AnxietyAlign

An application that helps identify your triggers and manage your anxiety

Adapt, Alleviate, Align with AnxietyAlign

Team AnxietyAlign

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What is anxiety?

It can be defined as ...

worry

nervousness

unease

Why AnxietyAlign?

31.1%
of adults

31.9%
of adolescents

suffer from anxiety at any point in their lives.

Why AnxietyAlign?

< 50%

are able to receive professional treatment.

What is AnxietyAlign?

Tech Stack

frontend

Flutter

language

Dart

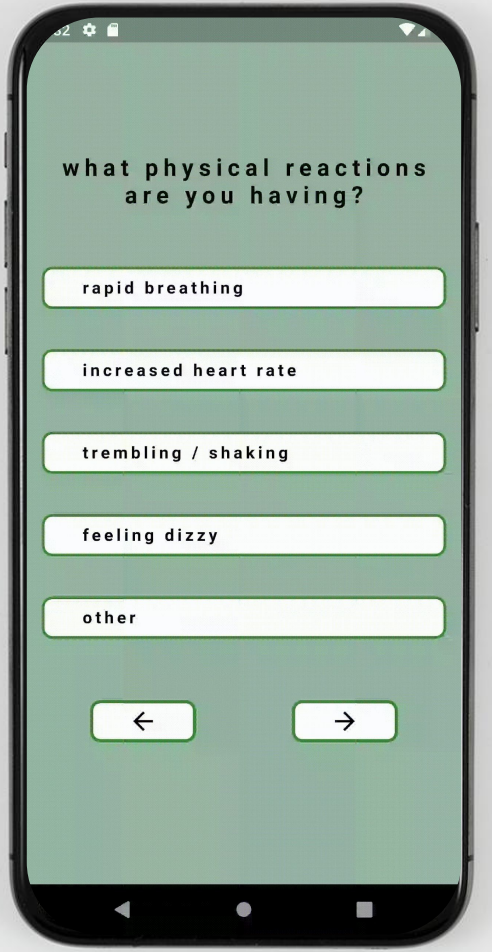
backend

Firebase

Firebase Authentication, Firestore, Cloud Storage

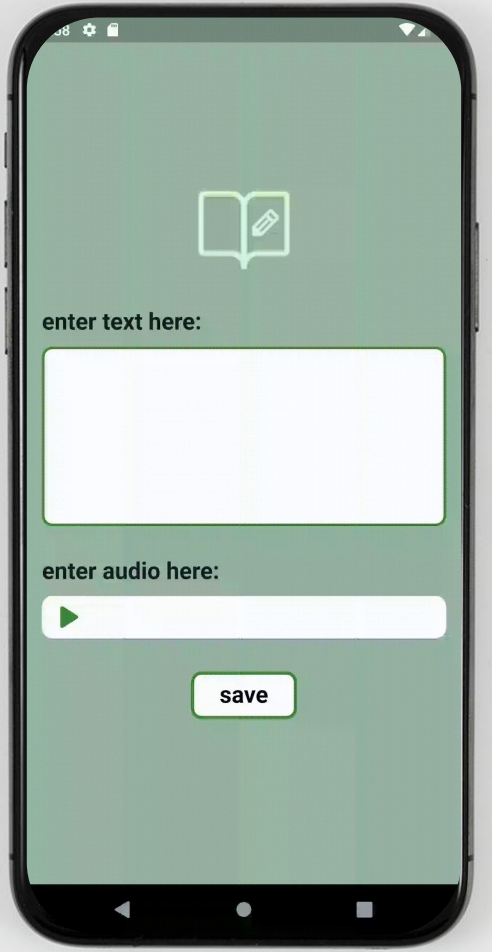
our app!

