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TACKLING SELF STIGMA TOGETHER



Sevilla

August 25-29, 2025

Tackling Self Stigma Together

August 25-29, 2025 - Sevilla, SPAIN



Workshop, introduction to the Artificial Intelligence applications

1. True or False? – Quiz (10 min)
2. Expectations & Concerns Card (10 min)
3. Quick Idea Hunt (5 min)
4. Prototype Introduction & Testing (20 min)
5. What we need? Upcoming todo list (5 min)
6. Paper-Based New Feature Design (30 min)
7. Sharing & Group Presentation (40 min)

Sevilla

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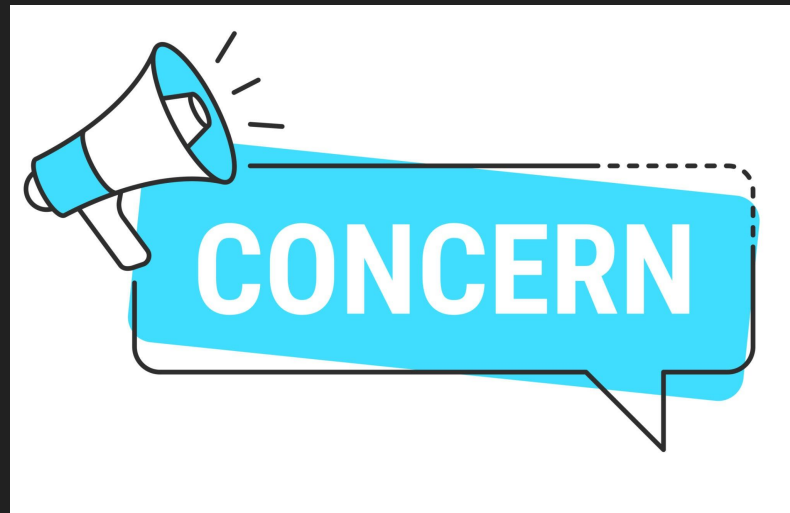


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True or False? – Quiz



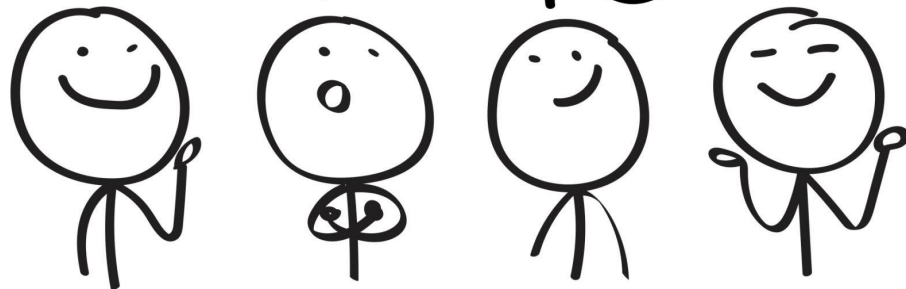
Expectations & Concerns Card



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BRAINSTORM



Prototype Introduction & Testing



Prototype Introduction & Testing




App Name & Icon




Prototype Introduction & Testing



8:23





G



EmpowerMe

chatBot app


 Email

 Password

[Forgot Password?](#)




Login



or


 Sign in with Google

Need an account? SIGN UP!

8:24










Create an Account

Create an Account

 Email

 Password




 Confirm Password

By clicking Sign Up, you agree to [User Agreement](#) and [Privacy Policy](#).

Sign Up

Already have an account? Login


8:24



Forgot Password?

Reset Password

Please enter your registered email address. We will send a password reset link to your email.



