

Accessible Mental Health Support for Teenagers

THUrle



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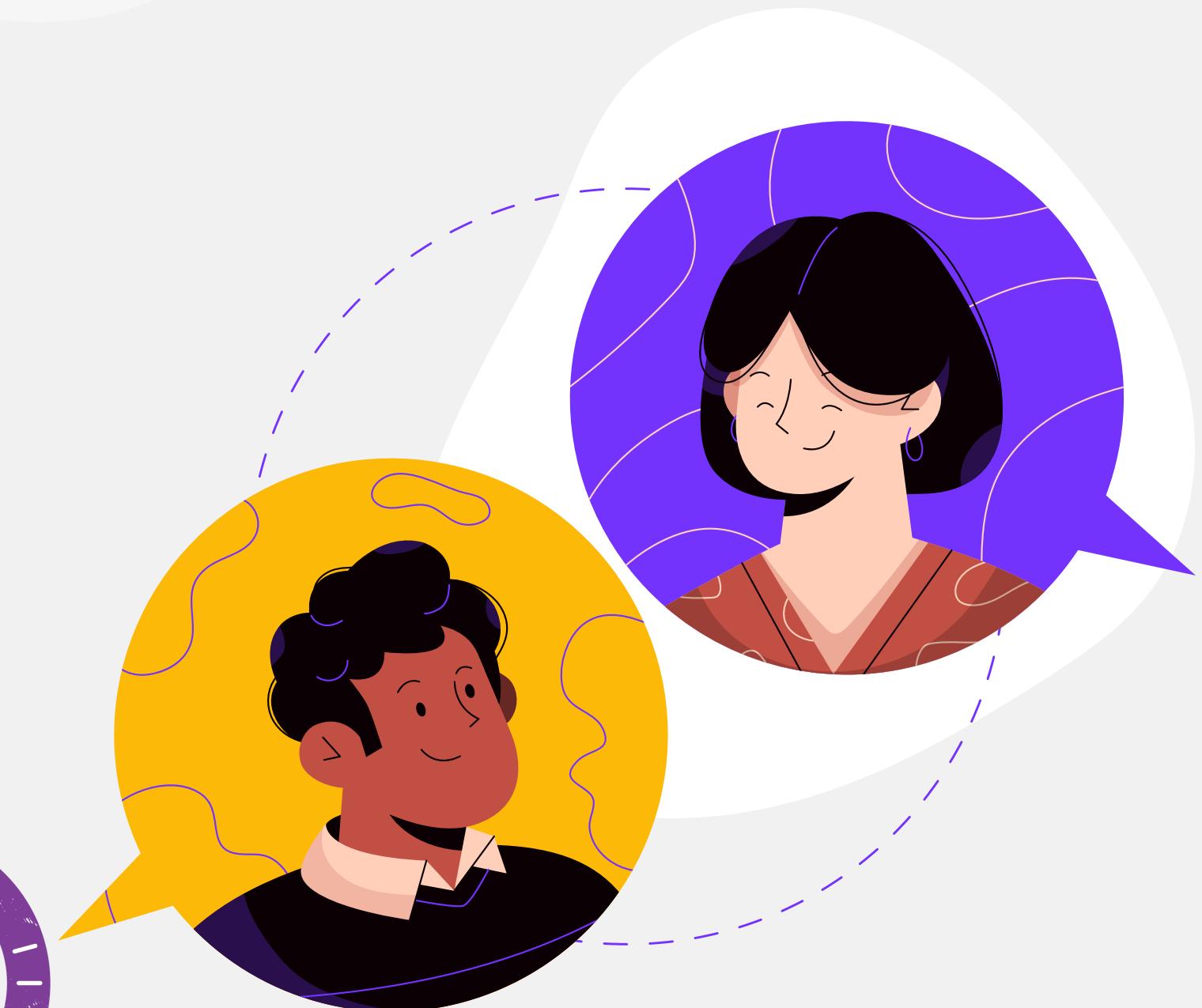
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Contents of today's Presentation

