

MindFit

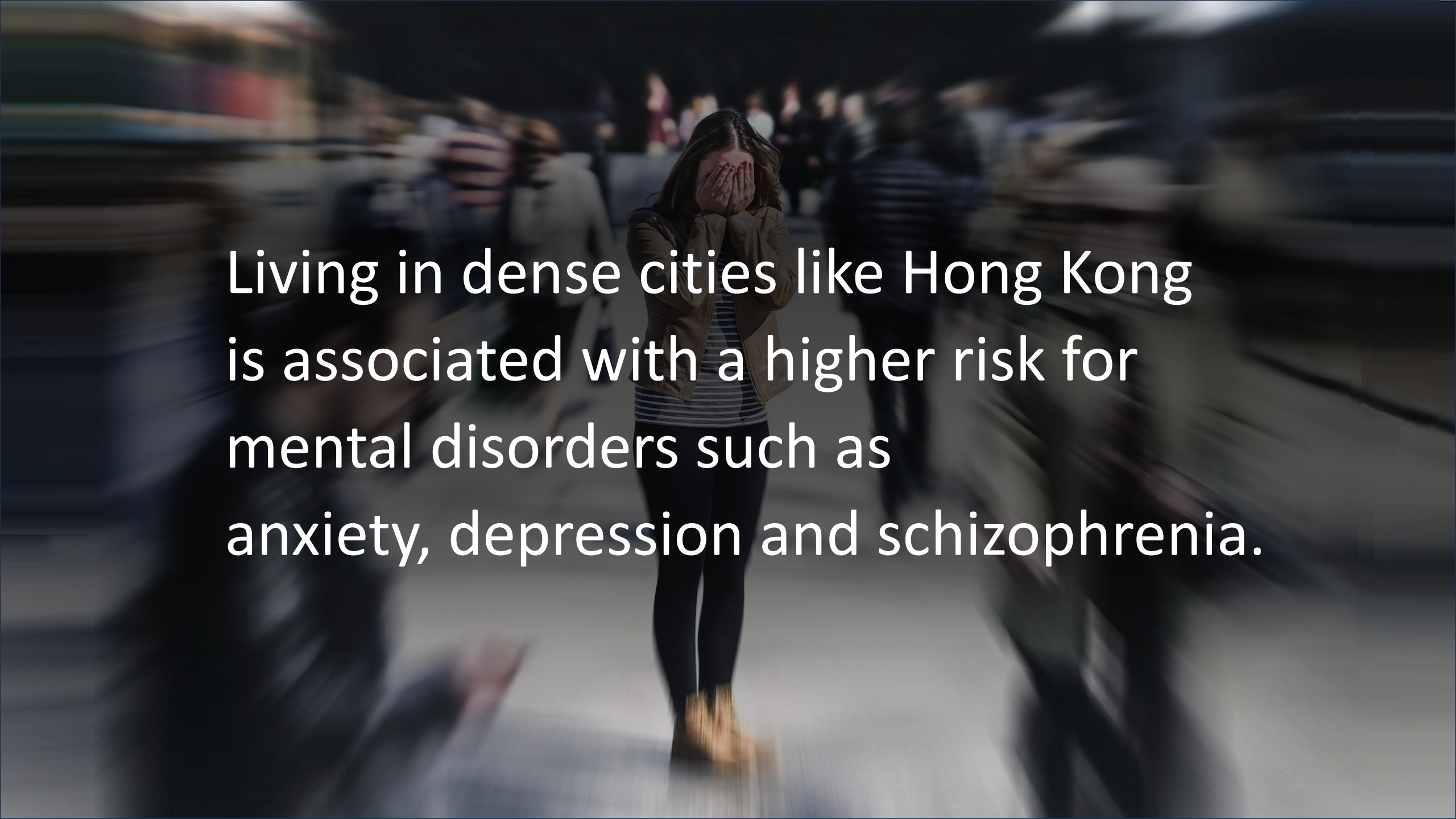


AI Companion for Mental Wellness

Presented by the MindFit Squad
Rio, Johnson, Carson

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A woman with long dark hair, wearing a tan jacket over a striped shirt and dark leggings, stands in the center of a crowded city street. She has her hands pressed against her face, covering her eyes and nose, suggesting distress or overwhelm. The background is filled with many other people, all of whom are blurred due to a long-exposure effect, creating a sense of motion and a dense, chaotic environment. The overall lighting is somewhat dim, with a cool color palette.

