



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

Artificial Intelligence

(SECJ3553-10)

Title:

Mobot - Mental Health Support And Motivation Bot

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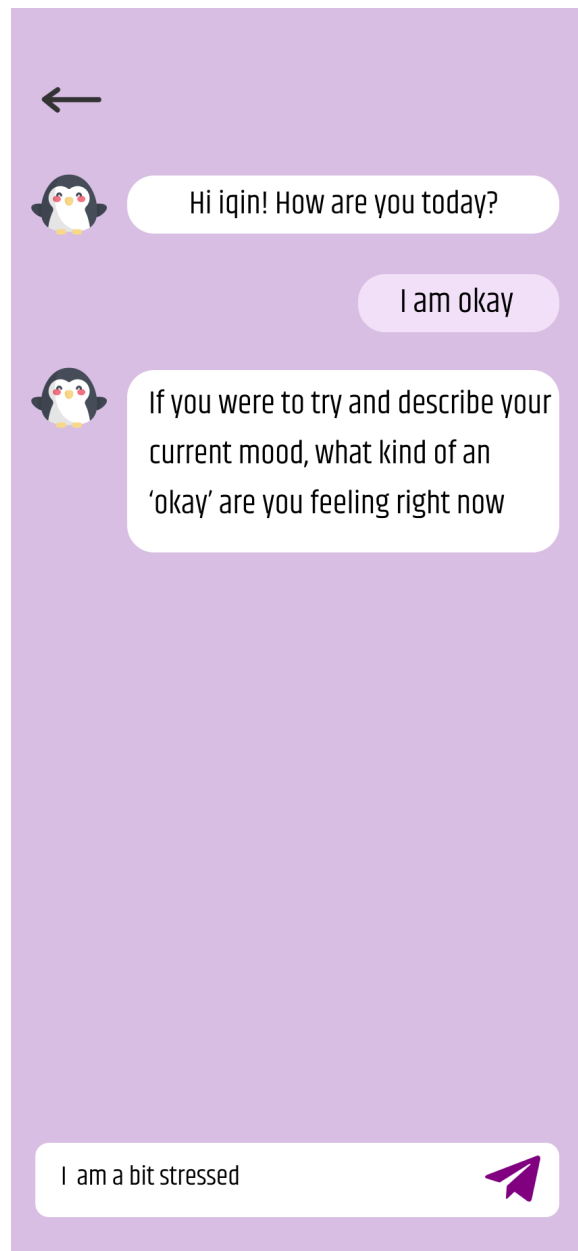
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KNOWLEDGE REPRESENTATION

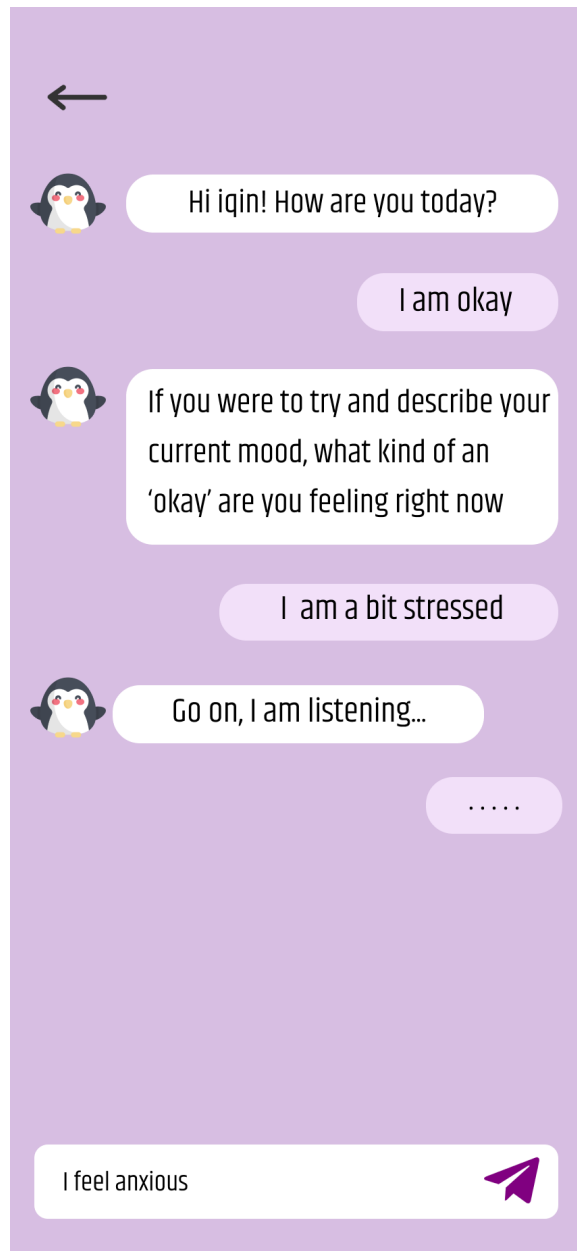
This proof of concept is based on previous Knowledge Representation in Assignment 1.

