Tutorial Document

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Overview

UNITI is your personal meditation coach and clarity consultant. Anxiety and mood disorders run rampant within universities; our application is aimed to- wards students who are suffering from mental disorders. This application will help students improve their awareness of their mental state and promote cognitive rehabilitation through the use of CBT—ultimately improving one's overall mental health.

Operational Features

Below, you'll find the description and use case for each of the features UNITI provides:

Meditation Through haptic, guided and timed meditation sessions, one can learn to relax and remain in control during stressful situations.

Self Therapy By taking the GAD-7 and PHQ-9 questionnaires, one can assess their stress and anxiety levels.

Diary By regularly filling out a diary, one can improve their overall outlook on life.

Self Analysis The identification of stress/anxiety sources can greatly improve one's ability to handle stressful or anxious situations.

Resources The inclusion of online resources—provided by the university—can supply important, invaluable guidance for those suffering.

Main Usage Scenarios

Imagine you are a student attending SFU. The final week arrives—finals—and you are feeling particularly stressed. The idea of cognitive behavioural therapy sounds promising, so you download UNITI from the Play Store.

You begin regularly meditating—maybe one haptic session a day—and you also begin recording your feelings into the self analysis log. Cognitive behaviour therapy assures you that regular use of these features—and therefore the core principles of CBT—will help you, the student, feel more based and in control. Your stress levels will decrease over time, and you will have more stability in your life, as you begin using the app regularly.