

# PAM

## PERSONAL ADVISOR FOR MOTHERS



Hamidah Rahimi

# OVERVIEW

- **App Name:** PAM, Personal Advisor for Mothers
- **App Description:** An artificial intelligent assistant and counselor for mothers
- **Track:** Adult Individual
- **Category:** Mental health & wellbeing



# THEME

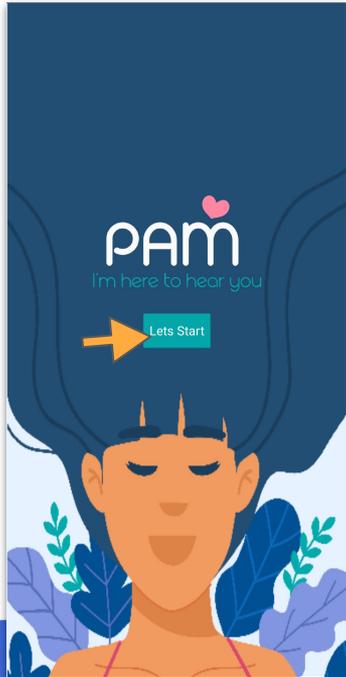
**In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.**

I am a mother for a beautiful 3 years young Misk, and since I was blessed with her, my life changed drastically. In every situation, I go through a range of emotions and thoughts to choose what is best for her and myself, specially after going back to work. This is why I invented this App to give mothers a safe non-judgmental space in which they can express their thoughts and feelings and talk about things that matters to them the most.



# INSTRUCTIONS

Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



## Step 1: SplashScreen

Once the app is initialized, you will see this screen

Click the start button to start

The 'Create an Account' screen has a light blue background. At the top left is the 'PAM' logo, and at the top right are icons for user profile and information. The main content area includes a 'Select from Gallery' button and a 'Take a new Picture' button. Below these are input fields for 'What do you like me to call you' (with a 'Select a user name' placeholder) and 'Date of Birth'. A section titled 'Tell me more about yourself' contains several checkboxes: 'Single Parent', 'Working', 'Love my job', and 'Like my home'. Below the checkboxes are three dropdown menus: 'How old do you feel?' (set to '20s'), 'How many children do you have?' (set to '1'), and 'How long to you work?' (set to '3-5hrs/Day'). A final dropdown menu asks 'Anyone supporting you home?' with the value 'my pa...'. At the bottom of the form are 'Clear' and 'Save' buttons. A dark blue navigation bar at the very bottom contains three icons and labels: 'Quick help', 'Take a break', and 'I hear you'.

## Step 2: Profile Screen

Add your information in this screen. This information will be used by PAM to know the user and prepare better responses.



# INSTRUCTIONS

**Create an Account**

Select from Gallery  
Take a new Picture

What do you like me to call you Hamidah

Date of Birth 41 years young

**Tell me more about yourself**  
The more you tell me, the better I will be able to support you

Single Parent  Working

Love my job  Like my home

How old do you feel? 30s

How many children do you have 1

How long to you work? 6-10hrs/Day

Anyone supporting you home? house..

Clear Save

Quick help Take a break I hear you

## Step 3: Save your profile

These information will be saved on your device and can be edited any time

**Create an Account**

Select from Gallery  
Take a new Picture

What do you like me to call you Hamidah

Date of Birth 41 years young

**Profile update**

Hello Hamidah, your information has been updated

Great!

How old do you feel? 30s

How many children do you have 1

How long to you work? 6-10hrs/Day

Anyone supporting you home? house..

Clear Save

Quick help Take a break I hear you

## Step 4: Update Profile

You will get a notification for the updated profile

Press “Great!” to close it



# INSTRUCTIONS



**PAAM**  

### Create an Account

What do you like me to call you

**Tell me more about yourself**  
The more you tell me, the better I will be able to support you

Single Parent  Working

Love my job  Like my home

How old do you feel?

How many children do you have

How long to you work?

Anyone supporting you home?