1. IF Greeting = TRUE, THEN Respond = TRUE



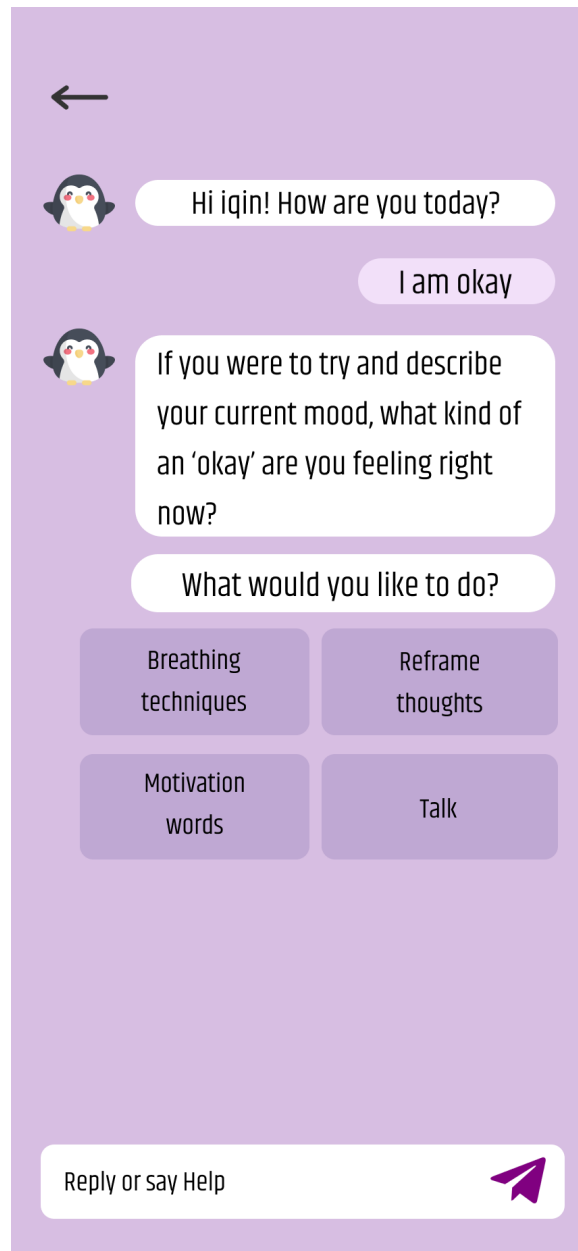
If the user greets, the chatbot will be activated and start the conversation by asking the user how are you.