Living in dense cities like Hong Kong
is associated with a higher risk for
mental disorders such as
anxiety, depression and schizophrenia.

Hong Kong Mental Health



61%
Adults
experienced
poor
mental
health



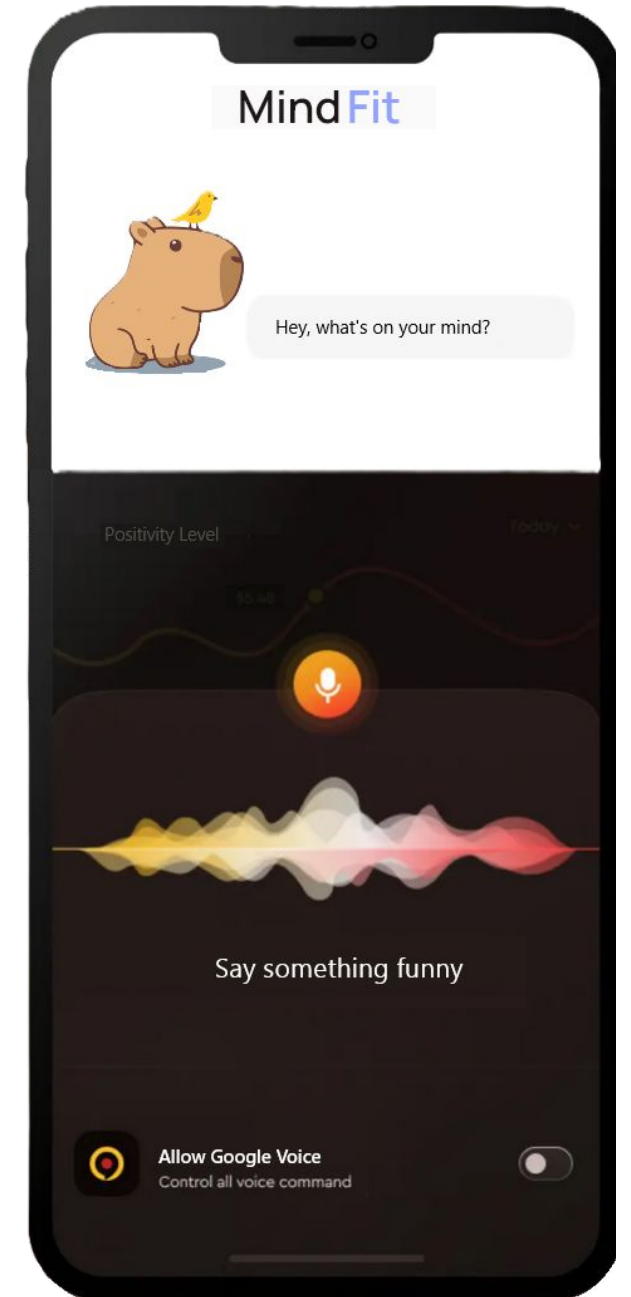
