

DBT Knowledge Base - Fixed!

Changes Made

1. Created JSON Version of DBT Knowledge Base

- Created `data/dbt-knowledge.json` - A properly structured JSON file that the AI can easily read
- Contains all DBT skills, exercises, therapeutic notes, and crisis keywords
- Structured data for 5 main modules:
 - Mindfulness
 - Stress Tolerance
 - Emotion Regulation
 - Interpersonal Effectiveness
 - Trauma-Specific Skills

2. Updated `dbtService.js`

- Changed to load from JSON: `require("../data/dbt-knowledge.json")`
- Added validation to ensure knowledge base loads properly
- Added console logging to confirm successful loading

3. Enhanced Error Handling

- **server.js**: Added robust null/undefined checks for chat responses
- **app.js (frontend)**: Added validation for response structure before accessing nested properties
- Now gracefully handles invalid responses instead of crashing

4. Created Missing JSON Files

- `data/personalityQuestions.json` - Big Five personality assessment questions
- `data/screenings.json` - GAD-7 (anxiety) and PHQ-9 (depression) screening info

Result

- ☒ Server now starts successfully
- ☒ DBT knowledge base loads properly
- ☒ All modules confirmed: mindfulness, stressTolerance, emotionRegulation, interpersonal, traumaSpecific
- ☒ Error "Cannot read properties of undefined (reading '0')" is fixed

Server Status

 Running on `http://127.0.0.1:3000`

The AI can now properly read and access the DBT skills database to provide mental health support to users!