SootheSpace

Team Name: ShePreneurs
Theme: Open Innovation

Team Members:
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Prajna Vohra
Chehak Malhotra

Our Team

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Why Mental Health?

1 in 5 Indians
will suffer from depression in their lifetime

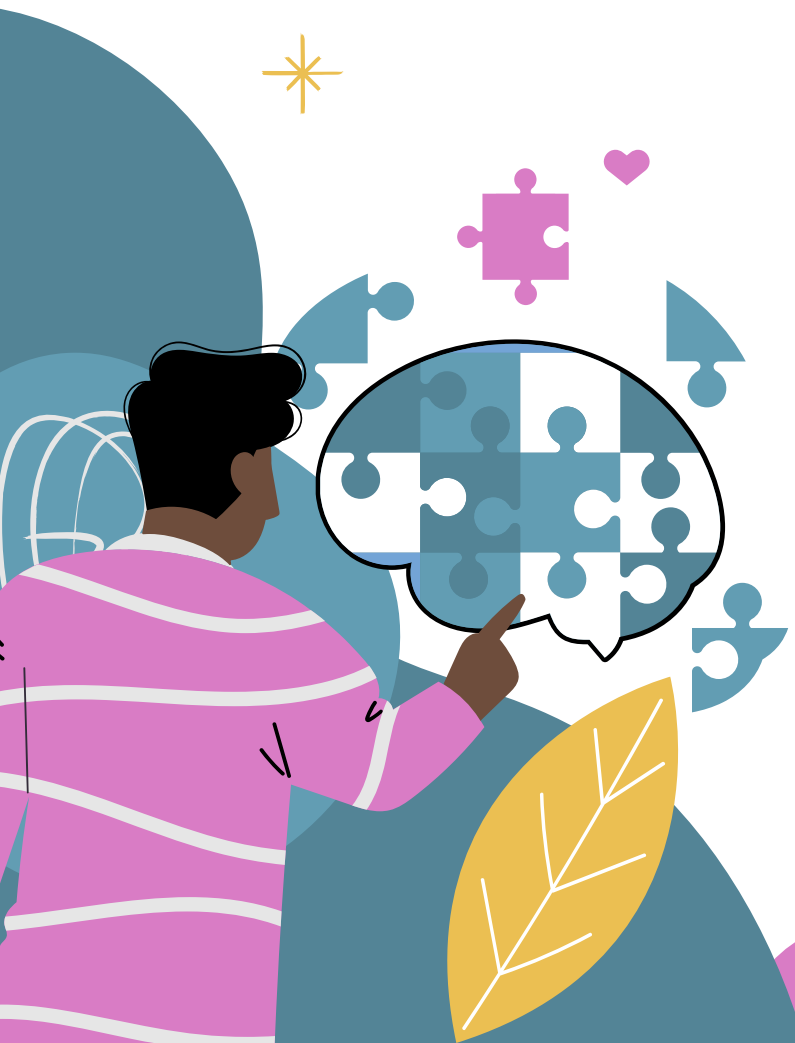
Only 0.3
psychiatrists per 1,00,000 people in India

Only 10%
people suffering from mental illness will get help

150 million
people across India are in need of mental healthcare interventions both short term and long term

The Problem at hand

Mental health is a major concern across the geos and India is no different , as our country has a large population there is a significant burden of mental health diseases. Despite this, there is a lack of mental health services and resources, and most of the people do not have access to quality care even if available. Mental health is something that is often stigmatized and not prioritized, which creates a significant gap in access to care and treatment. Many people with mental health conditions do not receive proper diagnosis or treatment. With this app our focus is to provide treatment and care and reduce the stigma around mental health.



HOW WE SOLVE IT

We intend to solve this problem by using Virtual and Augmented Reality (AR/ VR) as it has shown potential for use in treating mental health conditions such as anxiety, phobias, PTSD (Post-traumatic stress disorder), depression. Virtual Reality can simulate real-life situations and provide a safe and controlled environment for individuals to confront and overcome their fears and negative thoughts. It can also be used to deliver exposure therapy, cognitive behavioral therapy, and relaxation techniques. VR has also been used for therapy of substance abuse and to enhance mindfulness and emotional regulation. We intend to provide an environment which will cater to the need of the user and thereby aid them. There are numerous research papers present to back up claims of AR's and VR's potential to be beneficial to people's mental health, but nothing concrete has been implemented yet. With SootheSpace, we want to be one of the first ones to have acted on this grave social issue with the help of ground breaking technology!

