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IMD 351 - Project: Proposal

My individual project website is titled “Anxiety management in Seattle.” The website provides online tools that reinforce coping techniques for Seattle residents who are suffering from anxiety disorders. These coping techniques are based on common outpatient care methods for anxiety, such as cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT). CBT techniques include journaling and reflection to understand trigger events that happen just before a panic attack. DBT techniques use meditation and mindfulness to regain control during a panic attack. People who suffer from anxiety disorders may struggle to use coping techniques during their daily routine, so an easy to use website could even improve treatment outcomes. A mobile view for the website ensures people can use coping techniques anywhere.

The initial features are still under consideration and may change during development. The journaling feature could use HTML textbox input, database storage and visual icons. The meditation feature could use HTML5 video playback for relaxing videos via YouTube. Additional features could include a care clinic locating feature (using Google Maps), a scoring system for comparing coping success during panic attacks (using database storage) or a support line phone calling feature (using Google Voice).