

Tackling Self Stigma Together

August 25-29, 2025 - Sevilla, SPAIN



Name Surname:

Expectations & Concerns Card

Before you test the prototype, we'd like to hear your first thoughts about the Self-Stigma mobile application.

This app is designed to:

- Help you become aware of your own self-stigma
- Provide MBAT (Mindfulness-Based Art Therapy) and ACT (Acceptance and Commitment Therapy) practices
- Offer AI-powered suggestions to support wellbeing

Your expectations and concerns will guide us in improving the app. Please answer honestly — responses are anonymous and will only be used for development purposes.

1. My expectation from this app is...

2. My concern about this app is...

Thank you for your contribution! We will compare your answers with feedback after you try the prototype.

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Quick Idea Hunt

Complete the following sentences with your ideas for improving the Self-Stigma app:

1. The most useful feature of this app would be...

2. This app could help me because...