Part 1: Problem Definition

Part 2: Potential Solutions & User Interactions

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Part 1: Problem Definition

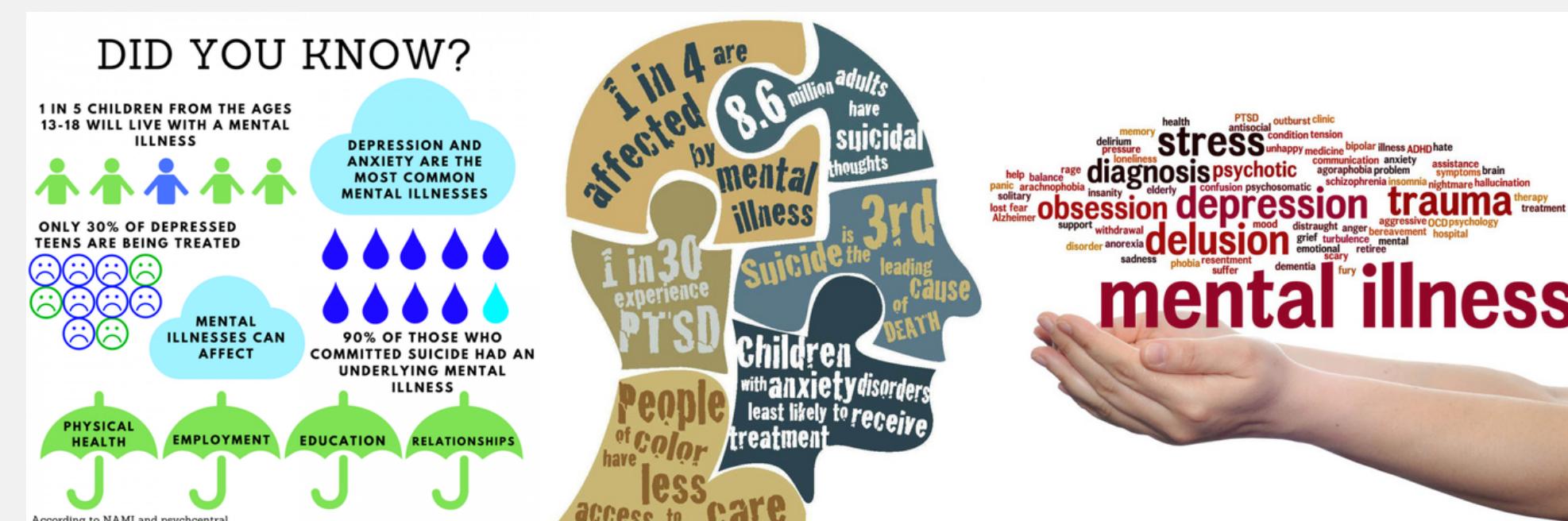
Phenomenons

Problem Definition



Background

- Concerns regarding mental health in the modern world are prevalent.
- There exists an increasing morbidity of mental illnesses.
- The same problems could be seen in China, with rising rates of anxiety and depression.
- Most people who need support cannot access appropriate support due to
 - Accessibility
 - Lack of Availability (limited number of supporters)
 - High Costs (many people could not afford personal therapy)
 - Stigma (there are many stereotypes regarding seeking mental health support).



Mental Health Problems of Teenagers



They may be suffering from...

- Depression & Anxiety
- On-Campus Bullying
- Domestic Violence
- Suicidal Thoughts
- ...

But they are...

- **Ashamed** to seek help from a professional psychiatrist (stigma)
- Having **No access** to professional mental health support information (accessibility)
- **Lacking communities** that share the same problems, in which they can discuss.
- ...

