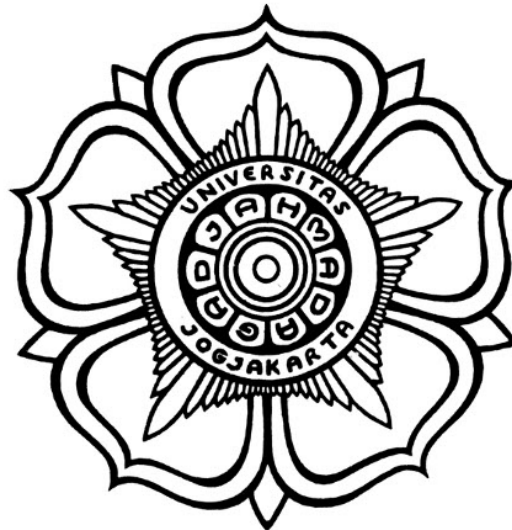


**TRANSFORMING UNIVERSITY MENTAL HEALTH SUPPORT:  
AN AGENTIC AI FRAMEWORK FOR PROACTIVE  
INTERVENTION AND RESOURCE MANAGEMENT**

BACHELOR'S THESIS



**THE SUSTAINABLE DEVELOPMENT GOALS  
Industry, Innovation and Infrastructure  
Affordable and Clean Energy  
Climate Action**

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FACULTY OF ENGINEERING UNIVERSITAS GADJAH MADA  
YOGYAKARTA  
2025**

## ENDORSEMENT PAGE

# TRANSFORMING UNIVERSITY MENTAL HEALTH SUPPORT: AN AGENTIC AI FRAMEWORK FOR PROACTIVE INTERVENTION AND RESOURCE MANAGEMENT

## THESIS

Proposed as A Requirement to Obtain  
Undergraduate Degree (*Sarjana Teknik*)  
in Department of Electrical and Information Engineering  
Faculty of Engineering  
Universitas Gadjah Mada

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## **PREFACE**

Contoh: Puji syukur ke hadirat Allah SWT atas limpahan rahmat, karunia, serta petunjuk-Nya sehingga tugas akhir berupa penyusunan skripsi ini telah terselesaikan dengan baik. Dalam hal penyusunan tugas akhir ini penulis telah banyak mendapatkan arahan, bantuan, serta dukungan dari berbagai pihak. Oleh karena itu pada kesempatan ini penulis mengucapkan terima kasih kepada:

1. Orang 1 yang telah
2. Orang 2 yang telah
3. <isi dengan nama orang lainnya>

Akhir kata penulis berharap semoga skripsi ini dapat memberikan manfaat bagi kita semua, aamiin.

Catatan: setiap nama yang dituliskan boleh disertai dengan alasan berterima kasih.

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## NOMENCLATURE AND ABBREVIATION

### [SAMPLE]

$b$	=	bias
$K(x_i, x_j)$	=	fungsi kernel
$y$	=	kelas keluaran
$C$	=	parameter untuk mengendalikan besarnya pertukaran antara penalti variabel slack dengan ukuran margin
$L_D$	=	persamaan Lagrange dual
$L_P$	=	persamaan Lagrange primal
$\mathbf{w}$	=	vektor bobot
$\mathbf{x}$	=	vektor masukan
ANFIS	=	Adaptive Network Fuzzy Inference System
ANSI	=	American National Standards Institute
DAG	=	Directed Acyclic Graph
DDAG	=	Decision Directed Acyclic Graph
HIS	=	Hue Saturation Intensity
QP	=	Quadratic Programming
RBF	=	Radial Basis Function
RGB	=	Red Green Blue
SV	=	Support Vector
SVM	=	Support Vector Machines

## INTISARI

Intisari ditulis menggunakan bahasa Indonesia dengan jarak antar baris 1 spasi dan maksimal 1 halaman. Intisari sekurang-kurangnya berisi tentang latar belakang dan tujuan penelitian, metodologi yang digunakan, hasil penelitian, kesimpulan dan implikasi, dan Kata kunci yang berhubungan dengan penelitian.

Kata Kunci ditulis maksimal 5 kata yang paling berhubungan dengan isi skripsi. Silakan mengacu pada ACM / IEEE *Computing classification* jika Anda adalah mahasiswa Sarjana TI <http://www.acm.org/about/class/> atau mengacu kepada IEEE keywords [http://www.ieee.org/documents/taxonomy\\_v101.pdf](http://www.ieee.org/documents/taxonomy_v101.pdf) jika Anda berasal dari Prodi Sarjana TE.

Kata kunci : Kata kunci 1, Kata kunci 2, Kata kunci 3, Kata kunci 4, Kata kunci 5

### **Contoh Abstrak Teknik Elektro:**

"Penelitian ini bertujuan untuk mengembangkan sistem pengendalian suhu ruangan dengan menggunakan microcontroller. Metodologi yang digunakan adalah desain sirkuit, implementasi sistem pengendalian, dan pengujian performa. Hasil penelitian menunjukkan bahwa sistem pengendalian suhu ruangan yang dikembangkan mampu mengendalikan suhu ruangan dengan akurasi sebesar  $\pm 0,5^{\circ}\text{C}$ . Kesimpulan dari penelitian ini adalah sistem pengendalian suhu ruangan yang dikembangkan efektif dan efisien.

Kata kunci: microcontroller, sistem pengendalian suhu, akurasi."

### **Contoh Abstrak Teknik Biomedis:**

"Penelitian ini bertujuan untuk mengevaluasi keefektifan prototipe alat pemantau denyut jantung berbasis elektrokardiogram (ECG) untuk pasien jantung. Metodologi yang digunakan meliputi desain dan pembuatan prototipe, pengujian dengan pasien, dan analisis data. Hasil penelitian menunjukkan bahwa prototipe alat pemantau denyut jantung berbasis ECG memiliki akurasi yang baik dan mampu memantau denyut jantung pasien secara efektif. Kesimpulan dari penelitian ini adalah prototipe alat pemantau denyut jantung berbasis ECG merupakan solusi yang efektif dan efisien untuk memantau pasien jantung.

Kata kunci: elektrokardiogram, alat pemantau denyut jantung, akurasi."

**Contoh Abstrak Teknologi Informasi:**

"Penelitian ini bertujuan untuk mengevaluasi keamanan dan privasi pengguna aplikasi media sosial terpopuler. Metodologi yang digunakan meliputi analisis kebijakan privasi dan pengaturan keamanan, pengujian penetrasi, dan survei pengguna. Hasil penelitian menunjukkan bahwa beberapa aplikasi media sosial memiliki kebijakan privasi yang kurang jelas dan rendahnya tingkat keamanan. Kesimpulan dari penelitian ini adalah pentingnya meningkatkan kebijakan privasi dan tingkat keamanan pada aplikasi media sosial untuk melindungi privasi dan data pengguna.

Kata kunci: media sosial, keamanan, privasi, pengguna."

## ABSTRACT

Higher Education Institutions face rising demand for student well-being support while operating largely reactive, high-friction service models. This thesis proposes and prototypes a safety-oriented, agentic AI framework that coordinates specialized agents to enable proactive, scalable support under human oversight. The core artifact, the Safety Agent Suite, comprises: (i) a Safety Triage Agent for risk screening and escalation, (ii) a Support Coach Agent delivering brief CBT-informed micro-interventions, (iii) a lightweight Service Desk Agent for operational follow-ups, and (iv) an Insights Agent for privacy-preserving aggregate analytics to inform service improvement. Agents are orchestrated with a graph-based controller and a large language model, with guardrails for tool use, redaction, and auditability.

We implement a functional prototype and conduct scenario-based evaluations focused on agent performance and safety: triage sensitivity/specificity on synthetic crisis prompts and time-to-escalation; orchestration reliability via tool-call success and retry behavior; end-to-end latency; robustness against prompt-injection; and coaching quality via a rubric for CBT adherence and appropriateness with blinded human ratings. For the Insights Agent, we report minimal, aggregate-level sanity checks (e.g., stable topic counts under privacy thresholds) without individual-level claims. Results demonstrate the feasibility of reliable agent orchestration with bounded latency and controllable failure modes under human-in-the-loop supervision. We discuss ethical considerations, privacy by design for analytics at aggregate levels, and limitations, and outline requirements for future clinical and field studies.

**Keywords:** Agentic AI; Multi-Agent Systems; Safety Triage; Insights; Human-in-the-Loop; LangGraph; Student Well-being; Evaluation



# CHAPTER I

## INTRODUCTION

### 1.1 Background

Higher Education Institutions (HEIs) are facing a critical and growing challenge in supporting student well-being [1,2]. A landmark report highlights the escalating prevalence of mental health and substance use issues among student populations, urging institutions to adopt a more comprehensive support model [3]. This crisis not only jeopardizes students' academic success and personal development but also places an immense, unsustainable strain on the institutions tasked with supporting them. Recent global surveys indicate that nearly 42% of university students meet the criteria for at least one mental health disorder, while the average counselor-to-student ratio in higher education remains around 1:1,500, well above recommended levels for effective service delivery [4,5].

The traditional support model, centered around on-campus counseling services, is fundamentally **reactive**. It relies on students to self-identify their distress and navigate the process of seeking help. This paradigm faces significant operational challenges, including insufficient staffing, long waiting lists, and an inability to provide immediate, 24/7 support, which ultimately limits access for a large portion of the student body [6]. Consequently, a critical gap persists between the need for mental health services and their actual provision, leaving many students without timely support [7].

To bridge this gap, a paradigm shift from a reactive to a **proactive** support model is imperative [7]. The engine for this evolution is **Digital Transformation**, a process that leverages technology to fundamentally reshape organizational processes and enhance value delivery within HEIs [8]. Within this context, Artificial Intelligence (AI) has emerged as a key enabling technology, with systematic reviews confirming its significant potential to analyze complex data, automate processes, and deliver personalized interventions at scale within the higher education landscape [9,10].

However, most existing AI applications in university mental health remain limited to passive chatbots or predictive dashboards that, while insightful, depend on human operators to interpret and act upon their outputs, a limitation widely recognized as the *insight-to-action gap* [11,12]. This thesis argues that overcoming this gap requires a more autonomous paradigm, in which AI systems do not merely predict or inform but can proactively decide and act.

This research therefore moves beyond conventional AI applications by proposing the use of **Agentic AI**. An intelligent agent is an autonomous system capable of perception, decision-making, and proactive action to achieve specific goals [13,14], representing

a new frontier in educational technology [15]. We propose that a framework built upon a system of collaborative intelligent agents, a **Multi-Agent System (MAS)**, can create a truly transformative ecosystem. Such a system would not only serve as a support tool for students but, more importantly, would function as a strategic asset for the institution, enabling data-driven decision-making, automating operational workflows, and facilitating a proactive stance on student well-being.

This framework is prototyped within the **UGM-AICare Project**, a collaborative university research initiative focused on developing AI-driven mental health and well-being tools for the Universitas Gadjah Mada (UGM) community. The project serves as the practical testbed for validating the proposed agentic system in a real institutional context.

## 1.2 Problem Formulation

The inefficiency and reactive nature of current university mental health support systems present a complex problem. To move towards a proactive and scalable model, this research addresses the following core challenges:

1. The primary challenge is the **design of a cohesive, safety-oriented agentic AI framework** capable of automating key institutional processes. This requires a shift from a monolithic chatbot to a multi-agent system where specialized agents handle distinct tasks, including real-time crisis detection, personalized coaching, clinical case management, and privacy-preserving analytics.
2. The technical challenge of **orchestrating a heterogeneous multi-agent system** in a robust, scalable, and secure cloud-native architecture. This involves managing stateful, long-running interactions and ensuring reliable communication between agents powered by external, non-deterministic LLMs.
3. The methodological challenge of **validating the framework’s functional capabilities and potential for impact in the absence of a full-scale clinical trial**. This requires developing meaningful, scenario-based testing protocols that can effectively demonstrate the agentic workflows and their advantages over static systems.

To address these challenges, this thesis proposes and details the **Safety Agent Suite**, a framework comprised of four specialized, collaborative intelligent agents: a **Safety Triage Agent (STA)**, a **Support Coach Agent (SCA)**, a **Service Desk Agent (SDA)**, and an **Insights Agent (IA)**.

## 1.3 Objectives

The primary objectives of this thesis are:

1. To design an agentic AI framework, grounded in the BDI model of rational agency, that systematically bridges the 'insight-to-action' gap in institutional mental health support.
2. To implement a functional proof-of-concept prototype, the 'Safety Agent Suite,' demonstrating the orchestration of specialized agents (triage, coaching, service desk, insights) using LangGraph.
3. To evaluate the prototype's core agentic workflows through scenario-based testing, validating its capacity for proactive intervention and automated administrative action.

#### 1.4 Research Questions

To keep the scope concrete and measurable, this thesis addresses the following research questions (RQs):

1. **RQ1 (Safety):** Can the Safety Triage Agent detect crisis intent with high sensitivity while keeping false negatives minimal, and escalate within an acceptable time budget?
2. **RQ2 (Reliability):** How reliably does the multi-agent orchestration execute tool calls and complete end-to-end workflows under schema validation, retries, and timeouts?
3. **RQ3 (Quality):** Do Support Coach responses meet a basic standard of CBT-informed guidance and appropriateness as rated by human evaluators on a small, blinded set?
4. **RQ4 (Insights, minimal):** Can the Insights Agent produce stable, aggregate-only summaries under privacy thresholds without exposing individual data?

These questions directly inform the evaluation in Chapter IV through scenario-based tests and simple, transparent metrics (e.g., sensitivity/specificity, tool-call success rate, latency percentiles, rubric scores), with human oversight preserved for safety-critical cases.

#### 1.5 Scope and Limitations

To ensure the feasibility and focus of this research, the following boundaries are established:

1. This research is focused on the **design and prototype implementation of the agentic AI framework** (the Safety Agent Suite). The integration of content based on Cognitive Behavioral Therapy (CBT) and a blockchain-based gamification system serve as proof-of-concept features to validate the framework's capabilities, not as

primary research areas themselves.

2. The evaluation of the framework is based on **functional, scenario-based testing** of the prototype’s agentic workflows. It does not measure the long-term psychological impact on students or the real-world operational savings for the institution.
3. The data utilized for testing the analytics agent will consist of **anonymized, pre-existing chat logs or simulated data** to ensure user privacy and controlled testing conditions.
4. This research will not provide an exhaustive analysis of differential privacy algorithms or blockchain scalability. It will, however, dimplement a functional data pipeline that incorporates a specific PII redaction technique and successfully executes transactions on a blockchain testnet to fulfill the architectural requirements of **privacy-first analytics** and **novel user engagement**.

## 1.6 Contributions

1. Academic: A novel framework for applying agentic AI in an institutional (higher education) context.
2. Practical: A blueprint for UGM to develop a more proactive, data-driven, and efficient mental health support system.

## 1.7 Thesis Outline

The structure of this thesis is outlined as follows:

**Chapter I: Introduction.** This chapter elaborates on the background of the study, the justification for the research’s significance, the problem formulation to be addressed, and the specific objectives to be achieved. It also defines the scope and limitations of the research, outlines the expected contributions, and presents the overall organizational structure of the thesis report.

**Chapter II: Literature Review and Theoretical Framework.** This chapter presents a comprehensive review of relevant prior research in the fields of conversational AI, the application of gamification in educational and well-being contexts, related blockchain applications, and studies on user engagement and student welfare. Furthermore, this chapter establishes the theoretical foundation that underpins the core concepts and technologies utilized in this research.

**Chapter III: System Design and Architecture.** This chapter outlines the methodology and technical blueprint for the system. It explains the adoption of Design Science Research and presents the system’s high-level conceptual architecture, focusing on the four components of the **Safety Agent Suite**. It details the underlying cloud-native technical architecture, justifying the chosen technology stack, including the use of **LangGraph**

for agent orchestration and a **FastAPI** backend for the core application logic. It also describes the database structure, user interface design, and integrated security and privacy measures like differential privacy.

**Chapter IV: Implementation and Evaluation.** This chapter describes the development and testing of the system prototype. This chapter details the technical environment used for implementation and demonstrates the functional prototype that was built. It then explains the testing process used to evaluate the system's performance against its design requirements. The chapter concludes by presenting the results from these tests and providing an analysis of the findings.

**Chapter V: Conclusion and Future Work.** This chapter summarizes the study's findings and contributions. This chapter revisits the initial research problems and presents the main conclusions drawn from the research. It concludes by offering recommendations for both the future development of the system and for subsequent research in this area.

## **CHAPTER II**

### **LITERATURE REVIEW AND THEORETICAL BACKGROUND**

This chapter establishes the academic context for the research. It begins by surveying the existing literature on AI applications in mental health and student support to identify the limitations of current approaches. It then details the theoretical framework and enabling technologies that provide the foundation for the proposed solution. Finally, it synthesizes these areas to formally identify the research gap this thesis addresses.

