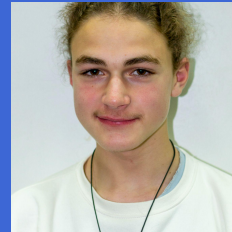
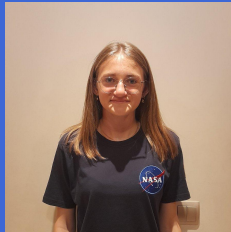
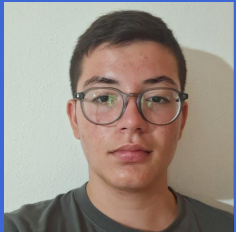


ASTROZEN

Apostolos, Vasilis, Veronica, Melina, Nefeli, Petros, Filippos



OVERVIEW

- **App Name:** AstroZen
- **App Description:** AstroZen uses AI technology to detect the emotional state of the astronauts and suggests ways of improving their mental health through various built-in features
- **Track:** Youth Team
- **Category:** Mental health & wellbeing



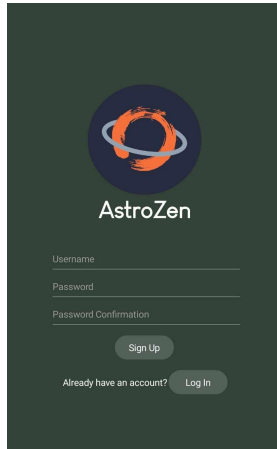
THEME

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.

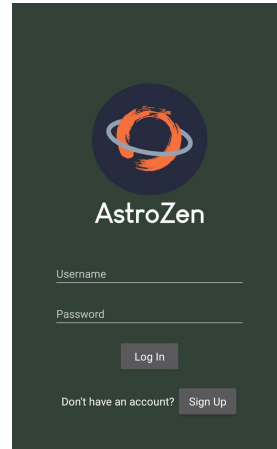
The problem we chose to address is astronauts' mental health. After some research we discovered that according to the US's National Library of Medicine more than 88% of the astronauts today face mental health issues! Working on the ISS can be very tough because they're far away from earth, their homes and families. The conditions are not the best for humans, especially for their mental health. It is obvious, that these working conditions can easily affect astronauts' life during their stay on the ISS. Through AstroZen we found a fun solution to lift the astronauts' mood.



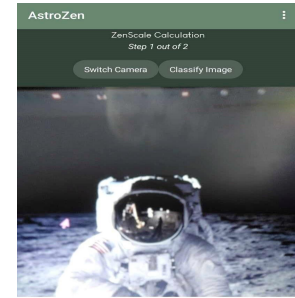
INSTRUCTIONS



Step 1: Sign up for the app. The only thing you have to do is enter the username and the password you want. Afterwards confirm your password and you are ready.



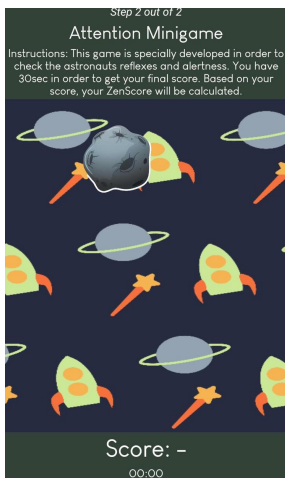
Step 2: If you already have an account just log in with your username and your password.



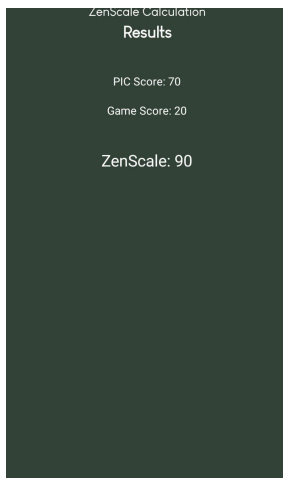
Step 3: After entering the app you will see the first emotional state test, which is the PIC AI technology which will scan your face and recognize your emotional state and it will be presented to you as a line chart.



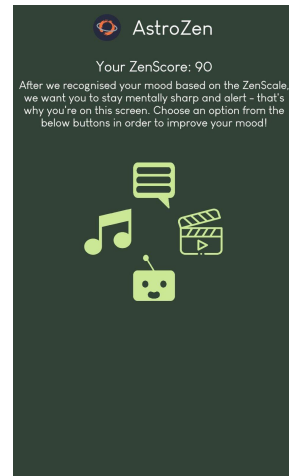
INSTRUCTIONS



Step 4: In the next screen you move on to the second test of the emotional state recognition which is a specially built mini game that calculates your attention span levels.



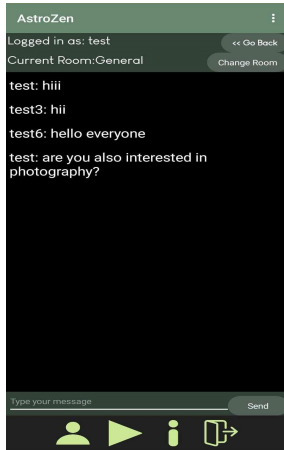
Step 5: After finishing both tests you will see the total score of your emotional state on the ZenScale which is the sum of test 1 and test 2 (each one multiplied by a different importance constant)



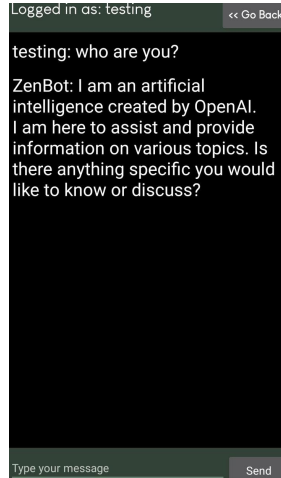
Step 6: After receiving your ZenScale score you are presented with four different options to lift your mood. A Spotify playlist, multiple interest-based chatrooms, a YouTube video and a chatbot.



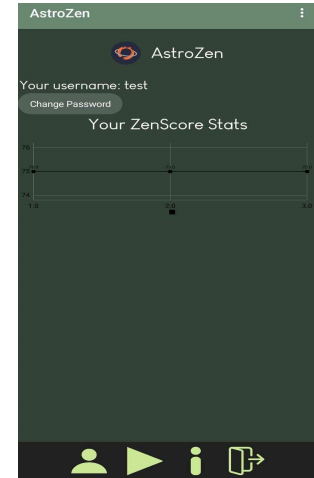
INSTRUCTIONS



Step 7: This is one of the four options. You can enter multiple chat rooms where based on common interests you chat with other astronauts (either from your space station or from a different one) or you can chat with a psychologist.



Step 8: This is another one of the four options for the astronaut to improve his mood. In this one the user chats with an AI chat Bot.



Step 9: On your profile screen you can view your current ZenScale score as well as how that has developed during your stay on the ISS so you can keep track of your emotional state.



LIMITATIONS

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

Astrozen is built in order to lift the mood of an astronaut. Since we didn't make any extent research behind what is needed to solve mental health issues caused by the long stays on the ISS and we didn't have the means to contact a mental health expert, the app's recommendations are strictly for fun and to make the user feel better at that moment and doesn't provide suggestions on solving serious mental health issues.



Thank you for your time