Part 2: Potential Solutions & User Interactions

Psychotherapy for Teenagers

Analysis for Competitive Products

User Interaction Assumption



Possible Therapies for Teenage Mental Health Problems

Cognitive-behavioral therapy (CBT)



Stop negative cycles by making problems more manageable

Psychodynamic therapy



Focuses on the **psychological roots** of emotional suffering

Acceptance and Commitment Therapy (ACT)



Stay **focused on the present moment** and accept thoughts and feelings without judgment

Dialectical Behavior Therapy (DBT)



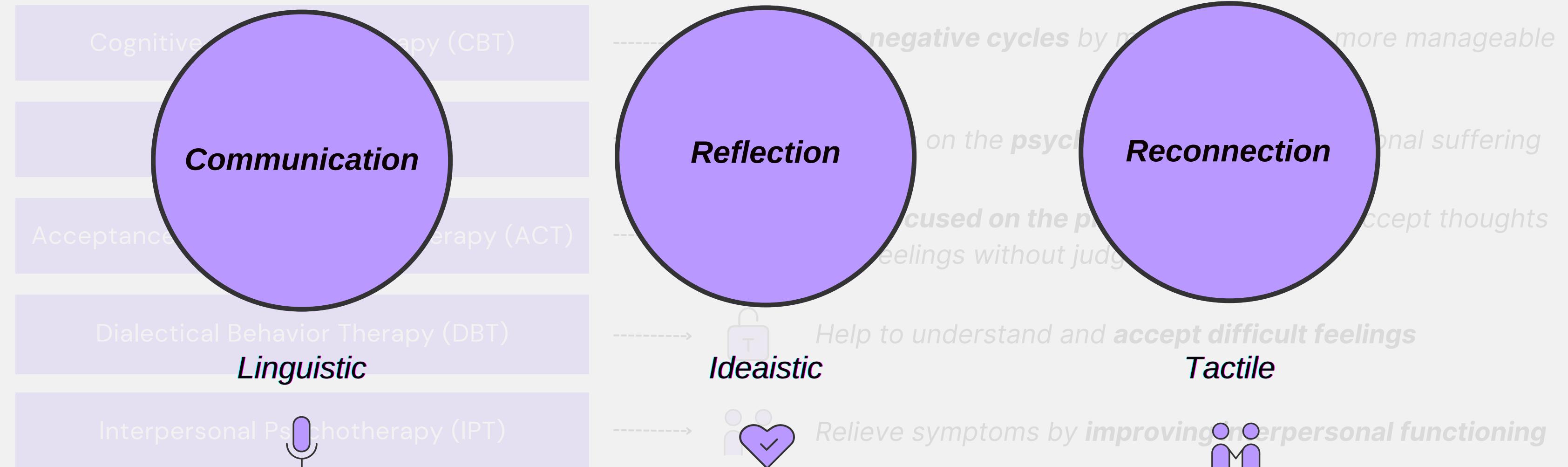
Help to understand and **accept difficult feelings**

Interpersonal Psychotherapy (IPT)