#### **2.1 Literature Review: The Landscape of AI in University Mental Health Support**

This review surveys existing research at the intersection of artificial intelligence, institutional support systems, and student mental health. The aim is to contextualize the present work by examining the evolution and limitations of current approaches, thereby setting the stage for the introduction of a more advanced, agentic framework.

##### **2.1.1 Conversational Agents for Mental Health Support**

The application of conversational agents in mental health has evolved significantly, from early experiments in simulating dialogue to sophisticated, evidence-based therapeutic tools. This evolution reveals both the immense potential of these technologies and the persistent operational limitations that motivate the current research.

###### **2.1.1.1 Evolution from Rule-Based Systems to LLM-Powered Agents**

The concept of using a computer program for therapeutic dialogue dates back to Weizenbaum’s ELIZA (1966), a system that used simple keyword matching and canned response templates to mimic a Rogerian psychotherapist [16, 17]. While a landmark in human-computer interaction, ELIZA and subsequent rule-based systems lacked any true semantic understanding, memory, or capacity for evidence-based intervention. Their primary limitation was their inability to move beyond superficial pattern recognition, leading to brittle and often nonsensical conversations when faced with inputs outside their predefined rules [16].

The advent of Large Language Models (LLMs) has catalyzed a paradigm shift. Modern conversational agents, powered by Transformer architectures, can generate fluent, empathetic, and context-aware responses. These models are pre-trained on vast text corpora, enabling them to understand linguistic nuance and generate human-like text. This has allowed for the development of agents that can engage in more meaningful, multi-turn conversations, moving beyond simple question-answering to provide more

substantive support [17].

### 2.1.1.2 Therapeutic Applications and Efficacy

Contemporary mental health chatbots leverage LLMs to deliver a range of evidence-based interventions. A primary application is the delivery of psychoeducation and structured exercises from therapeutic modalities like Cognitive Behavioral Therapy (CBT). Systems such as Woebot have been the subject of randomized controlled trials (RCTs), which have demonstrated their efficacy in reducing symptoms of depression and anxiety among university students by delivering daily, brief, conversational CBT exercises [18, 19]. Other platforms, like Tess, have shown similar positive outcomes by providing on-demand emotional support and coping strategies.

These tools offer several key advantages:

- **Accessibility and Scalability:** They are available 24/7, overcoming the time and resource constraints of traditional human-led services.
- **Anonymity:** They provide a non-judgmental and anonymous space for users to disclose their feelings, which can lower the barrier for individuals who fear stigma [20].

### 2.1.1.3 The Dominant Reactive Paradigm and Its Limitations

Despite their technological sophistication and therapeutic potential, the fundamental operational model of these applications remains overwhelmingly **reactive and user-initiated**. They are designed as standalone tools that depend on the student to possess the self-awareness to recognize their distress, the motivation to seek help, and the knowledge of the tool's existence.

This paradigm fails to account for significant, well-documented barriers to help-seeking. Research shows that many individuals, particularly young adults, do not seek professional help for mental health issues due to factors including self-stigma, fear of judgment, and a desire for self-reliance [21, 22]. Furthermore, the very symptoms of mental health conditions, such as the anhedonia and executive dysfunction associated with depression, can severely impair an individual's ability to initiate action and seek support [23].

A systematic review of mental health chatbots for university students concluded that while these tools are promising, their primary limitation is their passive nature; they do not and cannot initiate contact or intervene based on a student's changing needs unless the student opens the app [24]. This leaves the most vulnerable students, those who are not actively seeking help, unsupported, creating a critical gap in the continuum of care that this thesis aims to address.

### **2.1.2 Data Analytics for Proactive Student Support**

Parallel to the development of conversational AI, the field of higher education has seen a rise in the use of data analytics to support student success. This section reviews the evolution of these analytical approaches, from established learning analytics to the more nascent field of well-being analytics, and identifies the key limitations that motivate the design of the agents.

#### **2.1.2.1 Learning Analytics for Academic Intervention**

The domain of **Learning Analytics** is well-established and focuses on the "measurement, collection, analysis and reporting of data about learners and their contexts, for purposes of understanding and optimising learning and the environments in which it occurs" [25]. Typically, these systems analyze data from institutional sources such as the Learning Management System (LMS), student information systems, and library databases. By modeling variables like assignment submission times, forum participation, and grades, institutions can build predictive models to identify students at high risk of academic failure or dropout [26]. These systems have proven effective in enabling timely academic interventions, such as targeted tutoring or advisor outreach, thereby improving student retention and success rates.

#### **2.1.2.2 The Challenge of Well-being Analytics**

More recently, researchers have attempted to extend the principles of learning analytics to the more complex and sensitive domain of student well-being. The goal is to create early-warning systems by identifying behavioral proxies for mental distress. Studies have explored the use of non-academic data sources, such as campus card usage for building access, meal plan data, and social event attendance, to find correlations with well-being outcomes [27]. For example, a sudden decrease in social activity or irregular campus attendance could be interpreted as a potential indicator of withdrawal or depression.

However, this approach is fraught with significant theoretical and practical challenges. Firstly, the "signal-to-noise" ratio is extremely low; the link between such indirect behavioral data and a student's internal mental state is often weak, correlational, and highly prone to misinterpretation [28]. A student may miss meals for many reasons other than depression. Secondly, these methods raise profound ethical questions regarding student privacy and surveillance, as they involve monitoring non-academic aspects of student life, often without explicit, ongoing consent for this specific purpose [27, 28].

A more direct, and arguably more ethical, source of data is the language students use when interacting with university services. The text from chat logs, when properly



anonymized, provides a direct window into student concerns. The application of sentiment analysis and topic modeling to this textual data can yield far more reliable insights into the specific stressors affecting the student population at any given time. This approach, which is central to the design of the Analytics Agent, shifts the focus from inferring mental state from indirect behaviors to directly analyzing the expressed concerns of the student body [27].

### 2.1.2.3 The Insight-to-Action Gap

Whether based on academic, behavioral, or textual data, a critical limitation plagues nearly all current analytical systems in higher education: the **insight-to-action gap** [11]. The output of these systems is almost universally a dashboard, a report, or an alert delivered to a human administrator (e.g., a counselor, dean, or advisor) [12]. This administrator must then manually interpret the data, decide on an appropriate intervention strategy, and execute it.

This manual process creates a severe bottleneck that fundamentally limits the scalability, speed, and personalization of any proactive effort [29]. An administrator may be able to respond to a handful of individual alerts, but they cannot manually orchestrate a personalized outreach campaign to hundreds of students who may be exhibiting early signs of exam-related stress identified by a topic model. The manual-execution step prevents the institution from fully capitalizing on the proactive insights generated by its analytical systems. It is this specific gap that the proposed **Safety Coaching Agent** and **Safety Triage Agent** is designed to close by automating the link between data-driven insight and scalable, targeted outreach.

## 2.2 Theoretical Background

To address the limitations of reactive, disconnected support systems, a new architectural approach is required. This section details the theoretical framework and enabling technologies that provide the foundation for the proposed agentic AI system. These concepts are presented as the necessary components to build a proactive, integrated, and autonomous solution.

### 2.2.1 Foundational Principles of the Framework

Beyond the technical architecture, the proposed framework is grounded in several key strategic and ethical principles that justify its design and purpose. These concepts from service design, management science, and data ethics provide the theoretical motivation for shifting how institutional support is delivered.

### 2.2.1.1 Proactive vs. Reactive Support Models

The traditional approach to institutional support, particularly in mental health, is predominantly **reactive**. This model, common in service design, operates on a "break-fix" basis, where the service delivery is initiated only after a user (in this case, a student) self-identifies a problem and actively seeks a solution [30]. This places the onus of initiation entirely on the individual, creating significant barriers to access such as stigma, lack of awareness, or the inability to act during a crisis. In contrast, a **proactive support model** aims to anticipate needs and intervene before a problem escalates. Drawing from principles in preventative healthcare and proactive customer relationship management, this model uses data to identify patterns and risk factors, enabling the institution to offer timely, relevant support to at-risk cohorts [31, 32]. This thesis is an explicit attempt to architect a system that facilitates this strategic shift from a reactive to a proactive support paradigm.

### 2.2.1.2 Data-Driven Decision-Making in Higher Education

The concept of **Data-Driven Decision-Making (DDDM)** posits that strategic decisions should be based on objective data analysis and interpretation rather than solely on intuition or tradition [31, 32]. In higher education, this has manifested as the field of learning analytics, where student data is used to improve learning outcomes and retention. This framework extends that principle to student well-being. The **Insights Agent** is the core enabler of DDDM for the university's support services. By autonomously processing anonymized interaction data to identify trends, sentiment shifts, and emerging topics of concern, it provides administrators with actionable, empirical evidence. This allows the institution to move beyond anecdotal evidence and allocate resources, such as workshops, counselors, or targeted information campaigns, to where they are most needed, thereby optimizing the efficiency and impact of its support ecosystem [33].

### 2.2.1.3 Privacy by Design (PbD)

Given the highly sensitive nature of mental health data, the framework's architecture is guided by the principles of **Privacy by Design (PbD)**. PbD is an internationally recognized framework, formalized in ISO 31700, which dictates that privacy should be the default, embedded into the design and architecture of systems from the outset rather than being an add-on feature [34, 35]. Key principles include being proactive not reactive, making privacy the default setting, and providing end-to-end security. A direct implementation of PbD within this framework is the Data Anonymization Pipeline. This process ensures that Personally Identifiable Information (PII) is identified and redacted from all chat logs before they are stored for analysis. Furthermore, access to the administrative dashboard is controlled by a strict Role-Based Access Control (RBAC) mechanism, en-

sureing that only authorized personnel can view sensitive data. These measures, combined with standard security practices like data encryption, embed privacy and security directly into the system’s architecture from the outset [33, 34]. This demonstrates a commitment to building a system that is not only effective but also fundamentally ethical and secure.

### 2.2.2 Agentic AI and Multi-Agent Systems (MAS)

The paradigm of Artificial Intelligence (AI) has evolved significantly from systems that perform singular, reactive tasks to those that exhibit autonomous, proactive, and social behaviors. A cornerstone of this evolution is the concept of an **intelligent agent**. An agent is not merely a program; it is a persistent computational entity with a degree of autonomy, situated within an environment, which it can both perceive and upon which it can act to achieve a set of goals or design objectives [36]. The defining characteristic of an agent is its **autonomy**, its capacity to operate independently, making decisions and initiating actions without direct, constant human intervention. This is distinct from traditional objects, which are defined by their methods and attributes but do not exhibit control over their own behavior [14].

To operationalize this concept, this thesis formally introduces a framework built upon four distinct, specialized intelligent agents that form the **Safety Agent Suite**. Each agent is designed to address a specific challenge outlined in Chapter 1, and together they form the core of the proposed proactive support system. These agents are:

- The **Safety Triage Agent (STA)**, responsible for real-time risk assessment and crisis intervention.
- The **Support Coach Agent (SCA)**, responsible for delivering personalized, evidence-based coaching.
- The **Service Desk Agent (SDA)**, responsible for managing clinical case workflows and administrative tasks.
- The **Insights Agent (IA)**, responsible for privacy-preserving data analysis and trend identification.

The theoretical underpinnings of these agents’ architecture and behavior are drawn from established models of rational agency and multi-agent systems, as detailed below.

Fundamentally, an agent’s operation is defined by a continuous cycle of perception, reasoning (or deliberation), and action. It perceives its environment through virtual **sensors** (e.g., data feeds, API calls, database queries) and influences that environment through its **actuators** (e.g., sending emails, generating reports, invoking other services) [37]. A prominent and highly relevant architecture for designing such goal-oriented agents is the **Belief-Desire-Intention (BDI)** model [37, 38]. This model provides a framework for rational agency that mirrors human practical reasoning:

- **Beliefs:** This represents the informational state of the agent, its knowledge about the environment, which may be incomplete or incorrect. For the **Insights Agent**, beliefs correspond to the current understanding of student well-being trends derived from anonymized data.
- **Desires:** These are the motivational states of the agent, representing the objectives or goals it is designed to achieve. Desires can be seen as the potential tasks the agent could undertake, such as the **Support Coach Agent's** overarching goal to "deliver personalized coaching."
- **Intentions:** This represents the agent's commitment to a specific plan or course of action. An intention is a desire that the agent has chosen to actively pursue. For instance, the **Safety Triage Agent**, upon identifying a high-severity conversation, forms an intention to immediately route the user to emergency resources.

The BDI framework allows for the design of agents that are not merely reactive but are proactive and deliberative, capable of reasoning about how to best achieve their goals given their current beliefs about the world [14, 38].

To formally ground the proposed framework in this established model, the roles and logic of each of the four agents are mapped to the BDI components in Table 2.1. This mapping clarifies how each agent perceives its environment, formulates its objectives, and decides on a concrete course of action, allowing for the design of agents that are not merely reactive but are proactive and deliberative, capable of reasoning about how to best achieve their goals given their current beliefs about the world.

Table 2.1. Mapping of the Agentic Framework to the BDI Model.

<b>Agent</b>	<b>Beliefs</b> ( <i>Informational State</i> )	<b>Desires</b> ( <i>Motivational Goals</i> )	<b>Intentions</b> ( <i>Comm Plans</i> )
<b>Safety Triage Agent (STA)</b>	<ul style="list-style-type: none"> <li>• The user's live conversation history.</li> <li>• A classification model for conversation severity.</li> <li>• A directory of emergency resources.</li> </ul>	<ul style="list-style-type: none"> <li>• To assess a user's immediate risk level accurately.</li> <li>• To provide the most appropriate support for the user's current state.</li> </ul>	<ul style="list-style-type: none"> <li>• Upon detecting high-severity tolerance, form intention to immediately escalate.</li> <li>• To retrieve and play emergency contact information without delay.</li> </ul>
<b>Support Coach Agent (SCA)</b>	<ul style="list-style-type: none"> <li>• User's stated goals and conversation history.</li> <li>• A library of evidence-based interventions (e.g., CBT exercises).</li> </ul>	<ul style="list-style-type: none"> <li>• To deliver personalized coaching.</li> <li>• To guide the user through therapeutic exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• Based on user input, form an intention to deliver a specific CBT exercise.</li> <li>• To provide empathetic and supportive responses.</li> </ul>
<b>Service Desk Agent (SDA)</b>	<ul style="list-style-type: none"> <li>• Status of clinical cases.</li> <li>• Availability of counselors.</li> <li>• User requests for appointments.</li> </ul>	<ul style="list-style-type: none"> <li>• To manage clinical case workflows.</li> <li>• To schedule appointments efficiently.</li> </ul>	<ul style="list-style-type: none"> <li>• Upon a user request, form an intention to find an available appointment slot.</li> <li>• To create and update case notes.</li> </ul>
<b>Insights Agent (IA)</b>	<ul style="list-style-type: none"> <li>• Access to the anonymized conversation log database.</li> <li>• The timestamp of the last generated report.</li> <li>• A model of known topics.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify emerging trends in student concerns.</li> <li>• To quantify shifts in overall student sentiment.</li> </ul>	<ul style="list-style-type: none"> <li>• Upon its weekly trigger, form an intention to generate a summary report.</li> <li>• To formulate and execute a database query for the past week's data.</li> </ul>

When multiple agents, each with its own goals and capabilities, co-exist and interact within a shared environment, they form a **Multi-Agent System (MAS)**. An MAS is a system in which the overall intelligent behavior and functionality are a product of the collective, emergent dynamics of its constituent agents [39, 40]. The power of an MAS lies in its ability to solve problems that would be difficult or impossible for a monolithic system or a single agent to handle. This is achieved through social interaction, primarily:

- **Coordination and Cooperation:** Agents must coordinate their actions to avoid interference and cooperate to achieve common goals. In this thesis, the **Insights, Support Coach, Safety Triage, and Service Desk** agents must cooperate: the Insights Agent provides the data-driven insights (beliefs) that the Support Coach Agent uses to form its outreach plans (intentions), while the Safety Triage Agent handles immediate, real-time needs that may fall outside the other agents' scopes, and the Service Desk Agent manages the administrative follow-up.
- **Negotiation:** When agents have conflicting goals or must compete for limited resources, they must be able to negotiate to find a mutually acceptable compromise [41, 42].
- **Communication:** Effective interaction requires a shared Agent Communication Language (ACL), such as FIPA-ACL or KQML, which defines the syntax and semantics for messages, allowing agents to perform actions like requesting information, making proposals, and accepting or rejecting tasks [43, 44].

Therefore, this thesis leverages the MAS paradigm by designing a framework composed of four specialized, collaborative agents. Their individual, goal-directed behaviors, orchestrated within a hybrid architecture, work in concert to achieve the overarching systemic objective: transforming institutional mental health support from a reactive model to a proactive, data-driven ecosystem.