Why AR/ VR?

Immersive state-dependent learning

Through AR/VR, users can experience exact environments that they need to learn to manage their anxiety or fears in.

Flexibility

People are generally more willing to enter virtual versions of the situations they find anxiety-provoking because they know it's only a simulation. Environments can be personalised and adjusted.

Taboo

As it is being accessed privately, people will have lesser hesitation in reaching out to people for help. It would rather act as a self-help and self-paced activity

Primary and Secondary Research

Our Meeting with a Psychologist

Link to our conversation recording with our college psychologist:
https://drive.google.com/file/d/1F1-jvzkvE9mBj6WfukNnMHZkmu1zTrB2/view?usp=share_link

Our research on Mental Health and resources used:

-> Beck Depression Inventory
-> Beck Anxiety Inventory
-> DASS 21 (Depression Anxiety Stress Scales)
-> PGI Health Questionnaire (Patient's Global Impression)

Our Features

Virtual and Augmented Reality Therapy

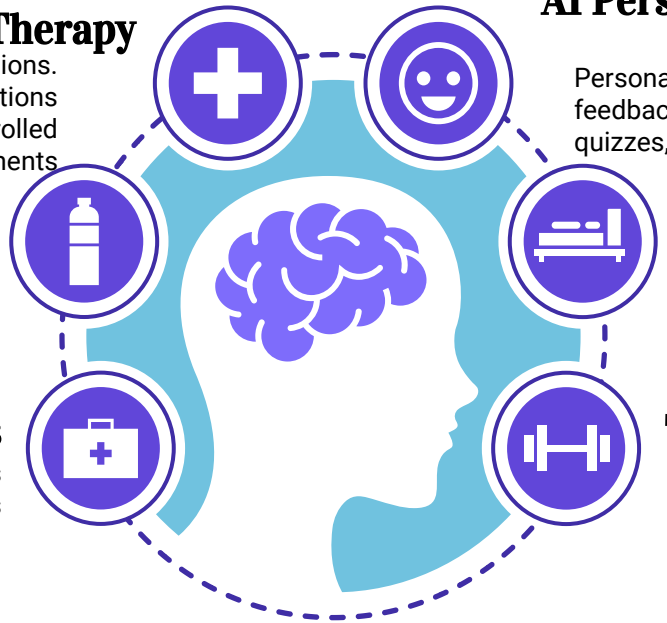
Immersive therapy sessions. Gradual exposure to simulations of feared situations in controlled environments

Teletherapy

Platform to connect to healthcare providers. They can also monitor the patient's activity

Resources

Library of awareness resources such as books and podcasts



AI Personalization

Personalized treatment plans, schedules, feedback. Mood tracker, recommendations, quizzes, progress tracker