Relieve symptoms by **improving interpersonal functioning**

Common Features of these Possible Therapies

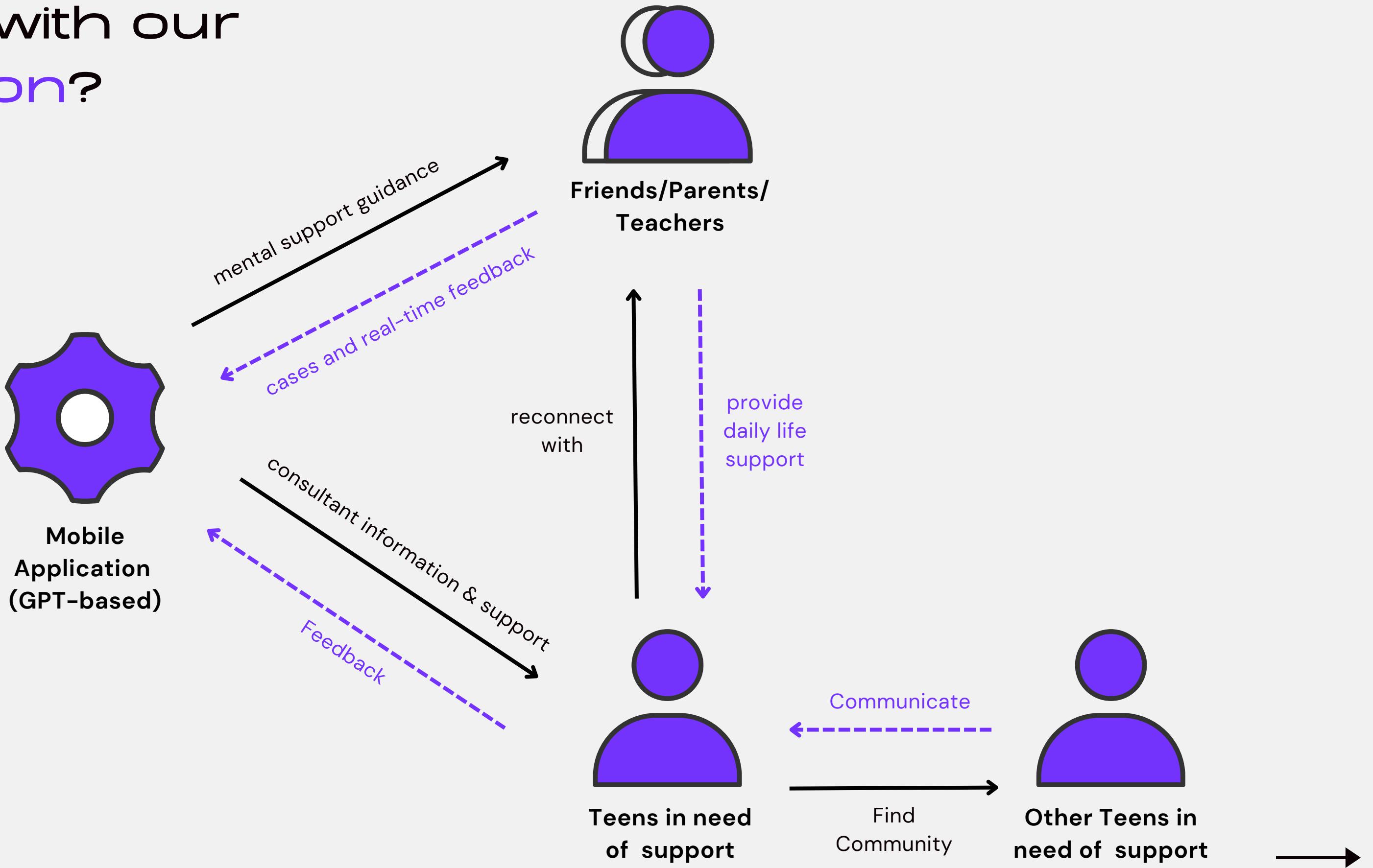


Which GPT is specialize in...

User Interaction Analysis

Design	Image	Type	User Interaction	Inspiration
1 Serenity		App -AI enabled mental support platform	Communicate (with AI/real person)	The Importance of Providing Professional Assistance Information
2 FLAVIA ALBERT		Product Design -For Anxiety and Panic Attacks	Hold-Feedback (Regulate Breath)	The influence of touch on psychological feelings
3 Bhailo		Robot -Providing companionship and mental health aid	Communicate (get coping skills)	Importance of dialogue
4 SAMSA		Smart Wearable -That can monitor Vital Signs	Passively being monitored (then distracted by lighting)	Introduction of vital signs
5 Woebot		App -CPT based AI assistant	Communicate (with AI/real person)	The Importance of Providing Professional Assistance Information

How might users interact with our application?



Part 3: The Role of ChatGPT

Conversational Partner

Mental Health Support Teacher



Initial Experiments with GPT3

Mental Health Support Teacher (Teaching how to respond and change responses)

Rewrite the following response in an empathetic manner.

Situation: My father passed away.

Response: Got it

Empathetic response: I'm so sorry to hear that. Please accept my condolences for your loss.

As a teacher, I want to provide mental health support to my student based on his situation.

Student: I got bullied today because of my haircut.

Teacher:

I am so sorry to hear that you were bullied. No one deserves to be treated like that. I am here to listen to you and provide the support that you need.

Is there anything I can do to help you now? Would you like to talk about what happened?

Conversational Partner (Providing Mental Health Support)

Situation: My father passed away.

Emotionally support Response:

I am so sorry for your loss. I can only imagine how difficult this time is for you. Please know that I am here to support you in any way that I can.