Suffering in Silence

74% sufferers in HK don't seek
any form of professional help



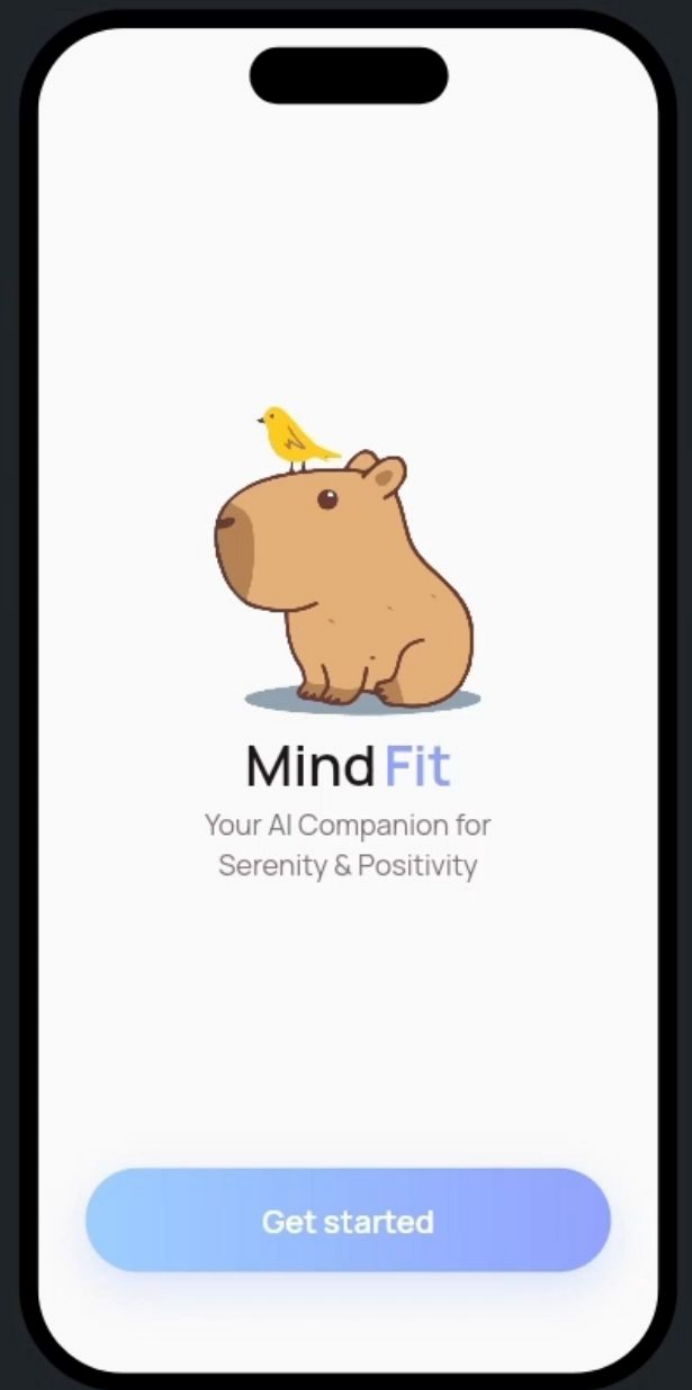
Mental Wellness Companion

A tireless, empathetic companion to improve emotional well-being for the Millennials and GenZs