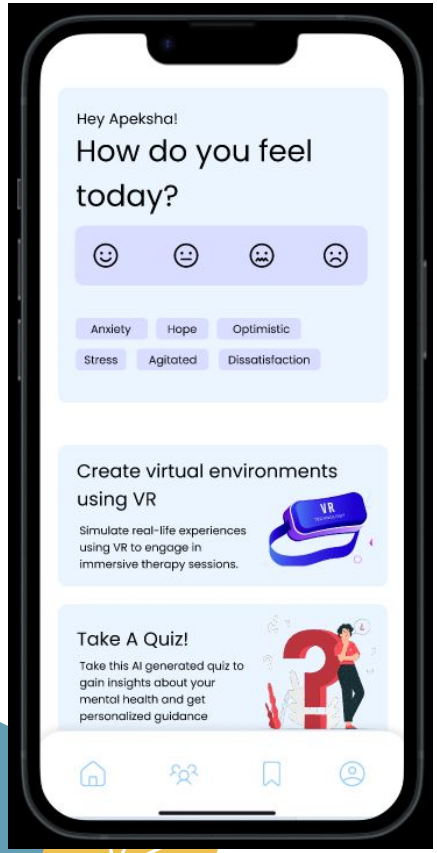
Gamification

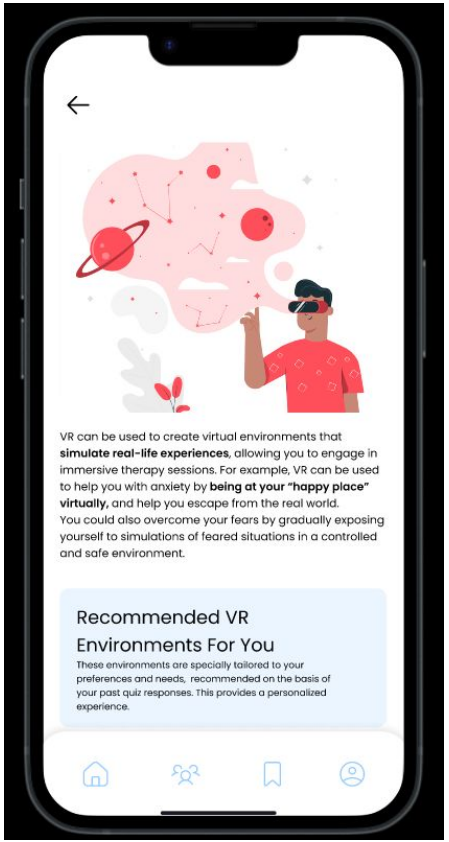
Encouraging usage and progress by games and rewards

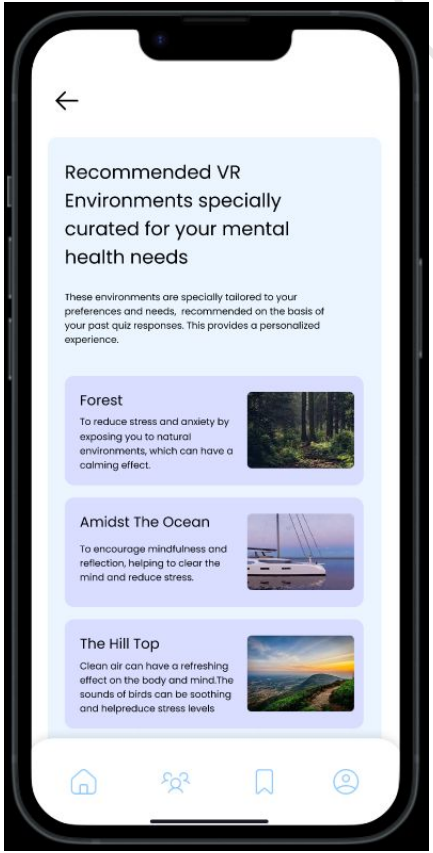
Telemedicine

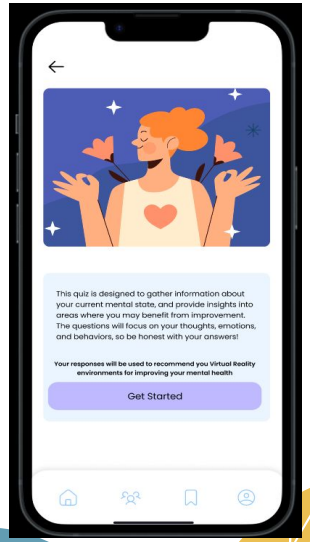
For prescriptions provided by therapists

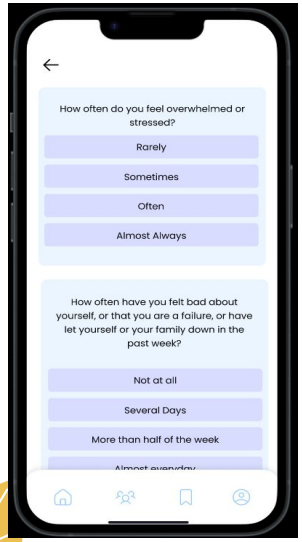
Our App *(coded in Flutter, designed in Figma)*

