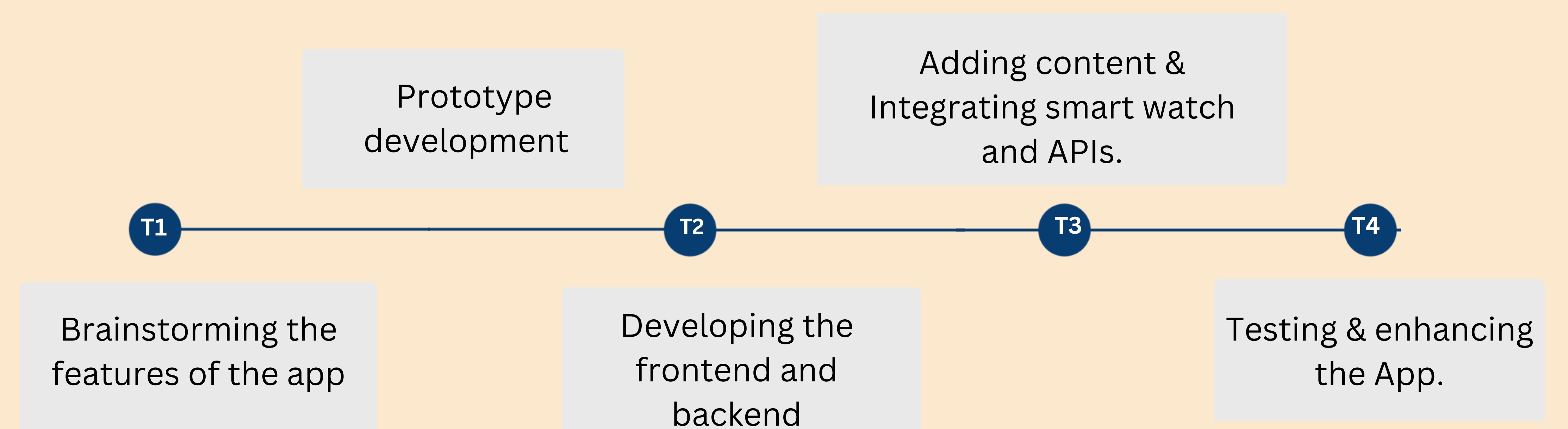# AnxietyBuddy

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AnxietyBuddy
Good Afternoon!

Embrace the uncertainty. Great things can happen outside of your comfort zone.
— Michael Adams 2015

Daily Check In · Situation Entry · Self Assessment · Breathing Guide · Cognitive Training
Home · Readings · Journaling · Profile

Our Features

Daily Check In
Helps users begin their day by fostering self-reflection and connecting with their thoughts

Breathing Guide
Breathing technique that will make users feel relaxed and calm

Self Assessmentment
Will help the users identify their anxiety level by using their responses and heart rate readings

Situation Entry
Allows the users to understand the connection between their thoughts, mood, and behavior in various situations and provides tailored suggestions.

Cognitive Training
It helps users challenge their thoughts, build resilience, maintain balance, and manage stress

Real time analytics
Provides users with live analysis of their assessment and other activities.

Readings
Provides the user with informative readings, positive quotes, mental health hotlines and links to other resources

Journaling
Lets users keep track of their daily emotions, expressions of gratitude, or any other personal sentiments they wish to record.

Our mission is to provide a comprehensive solution for people who are dealing with anxiety. We understand how debilitating anxiety can be, and we're committed to helping people overcome it.

About our app

- Can be used by anyone experiencing anxiety symptoms.
- Healthcare professionals incorporating Cognitive Behavioral Therapy (CBT) into patient care can seamlessly integrate our app into their practice.
- We've combined all essential features into one user-friendly platform.
- Our app is the result of a collaborative effort between IT students, medical students, and experienced mental health professionals.

T1 — Brainstorming the features of the app
T2 — Developing the frontend and backend
Prototype development
T3 — Adding content & Integrating smart watch and APIs.
T4 — Testing & enhancing the App.

Challenges

- Finding dataset for training and fine-tuning.
- Inconsistencies and variations in the accuracy of vital data readings from smartwatches.
- Inability to use the allocated budget of the project.

What's Next?

- Supporting Arabic and other languages.
- Connecting with live professionals.
- Using virtual reality to target specific phobia.
- Fine-tuning large language model to use it as virtual therapist.

AnxietyBuddy — GET IT ON Google Play · Download on the App Store

Tools and Frameworks

Sponsor — MUBADALA