 Quick help  Take a break  I hear you

## Step 5: Clear Button

If you pressed the clear button, all the fields of the form will be cleared.



**PAAM**  

### Create an Account



What do you like me to call you

**Tell me more about yourself**  
The more you tell me, the better I will be able to support you

Single Parent  Working

Love my job  Like my home

How old do you feel?

How many children do you have

How long to you work?

Anyone supporting you home?

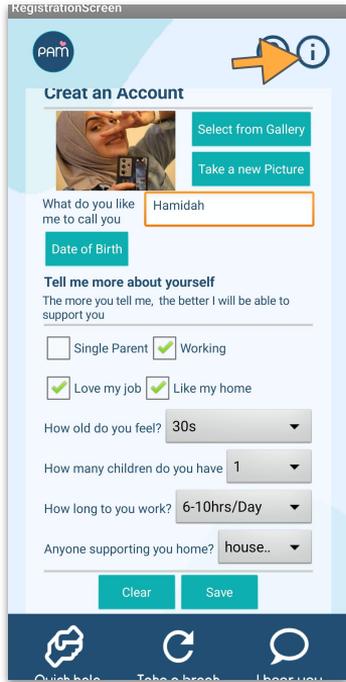
 Quick help  Take a break  I hear you

## Step 5: retrieve profile

When you click on the profile “account” button you will retrieve all your saved informations



# INSTRUCTIONS



RegistrationScreen

PAM

### Create an Account

Select from Gallery

Take a new Picture

What do you like me to call you Hamidah

Date of Birth

**Tell me more about yourself**  
The more you tell me, the better I will be able to support you

Single Parent  Working

Love my job  Like my home

How old do you feel? 30s

How many children do you have 1

How long do you work? 6-10hrs/Day

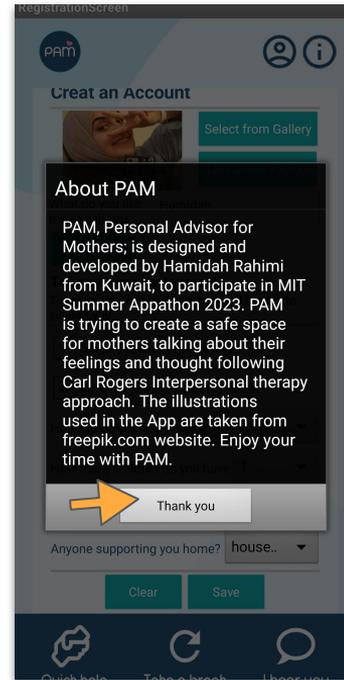
Anyone supporting you home? house..

Clear Save

Quick help Take a break Hear you

## Step 6: About us

Chick on this button to know more about the App.



RegistrationScreen

PAM

### Create an Account

Select from Gallery

### About PAM

PAM, Personal Advisor for Mothers; is designed and developed by Hamidah Rahimi from Kuwait, to participate in MIT Summer Appathon 2023. PAM is trying to create a safe space for mothers talking about their feelings and thought following Carl Rogers Interpersonal therapy approach. The illustrations used in the App are taken from freepik.com website. Enjoy your time with PAM.

Thank you

Anyone supporting you home? house..

