Tranquil

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Problem

- Many people suffer from chronic anxiety and have limited options to effectively handle their symptoms
- Ineffective and unhealthy ways of coping
Current Solutions

- Anxiety management techniques are scattered across applications
- No current mobile applications that can detect anxiety
Anxiety Detection
Stress Management
User Persona

Name: Victoria
Age: 21
Occupation: UCSB Student

Triggers for Anxiety
- Exam environments
- High stakes interviews
- Pressure to succeed

Context:
- Busy work and social life
- Need to study for CS189B final [extremely important]
- Upcoming interview with Prof for a research position
A Day in the Life with Tranquil
Analysis and Metrics of Stress from Victoria’s Day

- **Notifications vs. HRV**: ↑ 20%
- **Current Week HRV**
- **Past Week HRV**
- **NLP Stress Levels**: ↑ 10%
  - Total: 88
    - Journals: 12, 14%
    - Chats: 39, 44%
    - Breathing: 37, 42%

- **Past Week HRV**
- **Current Week HRV**
Gather biometric data using HealthKit

Send heart rate value in 5 second intervals

Dispatch watch notification upon anxiety detection

CloudKit + Core Data

NLP processing of journal entries using CoreML

Visualize anxiety metrics and analysis with SwiftUI Charts

ChatGPT-driven stress support
Tranquil