Virtual Assistant for Mental Health

Project Proposal
CSI 6900

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April 22, 2023

Introduction:

Mental health is an essential component of overall well-being, and it is critical to seek professional help when dealing with mental health issues. Unfortunately, mental health care is not readily available, and people in many parts of the world face significant barriers to accessing care. My project aims to solve this problem by developing a virtual assistant that can provide users with professional advice on mental health treatment and prevention and the nearest mental clinic or hospital. Additionally, my virtual assistant has the ability to understand both English and French, making it accessible to a broader audience.

Objective:

The goal of the project is to create a virtual assistant that can help individuals seek help for mental health issues in both English and French. The virtual assistant will be able to answer questions and provide mental health-related information in both languages. Additionally, it will use machine learning algorithms to predict the user's psychological state during the conversation, giving the doctor a preliminary understanding of the user before meeting with them. This is especially important because patients may have to wait a long time to see a doctor.

Deliverables:

The final deliverable of this project will be a virtual assistant that can assist individuals seeking information related to mental health in both English and French. The assistant will provide information on various mental health conditions and treatments in both languages. It will also use machine learning algorithms to predict the user's psychological state during the conversation, which will be based on the language used by the user. The virtual assistant will be accessible through a website or mobile application.

Methodology:

The development of the virtual assistant will involve the use of natural language processing and machine learning algorithms. First, I will use mental health-related datasets to pre-train the model, so that the model has an initial understanding of mental health-related content. Then, I will work with psychologists to evaluate the results of my model based on the query search and improve the accuracy of the model on our dataset. The machine learning algorithms will be used to predict the user's psychological state during the conversation, which will help the doctor have a preliminary understanding of the user before meeting with them.

Plan/Timeline:

- Phase 1: Research and Data Collection - 4 weeks
    - Week 1-2: Conduct research on mental health-related data sets and natural language processing techniques

    - Week 3-4: Collect and preprocess data, evaluate data quality and suitability for training the model
- Phase 2: Development of Virtual Assistant - 7 weeks
    - Week 5-6: Develop a basic conversational model and language understanding module based on the preprocessed data
    - Week 7-9: Develop and integrate the machine learning algorithm for predicting the user's psychological state
    - Week 10-11: Develop a website or mobile application for users to access the virtual assistant
- Phase 3: Testing and Debugging - 4 weeks
    - Week 12-13: Conduct initial testing and debug the virtual assistant to ensure that it functions correctly and provides accurate information and predictions
    - Week 14-15: Perform user testing and collect feedback to fine-tune and optimize the model
- Phase 4: Writing final report - 1 week
    - Week 16: Write the final report, including a detailed description of the virtual assistant's development process, evaluation results, and future improvements

Evaluation Scheme:

- Implementation 50%
- Report writing 50%

Learning Objective:

The learning objectives for this project include developing practical experience in building a virtual assistant using natural language processing and machine learning algorithms, integrating language understanding capabilities for multiple languages, specifically English and French, and understanding the importance of accessible and affordable mental healthcare. Through the completion of this project, the team members will also gain valuable technical and interpersonal skills, preparing them for future projects in the field of artificial intelligence and healthcare.

Conclusion:

The virtual assistant developed in this project will help address the growing need for accessible and affordable mental health care in both English and French. It will provide users with professional advice on mental health treatment and prevention in both languages. Furthermore, it will use machine learning algorithms to predict the user's psychological state, which will help the doctor have a preliminary understanding of the user before meeting with them. This project has the potential to make mental health care more accessible to people worldwide, reduce the wait times for mental health care, and contribute to the overall improvement of mental health outcomes.