2. IF Share_Feeling = TRUE, THEN Listen = TRUE



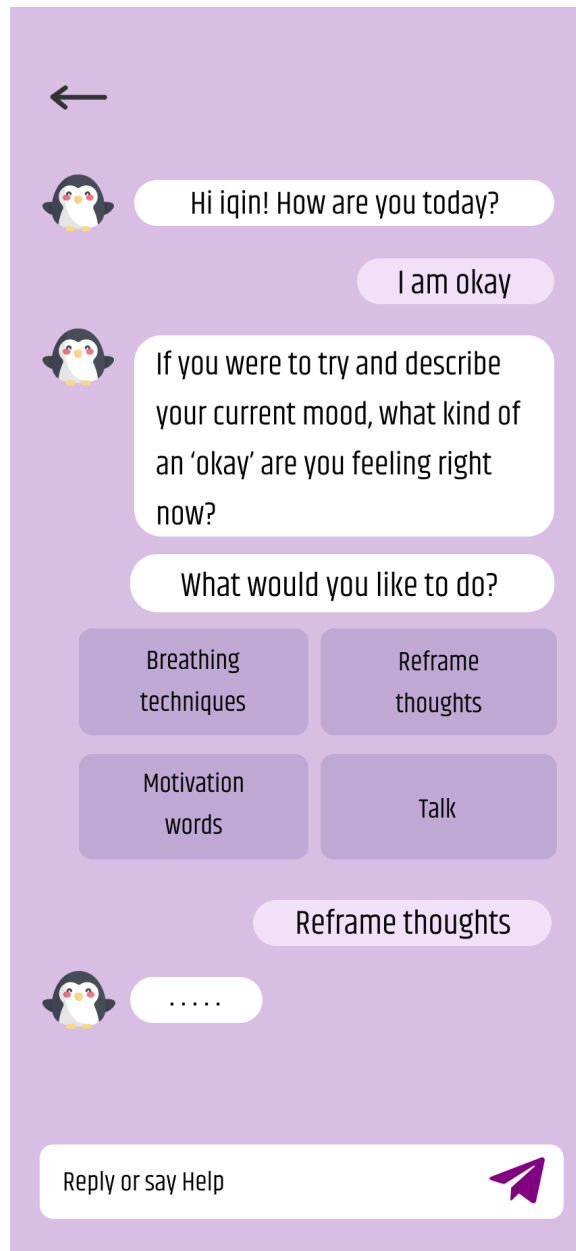
When the user shares their feelings or problems, then the chatbot will listen to the user explaining more about their situation.

3. IF Share_Feeling = FALSE, THEN Ask_Todo = TRUE



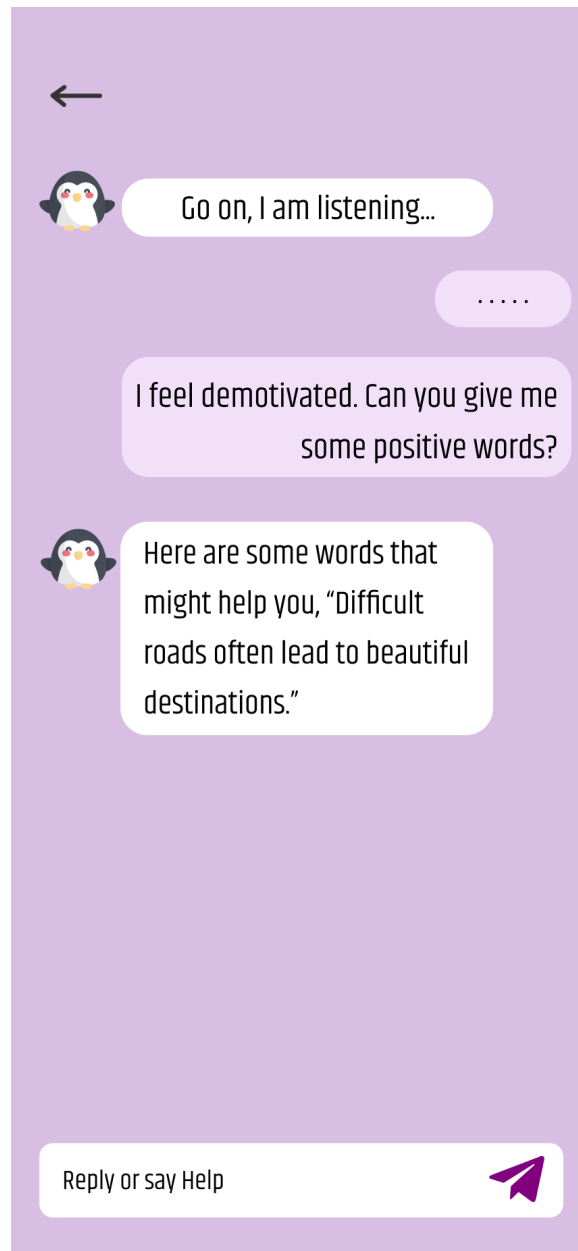
If the user is done sharing their feelings, then the chatbot will ask what the user would like to do with a few options such as reframe thoughts, positive words and breathing techniques.