### 2.2.3 Large Language Models (LLMs)

Large Language Models (LLMs) are a class of deep learning models that have demonstrated remarkable capabilities in understanding and generating human-like text. The architectural foundation for virtually all modern LLMs, including the Gemini models used in this research, is the **Transformer architecture**, first introduced by Vaswani et al. [45]. The Transformer's key innovation is the **self-attention mechanism**, which allows the model to dynamically weigh the importance of different words in an input sequence when processing and generating language. This enables the model to capture complex, long-range dependencies and contextual relationships far more effectively than its predecessors, such as Recurrent Neural Networks (RNNs) [46, 47].

The core operation of a Transformer-based model involves processing input text

through a series of encoding and/or decoding layers. The process can be conceptualized as follows:

1. **Tokenization and Embedding:** Input text is first broken down into smaller units called tokens. Each token is then mapped to a high-dimensional vector, or an "embedding," that represents its semantic meaning.
2. **Positional Encoding:** Since the self-attention mechanism does not inherently process sequential order, a positional encoding vector is added to each token embedding to provide the model with information about the word's position in the sequence.
3. **Self-Attention Layers:** The sequence of embeddings passes through multiple self-attention layers. In each layer, the model calculates attention scores for every token relative to all other tokens in the sequence, effectively learning which parts of the input are most relevant for understanding the context of each specific token.
4. **Feed-Forward Networks:** Each attention layer is followed by a feed-forward neural network that applies further transformations to each token's representation.
5. **Output Generation:** The model's final output is a probability distribution over its entire vocabulary for the next token in the sequence. The model then typically selects the most likely token (or samples from the distribution) and appends it to the input, repeating the process autoregressively to generate coherent text [46].

**Placeholder for Diagram: Simplified Transformer Architecture for Generative LLMs**

This diagram should illustrate the flow of information:

1. Input Text -> Tokenizer
2. Tokens -> Embedding Layer + Positional Encoding
3. Embedded Tokens -> A stack of 'N' Decoder Blocks
4. Inside a Decoder Block: Multi-Head Self-Attention -> Feed-Forward Network
5. Final Output -> Linear Layer -> Softmax -> Probability of Next Token

Figure 2.1. A simplified view of the decoder-only Transformer architecture used in generative LLMs. The model processes input embeddings through multiple layers of self-attention and feed-forward networks to predict the next token in a sequence.

This research utilizes a cloud-based API model strategy, leveraging the Gemini 2.5 family of models to balance performance, privacy, and capability. The Gemini models

represent Google’s state-of-the-art, natively multimodal foundation models, available in various sizes (e.g., Gemini Pro). Unlike models trained solely on text, Gemini was pre-trained from the ground up on multiple data modalities, giving it more sophisticated reasoning capabilities [48]. In this framework, a powerful model like Gemini 2.5 Pro is accessed via a secure API for all agentic tasks [49], from the real-time conversation handling of the Safety Triage Agent to the complex, non-sensitive tasks, such as the weekly trend analysis performed by the Insights Agent.

### 2.2.3.1 Cloud-Based API Models: The Gemini 2.5 Family

The framework integrates a state-of-the-art, proprietary model accessed via a cloud API. The Gemini family, specifically the flagship **Gemini 2.5 Flash** model, serves this role, providing a level of reasoning and multimodal understanding that is critical for handling the most complex tasks and ensuring system robustness. While a detailed architectural schematic is not public, in line with the proprietary nature of frontier AI models, its capabilities have been extensively documented by Google through official developer guides and announcements [48, 49].

Gemini 2.5 builds upon the efficient **Mixture-of-Experts (MoE) Transformer** architecture of its predecessors. In an MoE architecture, the model is composed of numerous smaller "expert" neural networks. For any given input, a routing mechanism activates only a sparse subset of these experts. This allows the model to have a very large total parameter count, enabling vast knowledge and capability, while keeping the computational cost for any single inference relatively low [48].

The strategic role of Gemini 2.5 in this framework is defined by its next-generation capabilities:

- **Native Multimodality with Expressive Audio:** A significant architectural leap in Gemini 2.5 is its native handling of audio [50]. Unlike models that first transcribe audio to text, Gemini 2.5 processes audio streams directly. This allows it to understand not just the words, but also the nuances of human speech such as tone, pitch, and prosody, which is invaluable for a mental health application where user sentiment is key.
- **Controllable Reasoning and "Thinking Time":** Gemini 2.5 introduces a "thinking budget," a mechanism that allows developers to control the trade-off between response latency and reasoning depth [48]. For high-frequency tasks performed by the Safety Triage Agent, a lower budget can ensure speed. For complex analytical tasks required by the Insights Agent, a higher budget can be allocated to allow for more thorough reasoning, providing granular control over both cost and quality.
- **Advanced Agentic Capabilities and Tool Use:** The model is explicitly designed to



power advanced agents. It features more reliable and sophisticated function calling, enabling seamless integration with external tools and APIs [48]. This is essential for the Service Desk Agent to execute multi-step plans, such as scheduling an appointment based on a user's request.

- **High-Fidelity Reasoning:** As a frontier model, Gemini 2.5 serves as the high-capability engine for all requests, ensuring service continuity and the highest quality output.

By integrating Gemini 2.5 via its API, the agentic framework gains access to state-of-the-art reasoning power on demand, ensuring that it can handle a wide spectrum of tasks with both efficiency and exceptional quality.

## 2.2.4 LLM Orchestration Frameworks

While LLMs provide powerful reasoning capabilities, they are inherently stateless and lack direct access to external data or tools. An LLM, in isolation, cannot query a database, call an API, or access a private document. To build sophisticated, stateful applications that overcome these limitations, an orchestration framework is required.

### 2.2.4.1 LangChain: The Building Blocks of LLM Applications

**LangChain** is an open-source framework designed specifically for this purpose, providing the essential "glue" to connect LLMs with external resources and compose them into complex applications [51, 52]. The core philosophy of LangChain is to provide modular components that can be "chained" together to create complex workflows. The most recent and fundamental abstraction in LangChain is the **LangChain Expression Language (LCEL)**. LCEL provides a declarative, composable syntax for building chains, where the pipe (`|`) operator streams the output of one component into the input of the next. Every component in an LCEL chain is a "Runnable," a standardized interface that supports synchronous, asynchronous, batch, and streaming invocations, making it highly versatile for production environments [52, 53].

A simple LCEL chain can be represented as:

$$\text{Chain} = \text{PromptTemplate} \mid \text{LLM} \mid \text{OutputParser}$$

In this sequence, user input is first formatted by a 'PromptTemplate', the result is passed to the 'LLM' for processing, and the LLM's raw output is then transformed into a structured format (e.g., JSON) by an 'OutputParser'.

For this thesis, the most critical application of LangChain is its ability to create **agents**. A LangChain agent uses an LLM not just for text processing, but as a reasoning engine to make decisions. This is often based on a framework known as **ReAct (Reasoning and Acting)**, which enables the LLM to synergize reasoning and action [51, 54].

The agent is given access to a set of **Tools**, which are simply functions that can interact with the outside world (e.g., a database query function, a file reader, a web search API). The agent’s operational loop, managed by an **Agent Executor**, can be formalized as an iterative process.

Let  $G$  be the initial goal and  $H_t$  be the history of actions and observations up to step  $t$ . The process at each step  $t$  is:

1. **Reasoning (Thought Generation):** The agent generates a thought  $th_t$  and a subsequent action  $a_t$  by sampling from the LLM’s conditional probability distribution, given the goal and the history so far.

$$(th_t, a_t) \sim p(th, a | G, H_{t-1}; \theta_{LLM})$$

The prompt to the LLM contains the goal and the trajectory of previous thoughts, actions, and observations, guiding its next decision.

2. **Action Execution:** The Agent Executor parses  $a_t$  to identify the chosen tool and its input, then executes it to produce an observation,  $o_t$ .

$$o_t = \text{ExecuteTool}(a_t)$$

3. **History Augmentation:** The new observation is appended to the history, forming the context for the next iteration.

$$H_t = H_{t-1} \oplus (a_t, o_t)$$

This loop continues until the LLM determines the goal  $G$  is met and generates a final answer.

This iterative loop is what transforms a passive LLM into a proactive, problem-solving agent. For example, the **Insights Agent** in this framework, when tasked with "summarizing student stress trends," would use this loop to formulate a SQL query (Thought and Action), execute it (Observation), and then use the results to generate a final summary. This orchestration is fundamental to enabling the autonomous capabilities central to this thesis.

#### 2.2.4.2 LangGraph: Orchestrating Multi-Agent Systems

While LangChain’s standard agent executors are powerful, they are often designed for linear, sequential execution paths. For a sophisticated multi-agent system like the **Safety Agent Suite**, where agents must collaborate, hand off tasks, and operate in a cyclical, stateful manner, a more robust orchestration mechanism is required. This is the

role of **LangGraph**, an extension of LangChain designed for building durable, stateful, multi-agent applications by modeling them as cyclical graphs [55, 56].

The core concept of LangGraph is to represent the agentic workflow as a **state graph**. This is a directed graph where nodes represent functions or LLM calls (the "work" to be done) and edges represent the conditional logic that directs the flow of execution from one node to another. A central **State** object is passed between nodes, allowing each agent or tool to read the current state, perform its function, and then update the state with its results. This creates a persistent, auditable record of the agent's operations [53, 57].

A LangGraph workflow can be defined by the following components:

- **State Graph:** The overall structure,  $G = (N, E)$ , where  $N$  is a set of nodes and  $E$  is a set of directed edges. The graph's state is explicitly defined by a state object that is passed and updated throughout the execution.
- **Nodes:** Each node represents an agent or a tool. When called, a node receives the current state object as input and returns a dictionary of updates to be applied to the state. For example, the 'Safety Triage Agent' node would take the user's message from the state, process it, and return an update specifying the assessed risk level.
- **Edges:** Edges connect the nodes and control the flow of the application. LangGraph supports **conditional edges**, which are crucial for agentic behavior. After a node executes, a routing function is called to inspect the current state and decide which node to move to next [52, 53]. For example, after the 'Safety Triage Agent' runs, a conditional edge might route the workflow to the 'Service Desk Agent' if the risk is moderate, or directly to an "escalate" tool if the risk is critical.

This cyclical, stateful approach provides several key advantages for this framework:

1. **Explicit Multi-Agent Collaboration:** LangGraph allows for the explicit definition of workflows where different agents are called in sequence or in parallel, and their outputs are used to inform the next step [57, 58]. This is essential for the **Safety Agent Suite**, where the 'Insights Agent's output must trigger the 'Support Coach Agent'.
2. **State Management and Durability:** Because the state is explicitly managed, the agent's "memory" of the conversation and its previous actions is robust. The graph's execution can be paused, resumed, and inspected, which is vital for long-running, interactive coaching sessions.
3. **Flexibility and Control:** Unlike the more constrained loops of standard agent executors, LangGraph allows for the creation of arbitrary cycles. An agent can loop, retry a tool call if it fails, or route to a human-in-the-loop for verification, providing a

much higher degree of control and reliability for a safety-critical application [59,60].

By using LangGraph to orchestrate the **Safety Agent Suite**, this framework moves beyond simple, linear agentic loops and implements a true multi-agent system capable of complex, stateful, and collaborative problem-solving [55,58].

### 2.3 Synthesis and Identification of the Research Gap

The preceding review of the literature and theoretical landscape reveals a critical disconnect. On one hand, the field has produced increasingly sophisticated but fundamentally **reactive** conversational agents for mental health. On the other, it has developed proactive institutional analytics that remain bottlenecked by a reliance on **manual intervention**. The failure of the existing literature is not in the individual components, but in the lack of integration between them.

This creates a significant and unaddressed research gap: the need for an **integrated, autonomous, and proactive framework** that can systemically bridge the chasm from data-driven insight to automated, personalized intervention and administrative action. Current systems are not designed as a cohesive ecosystem. The analytical tools do not automatically trigger the intervention tools, the conversational agents do not seamlessly hand off tasks to administrative agents, and the user-facing support does not operate with an awareness of the broader institutional context provided by analytics.

The central argument of this thesis is that the next frontier in institutional mental health support lies not in the incremental improvement of any single component, but in the **synergistic integration of multiple specialized agents** into a single, closed-loop system. Such a system, architected as a Multi-Agent System (MAS), is capable of emergent behaviors that are more than the sum of its parts.

Therefore, this research directly addresses the identified gap by proposing and prototyping a novel agentic AI framework, the **Safety Agent Suite**, where:

- An **Insights Agent (IA)** autonomously identifies trends, moving beyond the static dashboards of current well-being analytics and creating actionable intelligence.
- A **Support Coach Agent (SCA)** and a **Safety Triage Agent (STA)** act on this intelligence and on real-time user needs, providing both proactive, personalized coaching and immediate, context-aware crisis support. They function as the intelligent front-door to the support ecosystem, overcoming the limitations of purely reactive chatbots.
- A **Service Desk Agent (SDA)** closes the "insight-to-action" loop on an administrative level, automating the workflows for clinical case management and resource allocation that currently render proactive models inefficient and unscalable.

By designing and evaluating a system where these agents work in concert, or-

chestrated by LangGraph, this thesis pioneers a holistic solution that is fundamentally more proactive, scalable, and efficient than the disparate tools described in the current literature.

## CHAPTER III

### SYSTEM DESIGN AND ARCHITECTURE

#### 3.1 Research Methodology: Design Science Research (DSR)

The research presented in this thesis is constructive in nature, aimed not merely at describing or explaining a phenomenon, but at creating a novel and useful artifact to solve a real-world problem. To provide a rigorous and systematic structure for this endeavor, this study adopts the **Design Science Research (DSR)** methodology. DSR is a well-established paradigm in Information Systems research focused on the creation and evaluation of innovative IT artifacts intended to solve identified organizational problems [61]. The primary goal of DSR is to generate prescriptive design knowledge through the building and evaluation of these artifacts.

The DSR process model, as outlined by Peffers et al., provides an iterative framework that guides the research from problem identification to the communication of results [62]. This thesis follows these stages, mapping them directly to its structure to ensure a logical and transparent research process:

1. **Problem Identification and Motivation:** This initial stage, which involves defining the specific research problem and justifying the value of a solution, is addressed in **Chapter I** of this thesis. We have identified the inefficiencies of the reactive mental health support model as the core problem.
2. **Definition of Objectives for a Solution:** Based on the identified problem, this stage involves defining the objectives and desired capabilities of the artifact. These objectives, which center on creating a proactive, automated, and data-driven framework, are also detailed in **Chapter I**.
3. **Design and Development:** This is the core constructive phase where the artifact's architecture and functionalities are developed. This stage is the primary focus of the present chapter, **Chapter III**, which outlines the functional and technical blueprint of the agentic AI framework.
4. **Demonstration:** In this stage, the designed artifact is demonstrated to solve one or more instances of the problem. This will be accomplished through the implementation of a functional prototype, as will be detailed in **Chapter IV**.
5. **Evaluation:** This stage involves observing and measuring how well the artifact supports a solution to the problem. The prototype's capabilities will be evaluated against predefined functional scenarios in **Chapter IV**, with the findings and their implications discussed.

6. **Communication:** The final stage involves communicating the problem, the artifact, and its utility to a relevant audience. This entire thesis document serves as the primary communication artifact for this research.

The complete workflow of this research, following the DSR methodology, is visualized in Figure 3.2. This diagram illustrates the iterative path from problem formulation through to the final conclusions and recommendations.

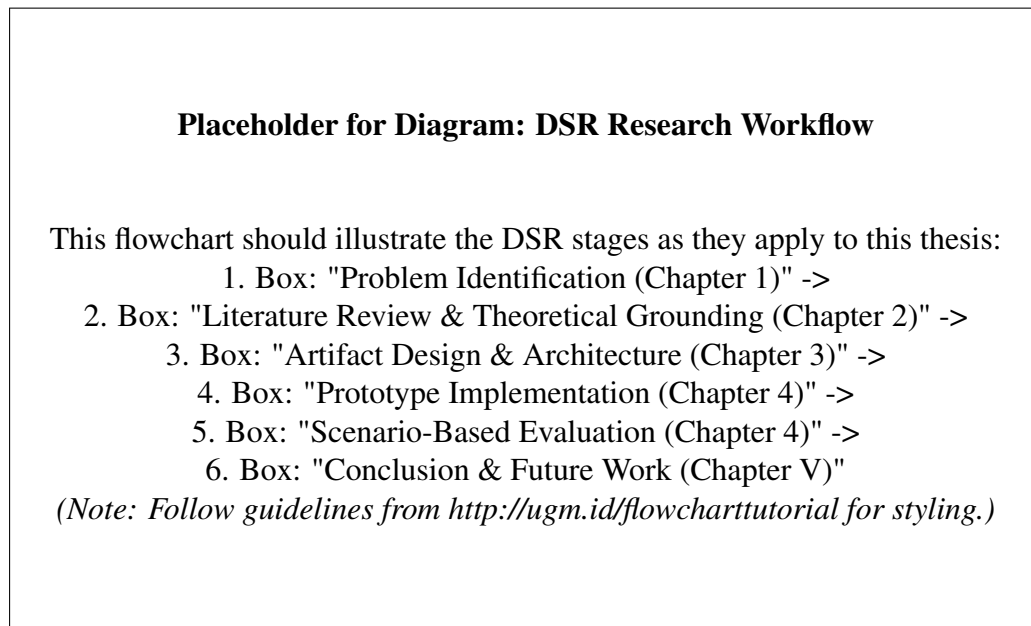


Figure 3.2. The Design Science Research (DSR) process model as applied in this thesis.

