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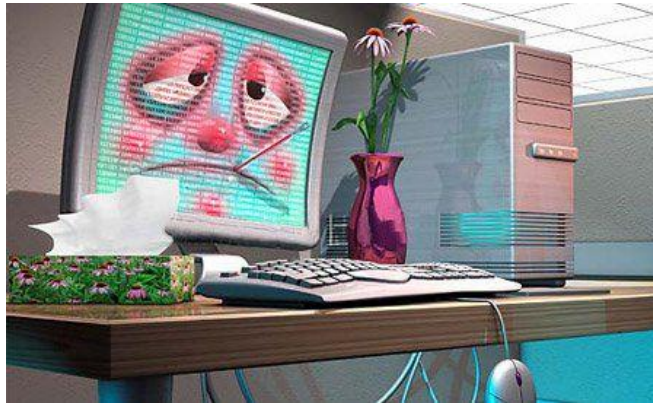
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1-Introduction

If you compare man to a biological computer, the computer is the "Hardware bilgisayar of the computer, and iz Software beyin in its spiritual structure. No matter how advanced the electronic circuits of the computer are, they work as much as the quality of the software. If the computer program is written well, it serves the purpose. It should be written well in the program in the human brain. With the development of human personality can bring this program closer to perfection.



The thoughts of the individual are shaped by the way of perception and emotion. Problems that arise in communication or affect are called psychological problems. Any problem that occurs in the psychological health of the person affects the interpersonal communication and causes the disruption of social life. These physiological deficiencies can occur in many ways such as headache, eating disorder, sleep disorder.

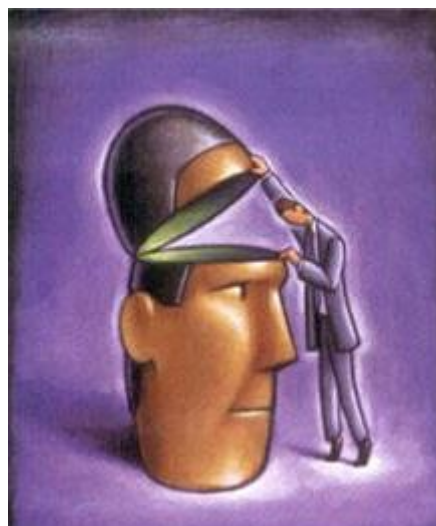


The development and course of psychological problems vary considerably according to the perception of the person, their past life experiences and expectations, and the reason for their emergence differs from person to person. Although almost 250 psychological health problems were identified by the World Health Organization, the most common psychological problems are panic attacks, depression and anxiety disorders.



The treatment method for the individual who has every psychological problem and problem may vary. Psychotherapy and drug therapy are the most preferred treatment methods for psychological problems.

Cognitive behavioral therapy is a type of psychotherapy. It was developed by using psychological models examining human behavior and affect. It is based on a scientific background and has proven to be effective in many psychiatric disorders and a wide range of problems.

