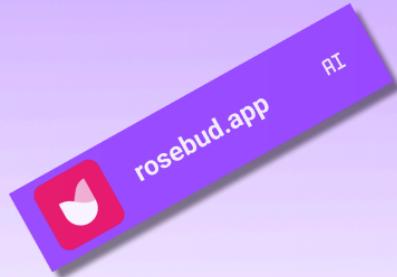




# Overcome Social Anxiety with Voice and Journaling

Tranquil integrates advanced AI to help you manage social anxiety through interactive journaling and voice analysis.

Try Our Product



# TRANQUIL GHACKS 5.0

Overcome Social Anxiety  
with Voice AI & Journaling

Tranquil integrates advanced AI to help you manage social anxiety through interactive journaling and voice analysis.





# PROBLEM



Indonesia faces significant mental health issues among adolescents, with social anxiety being a prominent concern. The Indonesia National Adolescent Mental Health Survey (I-NAMHS) revealed that one in three adolescents experienced a mental health problem in the past year, with social anxiety disorders among the most common. Despite this prevalence, only 2.6% of affected adolescents accessed professional help, highlighting a substantial treatment gap.

The Indonesian Ministry of Health reported a significant increase in suicide cases to 826 in 2022, indicating a growing mental health crisis. Depression, often co-occurring with social anxiety, affects 1 in 16 people aged 15 and older. Although mental health is recognized within national health insurance (BPJS), a treatment gap remains, with 51% of schizophrenia patients not receiving regular care.

Stigma towards mental health, including social anxiety, exacerbates these challenges. The practice of "pasung" in rural areas and the limited number of mental health professionals (773 psychiatrists and 451 clinical psychologists for 260 million people) further complicate the situation. Addressing these issues requires improving mental health literacy, increasing access to care, and reducing stigma.



# PROBLEM



## Social Anxiety Disorder in Indonesia

Social anxiety disorder, or social phobia, is a significant mental health issue in Indonesia, especially among adolescents. The Indonesia National Adolescent Mental Health Survey (I-NAMHS) found that one in three adolescents experiences a mental health problem, with social anxiety being the most prevalent. This condition involves excessive fear in social situations, leading to avoidance of social interactions and activities.

## Symptoms and Impact

Symptoms include excessive worry in daily activities, avoidance of social gatherings, fear of embarrassment, and feeling scrutinized. The pandemic has worsened social anxiety, increasing isolation and leading to higher rates of depression and anxiety among adolescents. Anxiety disorders, including social anxiety, affect 95.4% of adolescents.

## Treatment and Challenges

Effective treatments for social anxiety include cognitive-behavioral therapy (CBT) and communication skill training. However, only 2.6% of affected adolescents accessed professional help last year. Stigma and limited service access contribute to this treatment gap, underscoring the need for increased awareness, better access, and reduced stigma.