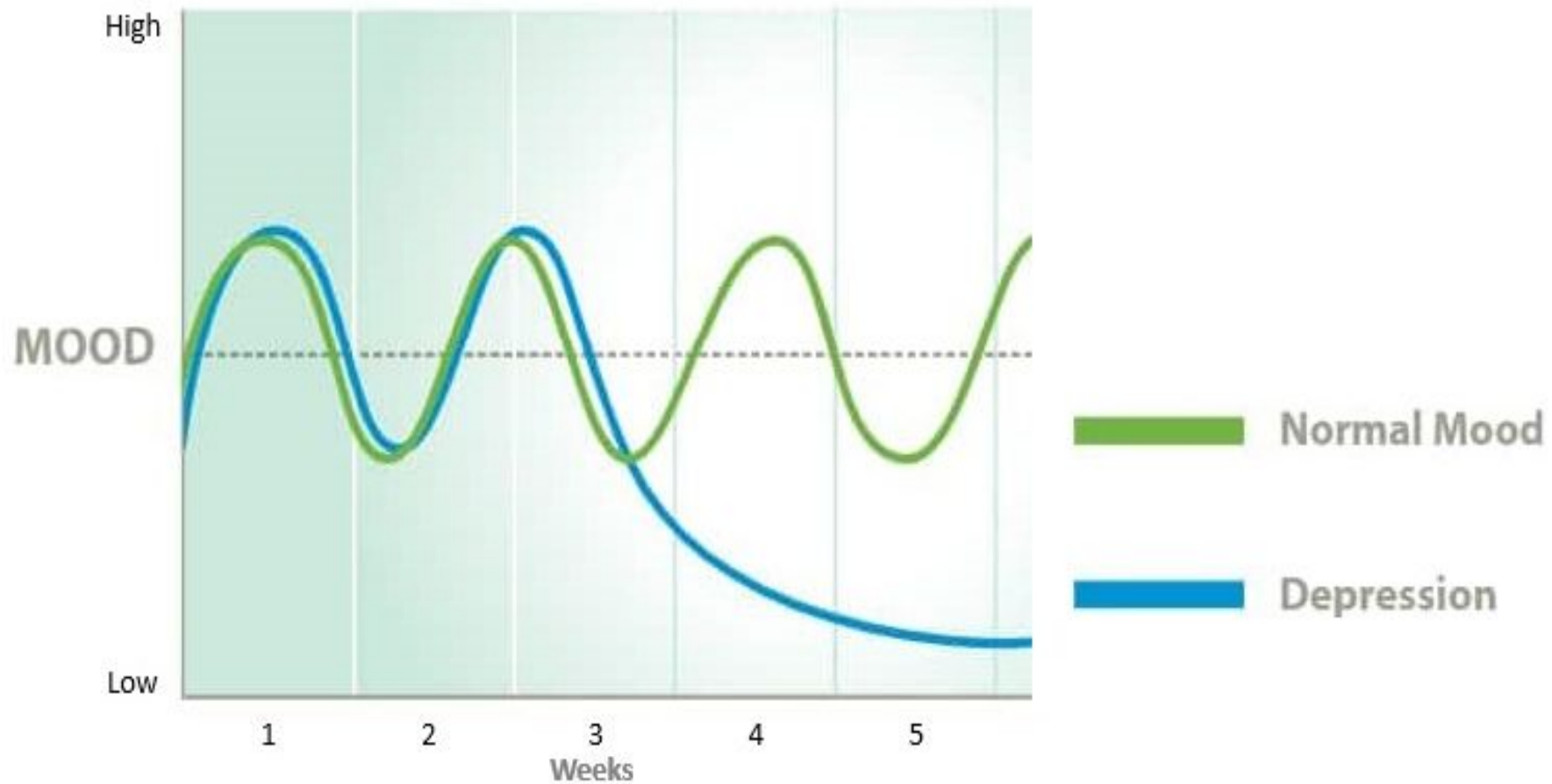


MindFit Mission

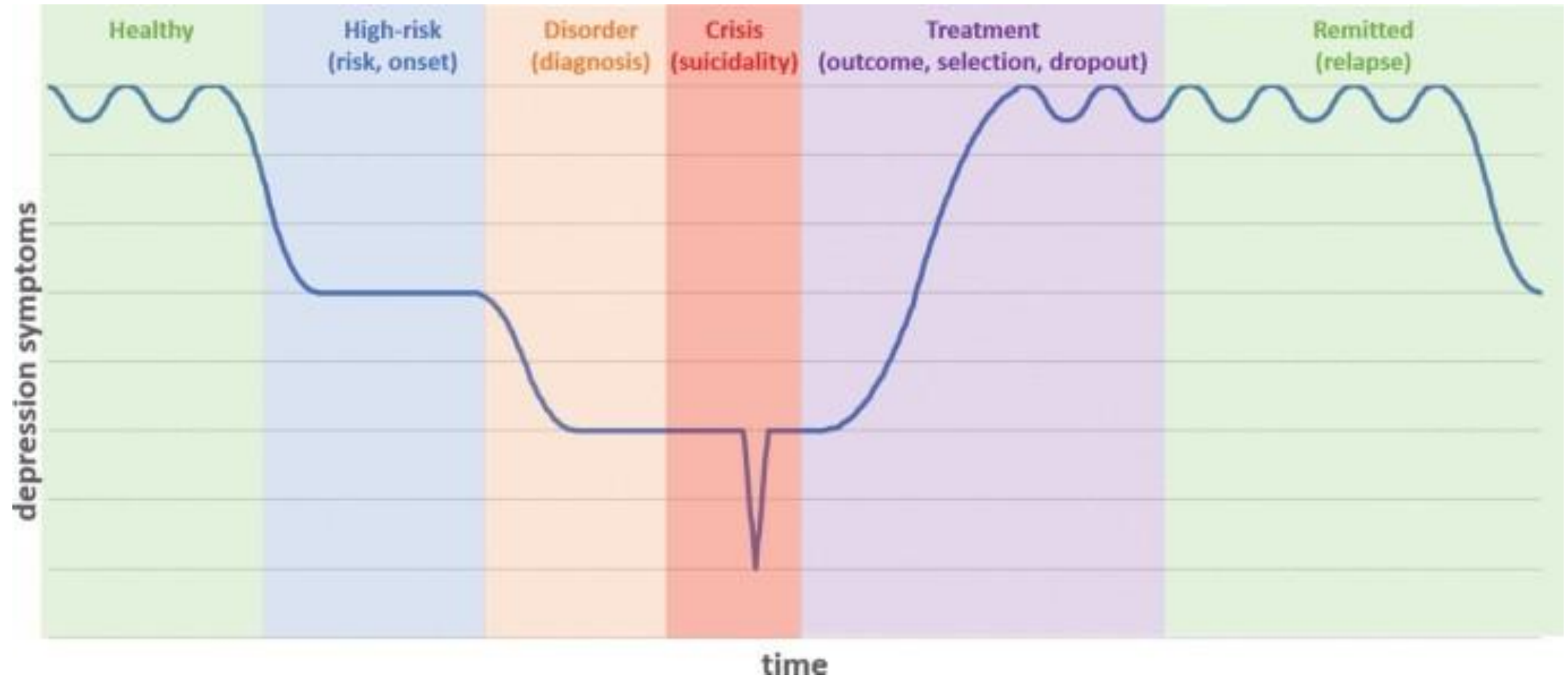
Integrate mental health support seamlessly into a user's daily routine in a fun, positive and helpful manner.



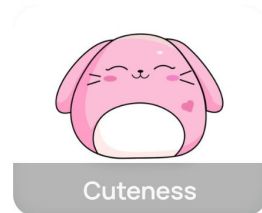
Mood Monitoring



Continuous Multi-model Assessment



Proactive Interventions