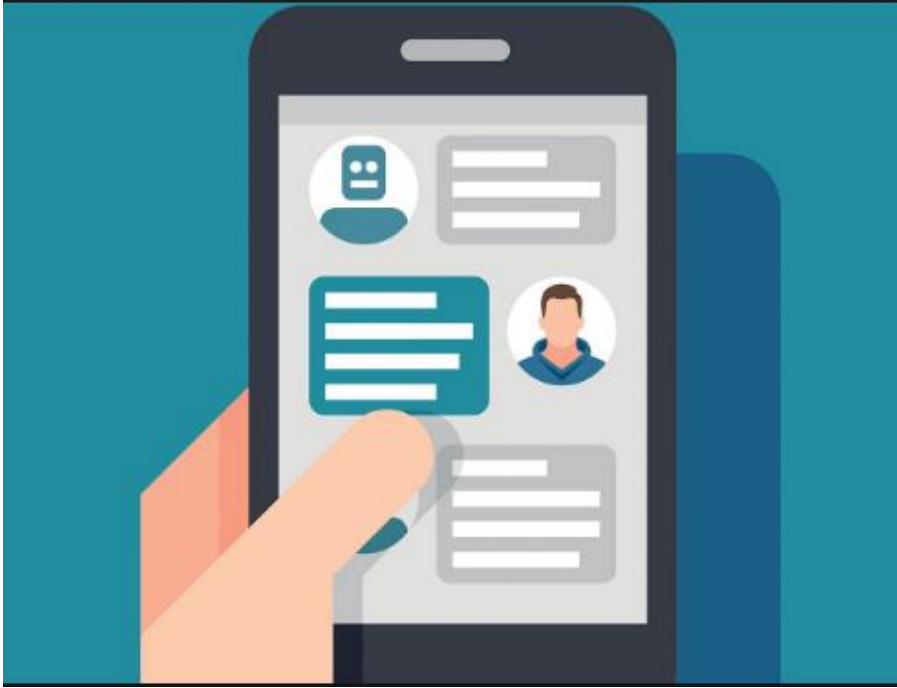


Behavioral therapies can be defined as the systematic application of a general definition of learning principles to the analysis and treatment of behavioral disorders. Behavioral treatments focus directly on incompatible behaviors. In the behavioral treatment, the rationale of the treatment is transferred to the individual and instead of escaping when it comes to worrying situations, it is explained what kind of methods can be used to deal with anxiety.

According to the World Health Organization, many people with psychological illnesses stay away from treatment because they are afraid of being stigmatized by these diseases. Nearly 60 percent and almost 50 percent of 8 to 15-year-olds did not receive treatment.

Of course, one can only benefit from the experience of experts if they accept the treatment. For this, he / she may have the courage to talk with others about the disease. During treatment, mental health professionals try to help the patient understand the discomfort and solve the problems they face in daily life. But research shows that people know that they have applied to the specialist for their psychological problems; he cannot explain all his true feelings because he thinks that his actions will be judged by the expert.

For all these reasons, the idea of communicating with a family member from a cell phone with an expert as if he or she were talking to a friend may be a good alternative for patients.



2-Promotion and Purpose

Psychological support to users is a product that I will develop to improve their quality of life. People will learn how to cope with the disease after having a better understanding of the condition and applying the recommendations.

3-Goals of the Project

- To enable people to receive psychological treatment assistance without shame.
- Contributing to the treatment of individuals treated directly.
- To improve the quality of life of individuals.
- When people are considered to have suicidal ideation, they are directed to a hospital.
- To educate healthy individuals who are more calm in society and able to manage stress.
- To teach people how to deal with their disease.

4-Chatting

In order to get expert opinion on the project, Ece Gözde Ergür will be consulted. Ece Gözde Ergür is a psychologist who works in the construction of a chatbot working with artificial intelligence.

A phone call was provided to him to get information about the subject and to benefit from his experiences on psychological issues.

Mrs.Ergür said that a detailed literature review and Woebot application are very important.She said to do research on cognitive behavioral therapy and recommended 2 books on this subject.

5-Organization

5.-1 Project Organization

The responsibility for the development and reporting of the project belongs to Nuriye Merve Tatlıdil. Ece Gözde Ergur will apply to get expert opinion on psychological issues related to the project. If necessary, additions will be made according to the feedback of Ece Gözde Ergür.

In the project chatbot will ask the user 11 questions and the user will have answers to them. According to these answers, chatbot will find the disease of the user in the database. According to the disease determined by the user to make recommendations. According to the type of disease to the users to send a variety of photos, videos or music recommendations.

Diseases

1-Depression

2-Anxiety

3-Eating disorders

4-Smoking addiction

5-Drug addiction

6-Suicide

Questions & Answers

1-How are you today?

-I'm fine -Sad and tired

2-Can you sleep well these days?

-Yes just like babies -I can't sleep at all

3-How much do you love living?

-Even though I have problems sometimes, life is beautiful. -I don't want to live.

4-Do you smoke?