### 3.2 System Overview and Conceptual Design

The artifact proposed and developed in this research is a novel agentic AI framework designed to address the systemic inefficiencies of traditional, reactive mental health support models in Higher Education Institutions. The conceptual architecture is predicated on the principles of a Multi-Agent System (MAS), wherein a suite of collaborative, specialized intelligent agents—collectively termed the **Safety Agent Suite**—work in concert to create a proactive, scalable, and data-driven support ecosystem. This framework is designed not as a monolithic application, but as a dynamic, closed-loop system that operates on two interconnected levels: a micro-level loop for real-time, individual student support and a macro-level loop for strategic, institutional oversight and proactive intervention [63, 64].

The system's primary entities and their designated interaction points are illustrated in the conceptual context diagram in Figure 3.3. These entities are:

- **Students:** As the primary users, students interact with the system's conversational interface (UGM-AICare's 'aika' page). This serves as their direct entry point to the

support ecosystem, where they engage with the agents responsible for coaching and immediate assistance.

- **University Staff/Counselors:** As the system’s administrators and clinical supervisors, these stakeholders interact with a secure Admin Dashboard. This interface serves as the human-in-the-loop control center, providing aggregated analytics for strategic decision-making and a case management system for handling high-risk escalations.
- **The Agentic AI Backend:** This is the core computational engine of the framework. It hosts the four agents of the Safety Agent Suite, manages their stateful interactions via LangGraph, and serves as the central hub for all data processing, logic execution, and communication with external services and databases.

Conceptually, the framework’s architecture is best understood as two distinct but integrated operational loops:

1. **The Real-Time Interaction Loop:** This loop handles immediate, synchronous interactions with individual students. When a student sends a message, it is first processed by the **Safety Triage Agent (STA)** for risk assessment. If the context is deemed safe, the **Support Coach Agent (SCA)** takes over to provide personalized, evidence-based guidance. Should the user require administrative assistance, such as scheduling an appointment, the workflow is seamlessly handed off to the **Service Desk Agent (SDA)**. This loop is designed for high-availability, low-latency responses, ensuring that students receive immediate and appropriate support.
2. **The Strategic Oversight Loop:** This loop operates on a longer, asynchronous timescale to enable proactive, institution-wide strategy. The **Insights Agent (IA)** periodically analyzes the anonymized, aggregated data from all student interactions. It generates reports on population-level well-being trends, sentiment analysis, and emerging topics of concern. These reports are delivered to administrators via the Admin Dashboard, providing the empirical evidence needed for data-driven resource allocation, such as commissioning new workshops or adjusting counseling staff schedules. This loop directly addresses the "insight-to-action" gap that plagues current systems [11, 64].

The synergy between these two loops is the cornerstone of the framework’s design. The real-time loop gathers the data that fuels the strategic loop, while the insights from the strategic loop can be used to configure and improve the proactive interventions delivered by the real-time loop, creating a continuously learning and adaptive support ecosystem.



### Placeholder for Diagram: System Context Diagram

This diagram should be a high-level illustration of the system's architecture and stakeholders. It should visually represent:

1. An external "Student" entity interacting via a "UGM-AICare User App (/aika)" interface.
2. An external "University Staff/Counselor" entity interacting via an "Admin Dashboard" interface.
3. A central "Agentic AI Backend" system, which contains four internal components: the STA, SCA, SDA, and IA.
4. Arrows indicating the flow of information: Students send messages to the Backend; the Backend provides real-time responses. The Backend sends aggregated data and alerts to the Admin Dashboard; Staff use the dashboard to configure and oversee the Backend.

Figure 3.3. A high-level context diagram illustrating the primary entities, system interfaces, and the central role of the Agentic AI Framework.

### 3.3 Functional Architecture: The Agentic Core

The functional architecture of the framework is designed as a Multi-Agent System (MAS), where the system's overall intelligence and capability emerge from the coordinated actions of its four specialized agents. This section details the "what" of the system by defining the specific role, operational logic, and capabilities of each agent within the **Safety Agent Suite**. Each agent functions as a distinct component within the LangGraph state machine, perceiving its environment through the shared state, executing its logic, and updating the state with its results.

#### 3.3.1 The Safety Triage Agent (STA): The Real-Time Guardian

##### 3.3.1.1 Goal

The primary objective of the STA is to function as a real-time, automated safety monitor for every user interaction. Its goal is to assess the immediate risk level of a user's conversation to detect potential crises and trigger an appropriate escalation protocol without delay, ensuring that safety is the foremost priority of the system.

##### 3.3.1.2 Perception (Inputs)

The STA perceives the conversational environment by intercepting each user message before it is processed by other agents. Its primary input is the raw text of the user's

current utterance. Let  $M_t$  be the user’s message at time  $t$ . The STA’s perception is solely focused on this message:

- **Current User Message ( $M_t$ ):** A string containing the user’s latest input.

### 3.3.1.3 Processing Logic

The core logic of the STA is a high-speed classification task. Upon receiving the message  $M_t$ , the agent invokes a specialized function, powered by the Gemini 2.5 Pro model, to classify the message into one of several predefined risk categories. The classification function,  $f_{STA}$ , can be represented as:

$$R_t = f_{STA}(M_t; \theta_{LLM})$$

where  $\theta_{LLM}$  represents the parameters of the underlying Large Language Model, and the output,  $R_t$ , is an element of the set of possible risk levels,  $R \in \{\text{Low, Moderate, Critical}\}$ . The prompt for this classification is highly optimized for speed and accuracy, instructing the model to evaluate the text for indicators of self-harm, severe distress, or explicit requests for urgent help.

### 3.3.1.4 Action (Outputs)

Based on the classification result  $R_t$ , the STA’s action is to update the system’s state, which in turn determines the next step in the LangGraph workflow.

- **State Update:** The agent’s primary output is an update to the shared state graph, setting the `risk_level` variable to the value of  $R_t$ .
- **Trigger Escalation (if  $R_t = \text{Critical}$ ):** If a critical risk is detected, the agent’s action triggers a conditional edge in the graph that invokes the `escalate_crisis` tool. This tool flags the conversation on the Admin Dashboard, logs the event, and instructs the Service Desk Agent (SDA) to create a high-priority case. It also immediately presents the user with pre-defined emergency resources.

## 3.3.2 The Support Coach Agent (SCA): The Empathetic Mentor

### 3.3.2.1 Goal

The SCA is the primary user-facing conversational agent, designed to provide personalized, evidence-based mental health coaching. Its goal is to engage the student in a supportive, empathetic dialogue, guiding them through structured self-help modules based on established therapeutic principles like Cognitive Behavioral Therapy (CBT), and to foster engagement through a gamified reward system.

### 3.3.2.2 Perception (Inputs)

The SCA operates on the history of the conversation and the user’s profile. Its key inputs from the state graph are:

- **Conversation History** ( $H_{t-1}$ ): The full transcript of the conversation up to the previous turn.
- **User’s Current Message** ( $M_t$ ): The message deemed safe by the STA.
- **User State**: Information about the user’s progress, including completed modules and earned achievements.

### 3.3.2.3 Processing Logic

The SCA’s logic is generative and context-aware. It uses the Gemini 2.5 Pro model to generate a conversational response,  $A_t$ , that is empathetic and relevant to the user’s message and history.

$$A_t = f_{SCA}(M_t, H_{t-1}; \theta_{LLM})$$

This agent has access to a toolset that allows it to retrieve and present structured content. When a user’s query or the conversation flow indicates a need for a specific skill (e.g., managing anxiety), the SCA can decide to invoke its `retrieve_cbt_module` tool to fetch and present the relevant exercise.

### 3.3.2.4 Action (Outputs)

- **Conversational Response**: A human-like text response to be displayed to the user.
- **Tool Call (Content Delivery)**: Invocation of tools to present CBT exercises or other self-help modules.
- **Tool Call (Gamification)**: Upon completion of a module, the SCA can call the `mint_achievement` tool, which interacts with the blockchain service to issue a non-fungible token (NFT) to the user’s account as a verifiable record of their progress.

## 3.3.3 The Service Desk Agent (SDA): The Administrative Orchestrator

### 3.3.3.1 Goal

The SDA functions as the administrative backbone of the support system. Its primary goal is to automate the operational workflows related to clinical case management and resource scheduling, thereby reducing the manual burden on university staff and ensuring that escalations and requests are handled efficiently and reliably.

### 3.3.3.2 Perception (Inputs)

The SDA is primarily triggered by events from other agents or direct commands from the Admin Dashboard. Its inputs are structured data, not conversational text:

- **Escalation Event:** A signal from the STA containing the conversation ID and risk level of a flagged case.
- **Scheduling Request:** A structured request from the SCA (initiated by a user) containing the user's ID and desired appointment times.
- **Admin Commands:** Directives from a human administrator via the dashboard (e.g., "close case," "add note").

### 3.3.3.3 Processing Logic

The SDA's logic is procedural and tool-based. It does not engage in open-ended conversation but rather executes a sequence of pre-defined actions based on its inputs. For example, upon receiving an escalation event, its logic is to execute the `create_case` tool, followed by the `assign_case_status` tool with the "New" parameter.

### 3.3.3.4 Action (Outputs)

- **Database Operations:** The SDA's primary actions are database mutations, such as creating, updating, or closing case records in the clinical management database.
- **API Calls to External Services:** It can interact with external calendar systems to check for counselor availability and book appointments.
- **Notifications:** It sends automated email or dashboard notifications to counselors when a new case is assigned to them or when a student books an appointment.

## 3.3.4 The Insights Agent (IA): The Strategic Analyst

### 3.3.4.1 Goal

The IA is designed to function as the institution's automated well-being analyst. Its goal is to autonomously process anonymized, aggregated conversation data to identify population-level mental health trends, sentiment shifts, and emerging topics of concern. This provides the institution with actionable, data-driven intelligence to inform resource allocation and proactive strategy.

### 3.3.4.2 Perception (Inputs)

The IA is activated by a time-based trigger (e.g., a weekly Cron job) and its primary input is the entire corpus of anonymized conversation logs.

- **Time-Based Trigger:** A signal from the n8n orchestration layer to begin its analysis.
- **Anonymized Database Access:** Read-only access to the `conversation_logs` table, from which all personally identifiable information (PII) has been redacted.

### 3.3.4.3 Processing Logic

The IA's logic involves a pipeline of Natural Language Processing (NLP) tasks performed on the collected data. This includes:

- **Topic Modeling:** Using algorithms like Latent Dirichlet Allocation (LDA) or modern transformer-based clustering to identify the most prevalent topics of discussion (e.g., "exam stress," "social isolation").
- **Sentiment Analysis:** Calculating the overall sentiment score for the student population over the given period and tracking its change over time.
- **Summarization:** Using the Gemini 2.5 Pro model to generate concise, human-readable summaries of the key findings from the topic and sentiment analysis.

### 3.3.4.4 Action (Outputs)

- **Structured Report Generation:** The final output is a structured report (e.g., in JSON or PDF format) containing visualizations (e.g., charts of topic frequency over time) and the generated summaries.
- **Dashboard Update:** The agent pushes this report to the Admin Dashboard, updating the analytics view for university staff.
- **Email Notification:** It can be configured to automatically email the report to a list of stakeholders, such as the head of counseling services.

## 3.4 Technical Architecture

This section details the "how" of the system, providing the engineering blueprint for the agentic AI framework. The architecture is designed following a modern, service-oriented pattern, which decouples the primary components of the system into distinct, independently deployable services. This approach enhances maintainability, scalability, and promotes a clean separation of concerns [65, 66]. The framework consists of three core services: a unified frontend application, a backend service that houses the agentic core, and a data persistence service for all storage needs.

### 3.4.1 Overall System Architecture

The overall technical architecture is visualized in Figure 3.5. It is a monolithic frontend-backend structure composed of three primary services that work in concert to

### Placeholder for Diagram: Data Flow Diagram (DFD)

This diagram should illustrate the flow of data between the four agents, the user, the admin, and the database. Key flows to show include:

1. User Message -> STA -> SCA -> User Response (Normal Flow).
2. User Message -> STA -> SDA -> Admin Dashboard (Crisis Flow).
3. SCA -> Blockchain Service (Gamification Flow).
4. IA -> Database -> Admin Dashboard (Analytics Flow).

Figure 3.4. A Data Flow Diagram illustrating the movement of information between the agents of the Safety Agent Suite and external entities.

deliver the full functionality of the framework to both students and administrators.

1. **Frontend Service (UGM-AICare Web Application):** This is a comprehensive web application built using the **Next.js** framework. It serves two distinct user-facing roles from a single codebase:
  - **The User Portal:** This is the interface for students. It provides access to features such as a journaling system, a user dashboard for tracking progress, and the 'aika' chat interface for direct interaction with the Support Coach Agent (SCA) and Safety Triage Agent (STA). It also handles features like appointment scheduling with counselors.
  - **The Admin Dashboard:** This is a secure, role-protected area of the application for university staff and counselors. Its responsibilities include rendering the analytics and insights provided by the Insights Agent (IA), displaying real-time alerts for flagged conversations, and providing a case management system to act on escalations from the STA and SDA.
2. **Backend Service (The Agentic Core):** This service is the "brain" of the entire operation, built using the **FastAPI** Python framework. It exposes a **REST API** through which the unified Next.js frontend communicates. The backend is responsible for handling all business logic, including processing incoming chat messages

from the User Portal, orchestrating the agents within the LangGraph state machine, making calls to the Google Gemini API, and interacting with the database. The asynchronous capabilities of FastAPI are critical for efficiently managing multiple concurrent conversations and long-running agentic tasks.

3. **Data Persistence Service:** A **PostgreSQL** relational database serves as the single source of truth for the system. It is responsible for storing all persistent data, including user information (anonymized), conversation logs, clinical case data, and generated reports.

Communication between the unified frontend and the backend is exclusively handled via a secure, stateless REST API. The backend service is the only component with direct access to the database, ensuring a clear and secure data access pattern. This architecture allows for a cohesive user experience while maintaining a strong separation between presentation logic (frontend) and business logic (backend).

### **Placeholder for Diagram: Overall System Architecture**

This diagram should be a component diagram illustrating the core services and user interfaces. It should show:

1. A large box for the "Frontend Service (Next.js)" which contains two smaller boxes within it: "User Portal" and "Admin Dashboard".
2. An external "Student" actor pointing to the "User Portal".
3. An external "Administrator/Counselor" actor pointing to the "Admin Dashboard".
4. A box for the "Backend Service (FastAPI)" containing the "Agentic Core (LangGraph)" and the four agents (STA, SCA, SDA, IA).
5. A box for the "Database Service (PostgreSQL)".
6. A double-arrow labeled "REST API (HTTPS)" connecting the "Frontend Service" box to the "Backend Service" box.
7. An arrow labeled "Direct DB Connection" connecting the Backend to the Database.
8. An arrow from the Backend to an external "Google Gemini API" service.

Figure 3.5. The high-level technical architecture of the system, illustrating the unified frontend serving both users and admins, the backend agentic core, and the database service.

### 3.4.2 Backend Service: The Agentic Core

The backend service is the central nervous system and cognitive engine of the entire framework. It is a Python-based application responsible for executing all business logic, orchestrating the agentic workflows, and serving as the intermediary between the user-facing application and the data persistence layer. To meet the demanding requirements of a real-time, AI-powered conversational system, the backend is built upon a modern, high-performance technology stack.