Email

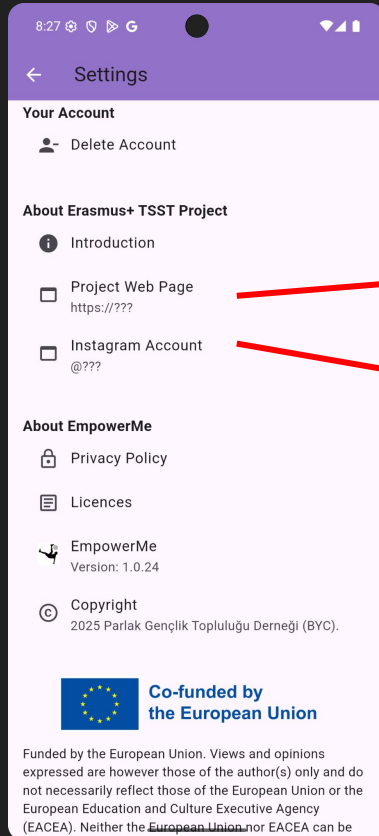
Send Reset Link

Back to Login

Settings Page

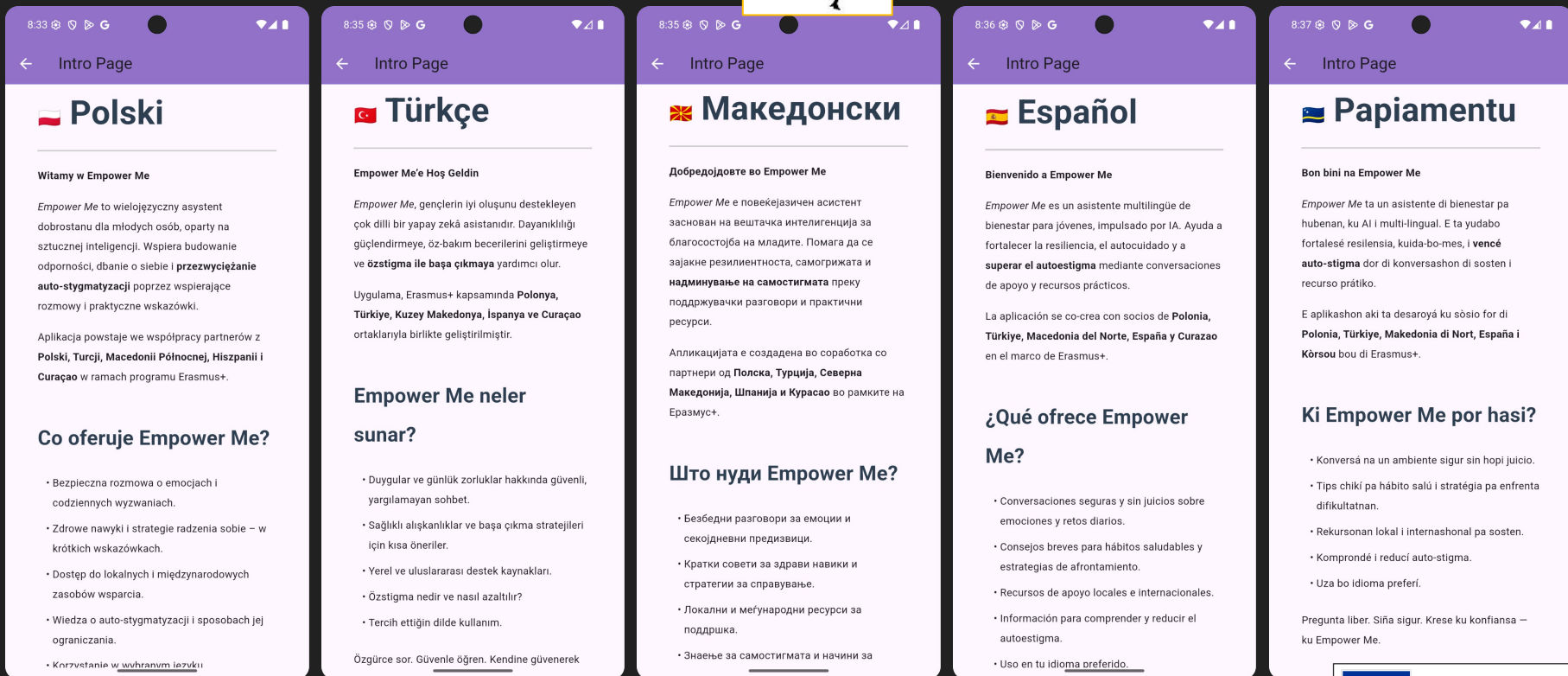
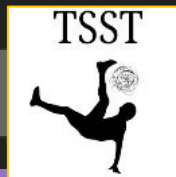