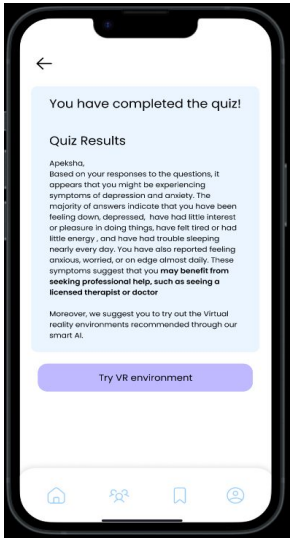


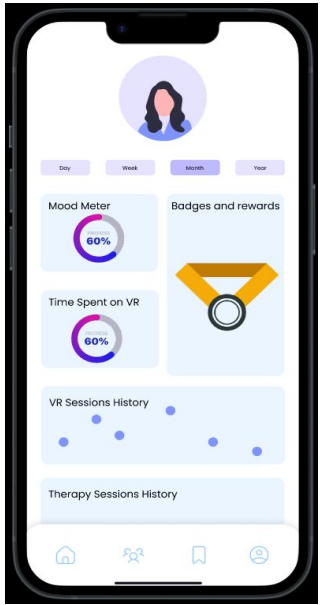


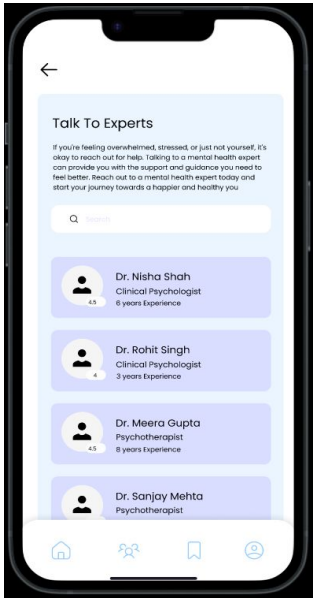


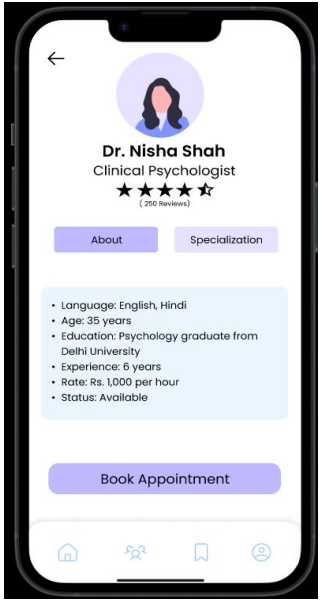

This quiz is designed to gather information about your current mental state, and provide insights into areas where you may benefit from improvement. The questions will focus on your thoughts, emotions, and behaviors, so be honest with your answers!
Your responses will be used to recommend you Virtual Reality environments for improving your mental health
Get Started


How often do you feel overwhelmed or stressed?
Rarely
Sometimes
Often
Almost Always
How often have you felt bad about yourself, or that you are a failure, or have let yourself or your family down in the past week?
Not at all
Several Days
More than half of the week


You have completed the quiz!
Quiz Results
Apeksha,
Based on your responses to the questions, it appears that you might be experiencing symptoms of depression and anxiety. The majority of answers indicate that you have been feeling down, depressed, have had little interest or pleasure in doing things, have felt tired or had little energy , and have had trouble sleeping nearly every day. You have also reported feeling anxious, worried, or on edge almost daily. These symptoms suggest that you may benefit from seeking professional help, such as seeing a licensed therapist or doctor
Moreover, we suggest you to try out the Virtual reality environments recommended through our smart AI.
Try VR environment


Day
Week
Month
Year
Mood Meter
60%
Badges and rewards
Time Spent on VR
60%
VR Sessions History
Therapy Sessions History


Talk To Experts
If you're feeling overwhelmed, stressed, or just not yourself, it's okay to reach out for help. Talking to a mental health expert can provide you with the support and guidance you need to feel better. Reach out to a mental health expert today and start your journey towards a happier and healthy you
Dr. Nisha Shah
Clinical Psychologist
8 years Experience
Dr. Rohit Singh
Clinical Psychologist
3 years Experience
Dr. Meera Gupta
Psychotherapist
8 years Experience
Dr. Sanjay Mehta
Psychotherapist