#### 3.4.2.1 API Framework: FastAPI

The foundation of the backend service is the **FastAPI** framework. This choice was made after careful consideration of several alternatives, based on its specific suitability for building high-performance, API-driven services that interact with machine learning models [67, 68]. The primary justifications for its selection are:

- **Asynchronous Support:** FastAPI is built on top of ASGI (Asynchronous Server Gateway Interface), allowing it to handle requests asynchronously. This is a critical requirement for this framework, as interactions with the Google Gemini API are I/O-bound operations. Asynchronous handling ensures that the server can manage multiple concurrent user conversations and long-running agentic tasks without blocking, leading to a highly responsive and scalable system.
- **High Performance:** Leveraging Starlette for web routing and Pydantic for data validation, FastAPI is one of the fastest Python web frameworks available, delivering performance on par with NodeJS and Go applications [67, 68]. This is essential for minimizing latency in the real-time chat interface.
- **Data Validation and Serialization:** FastAPI uses Pydantic type hints to enforce rigorous data validation for all incoming and outgoing API requests. This not only reduces the likelihood of data-related bugs but also automatically serializes data to and from JSON, streamlining the development process.
- **Automatic Interactive Documentation:** The framework automatically generates interactive API documentation (via Swagger UI and ReDoc) based on the Pydantic models. This creates a reliable, always-up-to-date contract for the frontend team and simplifies the testing and debugging process.

The backend exposes a RESTful API for all communication with the frontend service. The design follows standard REST principles, using conventional HTTP methods to perform operations on resources. A summary of key endpoints is provided in Table 3.1.



Table 3.1. Key Endpoints of the Backend REST API.

Method	Endpoint	Description
POST	/api/chat/message	Submits a user message for processing by the agentic core.
GET	/api/insights/latest	Fetches the latest strategic report from the Insights Agent.
POST	/api/appointments	Creates a new appointment with a counselor via the SDA.
GET	/api/admin/cases	Retrieves all flagged cases for the admin dashboard.

#### 3.4.2.2 Agent Orchestration: LangGraph

To manage the complex, cyclical, and stateful interactions between the four agents, the framework employs **LangGraph**. LangGraph extends the linear "chain" paradigm of LangChain by modeling agentic workflows as a state graph, which is essential for building robust multi-agent systems [51,57].

The core of the orchestration is a central **State Graph**, where the application's state is explicitly defined and passed between nodes. This state object, implemented as a Pydantic class, contains all relevant information for a given workflow, such as the full `conversation_history`, the `current_risk_level` as determined by the STA, and the `active_case_id`.

The workflow is structured as follows:

- **Nodes:** Each of the four agents (STA, SCA, SDA, IA) and their associated tools are implemented as nodes in the graph. A node is a function that receives the current state, performs its task (e.g., makes an LLM call, queries the database), and returns a dictionary of updates to be merged back into the state.
- **Edges:** The flow of control between nodes is managed by edges. Crucially, the framework uses **conditional edges** to implement the agentic logic. After a node executes, a routing function inspects the updated state to decide which node to call next. For example, after the STA node classifies a message, a conditional edge checks the `current_risk_level` in the state. If the level is 'CRITICAL', the edge routes the workflow to the SDA node to create a case; otherwise, it routes to the SCA node to continue the conversation. This structure is visualized in Figure 3.6.

This stateful, cyclical approach allows for sophisticated agentic behaviors, such as retrying failed tool calls, handing off tasks between agents, and maintaining a durable memory of the interaction, which are critical for the reliability and safety of the system.

#### 3.4.2.3 Asynchronous Task Scheduling

To facilitate the proactive, long-term analysis performed by the Insights Agent (IA), the framework requires a mechanism for scheduling periodic tasks. Instead of re-

### Placeholder for Diagram: LangGraph Conceptual State Graph

This diagram should illustrate the agent workflow as a state graph. It should show:

1. An entry point "User Message".
2. A node for "Safety Triage Agent (STA)".
3. A conditional branch from STA: An edge labeled "Risk: Low/Moderate" leads to the "Support Coach Agent (SCA)" node. An edge labeled "Risk: Critical" leads to the "Service Desk Agent (SDA)" node.
4. The SCA node has a loop back to itself for conversation and can also branch to the SDA node for administrative tasks like booking.
5. The SDA node connects to the "Admin Dashboard" and database.

Figure 3.6. Conceptual diagram of the LangGraph state machine, showing how conditional edges route the workflow between the STA, SCA, and SDA based on the conversation's state.

lying on an external workflow orchestration tool like n8n, a task scheduler is integrated directly into the FastAPI backend service.

For this purpose, the **APScheduler** (Advanced Python Scheduler) library is utilized. This choice was made for the following reasons:

- **Integration and Simplicity:** As a Python library, APScheduler integrates seamlessly into the FastAPI application's event loop. This avoids the operational complexity and additional infrastructure requirements of deploying and maintaining a separate workflow management service.
- **Sufficient Functionality:** For the primary requirement of running the IA's analysis on a fixed schedule (e.g., weekly), APScheduler's cron-style triggering is perfectly suited and provides a lightweight yet robust solution.

The scheduler is configured to trigger the IA's main analysis function at a predefined interval. This function then executes its NLP pipeline, generates the strategic report, and pushes the results to the database and relevant stakeholders, thus closing the strategic oversight loop of the framework without manual intervention.

#### 3.4.3 Frontend Service: The UGM-AICare Web Application

The frontend service is the primary human-computer interface for the entire framework, serving both students and administrative staff. It is engineered as a monolithic frontend application using the **Next.js** React framework. This choice was deliberate, allowing

for the development and maintenance of two distinct user experiences—the public-facing User Portal and the secure Admin Dashboard within a single, cohesive codebase. This approach simplifies dependency management and ensures a consistent design language across the platform while leveraging Next.js’s powerful features for routing and role-based access control [69, 70].

The selection of Next.js is justified by several key architectural advantages that directly support the project’s requirements:

- **Hybrid Rendering Strategies:** Next.js provides the flexibility to employ different rendering strategies on a per-page basis. For the dynamic, data-heavy Admin Dashboard, **Server-Side Rendering (SSR)** can be utilized to ensure that staff always see the most up-to-date case information and analytics. For the public-facing User Portal, a combination of SSR for dynamic content (like the user’s dashboard) and **Static Site Generation (SSG)** for informational pages ensures both data freshness and optimal performance.
- **Component-Based Architecture:** Built upon React, Next.js facilitates a modular and reusable component-based architecture. This allows for the creation of discrete UI components (e.g., the chat window, dashboard widgets, journaling entries) that can be developed, tested, and maintained in isolation, significantly improving the scalability and maintainability of the codebase.
- **Integrated API Routes:** Next.js includes a built-in capability to create API routes within the same project. While the primary business logic resides in the separate FastAPI backend, this feature is leveraged to handle server-side frontend tasks, such as proxying requests to the backend API, securely managing session tokens, and hiding sensitive API keys from the client-side browser.

The application is functionally divided into two main areas:

#### 3.4.3.1 The User Portal

This is the student-facing portion of the application, designed to be an accessible and engaging entry point to the university’s mental health resources. Its key functional components include:

- **The ‘/aika’ Conversational Interface:** A real-time chat component that serves as the primary interaction point with the Support Coach Agent (SCA) and the underlying Safety Triage Agent (STA). It is responsible for managing the state of the conversation and rendering responses from the backend.
- **Journaling System:** A private, secure feature allowing students to write and review personal journal entries, a common practice in CBT-based therapies.

- **User Dashboard:** A personalized space where students can track their progress through coaching modules and view their earned gamification rewards, including the NFT achievement badges.
- **Appointment Scheduling:** An interface that communicates with the Service Desk Agent (SDA) via the backend API to allow students to view available slots and book appointments with human counselors.

#### 3.4.3.2 The Admin Dashboard

This is a secure, authentication-protected area of the application designed for counselors and administrative staff. It functions as the central control and oversight panel for the entire agentic framework. Key features include:

- **Insights Visualization:** Renders the reports and data visualizations generated by the Insights Agent (IA), providing staff with a clear, actionable overview of student well-being trends.
- **Real-Time Case Management:** Displays alerts for conversations flagged as "critical" by the STA. It provides an interface for counselors to review the flagged conversation, manage the case status, and document actions taken, directly interacting with the workflows managed by the SDA.
- **System Configuration:** Provides an interface for administrators to configure certain parameters of the agentic system, such as the email list for IA reports or the thresholds for proactive interventions.

All dynamic data and actions within both the User Portal and the Admin Dashboard are handled through asynchronous requests to the backend REST API, ensuring a clean and complete separation between the presentation layer (frontend) and the business logic and agentic core (backend).

#### 3.4.4 Data Persistence Layer: PostgreSQL

The data persistence layer is the architectural component responsible for the storage, retrieval, and management of all long-term data within the framework. For this system, **PostgreSQL**, a powerful, open-source object-relational database system, was selected as the data persistence service. This decision was based on its robustness, feature set, and suitability for an application that handles structured, relational, and sensitive data [71, 72].

The choice of a relational database model, and PostgreSQL specifically, is justified by the following key factors:

- **Data Integrity and ACID Compliance:** The nature of the application, which involves

managing user interactions, clinical case escalations, and appointments, requires strong guarantees of data integrity. PostgreSQL's full compliance with ACID (Atomicity, Consistency, Isolation, Durability) properties ensures that all transactions are processed reliably. This is a non-negotiable requirement for a system where a missed escalation or a lost conversation log could have significant consequences.

- **Structured and Relational Data Model:** The data generated by the framework is inherently relational. There are clear, defined relationships between users, their conversation sessions, the messages within those sessions, and the clinical cases that may arise from them. A relational schema allows for the enforcement of these relationships at the database level through foreign key constraints, ensuring a consistent and logical data model.
- **Scalability and Concurrency Control:** PostgreSQL is renowned for its robust implementation of Multi-Version Concurrency Control (MVCC), which allows for high concurrency by enabling read operations to occur without blocking write operations. This is critical for the system's architecture, as the Insights Agent (IA) will perform large-scale read queries for analytics, while the real-time agents (STA, SCA, SDA) will be continuously writing new data from user interactions.
- **Extensibility and Advanced Features:** PostgreSQL supports a rich set of data types, advanced indexing capabilities, and powerful query optimization. This provides the flexibility to handle complex analytical queries from the IA efficiently and to extend the database schema in the future without requiring a migration to a different database system.

The backend service is the sole component with direct credentials to access the database. All interactions from the frontend are proxied through the backend's REST API, which enforces business logic and authorization before any database transaction is executed. This centralized access model is a critical security measure that prevents direct, unauthorized access to the data persistence layer.

The detailed logical structure of the database, including the table schemas and their relationships, will be presented in the **Database Design** section, which includes a full Entity-Relationship Diagram (ERD).

### 3.4.5 Deployment and Scalability Considerations

While the preceding sections have detailed the logical design of the framework's services, a comprehensive technical architecture must also account for the practical implementation of deploying and managing these services. For the UGM-AICare project, a pragmatic and robust deployment strategy centered on containerization within a dedicated Virtual Machine (VM) has been adopted. This approach ensures a consistent and

reproducible environment while leveraging the specific infrastructure made available for this research.

The deployment environment is a Virtual Machine generously provided through a research collaboration with **PT INA17**. The entire application stack is deployed on this single server, using **Docker** as the core technology to manage the services [73, 74]. Docker is used to package the Next.js frontend, the FastAPI backend, and the PostgreSQL database into lightweight, portable containers. This containerization strategy provides several key advantages in a single-server environment:

- **Consistency and Reproducibility:** By defining each service’s environment and dependencies within a ‘Dockerfile’, the framework eliminates environment-specific issues, guaranteeing that the application runs on the production VM exactly as it does in development.
- **Isolation:** Each service runs in its own isolated container. This is particularly crucial for preventing dependency conflicts between the Python-based backend and the Node.js-based frontend, ensuring that they can be updated and maintained independently without interfering with one another.
- **Simplified Management:** Using ‘docker-compose’, the entire multi-container application can be managed with a single configuration file, simplifying the processes of starting, stopping, and updating the services.

To manage incoming web traffic and route it to the appropriate services, **Nginx** is employed as a reverse proxy. It is installed on the host VM and configured to handle all domain-related tasks. Its responsibilities include:

- **SSL Termination:** Nginx manages the SSL certificates, terminating HTTPS connections and forwarding decrypted traffic to the appropriate internal container. This centralizes security management.
- **Request Routing:** It inspects incoming requests and routes them based on their path. For example, requests to ‘/api/\*’ are forwarded to the FastAPI backend container, while all other requests are routed to the Next.js frontend container. This allows both services to appear as if they are running on the same domain and port to the end-user.

Regarding scalability, while this single-VM deployment does not involve automated horizontal scaling like a Kubernetes cluster, it is designed with future growth in mind:

- **Vertical Scaling:** The most direct path to scaling is vertical. The resources of the Virtual Machine (CPU, RAM, storage) can be increased as the application’s user base and data load grow.
- **Container-Level Scaling:** Should the VM’s resources permit, it is possible to run

multiple instances of the most resource-intensive service—the FastAPI backend—on the same machine. Nginx can be configured to act as a load balancer, distributing incoming API requests across these multiple backend containers, thereby increasing the system’s capacity to handle concurrent users.

This deployment strategy provides a stable, secure, and maintainable foundation for the UGM-AICare prototype, while offering clear pathways for future scaling as the project evolves.

### 3.5 Database Design

The database is the foundational layer of the system’s architecture, responsible for the structured persistence and integrity of all data generated and consumed by the agentic framework. The schema is designed using a **relational model** to logically represent the relationships between the core entities of the application and to enforce strict data integrity through constraints. This design ensures that the data model can robustly support the distinct operational requirements of all four agents—from the real-time transactional needs of the STA and SDA to the large-scale analytical queries of the IA while adhering to the principles of privacy and data security. The following subsections detail the logical structure of the database, including the Entity-Relationship Diagram (ERD) and the specific schemas of the key tables.

#### 3.5.1 Entity-Relationship Diagram (ERD)

The logical schema of the database is formally represented by the Entity-Relationship Diagram (ERD) shown in Figure 3.7. This diagram provides a visual blueprint of the core entities within the system, their attributes, and the relationships that connect them. The design is normalized to reduce data redundancy and ensure logical consistency, with relationships enforced through primary and foreign key constraints.

The key entities and their relationships are as follows:

- **Core Interaction Entities:** The central entities that capture user engagement are `users`, `conversations`, and `messages`. A `user` (representing a student with an anonymized identifier) can have multiple `conversations`, and each `conversation` is composed of multiple `messages`. This one-to-many relationship structure allows for a clear and chronological record of all interactions.
- **Case Management Entities:** To support the functional requirements of the STA and SDA, the `cases` and `case_notes` entities are introduced. A `case` is directly linked to a single `conversation` in which a critical risk was detected. Each `case` can have multiple `case_notes`, which are time-stamped entries made by counselors during their review, thereby creating a formal audit trail for each escalation.

- **Administrative Entities:** The `counselors` and `appointments` entities support the administrative functions of the Service Desk Agent. A many-to-many relationship exists between `users` and `counselors` through the `appointments` table, which links a specific `user` and a `counselor` at a scheduled time.
- **Gamification Entity:** The `achievements` entity supports the gamification features of the Support Coach Agent. It links a `user` to a specific achievement they have unlocked, storing metadata such as the date earned and the blockchain transaction hash for the minted NFT.

This relational structure ensures that data is logically organized and that complex queries—from retrieving a single conversation’s history to aggregating data for the Insights Agent—can be performed efficiently and reliably.

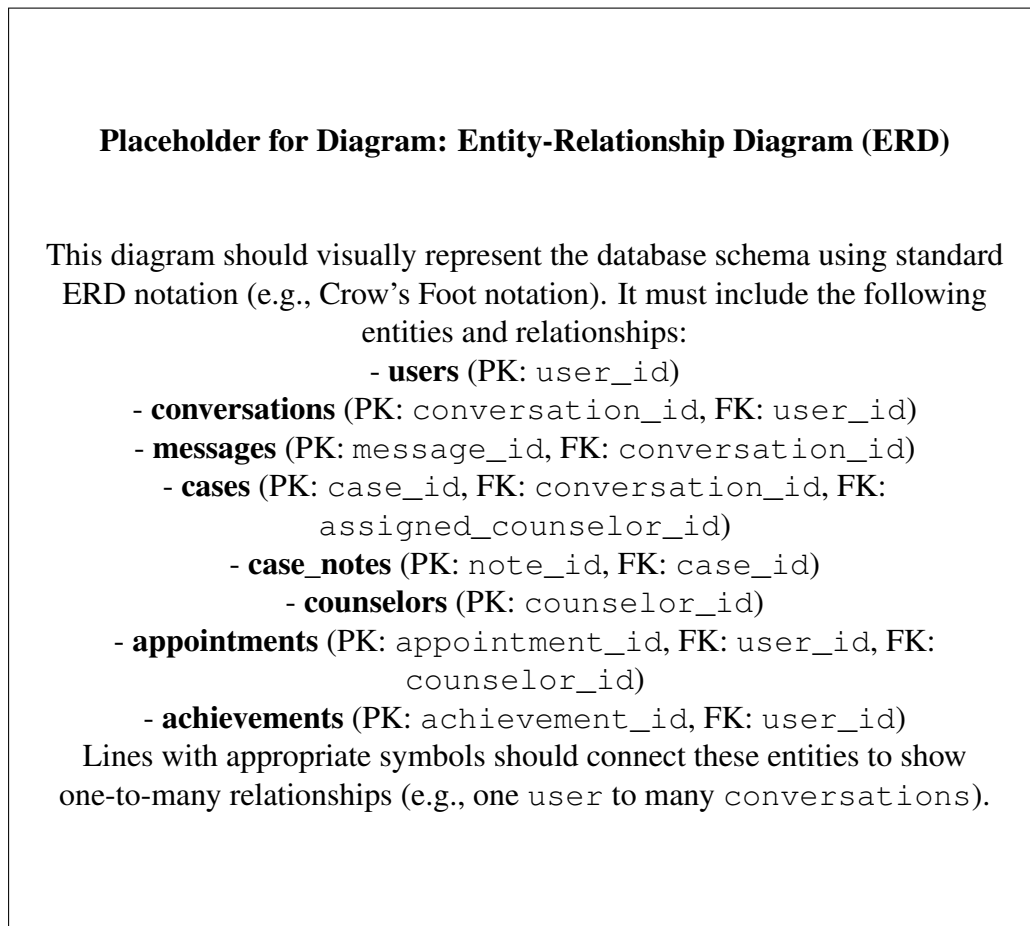


Figure 3.7. The Entity-Relationship Diagram for the UGM-AICare database, illustrating the tables and their logical relationships.