Clear Save

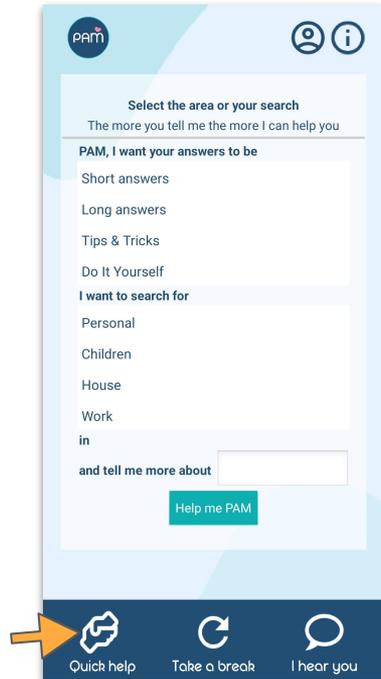
Quick help Take a break Hear you

## Step 7: Closing notification

You can close the about us notification by pressing this button

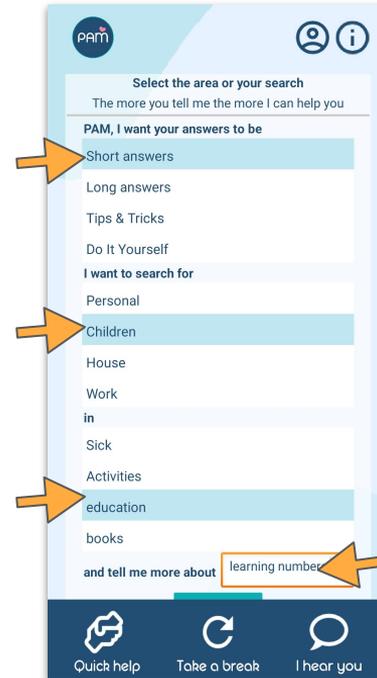


# INSTRUCTIONS



## Step 8: Quick Help Screen

Click on this button to go to the Quick Help Screen



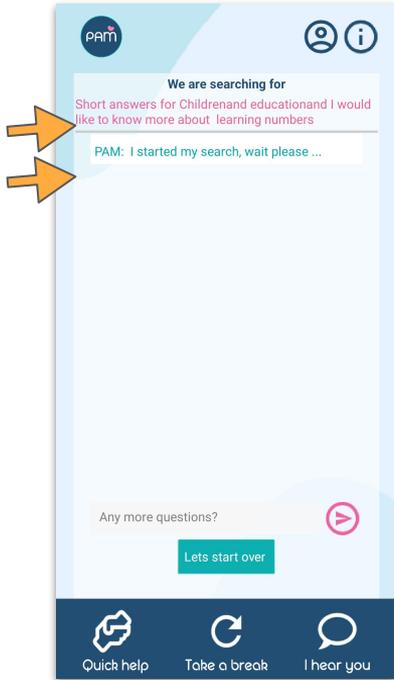
## Step 9: Quick Selections

Select from the quick options available. Your selection will be defined for the ChatBot.

Scroll up for the “Help me PAM” button

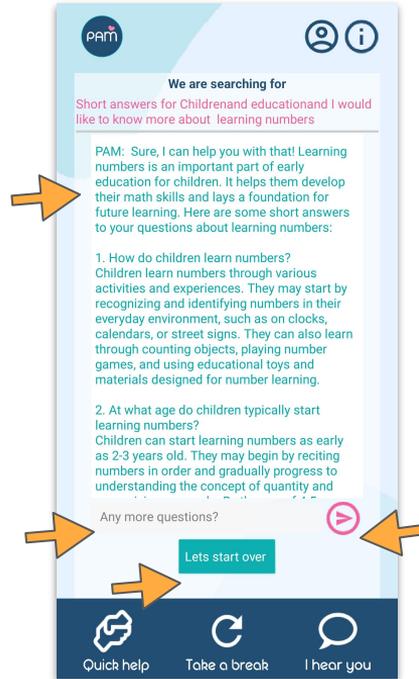


# INSTRUCTIONS



## Step 10: PAM Search

The search subject is defined from your selections in the previous screen. PAM will need few seconds before generating the response



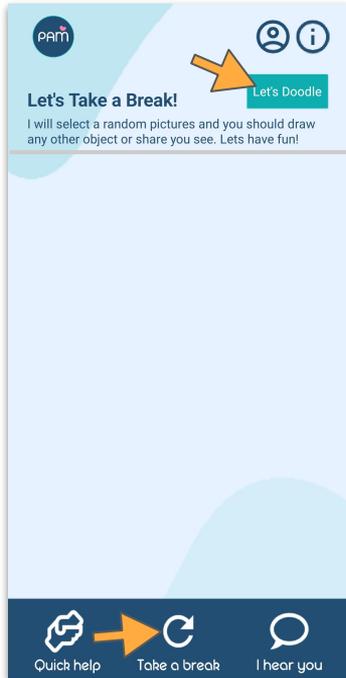
## Step 11: continue asking

PAM's answers will be displayed, if you have more questions you can continue asking.

