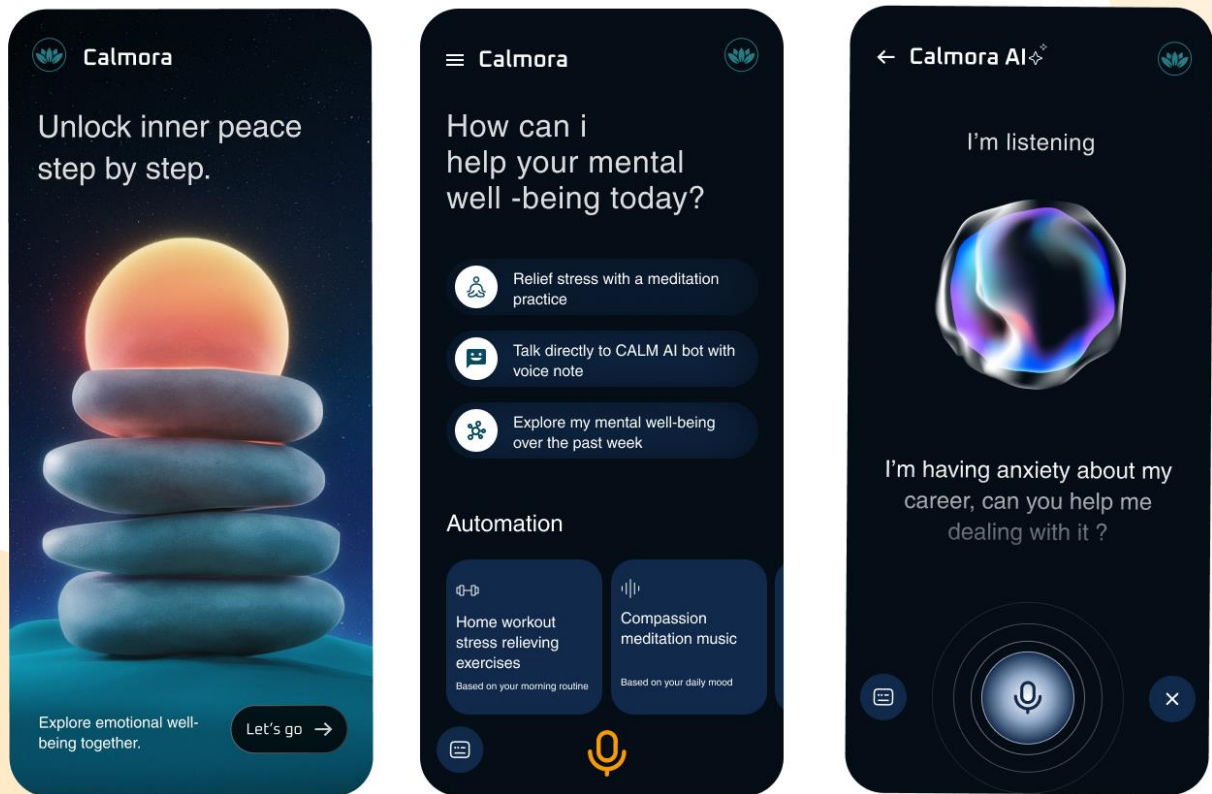


7. Chatbot (Demo Mode) Page



Page Name: Chatbot (Demo Mode)

Elements on the Page:

Header Section:

1. **Title:**
 - "Experience the Calmora Chatbot"
2. **Description:**
 - "Discover how our AI-powered chatbot helps with mental well-being."

Main Content Area:

1. **Chat Window:**
 - **Input Field:**
 - Placeholder: "Type your message here..."
 - **Send Button:**
 - Icon: Send arrow icon.
 - Action: Sends the typed message for AI response.
 - **Chat Display Area:**
 - Displays a back-and-forth conversation between the user and the chatbot.
 - Sample responses:
 - "Hello! How are you feeling today?"
 - "Based on your mood, here are a few tips to stay calm."
 - **Static Recommendations:**
 - Generic responses suggesting services like:
 - "Try our Mood Diary to log your emotions."
 - "Explore Guided Workouts for relaxation."
2. **CTA Button:**

- Text: *"Sign Up to Unlock Full Features"*
 - Action: Redirects to the Login/Signup page.
-