### 3.5.2 Detailed Table Schemas

This subsection provides a detailed specification for the primary tables in the database schema. For each table, the columns, their corresponding data types in PostgreSQL, and their constraints are defined. The descriptions highlight how each attribute



supports the functional requirements of the user-facing application and the four agents of the Safety Agent Suite.

### 3.5.2.1 Users Table

The `users` table serves as the central repository for student information. To adhere to the principle of Privacy by Design, this table is intentionally minimal and uses a non-identifiable primary key.

Table 3.2. Schema for

Column Name	Data Type	Constraints	Description
<code>user_id</code>	UUID	PK, NOT NULL	A universally unique identifier serving as the pr
<code>created_at</code>	TIMESTAMPTZ	NOT NULL	Timestamp indicating when the user account w

### 3.5.2.2 Conversation Logs Table

The `conversation_logs` table is one of the most critical tables in the system. It archives every message from every conversation, serving as the primary data source for the Insights Agent (IA) and providing the necessary context for the real-time agents.

Table 3.3. Schema for the `conversation`

Column Name	Data Type	Constraints	Description
<code>message_id</code>	BIGSERIAL	PK, NOT NULL	Unique identifier for each
<code>conversation_id</code>	UUID	FK (conversations), NOT NULL	Foreign key linking the m
<code>user_id</code>	UUID	FK (users), NOT NULL	Foreign key linking the m
<code>sender</code>	VARCHAR(16)	NOT NULL	Indicates the author of th
<code>message_text</code>	TEXT	NOT NULL	The raw text content of t
<code>timestamp</code>	TIMESTAMPTZ	NOT NULL	The exact time the mess
<code>sentiment_score</code>	FLOAT		A sentiment score (e.g.,
<code>topic</code>	VARCHAR(64)		An NLP-inferred topic l

### 3.5.2.3 Cases Table

The `cases` table is the core of the case management system, operated primarily by the Service Desk Agent (SDA) and monitored by human counselors. Each record represents an incident that was flagged by the Safety Triage Agent (STA).

Table 3.4. Schema for the `cases` table

Column Name	Data Type	Constraints	Description
<code>case_id</code>	UUID	PK, NOT NULL	Unique identifier
<code>conversation_id</code>	UUID	FK (conversations), NOT NULL	Foreign key linking to conversations
<code>status</code>	VARCHAR(32)	NOT NULL	The current status
<code>severity</code>	VARCHAR(32)	NOT NULL	The risk level assigned
<code>assigned_counselor_id</code>	UUID	FK (counselors)	Foreign key linking to counselors
<code>created_at</code>	TIMESTAMPTZ	NOT NULL	Timestamp for creation
<code>updated_at</code>	TIMESTAMPTZ	NOT NULL	Timestamp for last update

#### 3.5.2.4 Achievements Table

This table supports the gamification functionality driven by the Support Coach Agent (SCA), tracking the achievements unlocked by users.

Table 3.5. Schema for the `achievements` table

Column Name	Data Type	Constraints	Description
<code>achievement_id</code>	SERIAL	PK, NOT NULL	Unique identifier for the achievement
<code>user_id</code>	UUID	FK (users), NOT NULL	Foreign key linking the achievement to the user
<code>achievement_name</code>	VARCHAR(128)	NOT NULL	The name of the achievement
<code>date_earned</code>	TIMESTAMPTZ	NOT NULL	Timestamp for when the achievement was earned
<code>blockchain_tx_hash</code>	VARCHAR(256)		The transaction hash of the blockchain record

### 3.5.3 Data Integrity and Relationships

A robust database schema is defined not only by its entities and attributes but also by the rules that govern the relationships between them. In this framework, data integrity is paramount, particularly given the sensitive nature of the information being managed. The logical consistency and reliability of the data are enforced at the database level through the rigorous application of relational constraints, primarily foreign keys and referential integrity actions.

#### 3.5.3.1 Foreign Key Constraints

The primary mechanism for enforcing relationships between tables is the use of **foreign key constraints**. A foreign key in one table points to a primary key in another

table, creating a formal link that the database system actively maintains. This ensures that no orphaned records can exist; for example, a message cannot be created without being linked to a valid, existing conversation. Key relationships enforced in this schema include:

- **User to Conversations:** The `user_id` column in the `conversations` table is a foreign key that references the `users` table. This establishes a one-to-many relationship, ensuring every conversation is owned by a single, valid user.
- **Conversation to Messages:** Similarly, the `conversation_id` in the `messages` table is a foreign key referencing the `conversations` table, creating the one-to-many link that groups messages into a single session.
- **Conversation to Cases:** The `conversation_id` in the `cases` table is a foreign key to the `conversations` table. This critical link ensures that every case record is tied directly to the specific conversation in which a risk was detected, providing a clear and auditable path for counselors.
- **Case to Counselors:** The `assigned_counselor_id` in the `cases` table is a foreign key referencing the `counselors` table, ensuring that cases can only be assigned to valid staff members.

### 3.5.3.2 Referential Integrity Actions

To further ensure data consistency during deletion operations, referential integrity actions such as `ON DELETE CASCADE` are selectively employed. This rule dictates that if a parent record is deleted, all child records that reference it are also automatically deleted. For instance, the relationship between a `conversation` and its constituent `messages` is configured with a cascading delete. This means that if a conversation record is ever removed from the database (e.g., due to a data retention policy), all associated messages are automatically purged as well, preventing orphaned message records and ensuring the database remains in a consistent state. This automated management is crucial for maintaining the long-term integrity of the data persistence layer.

### 3.5.4 Schema Design for Privacy and Anonymization

A foundational principle of this framework is **Privacy by Design (PbD)**, which dictates that privacy considerations must be embedded into the core architecture from the outset, not applied as an afterthought [75, 76]. The database schema is a critical implementation of this principle, incorporating several key design patterns to protect user anonymity and minimize data exposure.

#### 3.5.4.1 User Anonymization by Default

The primary strategy for protecting user privacy is to disassociate conversational data from any real-world Personally Identifiable Information (PII). This is achieved at the schema level:

- **Non-Identifiable Primary Keys:** The `users` table's primary key, `user_id`, is a randomly generated Universally Unique Identifier (UUID). This ID is used as the sole identifier for a user across all related tables (e.g., `conversations`, `messages`, `cases`). Crucially, the database schema intentionally omits any columns that would store direct PII such as student names, university ID numbers, or email addresses.
- **Decoupling of Sensitive Data:** While the core conversational system is fully anonymized, features like appointment scheduling may require linking a user to a real-world identity. This information is handled outside of the primary analytical database. Any tables containing PII are strictly segregated and are not accessible by the analytical or conversational agents, ensuring a clear boundary between operational and analytical data.

#### 3.5.4.2 Data Minimization and Access Control

The schema is designed to support the principle of data minimization, ensuring that agents and services only have access to the information strictly necessary for their function.

- **Purpose-Driven Schema for Analytics:** The `conversation_logs` table, which is the data source for the Insights Agent (IA), is designed specifically for aggregated analysis. It contains the message text and metadata like timestamps and sentiment scores but deliberately excludes any link back to sensitive administrative data.
- **Role-Based Access at the Application Layer:** While not a schema-level feature, the backend application enforces strict access controls. The database user credentials assigned to the IA, for example, have read-only permissions and are restricted to only the anonymized `conversation_logs` table. This prevents any possibility of the analytical agent accessing clinical case notes or other sensitive information.

#### 3.5.4.3 Application-Layer PII Redaction

To further mitigate the risk of unintentional data exposure, a PII redaction process is implemented in the backend service **before** any message is written to the `conversation_logs` table. When a user sends a message, the FastAPI application performs a redaction step to identify and remove common PII patterns (e.g., email addresses, phone numbers, names). This means that the data is anonymized before it is even persisted for long-term analysis, providing an additional layer of defense and ensuring that the data processed by the

Insights Agent is fundamentally privacy-safe.

### **3.6 User Experience (UX) Design**

Effective artifact design in Design Science Research necessitates a deep understanding of the end-users' needs, goals, and contexts. Therefore, prior to designing the visual user interface, a user experience (UX) design process was undertaken to ensure the final application is not only functional but also intuitive, accessible, and aligned with the specific needs of its target users. This process was centered around the development of user personas and the formulation of key user stories, which served as foundational guides for all subsequent UI design and feature prioritization decisions [?].

#### **3.6.1 User Personas**

To empathize with the primary users of the system, two distinct personas were created. These personas are fictional, archetypal users whose characteristics, goals, and pain points represent the intended audience for the User Portal and the Admin Dashboard, respectively.

##### **3.6.1.1 Primary Persona: The Student**

- **Name:** Budi
- **Profile:** A first-year undergraduate student at UGM, living away from home for the first time. He is navigating the academic pressures of a demanding course load while also trying to build a new social life.
- **Goals:**
  - To find a private and non-judgmental space to articulate his feelings of stress and anxiety.
  - To learn practical, evidence-based coping strategies that he can apply to his daily life.
  - To feel a sense of progress and accomplishment in managing his well-being.
  - If needed, to find a way to connect with a professional counselor without a complicated or intimidating process.
- **Pain Points & Hesitations:**
  - He is worried about the stigma associated with seeking mental health support and fears that his peers or professors might find out.
  - He finds the process of booking a formal counseling session to be daunting and is unsure if his problems are "serious enough" to warrant it.

- He often feels overwhelmed late at night, when traditional support services are unavailable.

### 3.6.1.2 Secondary Persona: The University Counselor

- **Name:** Dr. Astuti
- **Profile:** The Head of Counseling Services at the university. She is an experienced clinical psychologist who is deeply committed to student well-being but is constrained by limited resources.
- **Goals:**
  - To move from a reactive, crisis-driven support model to a more proactive, preventative one.
  - To gain a better, data-driven understanding of the most pressing mental health challenges facing the student population at any given time.
  - To allocate her team's limited time and resources more effectively, focusing on students who need the most help.
  - To ensure that no student in critical distress falls through the cracks.
- **Pain Points & Hesitations:**
  - Her team is overwhelmed with a long waiting list for appointments, and she worries about students who need help but are not reaching out.
  - The data she currently has is anecdotal, making it difficult to justify requests for more resources or to design targeted, preventative workshops.
  - She spends a significant amount of time on administrative tasks rather than on clinical work.

## 3.6.2 Key User Scenarios and Stories

Derived from the user personas, a set of key user stories was formulated to guide the design of the application's features. These stories capture the desired functionalities from the user's perspective.

### 3.6.2.1 For the Student (Budi)

- **Scenario 1: Seeking Immediate Support.**
  - *As a student feeling overwhelmed after a difficult exam, I want to chat with an AI assistant that can listen to me and offer some immediate coping strategies, so that I can manage my anxiety in the moment.*

- **Scenario 2: Building Skills Over Time.**

- *As a student who wants to improve my well-being, I want to be guided through structured exercises and track my progress, so that I can feel a sense of accomplishment and see how far I've come.*

- **Scenario 3: Accessing Professional Help.**

- *As a student who has decided I need to talk to a person, I want a simple and discreet way to book an appointment with a counselor, so that I can get professional help without navigating a complex bureaucracy.*

### 3.6.2.2 For the Counselor (Dr. Astuti)

- **Scenario 1: Proactive Strategy.**

- *As the Head of Counseling, I want to receive a weekly automated report on the top mental health trends among students, so that I can plan targeted workshops and allocate my team's resources effectively.*

- **Scenario 2: Crisis Management.**

- *As a counselor, I want to receive an immediate alert on my dashboard when a student's conversation is flagged for critical risk, so that I can intervene quickly and ensure the student's safety.*

These personas and user stories form the user-centric foundation upon which the User Interface (UI), detailed in the following section, was designed.

### 3.6.3 Core Design Principles

Based on the insights gathered from the user personas and scenarios, the following core design principles were established to guide the user interface and interaction design of the UGM-AICare platform:

- **Principle 1: Privacy and Discretion First.** Every design choice must prioritize the user's sense of privacy and safety. This means avoiding stigmatizing language, ensuring private information is never displayed unnecessarily, and giving the user control over their data. This directly addresses Budi's fear of stigma.
- **Principle 2: Clarity Over Clutter.** The interfaces, especially for the student, must be simple, clean, and intuitive. When a user is in distress, they should not be burdened with a complex UI. This principle guides the design towards clear navigation and focused content.

- **Principle 3: Actionable Insights for Administrators.** The Admin Dashboard must present data in a way that is immediately understandable and actionable. It should not be a raw data dump, but a curated set of visualizations that directly supports Dr. Astuti's goal of making informed, proactive decisions.
- **Principle 4: Foster a Sense of Progress.** To encourage sustained engagement, the UI should incorporate elements that provide positive reinforcement and a clear sense of accomplishment, directly supporting Budi's desire to feel progress in his well-being journey.

### 3.7 User Interface (UI) Design

The User Interface (UI) design translates the principles and user stories from the UX research phase into a tangible, visual blueprint for the UGM-AICare application. The design of both the Admin Dashboard and the User Portal is guided by the core principles of clarity, privacy, and actionability. The following mockups represent the key screens of the application, designed to meet the specific needs of the personas—Dr. Astuti and Budi.

#### 3.7.1 The Admin Dashboard: An Interface for Proactive Oversight

The Admin Dashboard is designed for Dr. Astuti, the Head of Counseling Services. Its primary purpose is to provide actionable, at-a-glance insights and an efficient case management system, enabling a shift from reactive to proactive support.

##### 3.7.1.1 Main Analytics View

As shown in Figure 3.8, the main dashboard is the central hub for strategic oversight.

- **Design Justification:** To address Dr. Astuti's goal of gaining a data-driven understanding of student well-being, the dashboard prominently features key performance indicators (KPIs) at the top, such as "Overall Sentiment Trend" and "Active Cases." The main panel is dedicated to a time-series visualization of the "Top Trending Topics" identified by the Insights Agent (IA). This design directly supports her user story of wanting an automated report to plan targeted workshops effectively.

##### 3.7.1.2 Case Management View

When a conversation is flagged by the STA, it appears in the case management view, depicted in Figure 3.9.

- **Design Justification:** To address Dr. Astuti's pain point of being overwhelmed by administrative tasks and her goal of ensuring no student in crisis is missed, this screen



### **Placeholder for Mockup: Admin Dashboard - Main View**

This mockup should show a professional dashboard interface with:

1. A navigation bar on the left.
2. A header with "Analytics Dashboard".
3. Top-level KPI cards: "Overall Sentiment: -0.2 (Down 54. A large central chart titled "Weekly Trending Topics" showing a bar chart with topics like "Exam Stress", "Social Anxiety", etc.
5. A table on the right titled "Recent Critical Alerts" with entries for flagged conversations.

Figure 3.8. High-fidelity mockup of the Admin Dashboard's main analytics view.

is designed for efficiency. It presents a clean, sortable table of all active cases. When a case is selected, it displays the relevant (anonymized) conversation log, the severity level assigned by the STA, and clear action buttons like "Assign to Counselor" or "Mark as Resolved." This streamlines the workflow from automated detection to human intervention.

### **Placeholder for Mockup: Admin Dashboard - Case Management**

This mockup should show a two-panel layout:

1. A table on the left listing cases with columns for "Case ID", "Status", "Severity", and "Assigned To".
2. A detailed view on the right showing the selected case, including the anonymized chat transcript and a section for counselors to add notes.

Figure 3.9. Mockup of the case management interface for counselors.

### 3.7.2 The User Portal: A Private and Supportive Space

The User Portal is designed for Budi, the first-year student. The UI prioritizes simplicity, privacy, and a sense of calm, directly addressing his hesitation to seek help and his desire for a non-intimidating support tool.

