

# PsyBot

# Imposter Syndrome

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CMPE-252

## INTRODUCTION

Mental health disorders can only be diagnosed by a licensed mental health provider or doctor. People do not often seek help out of fear their concerns aren't legitimate or severe enough to warrant professional intervention. Understanding about Imposter Syndrome could be an important step towards getting treatment. Chatbot will discuss the Imposter Syndrome and talk about how to handle it

## RUN THE CHATBOT

Running the assistant Install Rasa Open Source:

<https://rasa.com/docs/rasa/user-guide/installation/>

Run actions and train the model: `rasa run actions` & `rasa train`

For Command line : `rasa shell`

For Virtual Assistant in UI (Recommended) `rasa x`

# CONVERSATION FLOWS

## 1. Greet

Talk to your bot (Interactive Learning)

action\_listen


hi

greet (1.0)

utter\_greet (1.0)


Hi ! I am PsyBot - a safe place created just to help you with Imposter Syndrome

utter\_imposter (1.0)



Start typing a message...

Talk to your bot (Interactive Learning)



Imposter syndrome is defined as doubting your abilities and feeling like a fraud. It affects people, who find it difficult to accept their accomplishments.

action\_service (1.0)

Firstly, would you consider yourself to be suffering or have you ever suffered from impostor syndrome? If you need help to answer this question, why not take this small test

Yeah I understand now / I know about it

action\_listen (1.0)

## 2. If you click Yeah

Talk to your bot (Interactive Learning)

```
action_listen (1.0)
```

`/yesQuiz("quiz_selection":"yes")`

`yesQuiz("quiz_selection":"yes") (1.0)`

```
slot("quiz_selection":"yes")
```

`utter_coolQuiz (1.0)`

Okay Cool , here is the [documentation link](#) to help you

`utter_disclaimer (1.0)`

I am NOT a diagnostic tool. /n Mental health disorders can only be diagnosed by a licensed mental health provider or doctor.

`utter_welcome (1.0)`

Great!  
Just type 'hey' or 'hi' again to redirect to the main phase of bot !


`action_listen (1.0)`

## On click of the documentation

imposterhood.com/wp-content/uploads/2018/04/Imposter-Syndrome-Questionnaire-for-IH-Website.pdf

Imposter Syndrome Questionnaire

1 / 1 | 100% + |

 **Imposterhood**  
Stop Negative Limitations

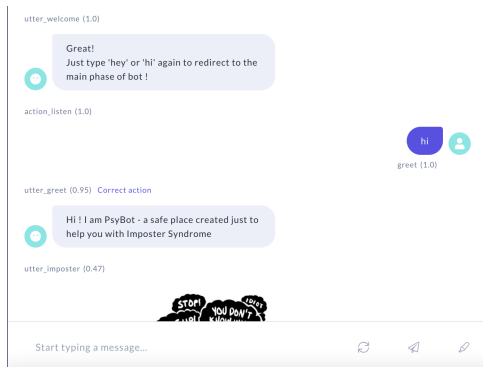
**Ask yourself:  
'Do I ever feel like an imposter?'**

**Is the Imposter Syndrome - a distorted belief around who you are and what you are capable of - standing in the way of living up to your possibility?**

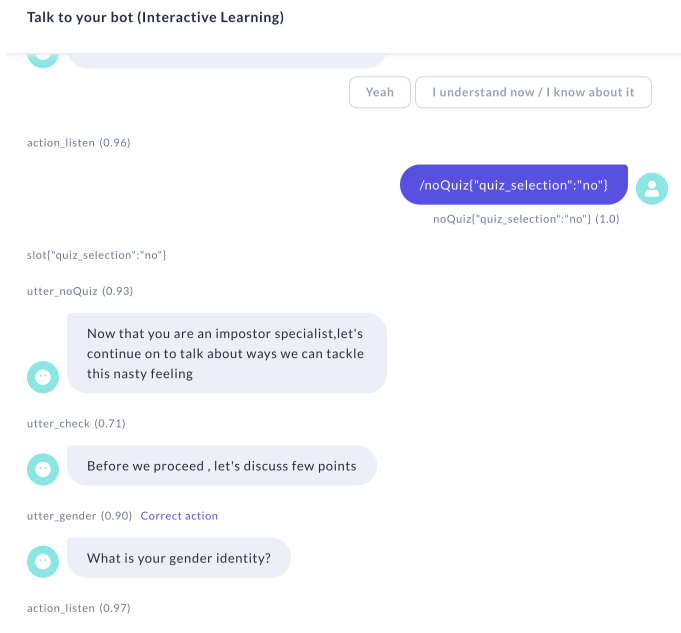
Complete the questionnaire and count the number of 'Yes' responses:

1. Have you ever felt like a fake or fraud in any area of your life?	Yes	No
2. Have you ever felt that others don't see you as you truly are?	Yes	No
3. If so, do you believe that if they could really see you deep down, they might not like what they saw?	Yes	No
4. Do you ever feel as though you just don't fit?	Yes	No

