DATA ANALYTICS WITH IBM COGNOS

SMARTINTERNZ EXTERNSHIP

DATE	19 October 2023
EXTERNSHIP TITLE	Data Analytics With Ibm Cognos Analytics
PROJECT NAME	Depression: A CommonMental Disorder

TEAM MEMBERS

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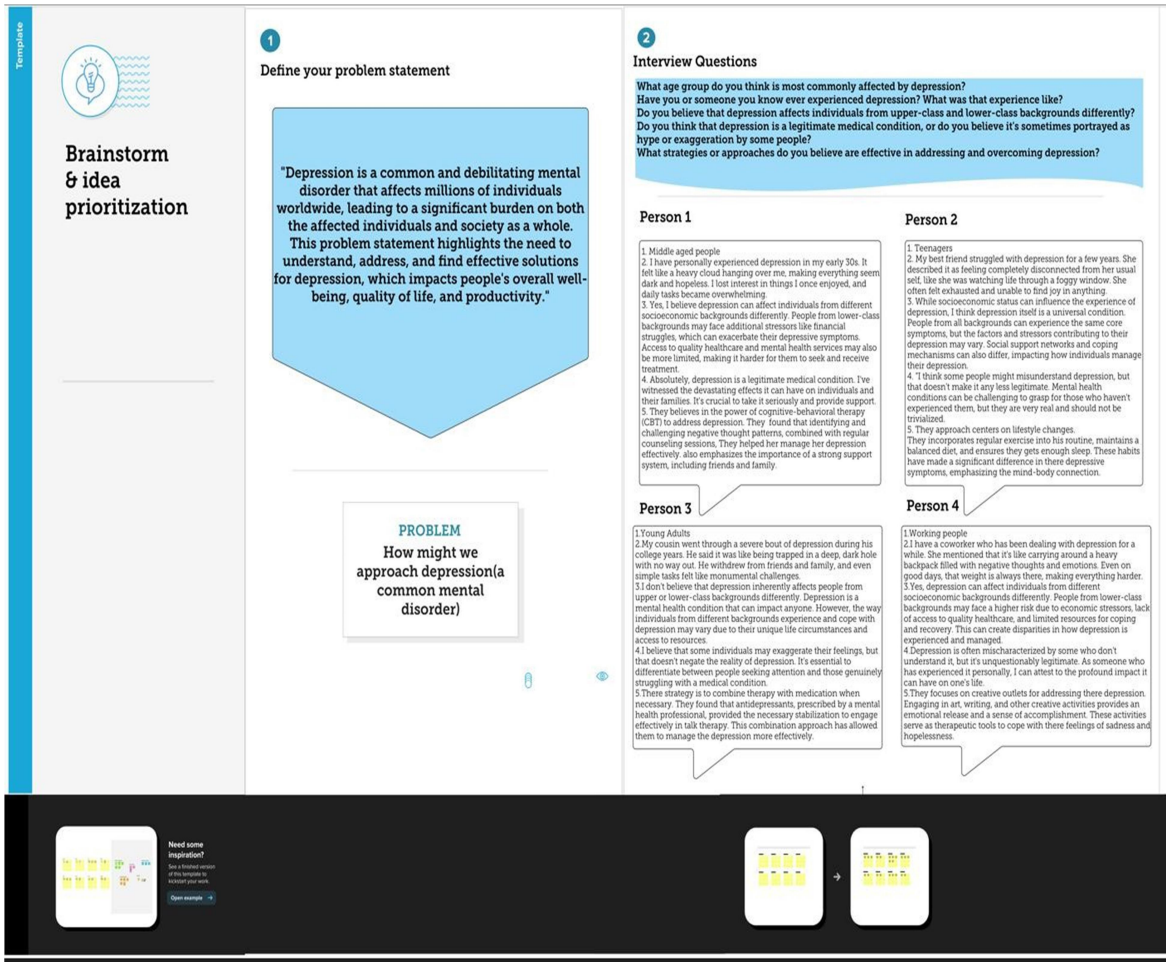
Brainstorm & Idea Prioritization Template:

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

Link:

https://app.mural.co/t/hennayasmine6370/m/hennayasmine6370/1697978882677/efd5ed3ea556857fce55c112df76974d0bc3ec64?sender=u77e045999192463f29ab4701



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Group ideas

Here we have displayed our group ideas regarding the problem depression.

Accessible Mental Health Services

Ensure that affordable and accessible mental health services, including therapy and counseling, are available to everyone.

Early Intervention Programs

Develop and implement programs that identify and support individuals at risk of depression, especially in schools and workplaces.

Community Support Groups

Create local support groups where individuals with depression can connect, share their experiences, and find a sense of belonging.

Peer Support Programs

Develop peer support networks where individuals with lived experience of depression can help and guide others in their recovery.

Mental Health Apps

Promote the use of mental health apps that offer self-help tools, and strategies for those experiencing depressive symptoms.

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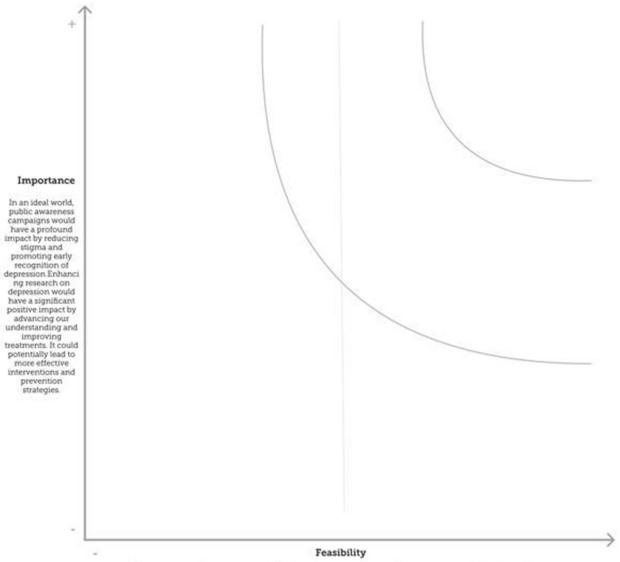
Prioritize

Here we have placed our ideas on this grid to determine which ideas are important and which are feasible.



The most feasible action would be implementing mental health apps and chatbots. They can provide immediate support and resources, making them a practical solution for addressing depression, given their high feasibility. Promoting peer support programs is highly feasible with minimal cost and training, as they rely on individuals sharing their experiences and offering guidance.