#### 3.7.2.1 The 'aika' Chat Interface

The core of the student experience is the chat interface, shown in Figure 3.10.

- **Design Justification:** To align with the principle of "Clarity Over Clutter," the interface is intentionally minimalist, resembling modern messaging applications to feel familiar and intuitive. There are no distracting elements; the focus is solely on the conversation between Budi and the Support Coach Agent. This design directly supports his goal of finding a private and focused space to articulate his feelings.

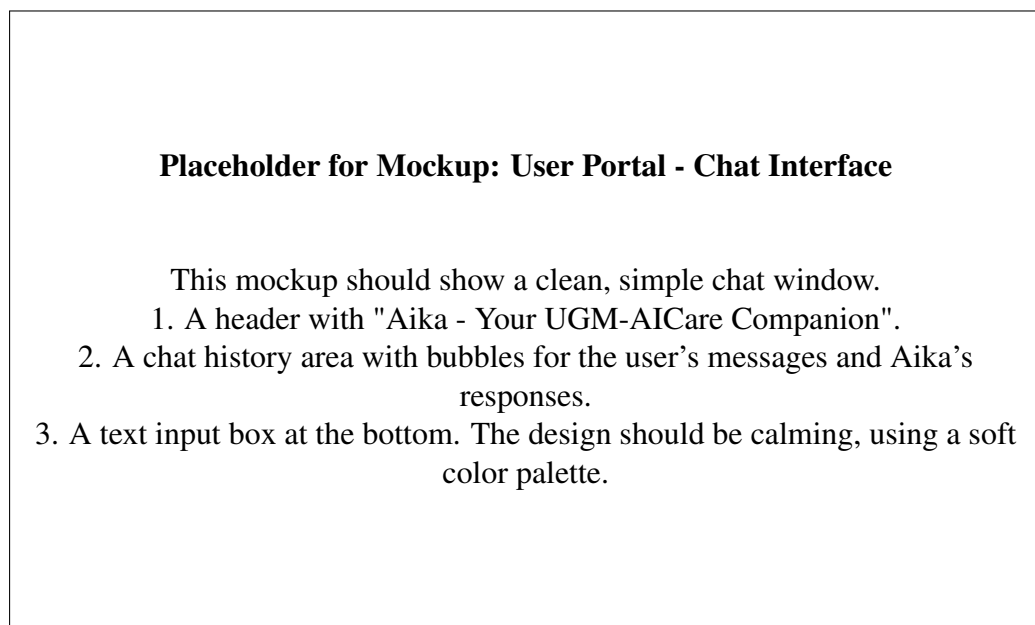


Figure 3.10. Mockup of the main conversational interface for students.

#### 3.7.2.2 The User Dashboard and Gamification

To foster engagement and a sense of progress, the user dashboard (Figure 3.11) visualizes the student's journey.

- **Design Justification:** This screen directly supports Budi's goal of feeling a sense of accomplishment. It includes a section for "My Progress" that shows completed modules and a gallery for "My Achievements" where the earned NFT badges are displayed. This visual feedback, based on the design principle of "Foster a Sense of Progress," reinforces positive behavior and encourages continued engagement with the platform's coaching features.

### Placeholder for Mockup: User Portal - Dashboard

This mockup should show a personalized dashboard for the student.

1. A welcoming message like "Welcome back, Budi!".
2. A section titled "My Progress" with a list of completed CBT modules (e.g., "Mindful Breathing - Completed").
3. A visually appealing section titled "My Achievements" displaying the icons for the earned NFT badges.
4. A clear call-to-action button: "Continue Chat with Aika".

Figure 3.11. Mockup of the student's personal dashboard, showing progress and gamification elements.

### 3.7.3 Interaction Flows and User Journeys

While the preceding sections have defined the static components of the user interface, this subsection details the dynamic, step-by-step user journeys for key scenarios. These flows illustrate how a user navigates the application to achieve a specific goal and how the different agents of the Safety Agent Suite collaborate to facilitate these interactions.

#### 3.7.3.1 Journey 1: Making an Appointment with a Counselor

This journey is designed to be as frictionless as possible, directly addressing Budi's hesitation with complex administrative processes.

1. **Initiation:** The user can initiate the process in two ways: either by navigating to an "Appointments" section in the User Portal or by expressing the intent to speak with a counselor during a chat with the Support Coach Agent (SCA).
2. **Agent Handoff:** If initiated via chat, the SCA recognizes the intent and calls a tool that invokes the Service Desk Agent (SDA).
3. **Scheduling:** The SDA's `check_calendar_availability` tool fetches available time slots from the counselors' calendars and presents them to the user in a simple interface.
4. **Confirmation:** The user selects a time slot. The SDA then calls its `book_appointment` tool, which confirms the appointment in the system and sends a confirmation notification to both the user and the assigned counselor.

### **Placeholder for Flowchart: Appointment Booking Journey**

This flowchart should illustrate the steps from initiation (either via chat or a dedicated UI) to the final confirmation, showing the roles of the SCA and SDA.

Figure 3.12. User journey for booking a counselor appointment.

#### **3.7.3.2 Journey 2: Standard Interaction with Aika (SCA)**

This flow represents the primary use case of the chat interface, where a student seeks supportive conversation.

1. **Initiation:** The user navigates to the '/aika' chat page and sends a message.
2. **Real-Time Triage:** The message is first intercepted by the Safety Triage Agent (STA), which performs an instantaneous risk assessment.
3. **Safe Handoff:** Assuming the risk is classified as "Low" or "Moderate," the message is passed to the Support Coach Agent (SCA).
4. **Conversational Loop:** The SCA generates an empathetic, context-aware response and sends it to the user. This loop (User Message -> STA -> SCA -> User Response) continues for the duration of the conversation.

#### **3.7.3.3 Journey 3: Crisis Escalation and Case Management**

This journey illustrates the system's core safety protocol.

1. **Detection:** During a standard conversation, the user sends a message that the STA classifies as "Critical."
2. **Automated Escalation:** The STA immediately interrupts the normal flow. It invokes a tool that:
  - Displays pre-defined emergency resources to the user.
  - Sends a high-priority alert to the Admin Dashboard.
  - Instructs the Service Desk Agent (SDA) to create a new case, linking it to the conversation.
3. **Human Intervention:** A counselor (Dr. Astuti) sees the alert on the dashboard,

reviews the case created by the SDA, and assigns it to a staff member for immediate follow-up. The counselor uses the case management interface to document all actions taken.

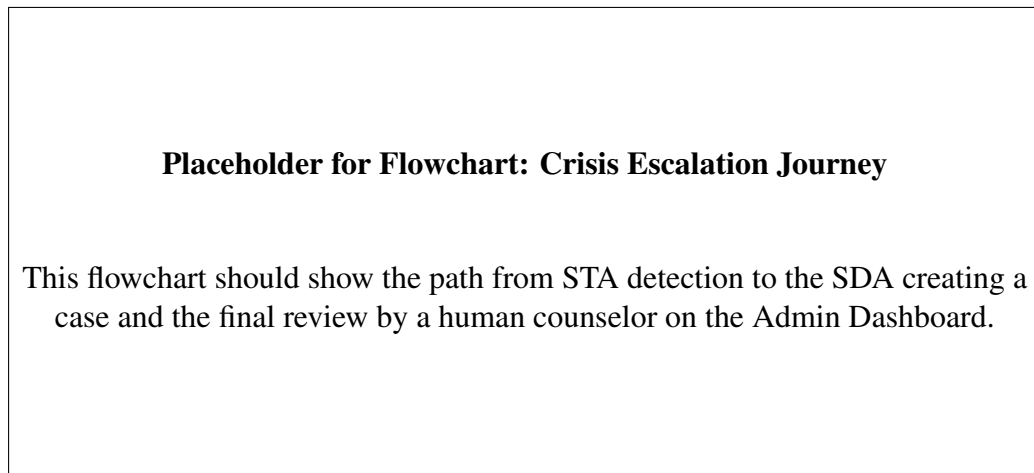


Figure 3.13. The user and system journey during a critical risk escalation.

#### 3.7.3.4 Journey 4: Administrator Reviewing Weekly Insights

This flow describes how an administrator like Dr. Astuti uses the system for strategic planning.

1. **Automated Analysis:** On its pre-defined schedule (e.g., Sunday at midnight), the Insights Agent (IA) is triggered.
2. **Report Generation:** The IA queries the anonymized database, performs its analysis, and generates a new strategic report.
3. **Notification and Access:** The IA sends an email notification to Dr. Astuti and pushes the new report to the Admin Dashboard.
4. **Review:** Dr. Astuti logs into the dashboard, navigates to the analytics view, and reviews the latest trends to inform her weekly planning.

#### 3.7.3.5 Journey 5: Proactive Outreach by the SCA

This journey demonstrates the system's proactive capabilities, closing the loop from insight to intervention.

1. **Configuration:** Based on the IA's report showing a spike in "exam stress," Dr. Astuti configures a proactive outreach campaign from the Admin Dashboard. She targets all active users and selects a pre-defined message offering a time management module.
2. **Agent Action:** The system tasks the Support Coach Agent (SCA) to act.

3. **User Contact:** The next time a targeted student (Budi) logs into the platform, the SCA initiates the conversation with the configured message, such as, "Hi Budi, with exams coming up, many students are feeling stressed. Would you like to try a quick module on effective study habits?"

#### 3.7.3.6 Journey 6: Contextual Module Suggestion

This flow shows how the SCA provides relevant support within a natural conversation.

1. **Conversation Context:** During a chat, a student (Budi) expresses feelings of anxiety and worry about an upcoming presentation.
2. **Intent Recognition:** The SCA, using the reasoning power of the Gemini API, recognizes this as an opportunity to offer a specific, helpful tool.
3. **Module Suggestion:** The SCA responds empathetically and then suggests a relevant intervention. For example: "It sounds like that presentation is causing a lot of anxiety. I have a guided breathing exercise that many students find helpful for calming their nerves in moments like this. Would you like to try it?"
4. **Module Delivery:** If the user agrees, the SCA invokes its `retrieve_cbt_module` tool and presents the exercise directly within the chat interface.

### 3.8 Security and Privacy by Design

Given the profoundly sensitive nature of mental health data, the design and implementation of the UGM-AICare framework are fundamentally guided by the principles of **Privacy by Design (PbD)**. As established in the theoretical background, PbD dictates that privacy and security must be the default, embedded proactively into the system's architecture from the very beginning, rather than being treated as subsequent additions [?]. This section details the specific technical and procedural mechanisms implemented to ensure the confidentiality, integrity, and ethical use of user data.

#### 3.8.1 Data Anonymization and Minimization

The cornerstone of the framework's privacy strategy is a multi-layered approach to data anonymization, ensuring that the data used for analytics is irrevocably decoupled from any real-world user identity.

##### 3.8.1.1 Application-Layer PII Redaction Pipeline

To prevent the accidental storage of Personally Identifiable Information (PII), a redaction pipeline is executed within the FastAPI backend for every message received

from a user \*before\* it is written to the `conversation_logs` table. This automated process involves:

1. **Pattern Matching:** The system uses regular expressions to identify and remove common PII patterns, such as email addresses, phone numbers, and student ID numbers.
2. **Named Entity Recognition (NER):** A lightweight NLP model is used to identify and redact proper nouns that are likely to be names of people or specific locations.

This proactive redaction ensures that the data persisted for long-term storage and analysis is anonymized by default.

### 3.8.1.2 Anonymized User Identifiers

As detailed in the database design, the system never stores a user's real name, email, or university ID. Each user is assigned a randomly generated Universally Unique Identifier (UUID) upon their first interaction, which serves as their primary key throughout the database. This ensures that even within the system, a user's activity is linked to a pseudonym, not a real identity.

### 3.8.2 Architectural Security Measures

Beyond anonymization, the framework implements standard, industry-best-practice security measures to protect the integrity and confidentiality of the entire system.

- **Role-Based Access Control (RBAC):** Access to the Admin Dashboard is strictly controlled by an RBAC mechanism. Only authenticated and authorized university staff with an 'ADMIN' role may have access to configure the system and view flagged cases.
- **Secure Communication (HTTPS/TLS):** All communication between the user's browser, the Next.js frontend, and the FastAPI backend occurs exclusively over HTTPS, with traffic encrypted using Transport Layer Security (TLS). This prevents eavesdropping and man-in-the-middle attacks, ensuring that all data is confidential while in transit.
- **Data Encryption at Rest:** The PostgreSQL database is configured to encrypt all data at rest. This means that even if an unauthorized party were to gain access to the physical storage on the server, the database files would be unreadable without the encryption keys.
- **Secure Deployment Environment:** The entire application stack is deployed within a secure Virtual Machine provided by PT INA17, protected by firewalls and managed access controls. The Nginx reverse proxy is configured with up-to-date security headers to protect against common web vulnerabilities like cross-site scripting (XSS) and clickjacking.

### 3.8.3 Ethical Safeguards and Human Oversight

Technology alone is insufficient to guarantee ethical operation. Therefore, the system is designed with procedural safeguards that ensure human oversight for all critical functions.

- **Human-in-the-Loop for Safety:** The framework is explicitly designed to be a tool that assists, but does not replace, human counselors. Every critical risk escalation from the Safety Triage Agent (STA) creates a case that requires mandatory review and action by a qualified human professional. The system automates the detection and reporting, but the final clinical judgment and intervention remain firmly in human hands.
- **Purpose Limitation:** The data collected through the chat interface is used for the sole and explicit purposes of providing in-the-moment support, managing clinical escalations, and generating anonymized, aggregated statistics for improving the university's support services. The data is not used for any other purpose, such as academic assessment or disciplinary action. This principle is enforced through the technical separation of the anonymized analytical data from any administrative records.

## 3.9 Ethical Considerations and Research Limitations

The development of an AI-driven framework for mental health support necessitates a thorough examination of the ethical implications and a transparent acknowledgment of the research's limitations. This section addresses these considerations, framing the ethical design choices and defining the boundaries of the study's findings.

### 3.9.1 Ethical Considerations

The design of the Safety Agent Suite is grounded in the university's fundamental duty of care to its students. The following ethical principles were central to the framework's architecture.

- **Informed Consent and Transparency:** A core ethical requirement is that users must be explicitly informed that they are interacting with an AI system. The user interface must clearly state that "Aika" is an AI assistant and provide a link to a privacy policy that explains in simple terms how their data is anonymized and used for aggregated statistical analysis. Users must provide explicit consent to these terms before beginning their first interaction.
- **The Risk of AI Misinterpretation:** While Large Language Models are powerful, they are not infallible and can misinterpret the nuances of human emotion and language. The most significant ethical risk is the failure to detect a genuine crisis (a false negative). The architecture mitigates this risk through the **human-in-the-loop** design of



the Safety Triage Agent (STA). Every automated escalation is treated as a high-priority alert that requires mandatory review and follow-up by a qualified human counselor, ensuring that the final judgment on safety-critical situations is never left to the machine alone.

- **AI as a Support Tool, Not a Replacement for Therapy:** It is ethically imperative to clearly define the system's role. The UGM-AICare framework is designed as a sub-clinical, supportive tool and a bridge to professional care, not as a substitute for it. The Support Coach Agent (SCA) is programmed to state this boundary clearly and to encourage users to seek professional help for serious or persistent issues, using the Service Desk Agent (SDA) to facilitate the booking process.
- **Data Privacy and Purpose Limitation:** As detailed in the Security and Privacy by Design section, the system is architected to protect user anonymity. Furthermore, the principle of purpose limitation is strictly enforced. The data collected is used only for the explicit purposes of providing in-the-moment support and generating aggregated, anonymized insights to improve the university's services. It is never used for academic assessment, disciplinary action, or any other purpose outside its stated mission.

### 3.9.2 Research Limitations

This study, as a work of Design Science Research focused on the creation and evaluation of a novel artifact, is subject to several important limitations that define the scope of its conclusions.

- **Methodological Limitation: Evaluation of a Prototype:** The evaluation of this framework, as will be detailed in Chapter 4, is based on the functional testing of a proof-of-concept prototype against predefined scenarios. This thesis validates the \*technical feasibility\* of the agentic workflows and the \*architectural integrity\* of the design. However, it is not a clinical trial and does not measure the long-term psychological impact or therapeutic efficacy of the system on actual students. Such claims would require a separate, longitudinal study with appropriate clinical oversight.
- **Technical Limitation: Inherent Risks of LLMs:** The framework relies on the Google Gemini 2.5 API. Like all LLMs, it is subject to inherent limitations. These include the potential for the model to reflect biases present in its vast training data and the possibility of generating factually incorrect or nonsensical responses ("hallucinations"). While the system's use of structured tools and prompts is designed to mitigate these risks, they cannot be eliminated entirely.
- **Data Limitation: Use of Simulated Data:** The evaluation of the Insights Agent (IA) will be conducted using anonymized, pre-existing chat logs or simulated data. While this is necessary to protect user privacy during the development phase, it means that

the agent's performance has not been validated on the specific linguistic patterns and diversity of a live, campus-wide user base. The effectiveness of the topic modeling and sentiment analysis in a real-world context would require further validation post-deployment.

