

Calma

An app that offers tests to diagnose the psychological state of the user and build a conversation with a chat bot to relieve him using NLP and AI

calma .. We hear you .. We understand you

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Abstract

Maintaining a mentally stable lifestyle has become more difficult with a lack of awareness about mental disorders. There are some applications and websites that manage and care about several aspects of mental health. However, each of these apps is concerned with a certain field. A need then arises for an app that manages all the psychological needs of interest in the mental health aspect, and from this standpoint, in our project, we launched the "Calma" application.

Introduction

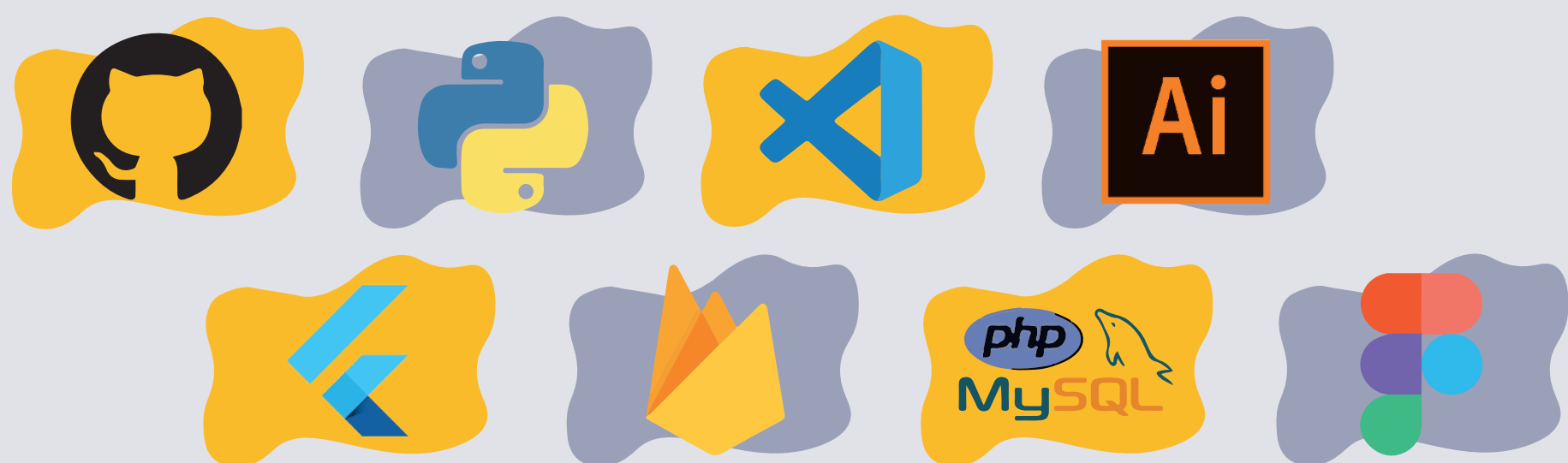
Mental health is a state of psychological well-being that enables a person to overcome life's stresses, realize their potential, learn, and function well, and contribute to their community. Calma project helps detecting psychological illness, guides afflicted people to recover quickly and enables them to safely communicate with others and lead a better life.

Aims

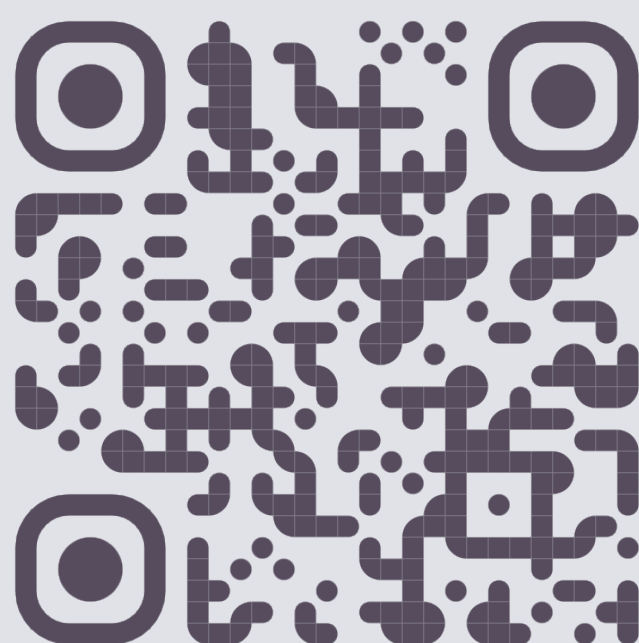
The project aims are

- 1-Creating an app that can diagnose the mental state of adults who have recently experienced accidents, surgery, and job loss.
- 2-Caring for the mentally ill by analyzing various inputs from their conversation with the chatbot using Artificial Intelligence (AI) and Natural Language Processing (NLP) techniques.
- 3-Creating a community that helps them and providing them with useful content

