

🔗 Generalized Anxiety Self-Assessment and Relaxation Guidance Chatbot Scenario Package

📖 Scenario Background

In Halifax, Nova Scotia, many people experience ongoing anxiety that can interfere with work, relationships, and daily life. Recognizing persistent worry and tension is important for seeking appropriate care and adopting effective self-management strategies. Nova Scotia Health and Canadian mental health organizations provide validated screening tools (like GAD-7) and evidence-based relaxation and coping techniques. This scenario asks students to use the **Ollama + AnythingLLM** stack, combined with locally available, authoritative health education materials, to design a chatbot for **Generalized Anxiety Self-Assessment and Relaxation Guidance**.

🎯 Scenario Goals

- Help users self-assess symptoms using validated tools
 - Provide safe, evidence-based relaxation and coping strategies
 - Clearly communicate that the chatbot does **not** provide professional medical diagnoses
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📁 Recommended Knowledge Base Materials

Students should collect and organize **retrievable, structured** local health education materials to serve as their RAG knowledge base. Recommended sources include:

- GAD-7 Anxiety Self-Assessment Tool
- Nova Scotia Health – Mental Health and Addictions Services Pages
- Health Canada – Stress Management and Coping Tips
- Canadian Mental Health Association (CMHA) – Anxiety Self-Help Resources
- Any relevant local crisis hotline or referral information

🔗 **Requirement:** Upload as PDF, Markdown, or plain text, using general, consistent file names such as:

- `knowledge_document_1.pdf`
 - `knowledge_document_2.md`
 - `knowledge_document_3.txt`
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🎯 Suggested User Questions for Testing

Your final system must be able to answer these scenario questions using your uploaded knowledge base materials:

- **Question 1:** "I keep worrying about everything—is this anxiety?"
 - **Question 2:** "Can you teach me a simple relaxation exercise?"
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Suggested GitHub Repository Structure

All project deliverables must be **uploaded to a GitHub Repository**. Recommended folder structure:

```
└─ /cold-flu-chatbot
  └─ knowledge_base/
    └─ knowledge_document_1.pdf
    └─ knowledge_document_2.md
    └─ knowledge_document_3.txt
  └─ prompt/
    └─ system_prompt.txt
  └─ documentation/
    └─ scenario_pack.md (Provided)
    └─ use_case_description.md
  └─ demo/
    └─ demo_video.mp4
    └─ chat_transcript.txt
  └─ README.md
```

Deliverables

- **Knowledge Base**
 - Include all documents actually used in AnythingLLM
 - Must be clearly structured and named using the general format above
- **System Prompt**
 - Defines the chatbot role, tone, scope, and ethical disclaimers
- **Use Case Description**
 - A clear document that identifies user pain points and success criteria.
- **Demo Materials**
 - Screen recording or video showing chatbot responses to the core scenario questions
 - Chat transcript
- **README.md**
 - Brief project overview
 - Local deployment/testing instructions
 - Author(s) and date

Important Notes

- All materials must be uploaded to a **public or private GitHub Repository** for review
- The project is for **educational research use only** and must not be used for real diagnosis or treatment

- The chatbot README.md file must **prominently display a “Not Medical Diagnosis” disclaimer**