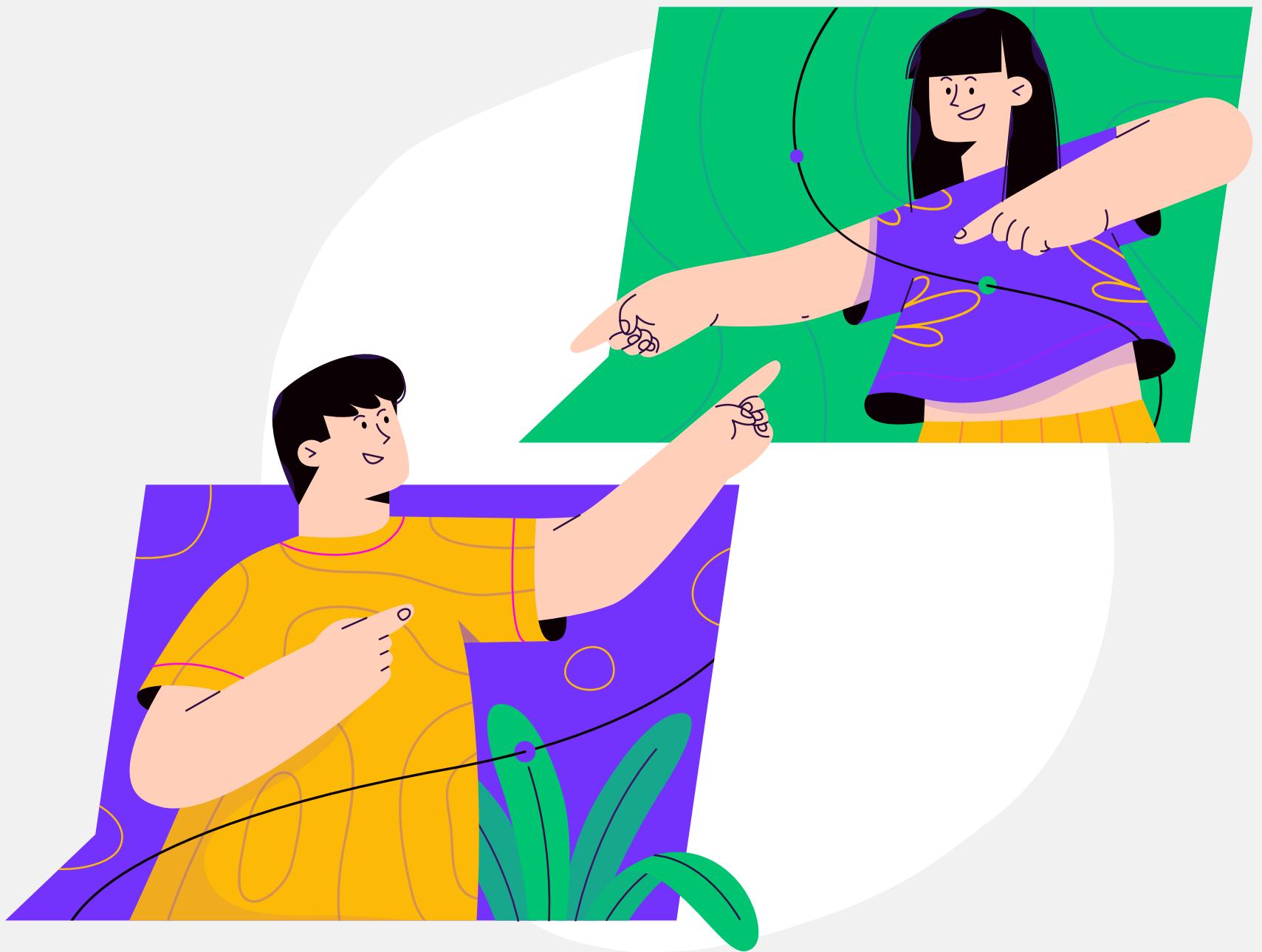
Question: Is the person showing signs of suicide? Yes or No?