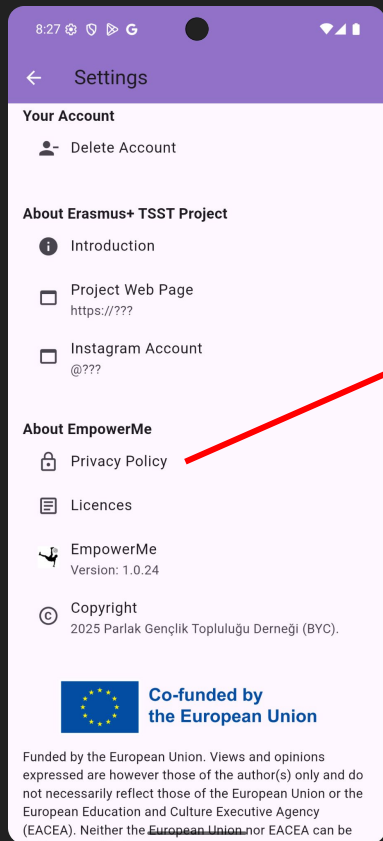
Prototype Introduction & Testing



Project Web Page ?

Project Instagram Account ?





Privacy Policy – Empower Me

Last updated: August 10, 2025 | Version: 1.0

1. Data Controller

The development of this application was coordinated by the NGO iLanguage in Vienna, Austria, and developed by Kod48.

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2. Data We Collect

We collect minimal personal data necessary for service provision:

- **Email Address & Account Data:** Collected via Firebase Authentication during sign-in (e.g., email or Google account).
- **Chat History:** Stored securely in cloud database (Firebase Firestore) and accessible only to you when authenticated.

3. Third-Party Services

a) OpenAI API

- Your chat inputs are sent to OpenAI to generate responses.
- **Data Sharing:** Inputs may include personal data; we advise users not to share sensitive information.
- **OpenAI's Role:** With our business API, OpenAI does not train models on your data.
- **Data Transfer:** Data may be processed on servers outside the EEA (e.g., USA).