Content of “adaptive dialogue” can suggest a suitable set of intervention techniques:

- Humor and Fun
- Cuteness hack
- Physical exercise
- Mindfulness exercise
- Motivational quotes
- Journaling and thought records (Meta cognition for anxiety)
- Music and podcast
- Serenity scenes and sounds
- Reframing
- Nudging

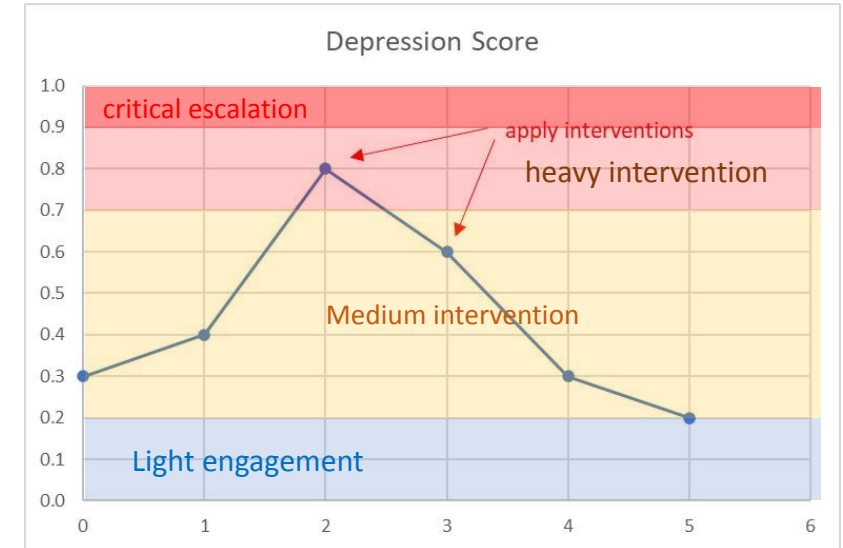
Live Demo

Johnson:

- Real-time Depression / Anxiety Assessment from conversational content using Gemini

Demo: Depression/Anxiety Detection

- Adaptive dialogue
- Sentiment analysis on user text
- Depression or anxiety scoring
- Level of intervention
- Re-assessments
- Escalation decision



Few-shot Learning

Before Training

	Precision	Recall	f1-score	Support
Normal (=0)	1.00	1.00	1.00	8
Depressed (=1)	1.00	1.00	1.00	4
Anxious (=2)	0.50	1.00	0.67	4
Dep & Anx.(=3)	0.00	0.00	0.00	4
Accuracy	0.80	0.80	0.80	0.80
Macro avg	0.63	0.75	0.67	20.00
Weighted avg	0.70	0.80	0.73	20.00

After Training

	Precision	Recall	f1-score	Support
Normal	1.00	1.00	1.00	8
Depressed	1.00	1.00	1.00	4
Anxious	0.80	1.00	0.89	4
Dep & Anx.	1.00	0.75	0.86	4
Accuracy	0.95	0.95	0.95	0.95
Macro avg	0.95	0.94	0.94	20.00
Weighted avg	0.96	0.95	0.95	20.00

Intervention Decision Map

<u>Conditions</u>	Calculated Score			
Anxiety	< .5	< .5	> .5	> .5
Depression	< .5	> .5	< .5	> .5

	Normal	Depressed	Anxious	Depressed & Anxious
Recommendation	A	B	C	D
Strategy 1	Humor and fun	Humor and fun	Mindfulness	Escalation
Strategy 2	Physical exercise	Physical exercise	Self-journaling	Mindfulness
Strategy 3	Cuteness	Cuteness	calming music	Exercise
Strategy 4		Motivational	Serenity scene	Counseling
Strategy 5		Self-journaling	reframing	Reframing
		Self-journaling		uplifting music


Yoga Pose Challenge

- Visual feedback
- Correct posture
- Time limit

Demo: Proactive Intervention #1


Yoga Session

Press start to begin yoga session



Starting in: 4s

Reference Yoga Trainer:



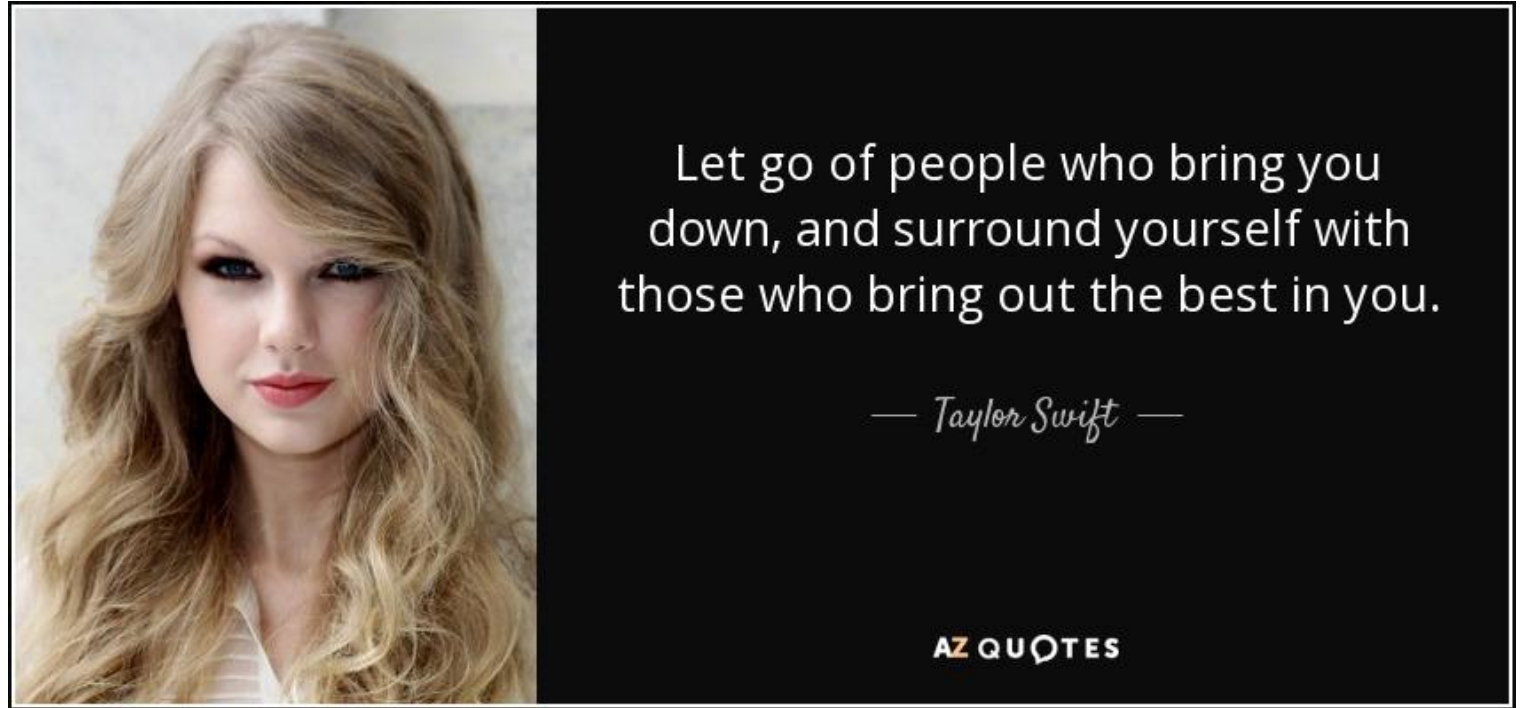
[Start](#) [Back](#)

