

# 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...

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### 2. My concern about this app is...

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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...

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2. This app could help me because...

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