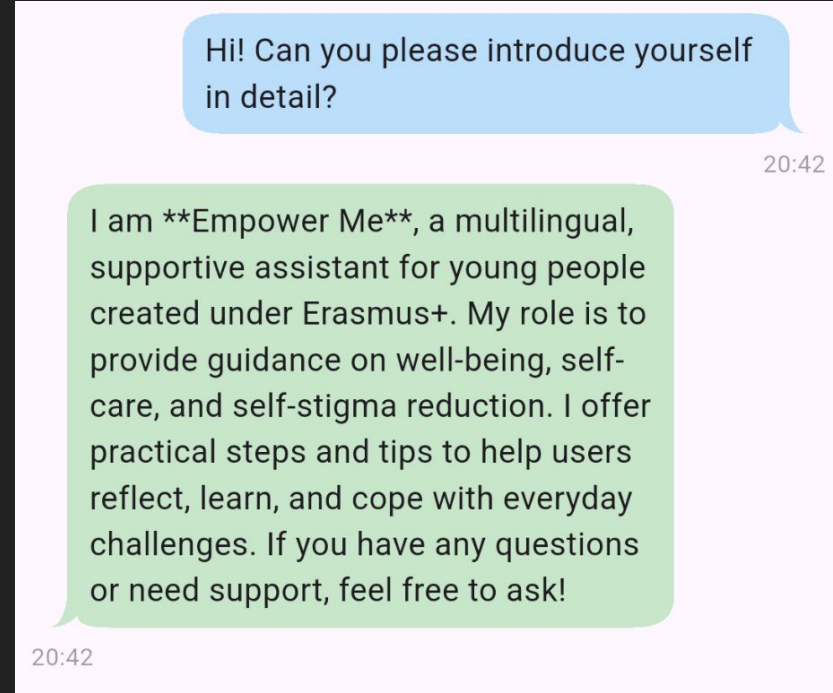
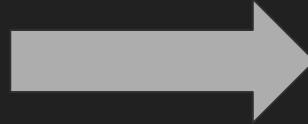
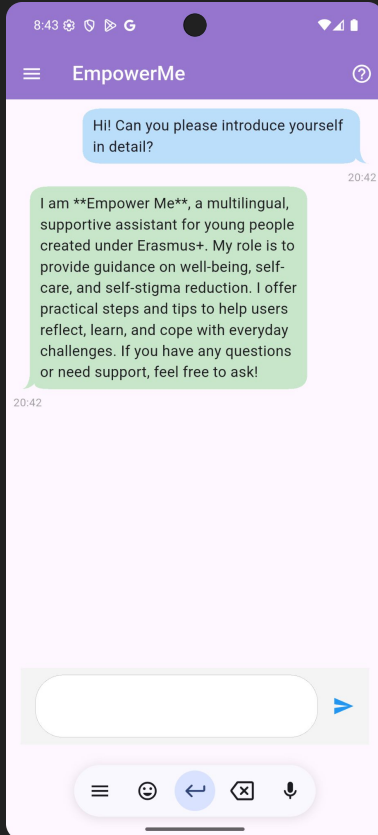


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Settings Page / Chat Page



Prototype Introduction & Testing



Scenario: “Lina and the Unseen Weight”



Prototype Introduction & Testing

Profile:

- Name: Lina
- Age: 19
- Background: University student in her first year, studying computer science
- Location: Urban city, living in a student dorm
- Personality: Ambitious, perfectionistic, socially withdrawn lately

Story:

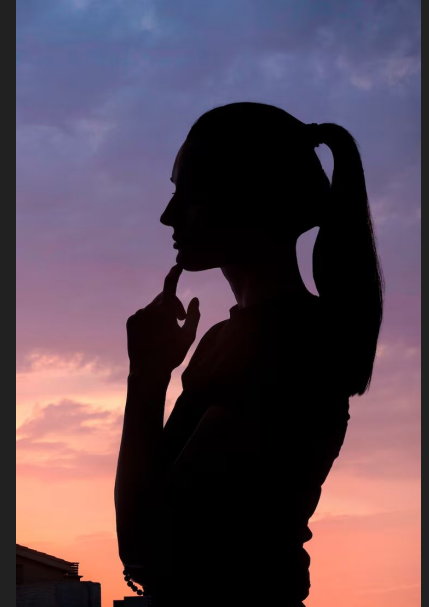
Lina was always a top student in high school, but since starting university, she's been struggling with anxiety and depressive feelings. She notices her grades slipping, and she starts to believe that needing help would make her look “weak” or “incapable.”

On social media, her peers constantly share success stories, internships, and academic achievements. Lina compares herself to them and feels like she doesn't belong in her field anymore.

When a friend suggested she talk to the university counselor, Lina said:

“I don't want people to think I can't handle life on my own. If they know I'm struggling, they'll think less of me.”

This internalized belief — that struggling means she's a failure — is a form of self-stigma. It keeps her from reaching out for support, even though she's suffering.

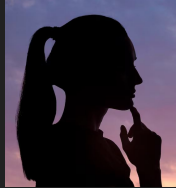


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We asked “EmpowerMe”



Prototype Introduction & Testing



I feel like everyone else is managing life better than me, and I'm just falling behind.