AnxietyAlign



Questionnaire

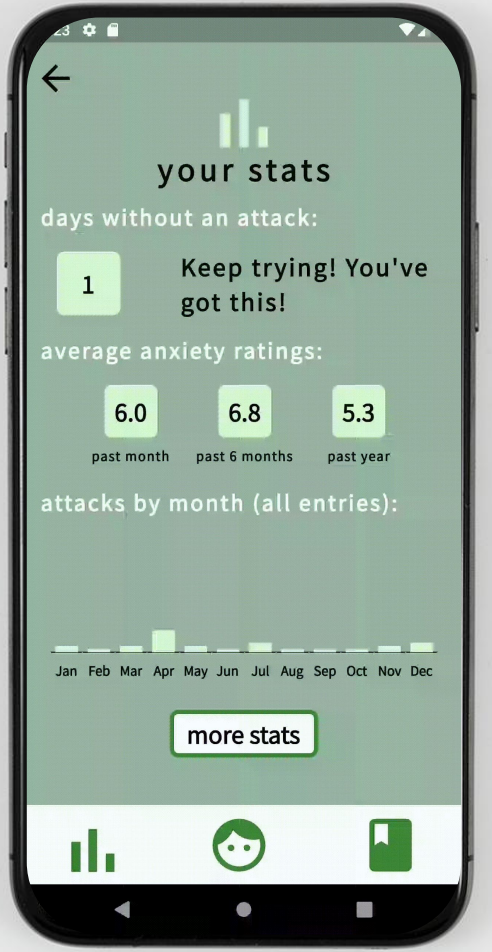
There are **6 simple questions** about the cause and solution of the anxiety attack



Journal

User can provide input in

text and/or audio format



Statistics

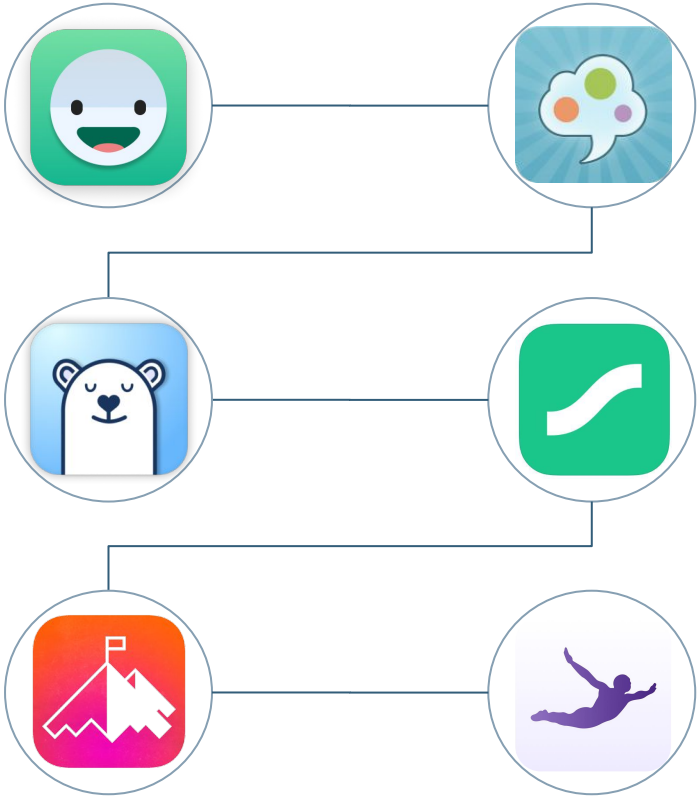
User is shown **average ratings and common triggers** of their anxiety attack

Live Demo!

Competitors

Better user accessibility and comfort

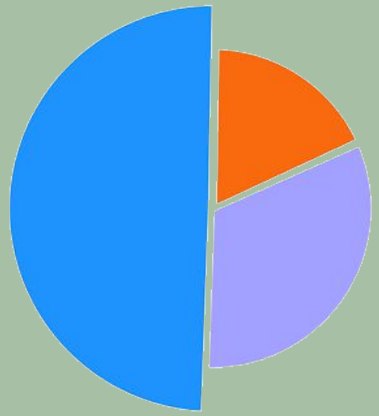
Tailored to anxiety



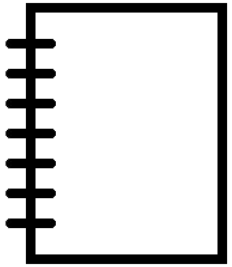
Our Challenges

Balance in page design

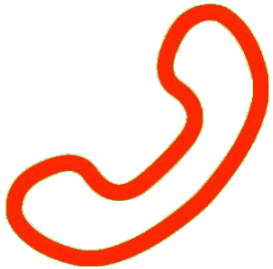
Graph design and integration



Future Implementation



Additional Resources



Emergency Button

Thank you!

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