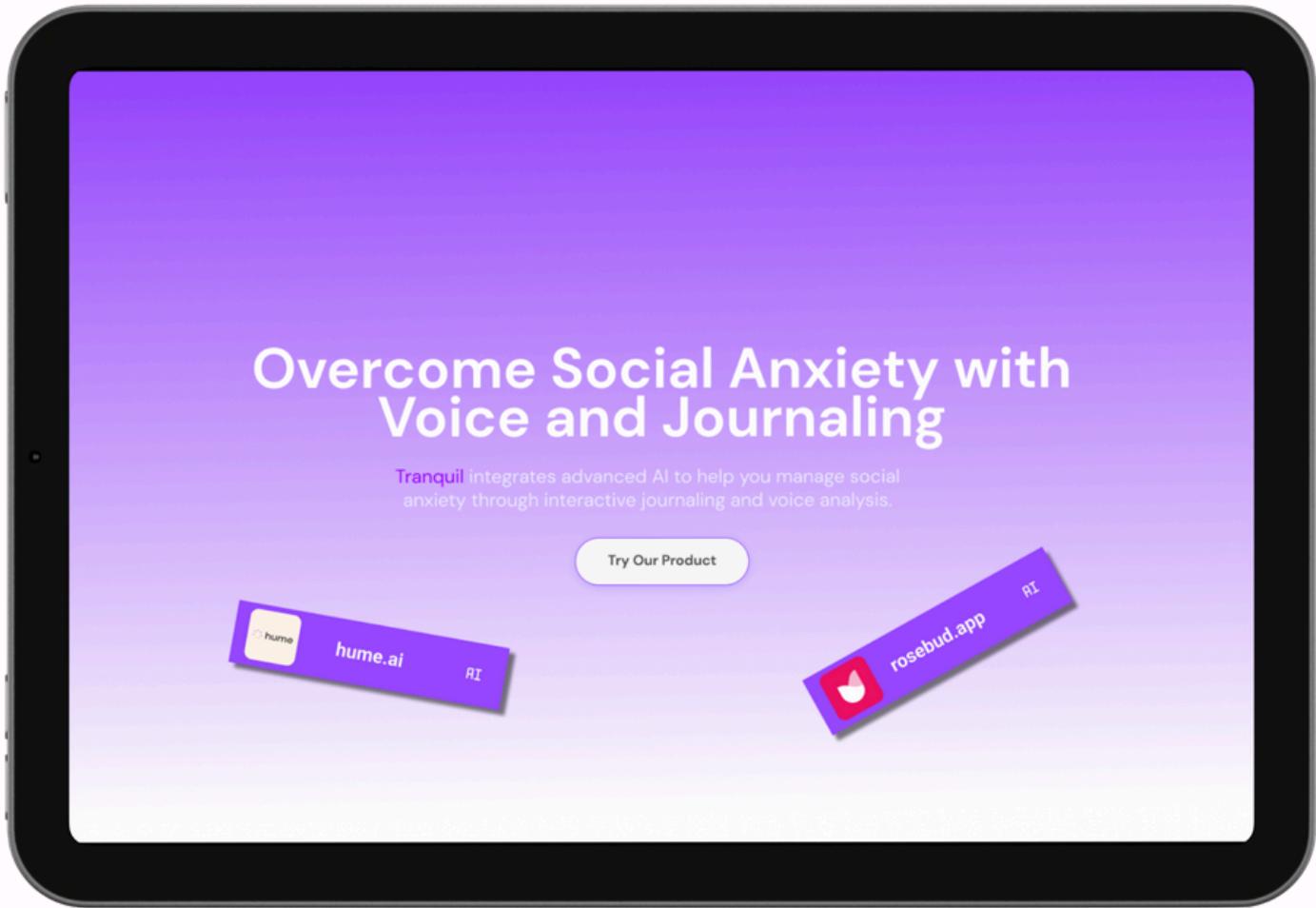
## The fact..

**1 from 16**

People above 15 y.o have  
Social Anxiety

(Kemenkes, 2022)

# SOLUTION



Tranquil is an all in one website for overcoming social anxiety. We offer a journaling or vent feature that gets feedback from our AI that has been trained and tuned according to user needs. We also offer a live, voice to voice vent feature using Hume.AI. We also make the system into gamify, we give reward points for users who do streak journaling, which later the points can be exchanged for books on mental health and self development.

With all these amazing features in one, it is hoped that it can help users to relieve their mental health problems, especially social anxiety.

# PROTOTYPE



We developed prototype in *high-fidelity* for Tranquile website with figma for the main platform for design and animating.



SCAN ME

Link : <https://shorturl.at/4wOUQ>

The screenshot shows the Tranquile prototype's homepage. At the top, there's a navigation bar with 'Home', 'Conversations', and 'Analytics'. A user profile icon is on the right. Below the navigation is a section titled 'Streaks:' showing a sequence of days from Monday to Sunday with some days highlighted in purple. To the right is a purple button labeled 'Start Daily Journal'. Below the streaks, a section titled 'Your Task:' displays a message: 'You have completed Your Daily Journal for Today!'. To the right of this is a card with a small icon, the number '18.25', and text about focusing on positive interactions.

This screenshot shows two main sections of the Tranquile prototype. On the left, there's a purple-tinted audio waveform with a large white 'START' button overlaid. Above the waveform, text reads 'Start to talk, and let EVI guide you through understanding and managing your emotions'. On the right, there's a user profile for 'Sarah bint Abdullah' with a bar chart titled 'Overview' showing monthly condition overall. The chart has a prominent blue bar for August at 91%. To the right of the chart is a section titled 'Share your state to the Professionals' with a 'Share Your State' button. Below that is a 'Your Mood' section showing a portrait of Sarah with the text 'You have Good Mood Overall'.



# THANK YOU TRANQUIL SIGMA TEAM