AntEater: Challenging your Automatic Negative Thoughts

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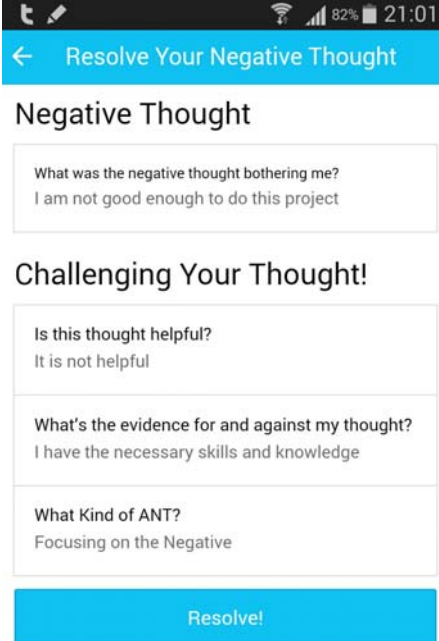
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Project Briefing

- Automatic negative thoughts (ANTs) plague many people and are a big drain on their motivation and enthusiasm

- This project aims users at helping combat their ANTs

- Using a backend cloud-based big data analytics the system facilitates psychological intervention with the help of trained psychologists to assist people in need of counseling

- The approach makes addressing mental health issues affordable, accessible and scalable to large populations

Mobile Application

- Allows patients to record their thoughts and reconcile them

- Thought recording

- Conflict resolution

- Transcripts of records

- Periodic alerts and reminders

Big Data Analytics Module

- Analyze collectively the records of patients:
- Understand triggers for negative thoughts
- Identify correlations among thoughts, situations and actions
- Identify successful resolution strategies

Expert Analysis

- Psychology experts to review and guide the analysis
- Confirming the analysis results
- Suggest intervention strategies
- Evaluation of results

Infrastructure Overview