-Yes -No -I can't live without smoking

5-I'm overly concerned

-Sometimes -Always

6-How much do you trust yourself?

-Sometimes I realize I don't trust myself -I don't trust myself

7-Do you use drugs like heroin, cocaine or cannabis?

-Yes -No

8-Although I do not have a serious health problem; in the past days, I had a problem similar to sweating, difficult breathing and heart attack

-Yes -No

9-I wanted to hurt myself, and if I continued, I'd do it.

-Yes -No

10-I'm too scared to lose weight.I'm upset that people around me think I'm fat

-Yeah, can you read my brains? -No, I don't think so.

11-My concerns about the future are too much, therefore, I have nausea, insomnia and dizziness problems.

-Yes -No

Recommendations

1-Depression : What you've been through is a little depression.Experts say that all people in the world can experience this problem at least once.There is stress in many areas of our lives.That's why you have to learn to fight stress.There must be things you can do to protect yourself when you have such feelings.

-What do you say to walk away from the headphones? If you keep walking, you can see how much fun it is.Adapt to the pace of music you choose,don't stay behind!

- If you don't have friends that piss you off, maybe you'll call them.You have to make a good plan according to the weather.I know you're going to wear it again,but a recommendation from me to you is : you should wear vivid colors, it suits you very well.

- Sometimes we can have family members who upset us.You might be right about what you're upset about!Sometimes everyone can be very offensive. But you have to know that the warnings,the words said, are not meant for evil purposes.Warnings,recommendations may be true for a situation that you don't realize. Last week my mother motherbot laughed at me for gaining weight And he said, "If you keep eating so much unhealthy food, we're gonna call you FatBot."I was angry because I knew you were right. Sometimes I lose myself when I'm dealing with you,and I eat chocolate,coffee, chips. In such cases, we must be calm and not break the person we are facing.

-You don't focus on the past. Don't focus on past mistakes and problem-oriented approach.

-Express your feelings, take care of your own feelings and needs as much as other people care about how you feel.

-Take care to sleep to benefit more from daylight. Late in bed and late in waking up continues to depressed. You should try to wake up early.

2-Anxiety : Don't worry, "I'm having a heart attack," you think of cases that is only a small attack.Not heart attack. It's a psychological cause and treatment. There are two misinformation about panic attacks. The first is a panic attack, and secondly, a panic attack doesn't punish people! Panic attacks are very important during breathing exercises. However, if you have never exercised before, you can only be difficult to do during the attack. For this reason, exercise outside the attack should be done breathing exercise should take a deep breath and 5 seconds to hold the entire breath should empty. You have to take your breath out of your nose and give it to me at least 10 times! In some patients, panic attacks may occur or increase when using drugs. Therefore, drug

use increases panic attacks. After the use of alcohol; especially after a day, the person may develop a panic attack. That's why you need to stay away from alcohol and drugs.

3-Eating disorders :

-When you feel the start of an eating attack, stop for a minute and ask yourself if you are really hungry. If food becomes a defense mechanism, you may be losing sight of your body's hunger or satiety signals.

- If you really want to eat something, do not eat too much. If you want to eat something even if you're not hungry, give it a little bit of food, even if you don't have it.

- Avoid restrictive diets.

- If the above steps are not the solution for you, you can get help from a dietitian and psychologist.

4-Smoking addiction : Do you know how much damage you do to your lungs by drinking, saying, " It's so nice with coffee "?



(Chatbot will send this picture to user.)

You're hurting yourself and other people with the cigarette you smoke.Many passive smokers who are affected by your smoking are more likely to suffer from it than you are.Will you continue to do this to yourself and to other people?Smoking causes both money and health loss.According to my research, the cheapest cigarette is 9.5 TL.If you drink a package in one day , 285TL, if you drink a package in two days, there is a cost of 142.5 TL.Why don't you take that money elsewhere?For example, you can buy new clothes or books.Or you can spend time outside with someone you love. If you want help from the stop smoking line <https://alo171.saglik.gov.tr> or you can call 171.