4. IF Ask_Todo = TRUE AND Has_Tapped = TRUE, THEN Respond = TRUE.



The chatbot will ask what the user would like to do with a few options such as reframe thoughts, positive words and breathing techniques and if the user clicks on the option, then the chatbot will respond with a possible type of answer.

5. IF Ask_Motivation = TRUE, THEN Provide_Positive_Words = TRUE



If the user asks for motivational quotes/positive words, then the chatbot will provide them.

6. IF Describe_Uneasy_Feel = TRUE AND Choose_Breathing_Technique = TRUE, THEN
Give_Breathing_Tips = TRUE

The image displays two sequential screenshots of a chatbot interface designed to help users manage anxiety through breathing techniques. The interface has a light purple background and a penguin avatar for the chatbot.

Left Screenshot:

- A back arrow is in the top left corner.
- The chatbot says: "Go on, I am listening..."
- The user responds: "I feel anxious"
- The chatbot prompts: "Take a deep breath and choose one of the breathing techniques"
- Four buttons are presented for selection:
 - Relieved stress & anxiety
 - Deep breathing
 - Diaphragmatic techniques
 - Relaxing breath
- At the bottom is a text input field with the placeholder "Reply or say Help" and a purple paper plane icon.

Right Screenshot:

- A back arrow is in the top left corner.
- The chatbot displays the selected option: "Relieved stress & anxiety"
- The chatbot provides a numbered list of instructions:
 1. Place one hand on the tummy and the other on the upper chest.
 2. Breathe in through the nose, focusing on the tummy rising.
 3. Repeat the cycle.
- A reassuring message follows: "Everyone experiences anxiety sometimes . Stay calm, you can face it!"
- At the bottom is a text input field with the placeholder "Reply or say Help" and a purple paper plane icon.

The chatbot will give tips on breathing effectively based on the user's choice of breathing technique when the user says that he or she feels uneasy or uncomfortable.

STATE SPACE SEARCH

Level 1 & 2: If the user greeting is true, the chatbot will be active and respond to the user.

