



Tech it easy

Politecnico di Milano, Milan

July 16, 2016

Paola Bahiti paola.bahiti@mail.polimi.it

Davide Berretta davide.berretta@mail.polimi.it

Giada Colella giada.colella@mail.polimi.it

Chiara Coletti chiara.coletti@mail.polimi.it

Politecnico di Milano

stress

anxiety overwhelmed fear
depression
feeling
irritable
reaction
cognitive feelings
thoughts happened
risk
guilty illnesses
horror
trigger

medication
assault
numbing disturbance
veterans
falling detection
irritable
traumatic experience
emotional
reaction
cognitive feelings
thoughts happened
risk
guilty illnesses
horror
trigger

overwhelmed
nervousness
cortex
emotions
worried helpless worthless
health problems
occupational
problems people
insecure
problems concentrating
problems
psychological trauma
psychological trauma
feel
low mood
increased
acute arousal

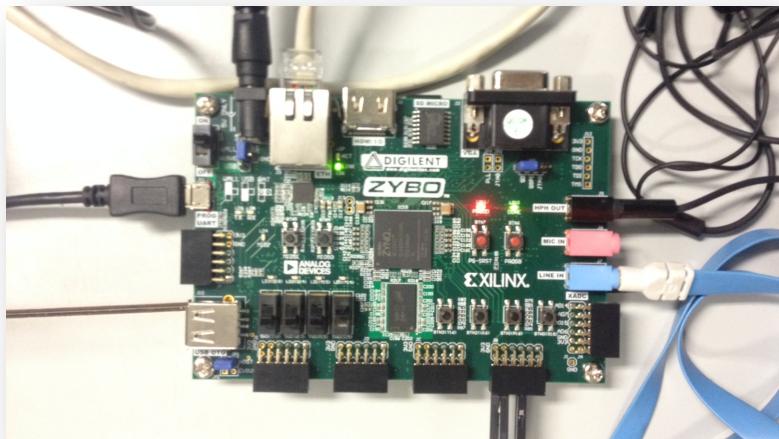
memories
attempted
development
confront
over
loss
migraine
drug addiction
behavioural
panic attack
problems
medical
criteria
more
stressful
exhausted
defense mechanisms
alternative
help difficult
negative physical
exhaustion
insomnia
dysfunction
cause
activity
alcohol abuse
traumatic reducing
counselling
trauma
accident
death
family
life
targeted emotional numbing
combat intervention
control
drugs
drink
remind
lose