5-Drug addiction : These substances are too dangerous for your health.Maybe you don't realize it, but these things you use to forget what you're going through are getting you away from your loved ones.I feel like I hear you say, "no one loves me."There are so many people who love you even though you don't realize it because of the problems you've been through.There is a center called AMATEM in our country.Many people resort to this center to get rid of their harmful habits and say "hello" to life again.You'il find the story of a lot of people who changed your life here.You'il get new friends and hobbies.Please don't break an emotional robot like me. Come on!!! <http://www.amatem.org>

6-Suicide : Every human being is precious.Believe me, we all have the wonders of the world to explore.There are people who love you even though you don't realize it because of the problems you've been through.I ask you to go to an expert to get rid of those thoughts that mislead you, which led you to leave your loved ones.If you don't want to go to a doctor, you should share your experiences with someone.The world is beautiful, as far as I can see! You you deserve to live.

Shall we listen to music?

-https://www.youtube.com/watch?v=ZbZSe6N_BXs

-<https://www.youtube.com/watch?v=rhEqzW5WtbE>

-<https://www.youtube.com/watch?v=GGSw2xVobE8>

-<https://www.youtube.com/watch?v=1XNjqQILBMw>

5.2- Similar Projects Examples

1-WOEBOT

Woebot is a chatbot, a psychological counselor. Woebot, which is shaped around the cognitive behavioral therapy, asks you how you feel and what you are experiencing in a daily conversation. Speaking about mental health, the autonomous robot can also send videos or other tools you may need according to your mood. According to a study conducted at Stanford University, Woebot succeeded in making impressive progress in the problems of people aged 18-28, such as anxiety and depression.

Woebot, whose target audience is younger than 18 years of age or older, requires family permission for use by children. The system is running through Facebook's Messenger application. So Woebot is communicating with you from Messenger as if you were a very close friend. Conversations with Woebot are not reflected in your News Feed or profile. For users who don't use Facebook, Woebot is planned to be developed for different messaging platforms in the future.

Woebot, which offers a very interesting and experimental system, can also change the understanding of therapy in the future. It is quite an interesting experience that artificial intelligence offers emotional support under complex algorithms. Woebot's first 14 sessions are offered free of charge. You can then continue to use the service by paying 12 dollars, 9 dollars or 6 dollars a week, weekly, monthly or yearly.