Tools



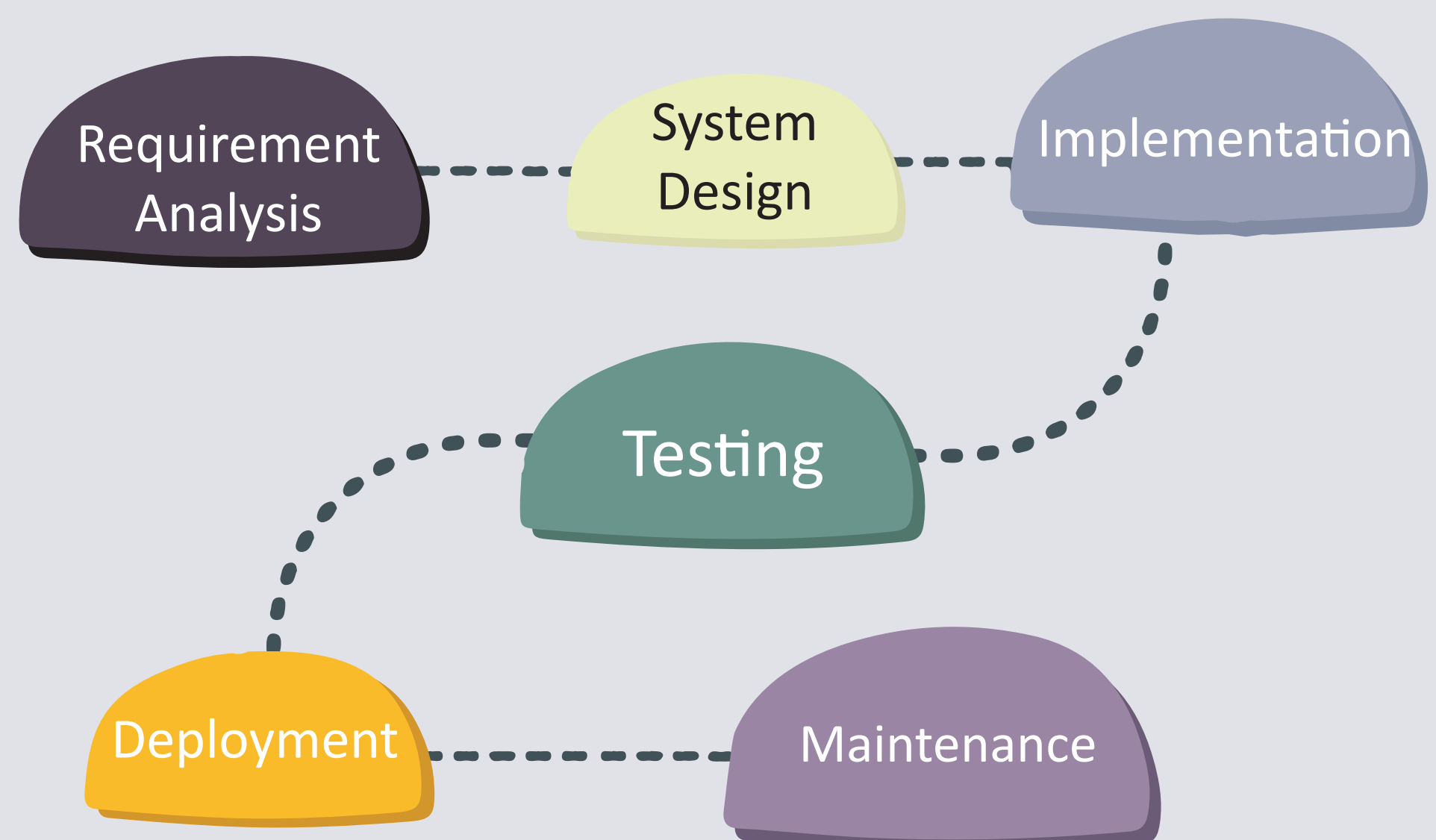
Demo QR



Main Features

- 1 -The user downloads the app and then create an account. Then will be transferred to the home page where can start a test.
- 2 -The user will be connected to a community where there're consultants and users with the same diagnosis.
- 3 -The user will be having sessions while using the app with the chatbot to help them get better from emotional crises and panic attacks.
- 4 -Calma will also supply educational content for the users, to help them understand more about cognitive behavioral therapy (CBT) and their condition.

Methodology



Conclusions

Mental disorders can be overcome, with increased awareness and the search for appropriate solutions Calma assists people suffering from mental disorders to assess their condition and provides them with tools to alleviate their suffering. It also educates the community about mental disorders, as well as allows users to express themselves fearlessly.

future work

- 1.Expanding our application's language support and allow users to contact the chatbot via voice memos .
- 2.improving the accuracy to be capable of handling more complex conversations and illnesses.
- 3.Providing more activities and practices to improve users mental state and track progress.
- 4.Including screen readers and voice assistants for blind people