Dr. Nisha Shah
Clinical Psychologist
(250 Reviews)
About
Specialization
Language: English, Hindi
Age: 35 years
Education: Psychology graduate from Delhi University
Experience: 6 years
Rate: Rs. 1,000 per hour
Status: Available
Book Appointment

Important Links

Github link of Flutter Project (for code):

https://github.com/kritika601/SootheSpace

Figma Link (for design)

https://www.figma.com/proto/KyrfQONGFvywd6tGufj1Cl/App-Prototype?node-id=15%3A2&scaling=scale-down&page-id=1%3A3&starting-point-node-id=15%3A2&show-proto-sidebar=1

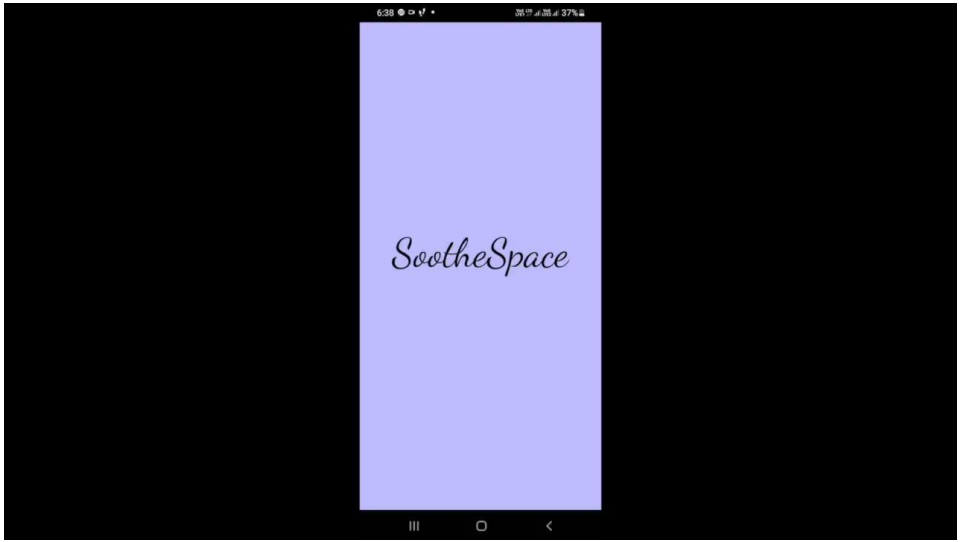
App Demo Video

Link to the Screen recording of the application:

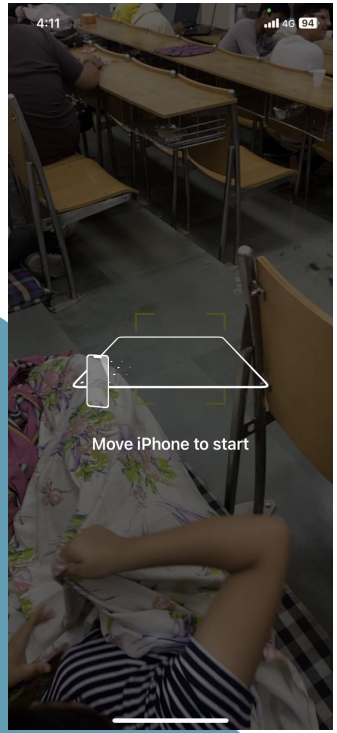
https://drive.google.com/file/d/1kj_gyJ8yNDM4gO2FhSXcjv5pBxb4Tgbg/view?usp=sharing