Footer Section:

- Links:
 - Home | Services | About | Login/Signup.
 - Note: *"This is a demo. Log in for a personalized experience."*
-

Content of the Page:

- **Welcome Message:**
 - Chatbot: *"Hi! I'm your Calmora assistant. Let's take a step towards mental well-being together."*
 - **Sample Chat Examples:**
 - User: *"I feel stressed."*
 - Chatbot: *"Stress is tough. Would you like to try breathing exercises or guided meditation?"*
-

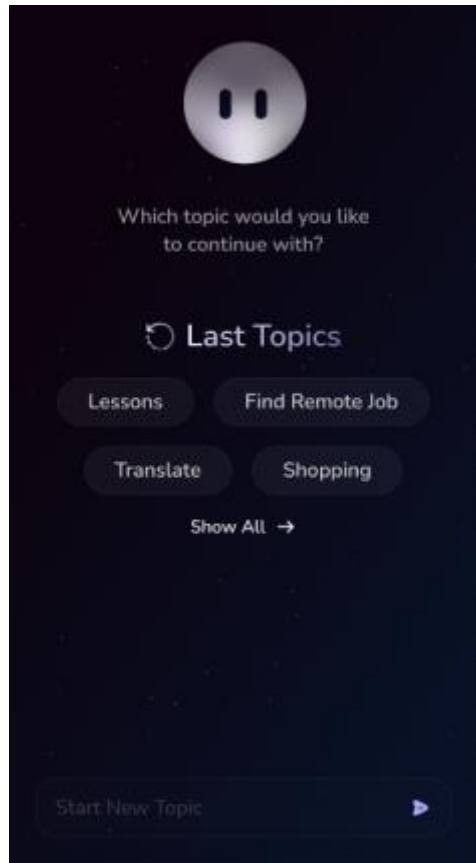
Data Flow:

1. **Input Handling:**
 - User inputs text into the chat window.
 - Input is processed and stored in a temporary session (demo-only mode).
 2. **AI Response:**
 - The AI generates a response based on pre-loaded generic patterns (no user-specific data is analyzed in demo mode).
 3. **Recommendations:**
 - Links to services are displayed based on user inputs.
-

Control Flow:

1. **Before Interaction:**
 - Static text and chatbot interface are loaded.
 - User can type messages to the chatbot.
 2. **During Interaction:**
 - User sends input.
 - Chatbot processes the input and responds based on pre-defined logic.
 - Responses include links or CTAs directing the user to sign up for full functionality.
 3. **After Interaction:**
 - If the user clicks on a CTA or service link, they are redirected to the Login/Signup page.
-

Chat-Bot:



Chatbot Design Overview

General Interface Design

- The chatbot interface has suggestion cards/buttons representing common actions/topics users might want to explore.
- Before starting a conversation, the bot presents **suggestion cards** based on the user's state (before login or after login).

Before Login Chatbot Behaviour

Card Suggestions

1. **Understand Emotions** (self-assessment)
2. **Explore Relaxation Tools** (meditation/music therapy)
3. **Chat with Us** (general information)
4. **Discover Services** (service overview)
5. **Take Assessments** (guided self-assessment)
6. **If u have any better cards ideas add them instead of this** 😊

Bot Responses

1. If the user chooses **Understand Emotions**:
 - Bot: *"I can help you understand your current mental state better. Try our quick self-assessment. Please login to save your results and get insights!"*
 - Suggestion: A **Login** button is displayed for the user.
2. If the user chooses **Explore Relaxation Tools**:
 - Bot: *"We have guided meditation and music therapy to help you relax. Please log in to unlock personalized recommendations!"*
 - Suggestion: A **Login** button is displayed.
3. If the user chooses **Chat with Us**:
 - Bot: *"I'm here to help! How can I assist you today? If you're interested in specific mental health services, please log in to continue."*
 - Suggestion: Bot continues the conversation to encourage login.

4. If the user chooses **Discover Services**:
 - Bot: *"We provide AI-powered mental health services, including self-assessments, personalized recommendations, and more. Login to explore!"*
 - Suggestion: A **Login** button is displayed.
5. If the user chooses **Take Assessments**:
 - Bot: *"Our self-assessments are tailored to understand your mental health. Please log in to access and save your progress."*
 - Suggestion: A **Login** button is displayed.

