

## A. SCENARIO METADATA SECTION (New)

Add hidden structured fields:

- Scenario ID (UUID)
- Cycle Day (1–28)
- Age group (optional)
- Historical trend flag (true/false)
- Stress level (1–10)
- Baseline cycle length
- Previous 3-day sleep average
- Previous 3-day symptom average

These allow reproducibility.

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## B. STATE VECTOR PANEL (Auto-Computed, Displayed)

Add a visible box showing:

Computed Biological State:

- Estrogen Influence:
- Progesterone Influence:
- Energy Stability:
- Emotional Volatility:
- Inflammation Likelihood:
- Cognitive Load Score (optional)

Display numeric values (0–1).

This is critical for research transparency.

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## C. MODEL CONFIGURATION PANEL (Missing)

Add:

- LLM Provider (Gemini / GPT / Local)
- Temperature
- Top-p
- Max tokens
- Seed (for reproducibility)

Without this, reviewers will reject for lack of control.

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## D. RESPONSE ANALYSIS PANEL (New)

After generation, auto-compute:

- Word count
- Readability score
- Sentiment polarity
- Embedding vector
- Constraint violation flag (true/false)

These support quantitative metrics.

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## E. AUTOMATED METRIC OUTPUT

Add:

- Semantic similarity vs baseline
- State-alignment score
- Recommendation category tags (rest / diet / exercise / emotional support)

This allows alignment frequency calculation.

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## 2 Required Backend Architecture

Minimal research architecture:

Frontend (Antigravity UI)  
→ API Gateway  
→ Scenario Processor  
→ State Vector Engine  
→ Prompt Builder  
→ LLM API  
→ Response Analyzer  
→ Database

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## 3 APIs You Need

You need 4 categories of APIs.

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### 1. LLM API

Gemini is fine for research-level conference submission.

Use:

- Gemini 1.5 Pro (if available)
- Or Gemini 1.0 Pro

It is good enough for:

- Structured reasoning
- Health explanation
- Controlled prompt injection

For publication:

Mention:

“Commercially available large language model (Gemini Pro).”

No issue.

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## 2. Embedding API

For semantic differentiation metric:

You need embeddings.

Options:

- Gemini embeddings
- OpenAI embedding API
- Local model (e.g., sentence-transformers)

Embedding API required for:

Cosine similarity measurement.

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## 3. Database API

Use:

- PostgreSQL (recommended)
- Supabase
- Firebase Firestore

You need persistent storage.

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## 4. Statistical Processing

You can:

- Export CSV
- Use Python (SciPy, Pandas)
- Or integrate a small stats microservice

Not mandatory real-time.

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# 4 Database Schema (Exact)

You need 5 tables.

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## **Table 1: scenarios**

- scenario\_id (UUID)
  - phase
  - mood
  - energy
  - sleep
  - stress
  - symptoms\_json
  - cycle\_day
  - created\_at
- 

## **Table 2: state\_vectors**

- scenario\_id
  - estrogen\_influence
  - progesterone\_influence
  - energy\_stability
  - emotional\_volatility
  - inflammation\_likelihood
  - computed\_at
- 

## **Table 3: generations**

- generation\_id
  - scenario\_id
  - strategy\_type
  - model\_name
  - temperature
  - prompt\_text
  - output\_text
  - word\_count
  - created\_at
-

## **Table 4: evaluations**

- generation\_id
  - evaluator\_id
  - relevance\_score
  - specificity\_score
  - biological\_grounding\_score
  - personalization\_score
  - safety\_score
  - timestamp
- 

## **Table 5: automated\_metrics**

- generation\_id
- semantic\_distance
- alignment\_score
- violation\_flag
- sentiment\_score

This makes your research reproducible.

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## **5 State Vector Computation Logic (Exact Version)**

Normalize sliders:

$$E = \text{energy} / 10$$

$$S = \text{sleep} / 10$$

$$St = \text{stress} / 10$$

Symptom score:

Assign weights:

$$\text{cramps} = 0.3$$

$$\text{back pain} = 0.2$$

$$\text{headache} = 0.2$$

bloating = 0.1  
others = 0.1

Inflammation = sum(weighted symptoms)

Energy Stability:

Energy\_Stability = 0.6E + 0.4S - 0.3St

Emotional Volatility:

Map mood:

Calm = 0.2

Neutral = 0.4

Irritable = 0.7

Severe mood swings = 0.9

Then:

Volatility = mood\_score + (1 - S)\*0.3

Hormonal influence:

Based on phase:

Menstrual:

Estrogen = 0.2

Progesterone = 0.2

Follicular:

Estrogen = 0.6

Progesterone = 0.3

Ovulatory:

Estrogen = 0.9

Progesterone = 0.2

Luteal:

Estrogen = 0.5

Progesterone = 0.8

All clipped between 0–1.

That is your deterministic biological state vector.

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# **6** Exact Prompt Templates

Now the important part.

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## **Strategy 1: Generic**

System:

You are a general wellness assistant.

User:

User reports:

Mood: {mood}

Energy: {energy}/10

Sleep: {sleep}/10

Symptoms: {symptoms}

Provide helpful advice.

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## **Strategy 2: Phase-Aware**

System:

You are a menstrual health-aware AI assistant. Ground recommendations in hormonal physiology.

User:

Menstrual Phase: {phase}

Mood: {mood}

Energy: {energy}/10

Sleep: {sleep}/10

Symptoms: {symptoms}

Explain biological context briefly and give structured recommendations.

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## **Strategy 3: Phase + Memory-Aware**

System:

You are a menstrual health AI that considers historical patterns and hormonal cycles.

User:  
Menstrual Phase: {phase}

Current State:

Mood: {mood}

Energy: {energy}/10

Sleep: {sleep}/10

Symptoms: {symptoms}

Historical Pattern:

{history\_summary}

Provide biologically grounded and context-adaptive recommendations.

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## Strategy 4: Phase + State Vector (Confirmed Research Version)

System:

You are an advanced menstrual health AI system. Use the provided biological state profile quantitatively. Recommendations must align with the physiological indicators.

User:

Menstrual Phase: {phase}

Biological State Profile:

Estrogen Influence: {He}

Progesterone Influence: {Hp}

Energy Stability: {Es}

Emotional Volatility: {Ve}

Inflammation Likelihood: {Il}

Provide:

1. Brief physiological interpretation (2–3 sentences).
  2. Adaptive recommendations explicitly aligned with the state indicators.
  3. Avoid generic advice.
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## 7 Is Gemini Enough?

Yes.

For conference-level research:  
Gemini Pro is sufficient.

You are evaluating prompting strategies,  
not model architecture.

Model choice is not your novelty.

Just fix:

- Temperature = 0.4 (controlled)
  - Top\_p = 0.9
  - Keep same config across strategies
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## 8 What Makes This Publishable

Your console must now:

- Log everything
- Store prompts
- Store outputs
- Store model config
- Store state vectors
- Allow CSV export
- Enable blind evaluation

Right now your UI is missing:

- State vector display
- Model configuration logging
- Automated metrics logging

Add those.