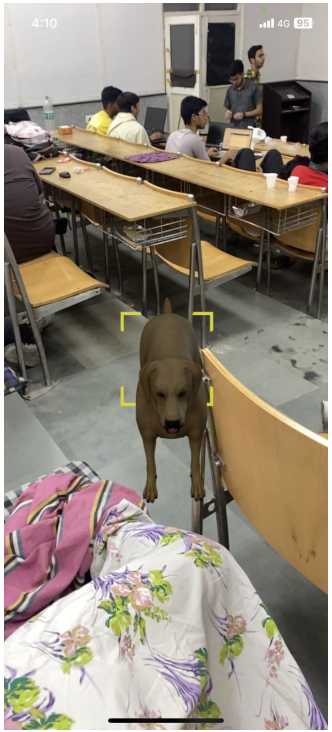
Link to recording of user using the application:

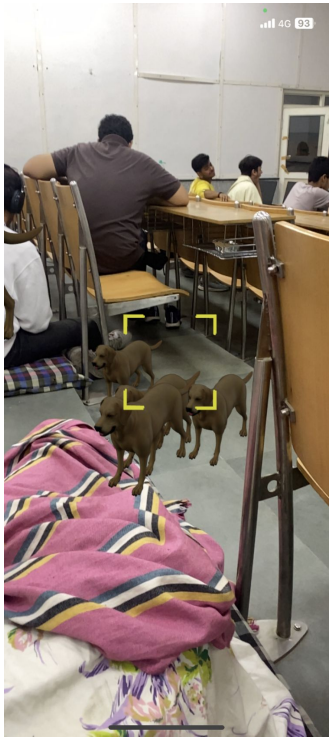
https://drive.google.com/drive/folders/1gpQC44KZ4U7QJmhARi9iY9sXaZvZ-eor?usp=share_link

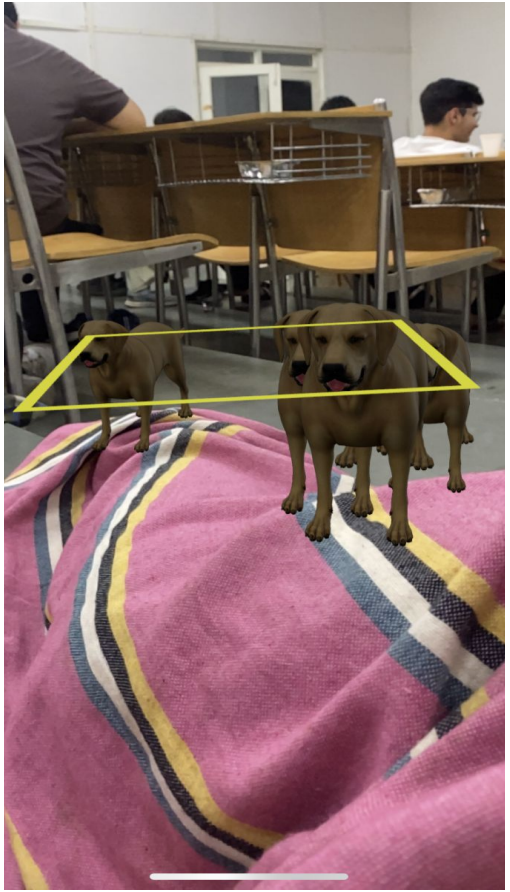


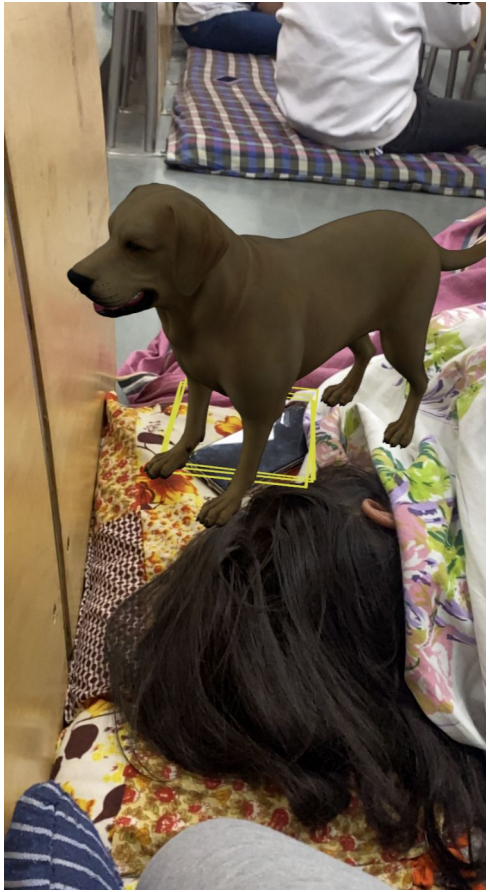
AR Application *(coded in Swift, magic using Reality Kit)*