6-Business Calendar and Plan

6.1-Business Packs

1-)Proposal of Project

2-)Project Analysis

3-)Analysis Report

4-)Talking Teacher

5-)Program Installations

6-)Online Course Trainings

7-) Design Report

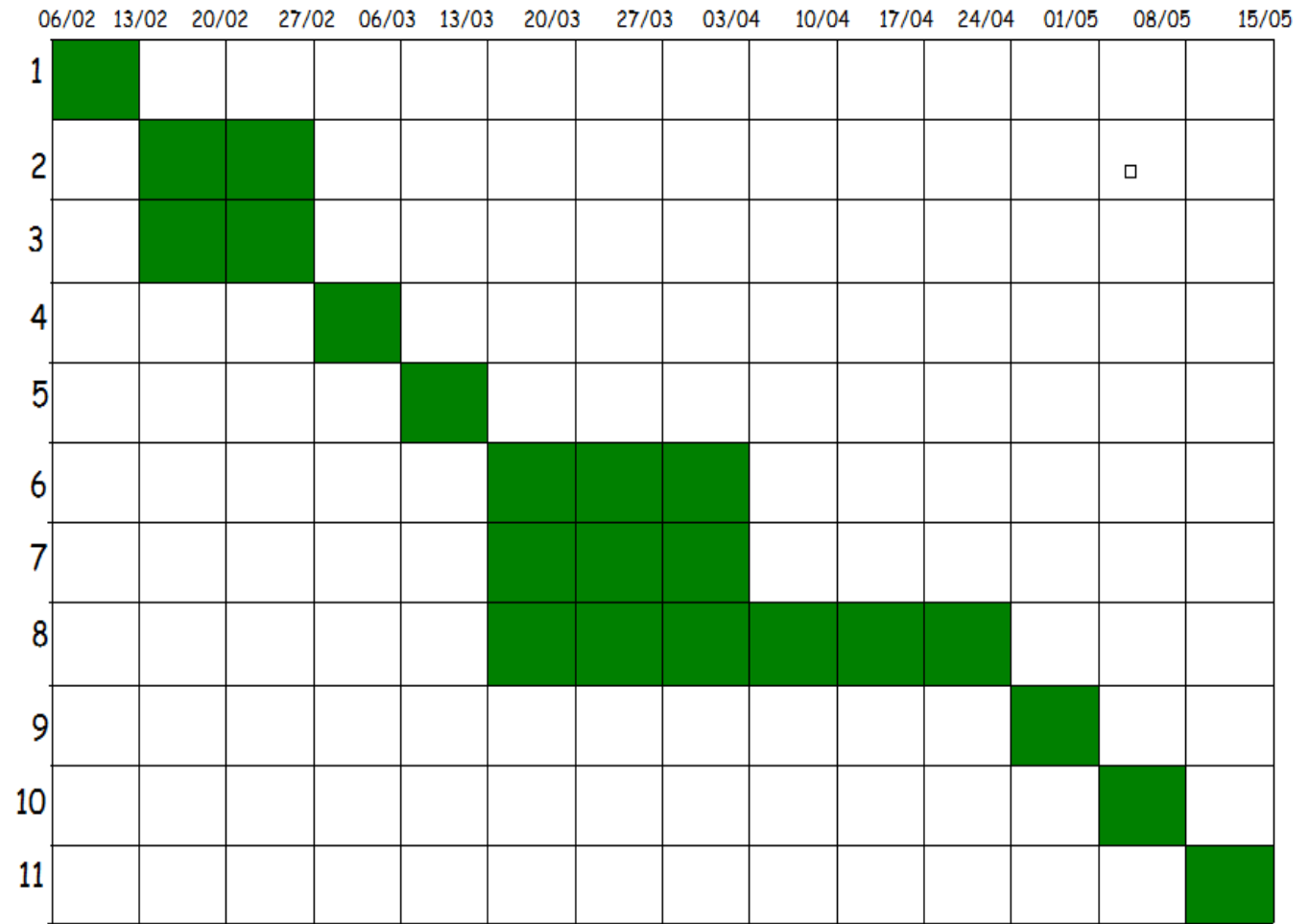
8-)Application Coding

9-)Bug Fixes

10-)Controls/Testing

11-)Final Report Of The Project

6.2-Gannt Chart



7-Tools

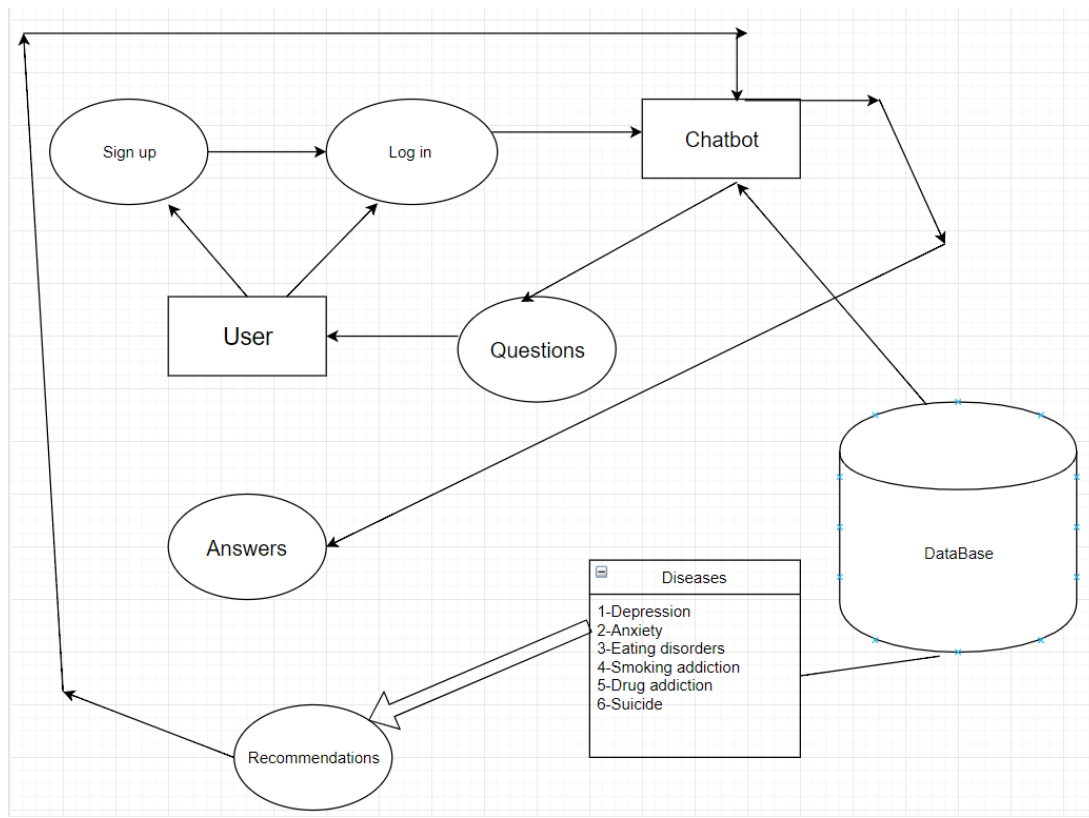
-NLP

-Java

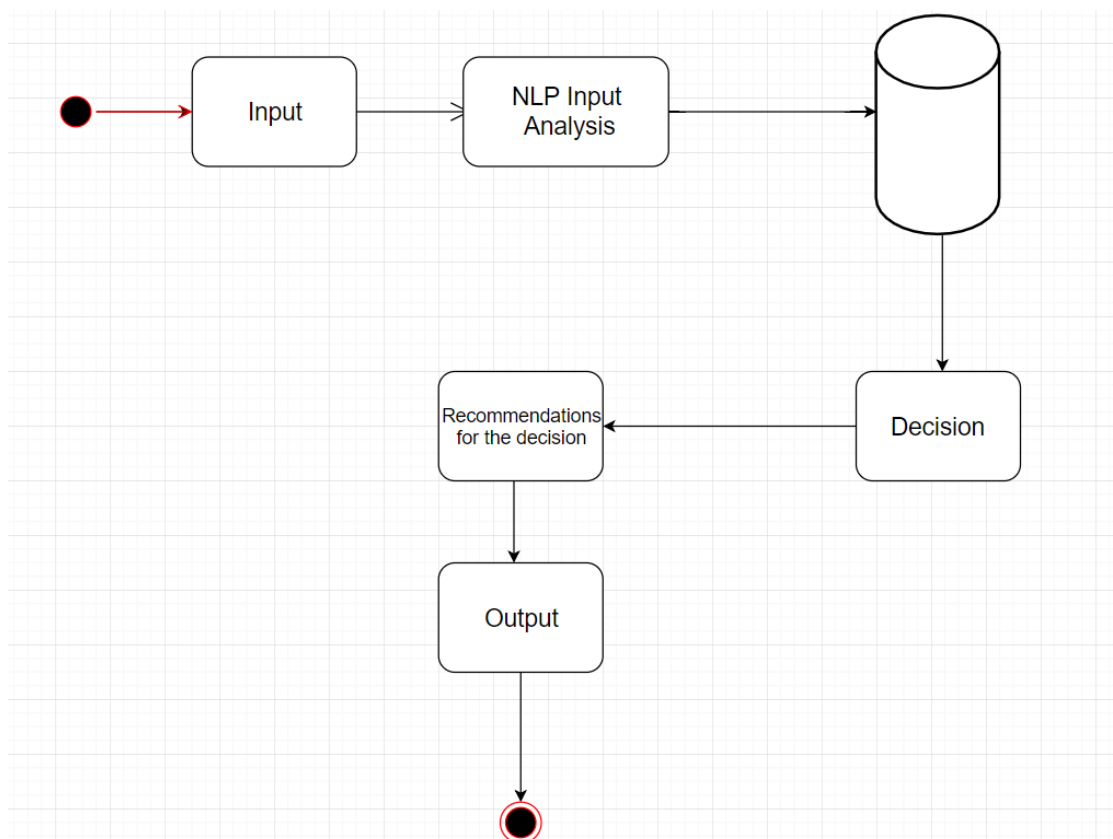