Answer: No

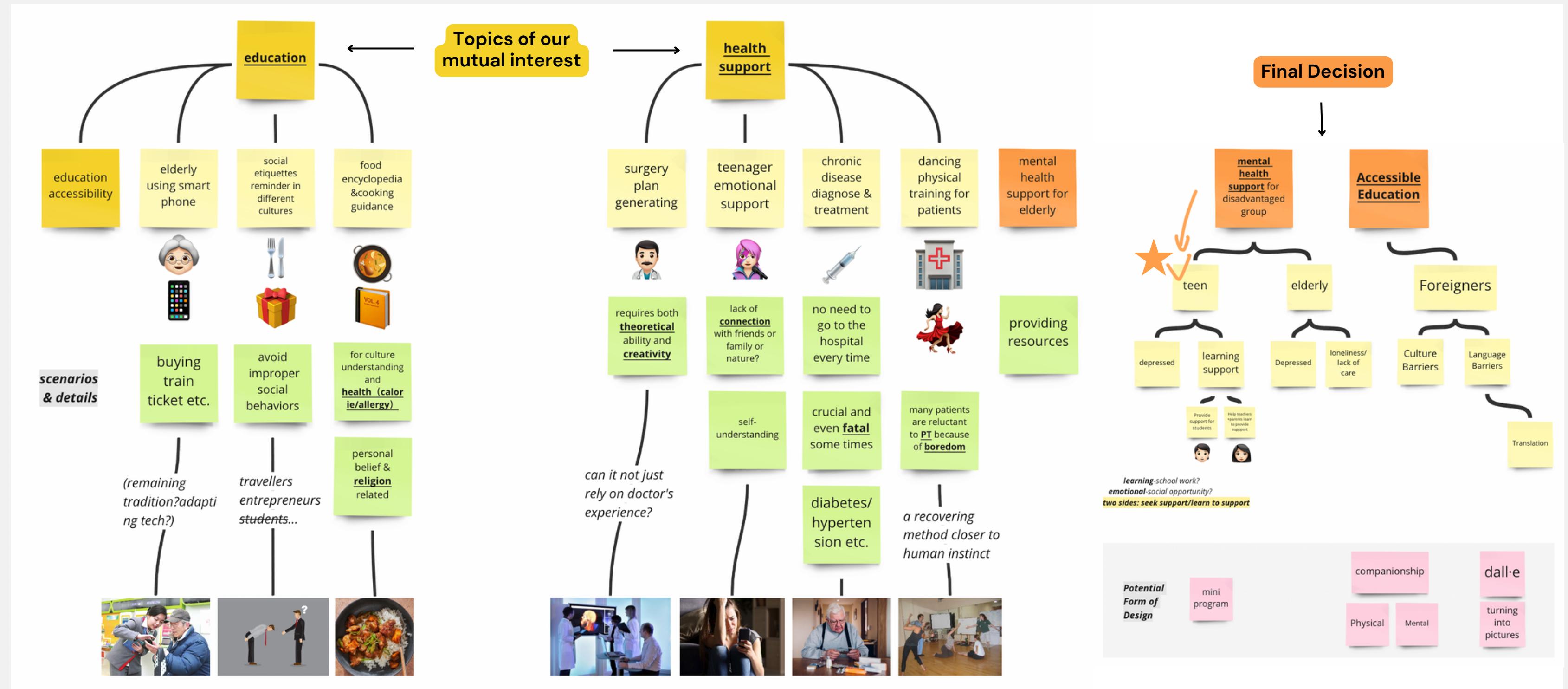
Part 4: **Our Thinking Process and Other Ideas**

Original thoughts and analytical criteria

Other possible Ideas



Our Thinking Process and Other Ideas



Our Thinking Process and Other Ideas



Mental Health Support for Elderly

- Companions passed away one after another
- Little time to see children & grandchildren
- Body gradually weakened

Accessible Education for Foreigners

- Inconvenience to obtain info on exotic customs
- Avoid improper social behaviours
- Help with understanding of foreign cultures

Part 5: Q & A

Is our novelty sufficient?

Technological contribution?

User accessibility?

Slides made by ChatGPT



Thanks for
Listening

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