Once you press "Start Over" button, the previous conversation will be deleted.

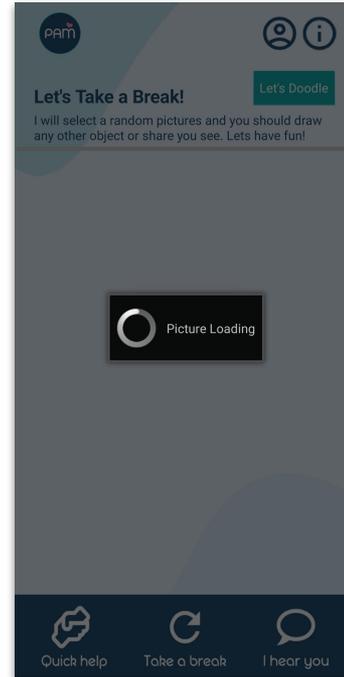


# INSTRUCTIONS



## Step 12: Take a Break Screen

In this screens, you can take a mental break. Once you press the “Let’s Doodle” button



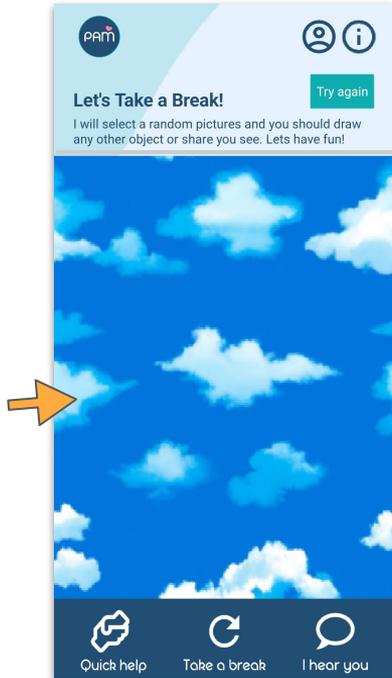
## Step 13: Loading Image

PAM, the ImageBot, will generate an image from predefined topics and users profile.

A progress notification will appear



# INSTRUCTIONS



## Step 14: image loaded

Once the image is loaded, the progress notification will disappear and the "Doodle" button will change



## Step 15: Doodles

you can use you finger or a pen to draw anything you see within the loaded image. This activity will calm the brain and can in future be used as an ART therapy feature by PAM.

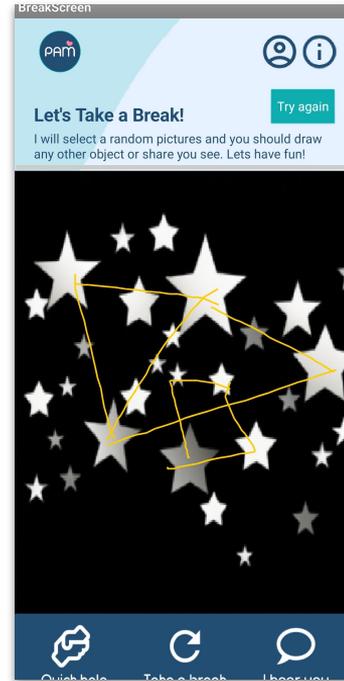


# INSTRUCTIONS



## Step 16: Try again

PAM will load a random image every time this button is pressed.