-Android

-Github

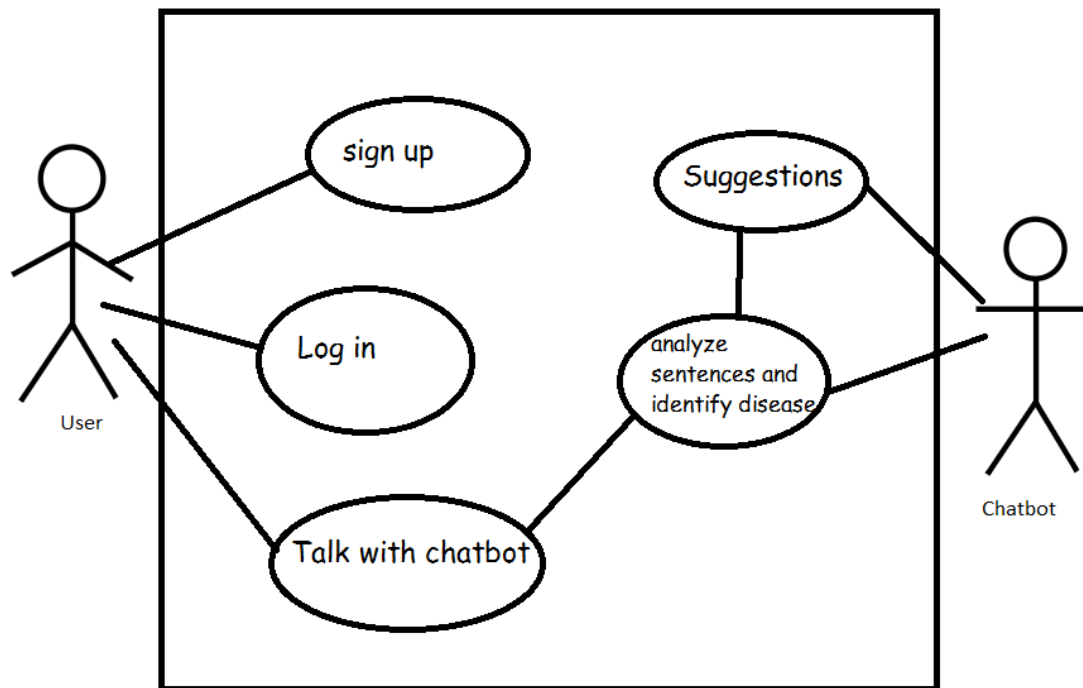
8-Project Data flow Diagram



9-Project State Diagram



10-Project Use Case Diagram



11-Project Risk Analysis

For the continuation of the project, it is advisable to start the project in the analysis phase or firstly by risk analysis or risk assessment.

- Team member's health problem (low level probability)
- Material negativity (Low level probability)
- Technical insufficiencies (intermediate probability)
- Time Management (High level probability)

12-Project Resources

- <https://www.jw.org/tr/yayinlar/dergiler/g201412/psikolojik-hastal%C4%B1klar/>
- <https://www.log.com.tr/terapinin-gelecegi-psikolojik-danismanlik-saglayan-yapay-zeka/>
- <https://www.psycom.net/25-best-mental-health-apps>
- İyi Hissetmek Yeni Duygudurum Tedavisi – DR.David Burns
- <http://www.amatem.org/>
- <http://www.psikiyatri.org.tr/halka-yonelik/8/>