### 3. Chat Restart on saying hi



### 4. If You choose I understand now or know about it



#### Talk to your bot (Interactive Learning)

What is your gender identity?

action\_listen (0.97)

female  
gender (0.99)

utter\_history\_mental\_illness (1.0)

Do you have a family history of mental illness?

action\_listen (1.0)

Yes I do  
history\_mental\_illness (0.84)

utter\_work\_interference (1.0)

Do you feel it interferes with your work?

action\_listen (1.0)

Often  
work\_interference (0.99)

#### Talk to your bot (Interactive Learning)

Often  
work\_interference (0.99)

utter\_implife (1.0)

Impostor syndrome can vary during life. It can disappear or reappear, depending on your work situation, team, family, workplace culture, etc...

utter\_tracker (1.0)

What we are going to do is help you to create a success tracker that you can use every time you are confronted by your insecurities

utter\_tech\_company (1.0)


Is your employer primarily a tech company/organization?

action\_listen (1.0)

nope i dont work at a tech company  
tech\_company (0.98)


### Talk to your bot (Interactive Learning)

action\_listen (1.0)


nope i dont work at a tech company 

tech\_company (0.98)

utter\_health\_benefits (1.0)


 Does your employer provide mental health benefits?

action\_listen (1.0)


yepp my company does 

health\_benefits (0.98)

utter\_health\_resources (1.0)

 Do you know the options for mental health care your employer provides?

action\_listen (1.0)


idk i am unaware 

health\_resources (0.99)


utter\_treatment\_q1 (1.0)

### Talk to your bot (Interactive Learning)

utter\_treatment\_q1 (1.0)


 Now make a list of few things that make you good at your job  
No need to be modest here, I haven't been programmed to judge

action\_listen (1.0)


hardwork team spirit 

treatment\_five (0.99)

utter\_discussing\_mental\_health (1.0)

 Do you think that discussing the imposter syndrome issue with your employer would have negative consequences?

action\_listen (1.0)

Yes it will have bad consequence 

discussing\_mental\_health (0.99)

utter\_willing\_to\_discuss\_colleagae (1.0)

### Talk to your bot (Interactive Learning)

Would you be willing to discuss the imposter syndrome issue with your coworkers?

action\_listen (1.0)

yeah I guess so

willing\_to\_discuss\_colleagae (0.99)

utter\_willing\_to\_discuss\_employer (1.0)

Would you bring up the imposter syndrome issue with a potential employer in an interview?

action\_listen (1.0)

no I wouldnt dare

willing\_to\_discuss\_employer (1.0)

utter\_diminish1 (1.0)

Sometimes we diminish our own achievements, believing others have accomplished more, or are more skilled and experienced than us

### Talk to your bot (Interactive Learning)

no I wouldnt dare

willing\_to\_discuss\_employer (1.0)

utter\_diminish1 (1.0)

Sometimes we diminish our own achievements, believing others have accomplished more, or are more skilled and experienced than us

utter\_diminish2 (1.0)

Every time you think someone doesn't struggle, imagine they might be hiding their difficulty (just like you) !!

utter\_serious\_mental\_health (1.0)

Do you feel that you can face your fears such as daring to ask questions or asking for help?

action\_listen (1.0)

idk i havent been in such a situation

serious\_mental\_health (0.99)

### Talk to your bot (Interactive Learning)

The screenshot displays a conversation flow within the Rasa Interactive Learning interface. The flow is as follows:

- utter\_negative\_consequences\_mental\_coworker (1.0)**: A light blue bubble with a bot icon containing the text "Do you struggle to fit in your workplace?".
- action\_listen (1.0)**: A label indicating the bot is listening.
- negative\_consequences\_mental\_coworker (0.98)**: A dark blue bubble with a user icon containing the text "yes i have".
- utter\_consequence1 (1.0)**: A light blue bubble with a bot icon containing the text "So don't be too hard on yourself when these situations arise".
- utter\_consequence2 (1.0)**: A light blue bubble with a bot icon containing the text "It is not your responsibility to fit into a workplace, it is the duty of the management to ensure the workplace is inclusive for all".
- utter\_final (1.0)**: A light blue bubble with a bot icon containing the text "Hope this conversation helped you to understand impostor syndrome better."

Can also refer to `test_stories.yml` file in the Github for the reference test case

## CONCLUSION

1. Rasa Interactive also helps to debug issues and improve your assistant
2. Rasa X – A toolset that layers on top of Rasa Open Source. For Conversation-Driven Development (CDD), the process of listening to your users and using those insights to improve your AI assistant
3. Need more examples to handle vague statements/intents
4. Working on this project gave me a better understanding of both impostor syndrome itself and the use of chatbots as an interactive way of communicating about a subject to an audience.