General Behavior

- The chatbot continually prompts users to **log in** after providing helpful and engaging responses.
- It encourages user interaction by extending the conversation with follow-up questions.

After Login Chatbot Behavior

Card Suggestions

1. **My Mood Today** (self-assessment)
2. **Relaxation Options** (meditation/music therapy)
3. **Get Recommendations** (personalized tips)
4. **Access Reports** (progress insights)
5. **Talk to a Specialist** (professional help)

Bot Responses

1. If the user chooses **My Mood Today**:
 - Bot: *"How are you feeling today? You can log your mood and I'll analyze it to provide personalized recommendations."*
 - Suggestion: Links the user to **Mood Diary** for logging their mood.
2. If the user chooses **Relaxation Options**:
 - Bot: *"Based on your recent trends, I recommend a 10-minute guided meditation. Click below to start."*
 - Suggestion: Provides a link to the **Relaxation Tools** section.
3. If the user chooses **Get Recommendations**:
 - Bot: *"Here's a personalized tip for today: Try journaling to organize your thoughts and reduce stress. Check out more recommendations below!"*
 - Suggestion: Links to the **Recommendations** page.
4. If the user chooses **Access Reports**:
 - Bot: *"Your progress reports are ready! Click below to review your mood trends and insights."*
 - Suggestion: Links to the **Progress Reports** page.
5. If the user chooses **Talk to a Specialist**:
 - Bot: *"I can help connect you with a mental health specialist. Click below to schedule a session or learn more."*
 - Suggestion: Links to a **specialist booking page**.

Detailed Bot Interaction Flow

Before Login

1. **User selects a suggestion card.**
2. **Bot responds** with helpful, non-intrusive information related to the selected topic.
3. **Bot emphasizes the need for login** to unlock full features and save data.
4. **Login button** appears as the final call-to-action.

After Login

1. **User selects a suggestion card.**
 2. **Bot provides specific insights** or recommendations based on the user's logged data.
 3. **Bot shares links** to corresponding services (Mood Diary, Recommendations, Relaxation Tools, etc.).
 4. If the user types a message, the bot analyzes it and gives a relevant response or navigation link.
-

Key Features of the Chatbot

1. **Dynamic Suggestions:**
 - Cards update based on the user's login state.
 2. **Personalized Responses:**
 - Before login: General responses with a focus on encouraging login.
 - After login: Specific recommendations and navigation links based on user data.
 3. **Service Navigation:**
 - Links directly to specific features (e.g., Mood Diary, Recommendations).
 4. **Engaging Conversation:**
 - Bot extends conversations with helpful follow-ups and actionable suggestions.
-

Calmora project:

1. Project Overview

The project is a mental health platform called **Calmora**, designed to provide mental health support to users through the following features:

- **Key Features:**
 - Assessments
 - Recommendations
 - Progress Tracking
 - Mood Diaries
 - **Interactive Component:** Uses a chatbot to engage users and recommend services based on their inputs.
-

2. Technical Stack

- **Repository:** GitHub
 - **Database:** MySQL or SQL
 - **Deployment:** Heroku (or any stack compatible with the website functionality)
-

3. Feature List

Before Login Features:

1. **Landing Page:**
 - Navigation Bar: Links to *Home*, *Services*, *About*, *Contact*, *Login/Signup*.
 - Demo Button: Redirects to the Chatbot.
 - *Find Out More* Button: Redirects to the Services Page.
 2. **Chatbot (Demo Mode):**
 - Analyzes basic user inputs and provides mock recommendations.
 - Guides users to sign up/login for full access to features.
 3. **Services Page:**
 - Displays static information about available services.
 - Encourages users to sign up/login for detailed access.
 4. **About Page:**
 - Provides information about Calmora and its features.
 - Interaction prompts redirect users to the Login/Signup page.
 5. **Contact Page:**
 - Static page with a subscription feature.
 - Sends notifications like reminders to log in for daily assessments.
 6. **Login/Signup Page:**
 - Handles standard authentication functionality.
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After Login Features:

1. **Dashboard:**
 - Displays personalized mental health trends, mood logs, and real-time alerts.