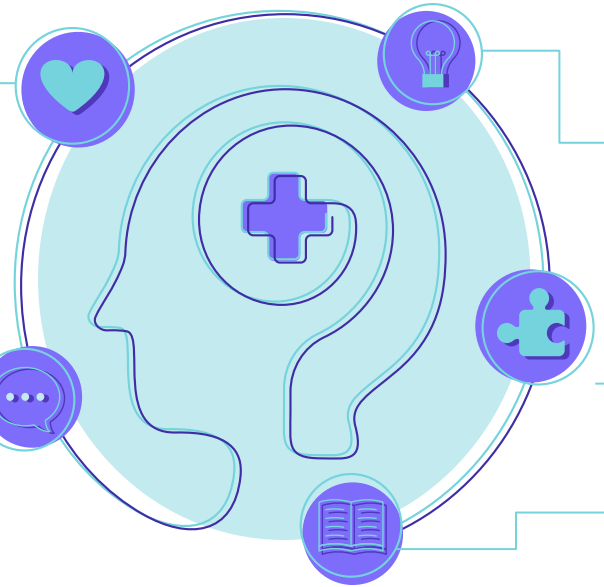








How this solves the problem



Increased Accessibility

Improved care

Overcoming stigma

Affordability

Inclusivity

Technology Stack

- Frontend: Flutter, Figma
- AR and VR: ARCore Flutter Plugin, React VR, Swift
- AI: TensorFlow, PyTorch

Scope for modification/ Future Prospects

Addition of new therapeutic approaches

Use ML, NLP for more personalization

Increase security and privacy by leveraging blockchain

Social Cause

Our main aim is to improve the **accessibility** and **affordability** of mental health services while promoting **overall well being** . SootheSpace strives to make mental health accessible to wider audience by leveraging technology such as teletherapy , augmented reality and virtual reality. It breaks down barriers such as geographical limitations, transportation issues and stigmas associated with seeking therapy. We also emphasize on holistic well being by incorporating augmented reality environments that act as mood uplifters. These environments promote relaxation, stress reduction thereby enhancing overall wellbeing.

Business Perspective

- We will be **partnering with corporates/ educational organizations and institutions** to make our app accessible to a wider group of people and increase scalability.
- Also, we will be generating revenue from **advertisements** as well as a cut from the **teletherapy and telemedicine services**, we provide. Practo 124 crore revenue in 2020.

Contd.

- **Data Analysis and Insights:** We will utilize the anonymized data collected from user interactions with the platform to gain valuable insights into mental health trends and patterns. Aggregate and analyze this data to generate reports or conduct research that can be sold to universities, research institutions, or mental health organizations.
- **Partnerships with Insurance Providers:** Collaborating with insurance companies to offer mental health services as part of their coverage. This can involve negotiating contracts to become an in-network provider, allowing users to access SootheSpace services at a reduced cost or with a higher reimbursement rate. This partnership can increase accessibility to a larger user base.

Conclusion

SootheSpace envisions a world where mental health services are **accessible, affordable and empowering** for all . By leveraging technologies such as teletherapy, augmented reality and in future virtual reality environments , we aim to break down barriers and revolutionize the way individuals access and engage with mental health support. SootheSpace goes beyond providing services, it is an **advocate for mental health education and awareness**, it aims to eliminate stigmas , foster understanding and empower individuals to take charge of their mental well-being, it strives to a healthier and happier society. At last SootheSpace is a catalyst for change, a beacon of hope and partner in journey towards mental well being.

Thank You!

We would like to thank our mentors - Mr.Parth and Ms.Mukhta for their guidance and support throughout this journey . Their mentorship has been instrumental in shaping our app. We are truly grateful for the time you have dedicated to us , offering constructive feedback and helping us reach our potential!