Feedback for user:
User Pose Accuracy:

0 %

User Pose Average Accuracy:
Individual Calculated Angles

Targeted Joints	Angle formed by left joints	Angle formed by right joints
Knee, Ankle, Hip	0°	0°
Hip, Knee, Shoulder	0°	0°
Shoulder, Hip, Elbow	0°	0°
Elbow, Shoulder, Wrist	0°	0°
Shoulder, Ankle, Wrist	0°	0°
Shoulder, Knee, Wrist	0°	0°
Shoulder, Hip, Wrist	0°	0°



Inspirational Quote

- Idols, Heros, Philosophers, etc.

Demo: Proactive Intervention #2

Like a Caring Friend

Mitigate, Reduce, Divert or Avoid:

- Negative self-talk
- Toxic social media
- Dramas from needy people
- Dwelling in unpleasant past
- Consumed by negative scenarios
- Repeating meaningless tasks
- Mindless snacking



Mood
Positivity
Resilience
Self Esteem

Impact

Improve mental health by :

- Overcoming negative thoughts
- Coping with stress, and everyday ups and downs
- Developing skills to deal with stress and anxiety

Future Enhancement

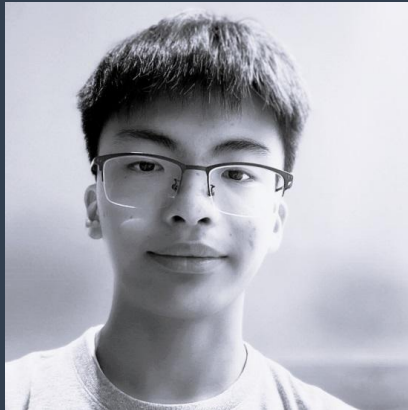
- Integrate with biometric data on Google Watch and Fitbit
 - Heart rate variability (HRV) and electrodermal activity (EDA)
- Speech emotion detection from voice analysis
- Behavioral phenotyping for more effective interventions
- Better contextual and situational awareness
- Emergency protocols and escalation
- Directory to mental health professionals and counselors

Business Model

B2C – freemium model

B2B2C – subscription per user

The MindFit Squad



Carson Wu
“Hacker”



Johnson Chong
“AI Avenger”



Rioma Kam
“Imagineer”

MindFit

AI Companion for Mental
Wellness

powered by Gemini



Thank You!