# 11/02/2021

# Timetable until Literature Review

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| --- | --- | --- |
| Date | | Items |
| 11~14 | After meeting | Additional research/apply feedback |
| 14th | During meeting | Finalize formate + Put ppt together + start practicing |
| Literature Review: 1-hour presentation & 15 min Q&A  Literature review Format:   1. Propose problem    1. Propose statistics of how much students in HK are undergoing depression or something similar (**Stanley**)       1. Mention how this is a severe issue especially because the concept of ‘mental issue’ is stigmatized    2. COVID-19 Situation: Lack of physical interaction & social gatherings **(Sungbin)** 2. Target audience (**Minjin**)    1. HKUST students    2. Understanding and analysis of potential users       1. Conduct a survey? 3. 1:1 Counseling (Virtual Meeting Up) **(Tiffany)**    1. Benefits    2. Limitations    3. Further Barriers (COVID-19) → why we’re not doing it :,)) 4. Evaluation of similar tech/solutions: pros & cons    1. Applications       1. 7 cups of tea (**Adhya**)          1. Flaw: you cannot give any advice          2. Only sit and listen       2. Better Help **(Sanjana)**          1. Survey          2. No Chinese offered LOL       3. Breeze app **(Sungbin)**       4. Stoic App (**Tiffany**):          1. Many features including meditation, journaling etc.       5. OpenUp (**Stanley**)       6. IG Accounts:          1. HKUST secrets **(Sanjana)**          2. HKUST paUST (**Adhya**)    2. Meditation app       1. Calm **(Sanjana)**    3. Gaming feature       1. Forest (**Minjin**)       2. Habitica (**Stanley**)(deleted since irrelevant?)    4. What kinds of services is the HK govt providing now to treat mental health issues (HK) **(Adhya)** 5. Solution → Pinocchio (**Minjin**)    1. Explain the need for our product and why it is the most feasible and effective solution    2. Include measurable objectives at the end of the slides    3. Timeline 6. References/Citations (MLA) (**Adhya**) | | |

# Agenda

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|  | Items | Allotted time |
| 1 | Finalize the flow/format of the literature review:   * Deadline: 16 February, 2021 |  |
| 2 | Finalize the measurable goals |  |
| 3 | Finalize the timeline as requested in the grading sheet |  |
| 4 |  |  |
| 5 |  |  |

# Minute

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|  | Items | |
| 1 | * Calm   + Need professional help to help with meditation resources   + Stories for insomnia → targeted to hkust students * OpenUp   + Similar with 7 cups of tea (1 to 1)   + Not convenient for people under intense stress because of waitlist   + We can make an app evaluation form as well * HK Government Mental Health Programs   + Not very attractive and its hard to break the stigma   + Provide a list of communities/ group that offers some support * BetterHelp   + Individual counselling (18+)   + Couples counselling   + Teen counselling (<18)   + World’s largest counselling service     - Qualification: 3 years of experience and 1000-2000 hours of f2f therapy     - Cost starts at $65 USD per week(?) → cheaper than avg cost of f2f * UST Secrets   + A public account with a relatively large following (but doesnt cover the whole UST)   + Filtering posts   + People can vent their frustrations   + Google forms is anonymous | |
| 2 |  | |
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