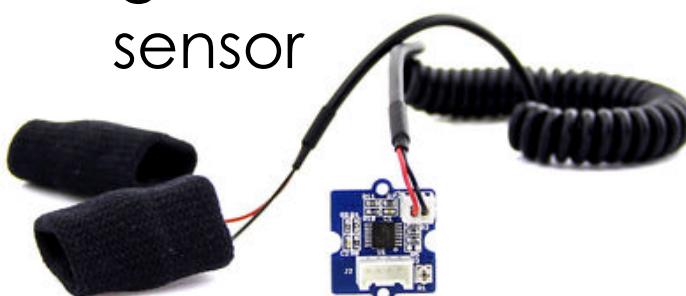
Our idea



Implementation



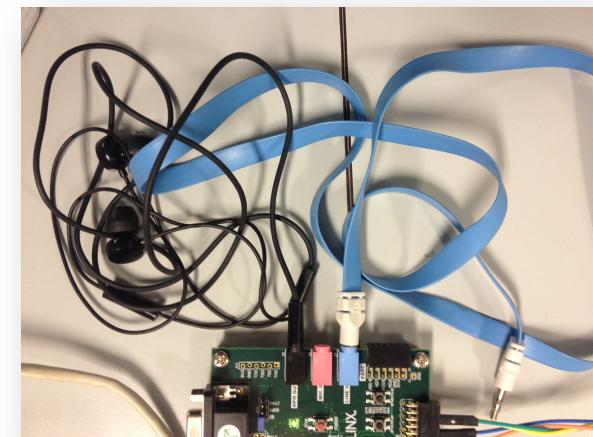
GSR
grove
sensor



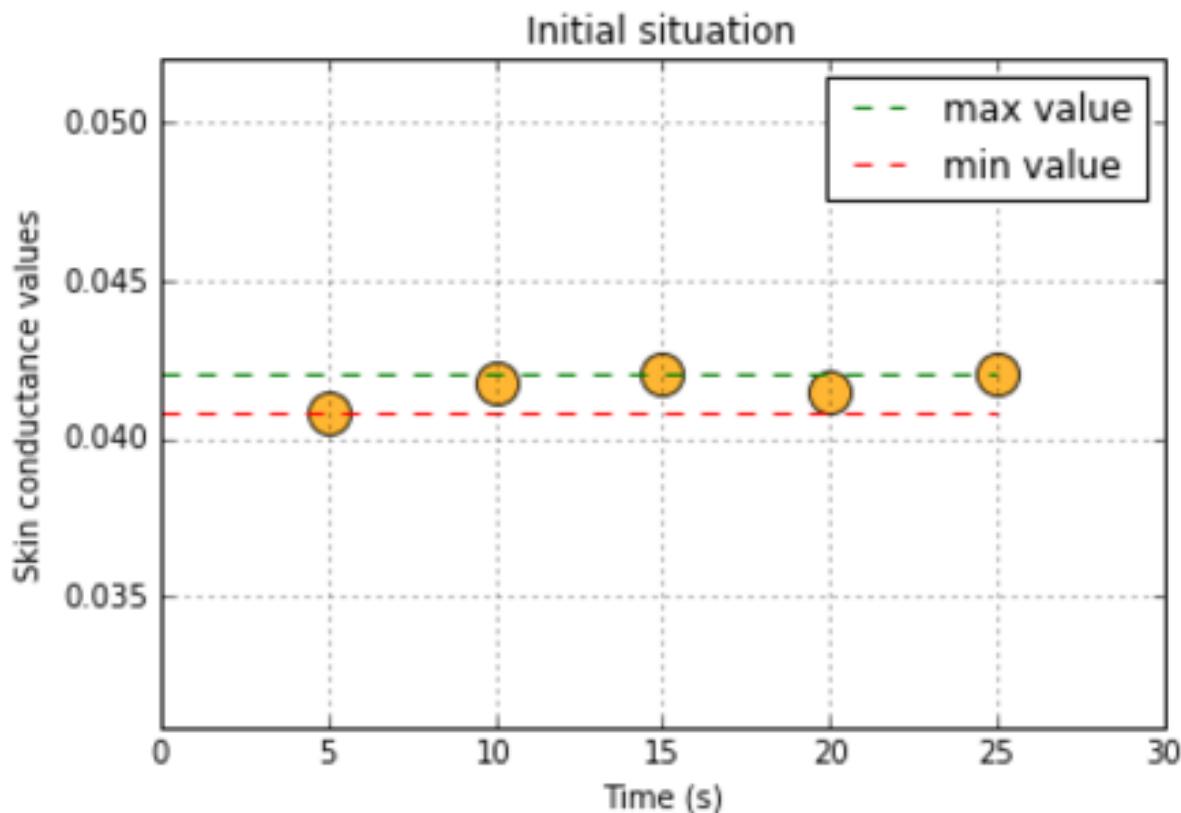
Zybo
board



Headphones

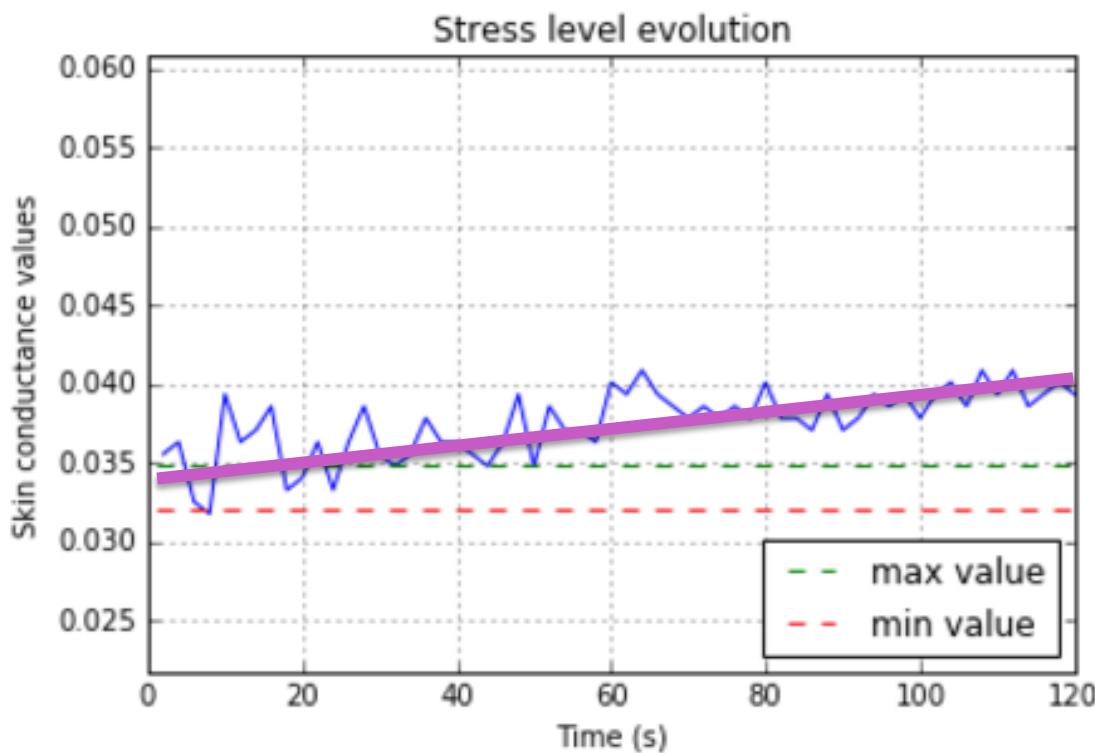


Results



Plotting five initial samples obtained in a small time range (30 seconds) and showing the two threshold values.

Results



Plotting values obtained while listening to the calming music, with the previous threshold values. We can observe an initial transient zone and some peaks .

Our team

We are four Biomedical
Engineering students
@Politecnico di Milano



Paola Bahiti



Davide Berretta



Giada Colella



Chiara Coletti

Thanks for your attention!

Paola Bahiti
Davide Beretta

Giada Colella
Chiara Coletti



Follow us un GitHub: <https://github.com/GiadaColella/XPH16>