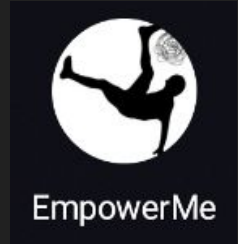
According to the provided background:

1. Stigmatized individuals may face status loss in society, leading to structural discrimination and potential negative coping responses.
2. Seeking psychological help is a common situation where stigma is intense, potentially affecting self-stigma and self-perception.
3. Psychological issues can contribute to self-stigma, delaying help-seeking and worsening mental health.
4. Mental health conditions perceived as more socially dangerous can lead to increased exclusion and distancing.

Try this:

1. Remember that everyone's journey is unique, and social media often portrays an idealized version of life.
2. Practice self-compassion by acknowledging your efforts and progress, no matter how small.
3. Reach out to a trusted person or mental health professional for support and guidance.

If you need more: How can you challenge negative self-perceptions and focus on your strengths to build resilience?



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We asked “EmpowerMe”



Prototype Introduction & Testing



I get what you're saying, but how do I actually start seeing my strengths when all I can think about are my failures?

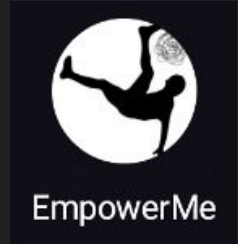
According to the provided background:

1. Self-stigma can lead to reduced self-esteem and decreased self-efficacy.
2. Self-stigma may cause individuals to focus more on their failures than their strengths.

Try this:

1. Practice self-compassion by acknowledging that everyone makes mistakes and has setbacks.
2. Keep a journal of your achievements, no matter how small, to shift your focus towards your strengths.
3. Challenge negative self-talk by replacing self-critical thoughts with more balanced and realistic ones.

If you need more: How do you usually react to setbacks or failures?



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We asked “EmpowerMe”



Prototype Introduction & Testing



Honestly, when I fail at something, I just shut down and avoid trying again because I don't want to feel that disappointment twice.

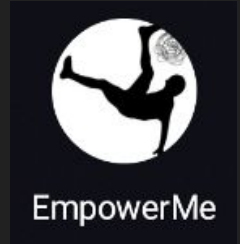
According to the provided background:

1. Self-stigma can impact self-esteem and self-efficacy.
2. Seeking help and having a positive attitude towards therapy can reduce self-stigma.

Try this:

1. Recognize that failure is a part of learning and growth. It doesn't define your worth.
2. Challenge negative thoughts about yourself by focusing on your strengths and past successes.
3. Consider seeking support from a trusted friend, mentor, or counselor to work through your feelings of disappointment.

If you need more support with overcoming the fear of disappointment and trying again, feel free to ask for guidance on building resilience and self-compassion.



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We asked “EmpowerMe”



Prototype Introduction & Testing



I'm scared that if I open up to someone, they'll see me differently and think I'm weak.

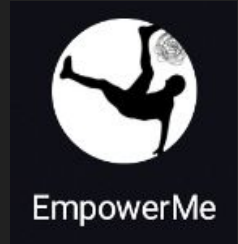
According to the provided background:

1. Self-stigma can lead to concerns about how others perceive us when we open up about our struggles.
2. It's common to fear being judged as weak or different when sharing personal challenges.

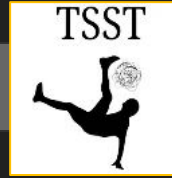
Try this:

1. Remember that opening up takes courage and strength, not weakness.
2. Choose someone you trust and feel comfortable with to share your feelings.
3. Start by sharing small bits of information to test the waters and gradually open up more.

If you need more: How comfortable do you feel with the idea of opening up to someone about your feelings?



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- It uses Open AI API (paid feature)
- It needs more and more Academic Knowledge
 - We are gonna integrate new data in the upcoming mobilities, Curaçao and Türkiye activities.
- We can design new features to make it richer
- Ready to use
- We can publish on the app marketplaces
 - Google Play
 - App Store





Paper-Based New Feature Design

