

Goal	<b>Dialogue #1:</b> <u>Period: late at night 24:00 p.m.; Location: Home</u>	<b>Dialogue #2:</b> <u>Period: morning 6 a.m.; Location: Outdoor</u>
Diagnosis	<b>User#1:</b> I'm especially anxious about my senior year. It's <u>late</u> but I can't sleep at home at all. <b>Bot:</b> I'm sorry to hear about your recent anxiety and insomnia issues. ...., resulting in not being able to fall asleep. Let's start by filling out an anxiety scale to get your mental state. <b>User#1:</b> Okay, thank you.	<b>User#2:</b> I'm especially anxious about my senior year. It's <u>6 a.m.</u> , and I didn't sleep at all last night. <b>Bot:</b> I'm sorry to hear about your recent anxiety and insomnia issues. Senior year is really stressful and the mind tends to be sensitive. It's normal for you to feel this way. <b>User#2:</b> Okay, thank you.
Recommend Activities	<b>Bot:</b> You can try some relaxation methods to reduce stress to <u>fall asleep</u> as soon as possible. For example, <u>deep breathing, listening to music or meditation</u> .	<b>Bot:</b> You can reduce or avoid napping during the <u>day</u> to ensure sleep pressure at night. If you want to ensure your academic performance, you can refresh yourself with some <u>coffee</u> .
Recommend Places	<b>User#1:</b> Can you recommend an outdoor place to take a break? <b>Bot:</b> Going out late at night may not be the safest option, especially considering you are a student. If your home has a patio or balcony, this may be a safer option.	<b>User#2:</b> ...recommend an outdoor place ...? <b>Bot:</b> Many places are still closed at 6 a.m., but it's a good time to enjoy the peace of the <u>early morning</u> . Recommend nearby <u>parks</u> within 500m.
Empathetic Dialog	<b>User#1:</b> Thank you. <b>Bot:</b> Have faith that you can fall into sweet <u>dreams</u> and don't be anxious if you can't sleep.	<b>User#2:</b> Thank you. <b>Bot:</b> You may feel tired today, but try to give yourself some grace as well. Wish you a good <u>day</u> !

Knowledge Grounded Dialogue

**User#1:** Is there any other treatment other than what is recommended above?

**Bot:** .....I suggest we use Cognitive Behavioral Therapy to help you cope better with these dilemmas.

**User#1:** What is Cognitive Behavioral Therapy?

**Bot:** Simply put, cognitive behavioral therapy is a therapy that works by adjusting an individual's thinking patterns and behavioral habits, ..., it helps you better cope with the challenges of reality.