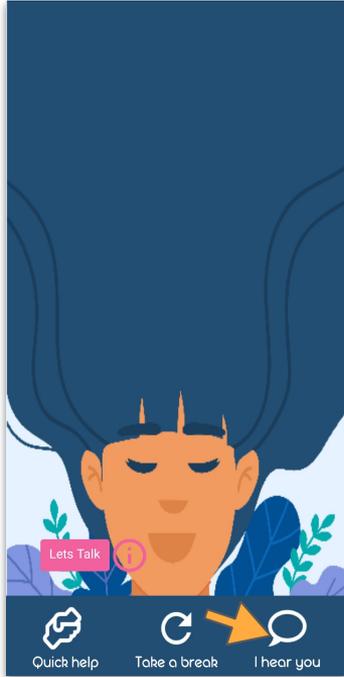


## Step 17: Doodle

And you can Doodle as much as you need

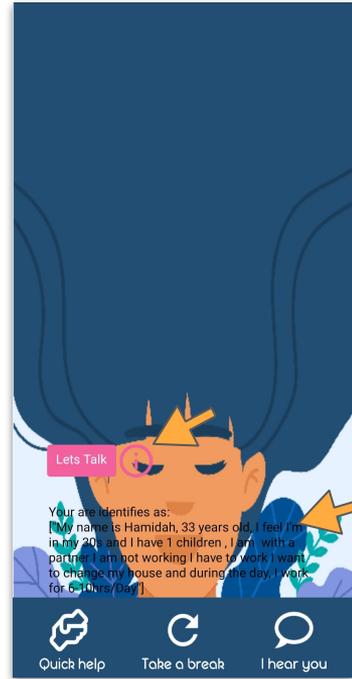


# INSTRUCTIONS



## Step 16: I Hear You Screen

This is when PAM can listen and talk to you following Cale Rogers interpersonal therapy guidelines.

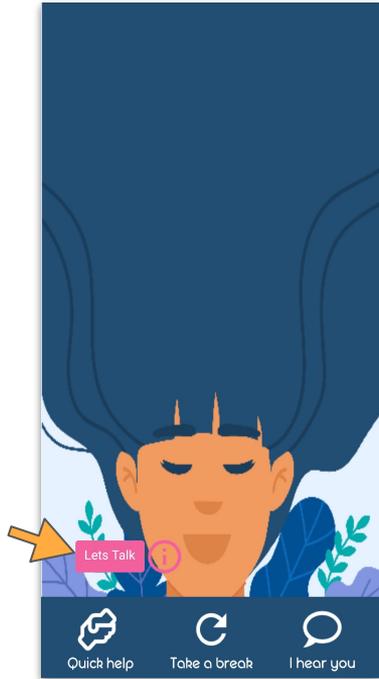


## Step 17: info

By clicking on the information icon, you can see the rolle defined in the system which is created from your profile. PAM already knows you.

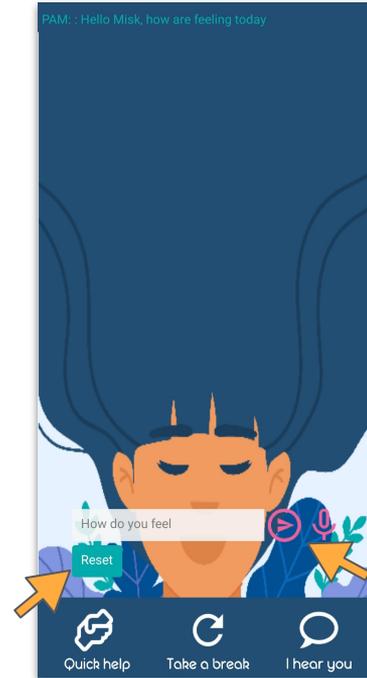


# INSTRUCTIONS



## Step 16: Let's Talk

By pressing this button, the invisible chat box and mic will appear



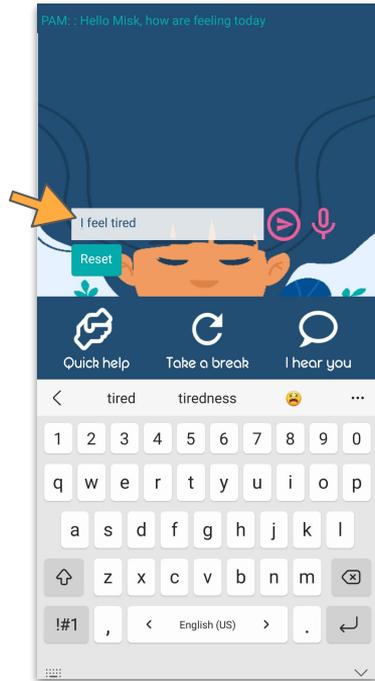
## Step 17: Start

You can either type your feelings and thoughts or use the mic.