## **CHAPTER IV**

### **HASIL DAN PEMBAHASAN**

Berikut ini adalah yang perlu diperhatikan untuk mengisi bab hasil dan pembahasan:

1. Setiap rumusan masalah boleh memiliki lebih dari 1 tujuan.
2. Setiap subbab harus spesifik menjawab setiap tujuan yang dituliskan.
3. Setiap rumusan masalah boleh dijawab dengan 1 subbab atau lebih.

Berikut ini adalah contoh sub bab untuk menjelaskan tujuan penelitian.

#### **4.1 Pembahasan Tujuan 1 dengan Hasil Penelitian 1 (Ubah Judul Sesuai dengan Hal yang Hendak dibahas)**

Sub bab pertama adalah membahas tujuan penelitian pertama dengan hasil penelitian ke-1. Dapat ditambahkan beberapa sub bab jika diperlukan.

#### **4.2 Pembahasan Tujuan 1 dengan Hasil Penelitian 2 (Ubah Judul Sesuai dengan Hal yang Hendak dibahas)**

Sub bab kedua adalah membahas tujuan penelitian pertama dengan hasil penelitian ke-2. Sub bab ini merupakan contoh tambahan sub bab pertama.

#### **4.3 Pembahasan Tujuan 2 dengan Hasil Penelitian 3 (Ubah Judul Sesuai dengan Hal yang Hendak dibahas)**

Sub bab ketiga adalah membahas tujuan penelitian kedua. Dapat ditambahkan beberapa sub bab jika diperlukan.

#### **4.4 Perbandingan Hasil Penelitian dengan Hasil Terdahulu**

Pembahasan penutup dapat menjelaskan mengenai kelebihan hasil pengembangan / penelitian dan kekurangan dibandingkan dengan skripsi atau penelitian terdahulu atau perbandingan terhadap produk lain yang ada di pasaran. Penulis dapat menggunakan tabel untuk membandingkan secara gamblang dan menjelaskannya.

## **CHAPTER V**

### **TAMBAHAN (OPSIONAL)**

Anda boleh menambahkan Bab jika diperlukan. Jumlah Bab tidak harus sesuai dengan *template*.

Bab tambahan ini diperlukan jika hasil penelitian untuk menjawab tujuan cukup panjang atau terdiri dari banyak sub bab. Mahasiswa boleh menjawab 1 tujuan penelitian dengan 1 bab.

## **CHAPTER VI**

### **KESIMPULAN DAN SARAN**

#### **6.1 Kesimpulan**

Kesimpulan dapat diawali dengan apa yang dilakukan dengan tugas akhir ini lalu dilanjutkan dengan poin-poin yang menjawab tujuan penelitian, apakah tujuan sudah tercapai atau belum, tentunya berdasarkan data ataupun hasil dari Bab pembahasan sebelumnya. Dalam beberapa hal, kesimpulan dapat juga berisi tentang temuan/*findings* yang Anda dapatkan setelah melakukan pengamatan dan atau analisis terhadap hasil penelitian.

Kesimpulan menjawab seberapa jauh rumusan masalah tercapai berdasarkan hasil penelitian. Semua rumusan masalah harus disimpulkan berdasarkan data penelitian.

#### **6.2 Saran**

Saran berisi hal-hal yang bisa dilanjutkan dari penelitian atau skripsi ini, yang belum dilakukan karena batasan permasalahan. Saran bukan berisi saran kepada sistem atau pengguna, tetapi saran diberikan kepada aspek penelitian yang dapat dikembangkan dan ditambahkan di penelitian atau skripsi selanjutnya.

**Catatan: Mahasiswa perlu melihat sinkronisasi antara rumusan masalah, tujuan, metode, hasil penelitian, dan kesimpulan.**

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Catatan: Daftar pustaka adalah apa yang dirujuk atau disitasi, bukan apa yang telah dibaca, jika tidak ada dalam sitasi maka tidak perlu dituliskan dalam daftar pustaka.

# LAMPIRAN

## L.1 Isi Lampiran

Lampiran bersifat opsional bergantung hasil kesepakatan dengan pembimbing dapat berupa:

1. Bukti pelaksanaan Kuesioner seperti pertanyaan kuesioner, resume jawaban responden, dan dokumentasi kuesioner.
2. Spesifikasi Aplikasi atau Sistem yang dikembangkan meliputi spesifikasi teknis aplikasi, tautan unduh aplikasi, manual penggunaan aplikasi, hingga screenshot aplikasi.
3. Cuplikan kode yang sekiranya penting dan ditambahkan.
4. Tabel yang terlalu panjang yang masih diperlukan tetapi tidak memungkinkan untuk ditayangkan di bagian utama skripsi.
5. Gambar-gambar pendukung yang tidak terlalu penting untuk ditampilkan di bagian utama. Akan tetapi, mendukung argumentasi/pengamatan/analisis.
6. Penurunan rumus-rumus atau pembuktian suatu teorema yang terlalu panjang dan terlalu teknis sehingga Anda berasumsi bahwa pembaca biasa tidak akan menelaah lebih lanjut. Hal ini digunakan untuk memberikan kesempatan bagi pembaca tingkat lanjut untuk melihat proses penurunan rumus-rumus ini.

## LAMPIRAN

### L.2 Panduan Latex

#### L.2.1 Syntax Dasar

##### L.2.1.1 Penggunaan Sitasi

Contoh penggunaan sitasi [77, 78] [79] [80] [81] [82, 83]

##### L.2.1.2 Penulisan Gambar

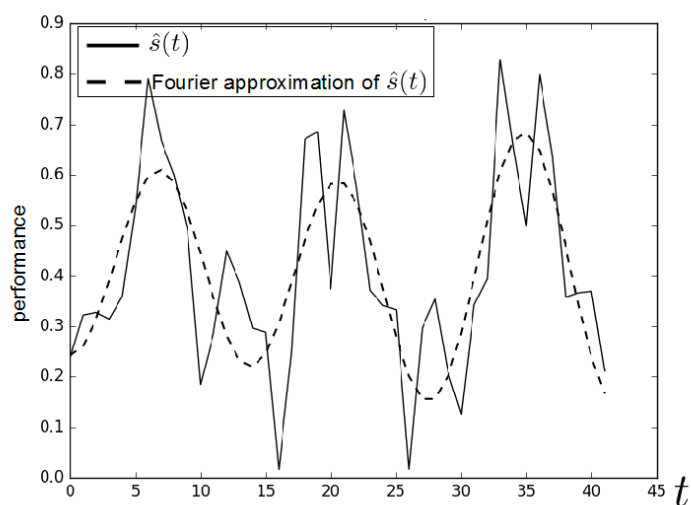


Figure 14. Contoh gambar.

Contoh gambar terlihat pada Gambar 14. Gambar diambil dari [83].

##### L.2.1.3 Penulisan Tabel

Table 1. Tabel ini

ID	Tinggi Badan (cm)	Berat Badan (kg)
A23	173	62
A25	185	78
A10	162	70

Contoh penulisan tabel bisa dilihat pada Tabel 1.

##### L.2.1.4 Penulisan formula

Contoh penulisan formula

$$L_{\psi_z} = \{t_i \mid v_z(t_i) \leq \psi_z\} \quad (1)$$

Contoh penulisan secara *inline*:  $PV = nRT$ . Untuk kasus-kasus tertentu, kita membutuhkan perintah "mathit" dalam penulisan formula untuk menghindari adanya jeda saat penulisan formula.

Contoh formula **tanpa** menggunakan "mathit":  $PVA = RTD$

Contoh formula **dengan** menggunakan "mathit":  $PVA = RTD$

### L.2.1.5 Contoh list

Berikut contoh penggunaan list

1. First item
2. Second item
3. Third item

## L.2.2 Blok Beda Halaman

### L.2.2.1 Membuat algoritma terpisah

Untuk membuat algoritma terpisah seperti pada contoh berikut, kita dapat memanfaatkan perintah *algstore* dan *algrestore* yang terdapat pada paket *algcompatible*. Pada dasarnya, kita membuat dua blok algoritma dimana blok pertama kita simpan menggunakan *algstore* dan kemudian di-restore menggunakan *algrestore* pada algoritma kedua. Perintah tersebut dimaksudkan agar terdapat kesinamungan antara kedua blok yang sejatinya adalah satu blok.

---

#### Algorithm 1 Contoh algorima

---

```
1: procedure CREATESET( $v$ )  
2:   Create new set containing  $v$   
3: end procedure
```

---

Pada blok algoritma kedua, tidak perlu ditambahkan caption dan label, karena sudah menjadi satu bagian dalam blok pertama. Pembagian algoritma menjadi dua bagian ini berguna jika kita ingin menjelaskan bagian-bagian dari sebuah algoritma, maupun untuk memisah algoritma panjang dalam beberapa halaman.

---

```
4: procedure CONCATSET( $v$ )  
5:   Create new set containing  $v$   
6: end procedure
```

---

### L.2.2.2 Membuat tabel terpisah

Untuk membuat tabel panjang yang melebihi satu halaman, kita dapat mengganti kombinasi *table* + *tabular* menjadi *longtable* dengan contoh sebagai berikut.



Table 2. Contoh tabel panjang

header 1	header 2
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar
foo	bar

### L.2.2.3 Menulis formula terpisah halaman

Terkadang kita butuh untuk menuliskan rangkaian formula dalam jumlah besar sehingga melewati batas satu halaman. Solusi yang digunakan bisa saja dengan memindahkan satu blok formula tersebut pada halaman yang baru atau memisah rangkaian formula menjadi dua bagian untuk masing-masing halaman. Cara yang pertama mungkin akan menghasilkan alur yang berbeda karena ruang kosong pada halaman pertama akan diisi oleh teks selanjutnya. Sehingga di sini kita dapat memanfaatkan *align* yang sudah diatur dengan mode *allowdisplaybreaks*. Penggunaan *align* ini memungkinkan satu rangkaian formula terpisah berbeda halaman.

Contoh sederhana dapat digambarkan sebagai berikut.

$$\begin{aligned}
 x &= y^2 \\
 x &= y^3 \\
 a + b &= c \\
 x &= y - 2 \\
 a + b &= d + e \\
 x^2 + 3 &= y \\
 a(x) &= 2x
 \end{aligned}
 \tag{2}$$

$$b_i = 5x$$

$$10x^2 = 9x$$

$$2x^2 + 3x + 2 = 0$$

$$5x - 2 = 0$$

$$d = \log x$$

$$y = \sin x$$

## LAMPIRAN

### L.3 Format Penulisan Referensi

Penulisan referensi mengikuti aturan standar yang sudah ditentukan. Untuk internasionalisasi DTETI, maka penulisan referensi akan mengikuti standar yang ditetapkan oleh IEEE (*International Electronics and Electrical Engineers*). Aturan penulisan ini bisa diunduh di <http://www.ieee.org/documents/ieeecitationref.pdf>. Gunakan Mendeley sebagai *reference manager* dan *export* data ke format Bibtex untuk digunakan di Latex.

Berikut ini adalah sampel penulisan dalam format IEEE:

#### L.3.1 Book

##### Basic Format:

- [1] J. K. Author, "Title of chapter in the book," in Title of His Published Book, xth ed. City of Publisher, Country: Abbrev. of Publisher, year, ch. x, sec. x, pp. xxx-xxx.

##### Examples:

- [1] B. Klaus and P. Horn, Robot Vision. Cambridge, MA: MIT Press, 1986.
- [2] L. Stein, "Random patterns," in Computers and You, J. S. Brake, Ed. New York: Wiley, 1994, pp. 55-70.
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Polymers of Hexadromicon, J. Peters, Ed., 2nd ed. New York: McGraw-Hill, 1964, pp. 15-64.

### **L.3.2 Handbook**

#### **Basic Format:**

- [1] Name of Manual/Handbook, x ed., Abbrev. Name of Co., City of Co., Abbrev. State, year, pp. xx-xx.

#### **Examples:**

- [1] Transmission Systems for Communications, 3rd ed., Western Electric Co., Winston Salem, NC, 1985, pp. 44-60.
- [2] Motorola Semiconductor Data Manual, Motorola Semiconductor Products Inc., Phoenix, AZ, 1989.
- [3] RCA Receiving Tube Manual, Radio Corp. of America, Electronic Components and Devices, Harrison, NJ, Tech. Ser. RC-23, 1992.

### **Conference/Prosiding**

#### **Basic Format:**

- [1] J. K. Author, "Title of paper," in Unabbreviated Name of Conf., City of Conf., Abbrev. State (if given), year, pp.xxx-xxx.

#### **Examples:**

- [1] J. K. Author [two authors: J. K. Author and A. N. Writer ] [three or more authors: J. K. Author et al.], "Title of Article," in [Title of Conf. Record as ], [copyright year] © [IEEE or applicable copyright holder of the Conference Record]. doi: [DOI number]

### **Sumber Online/Internet**

#### **Basic Format:**

- [1] J. K. Author. (year, month day). Title (edition) [Type of medium]. Available: [http://www.\(URL\)](http://www.(URL))

#### **Examples:**

- [1] J. Jones. (1991, May 10). Networks (2nd ed.) [Online]. Available: <http://www.atm.com>

### **Skripsi, Tesis dan Disertasi**

#### **Basic Format:**

- [1] J. K. Author, "Title of thesis," M.S. thesis, Abbrev. Dept., Abbrev. Univ., City of Univ., Abbrev. State, year.

[2] J. K. Author, "Title of dissertation," Ph.D. dissertation, Abbrev. Dept., Abbrev. Univ., City of Univ., Abbrev. State, year.

**Examples:**

[1] J. O. Williams, "Narrow-band analyzer," Ph.D. dissertation, Dept. Elect. Eng., Harvard Univ., Cambridge, MA, 1993. [2] N. Kawasaki, "Parametric study of thermal and chemical nonequilibrium nozzle flow," M.S. thesis, Dept. Electron. Eng., Osaka Univ., Osaka, Japan, 1993

## LAMPIRAN

### L.4 Contoh Source Code

#### L.4.1 Sample algorithm

---

**Algorithm 2** Kruskal's Algorithm

---

```
1: procedure MAKESET( $v$ )
2:   Create new set containing  $v$ 
3: end procedure
4:
5: function FINDSET( $v$ )
6:   return a set containing  $v$ 
7: end function
8:
9: procedure UNION( $u, v$ )
10:  Unites the set that contain  $u$  and  $v$  into a new set
11: end procedure
12:
13: function KRUSKAL( $V, E, w$ )
14:   $A \leftarrow \{\}$ 
15:  for each vertex  $v$  in  $V$  do
16:    MakeSet( $v$ )
17:  end for
18:  Arrange  $E$  in increasing costs, ordered by  $w$ 
19:  for each  $(u, v)$  taken from the sorted list do
20:    if FindSet( $u$ )  $\neq$  FindSet( $v$ ) then
21:       $A \leftarrow A \cup \{(u, v)\}$ 
22:      Union( $u, v$ )
23:    end if
24:  end for
25:  return  $A$ 
26: end function
```

---

### L.4.2 Sample Python code

```
1 import numpy as np
2
3 def incmatrix (genl1 , genl2):
4     m = len (genl1)
5     n = len (genl2)
6     M = None #to become the incidence matrix
7     VT = np.zeros ((n*m,1) , int) #dummy variable
8
9     #compute the bitwise xor matrix
10    M1 = bitxormatrix (genl1)
11    M2 = np.triu (bitxormatrix (genl2) ,1)
12
13    for i in range (m-1):
14        for j in range (i+1, m):
15            [r,c] = np.where (M2 == M1[i,j])
16            for k in range (len (r)):
17                VT[(i)*n + r[k]] = 1;
18                VT[(i)*n + c[k]] = 1;
19                VT[(j)*n + r[k]] = 1;
20                VT[(j)*n + c[k]] = 1;
21
22    if M is None:
23        M = np.copy (VT)
24    else:
25        M = np.concatenate ((M, VT) , 1)
26
27    VT = np.zeros ((n*m,1) , int)
28
29    return M
```



### L.4.3 Sample Matlab code

```
1 function X = BitXorMatrix(A,B)
2 %function to compute the sum without charge of two vectors
3
4 %convert elements into unsigned integers
5 A = uint8(A);
6 B = uint8(B);
7
8 m1 = length(A);
9 m2 = length(B);
10 X = uint8(zeros(m1, m2));
11 for n1=1:m1
12     for n2=1:m2
13         X(n1, n2) = bitxor(A(n1), B(n2));
14     end
15 end
```