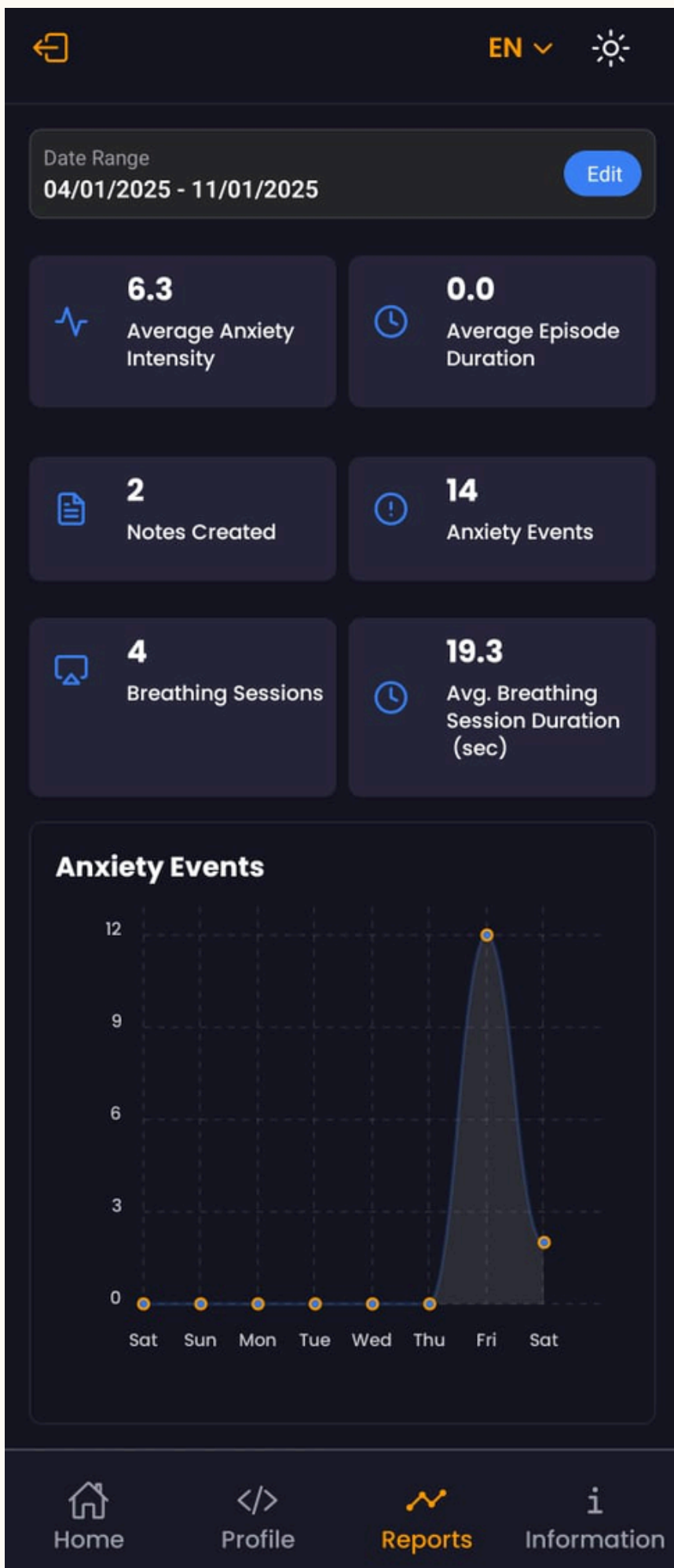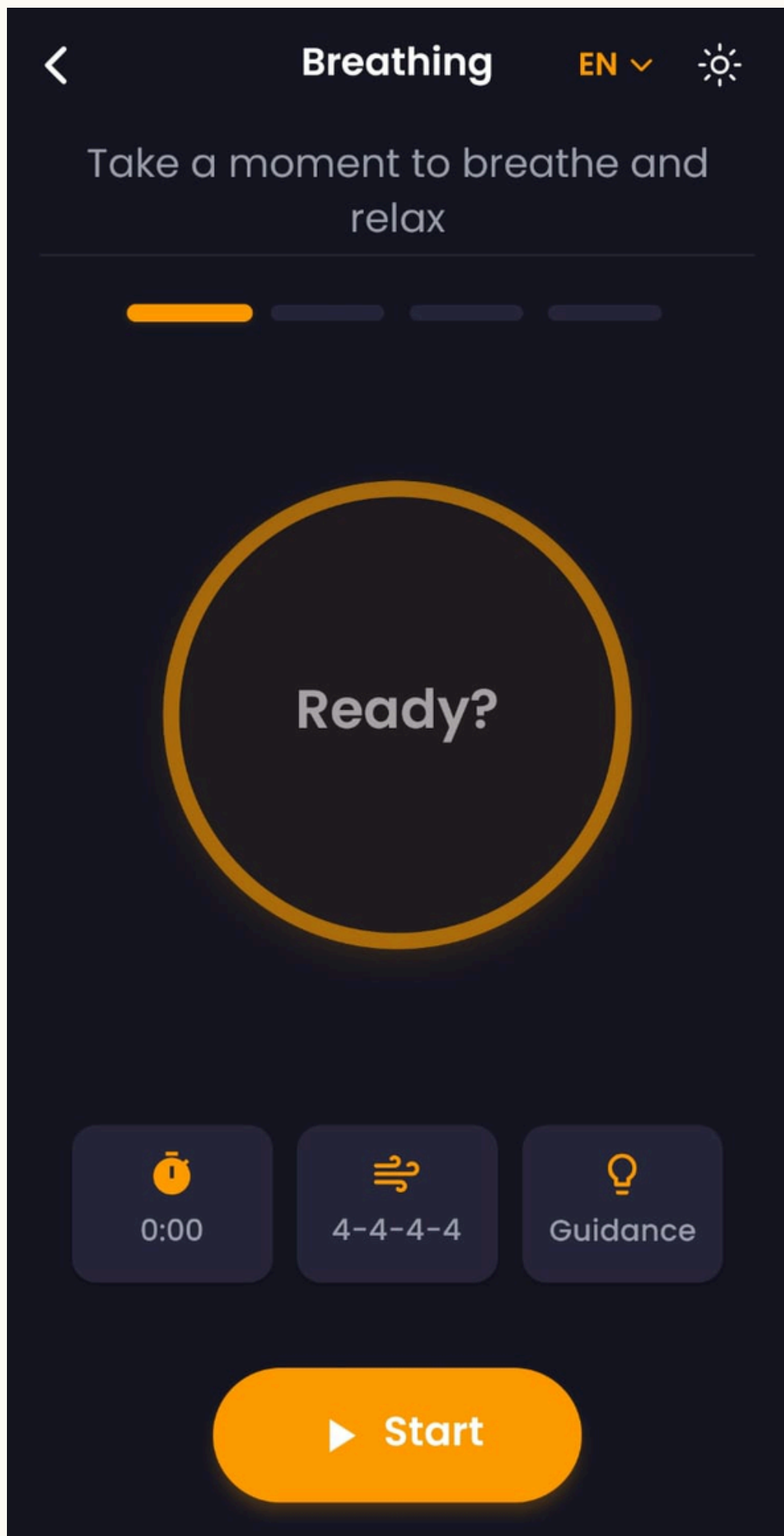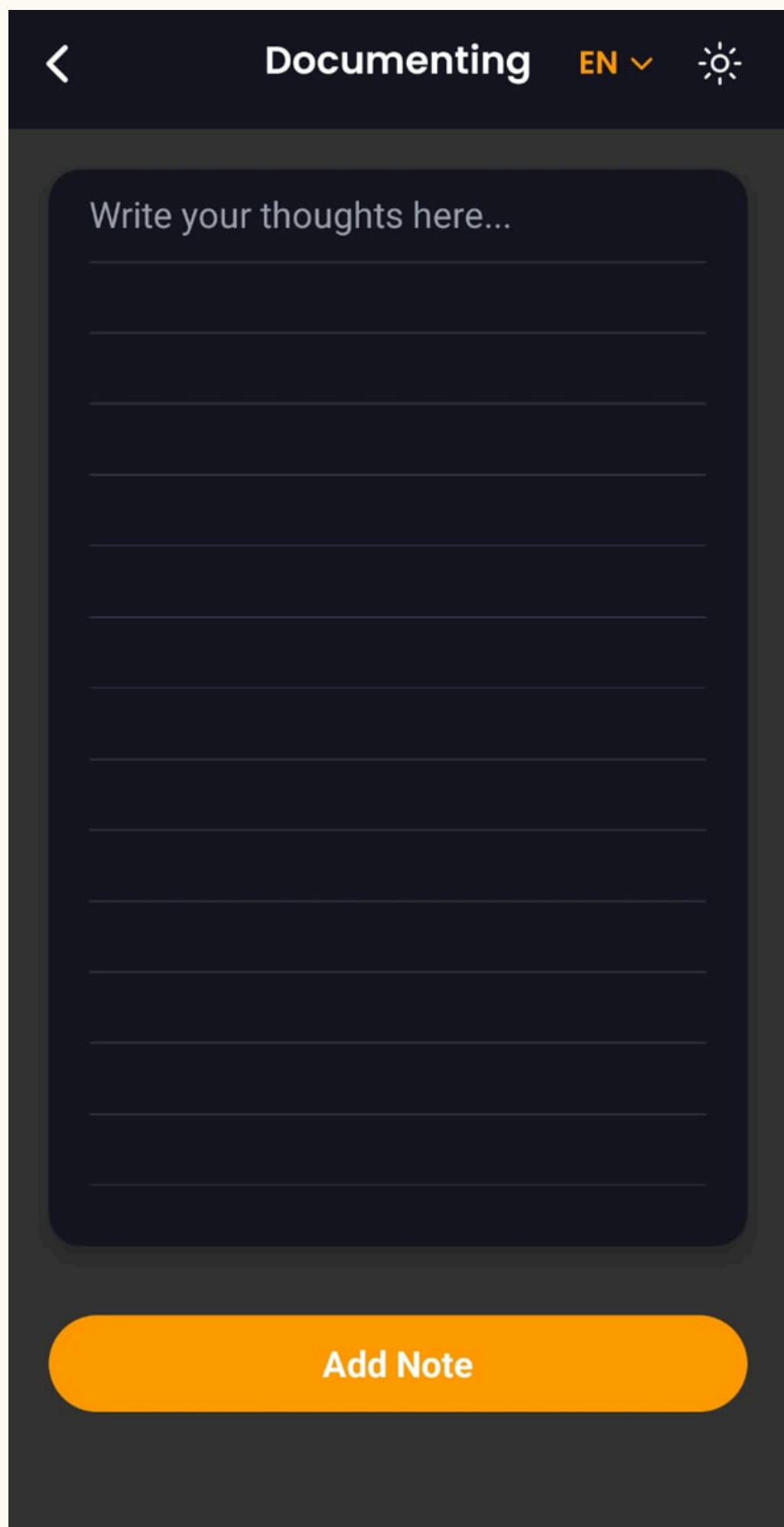
INTERVIEWS

Dr. Michal Meidan

Documentation by patients

Elad Tal

Avoid real-time conversations with a therapist or loved one

Rivka Amir

Personalized anxiety management techniques

EVALUATION

- **Positive Feedback:** High SUS score (88.7).
- **Praised Features:** Intuitive interface, breathing exercises, calming chat, therapist info-sharing.
- **Suggested Improvements:** Design options, chat quality, gamification.
- **Security:** Stricter therapist verification protocols.