At any point of time you can reset the conversation

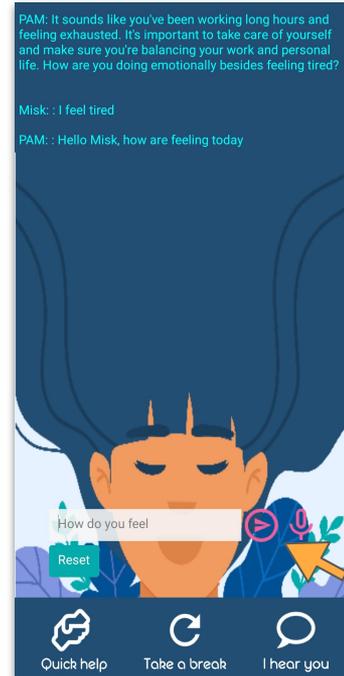


# INSTRUCTIONS



## Step 18: Type in

You can type your feeling, thoughts and sent it

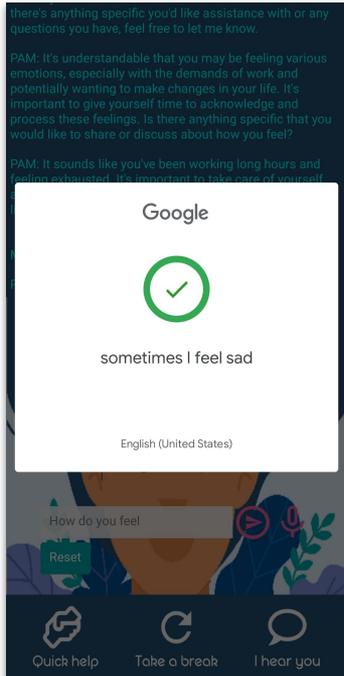


## Step 19: Response

and PAM will answer you in both Text and Voice.

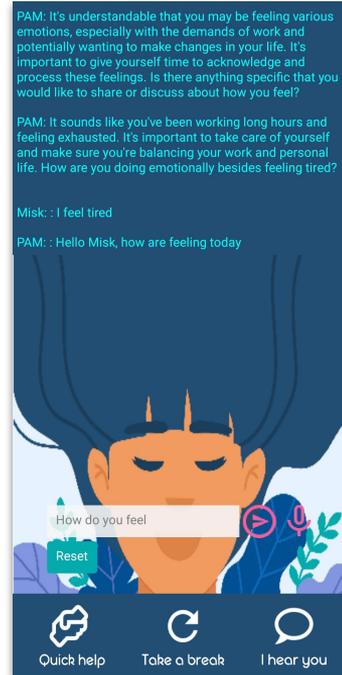


# INSTRUCTIONS



## Step 16: Speak

You can use the mic, which will transform your speech to text



## Step 17: PAM's reply

and PAM will answer you in both Text and Voice.



# LIMITATIONS

**In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.**

The main functionality of the Therapist/Counselor is based on the ChatBot and ImageBot performance and might not be 100% accurate.

The responses depends on the information shared in the registration screen, thus the more relevant information the user shares, the better responses they get.

I'm also using a TinyDB because I couldn't use a cloudDB data in multiple screens, thus different users can not see aggregated information to realize they are not alone and other mothers in different part of the world are having the same emotional conflicts.



# ACKNOWLEDGEMENTS

**Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.**

- Person #1: Misk my lovely daughter, she inspired me to create this app
- Person #2: Musaed Al-Kout, My husband, he supported me by keeping Misk busy with other things than me.
- And I thank everyone working on App Inventor platform and tutorial, the community and all the support available online.





# APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.

# TITLE

Content...