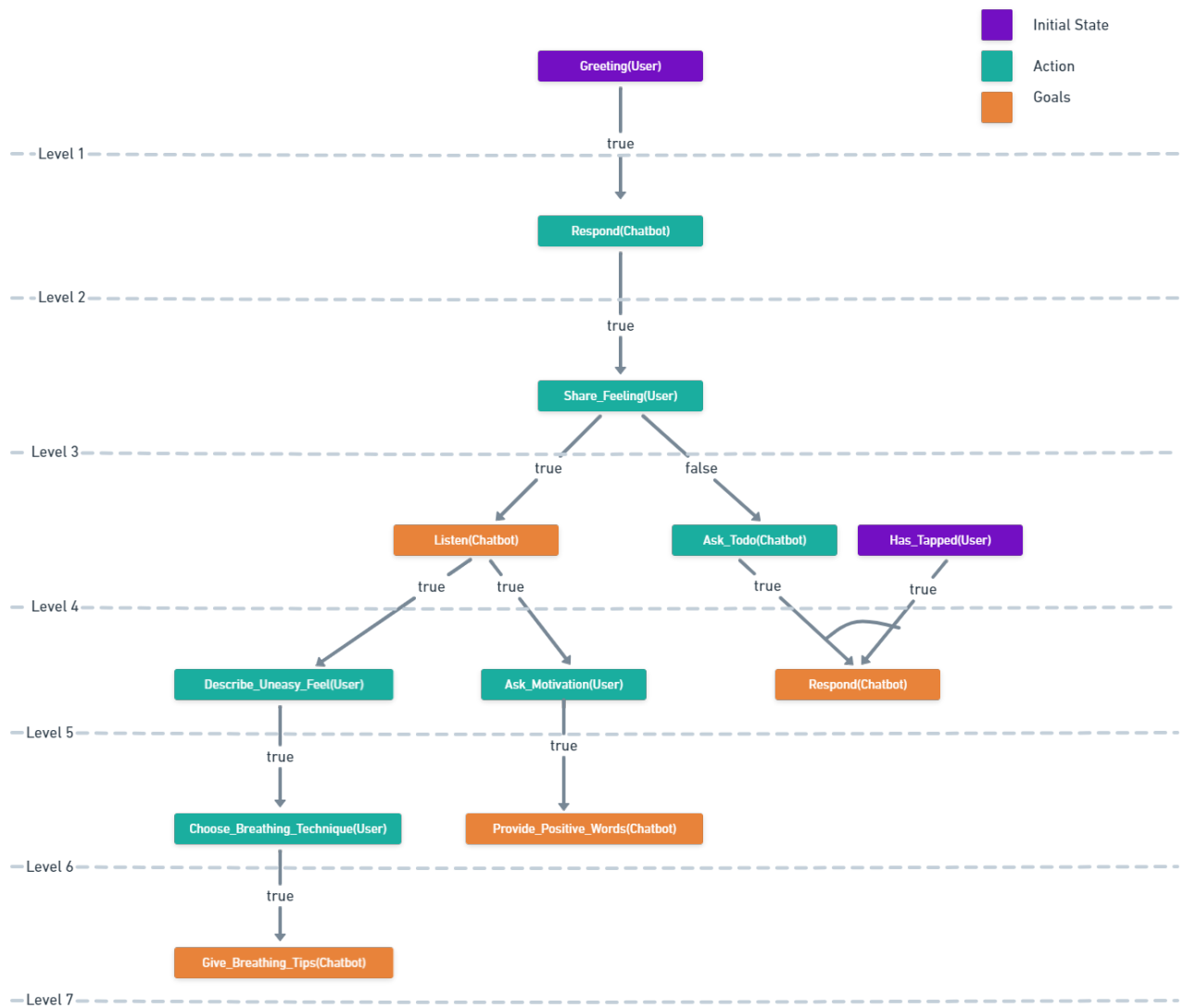
Level 3: If the chatbot response is true, user will share their feeling.

Level 4: If the user shares their feeling is true, the chatbot will listen. Otherwise, the chatbot will ask what the user would like to do and the user must tap the options given.

Level 5: If the chatbot listening is true, the user can describe their uneasy feeling or ask for motivation. If the user asks todo and has tap is true, the chatbot will respond.

Level 6: If the user describes their uneasy feeling as true, the user will choose breathing technique. Besides, if the user asks for motivation, the chatbot will provide positive words.

Level 7: If the user chooses the breathing technique is true, the chatbot will give breathing tips.



PEAS MODEL

Performance: Expert assistance that is intelligent, smart, and professional.

- A MOBOT exists solely to assist users in self-managing stressors through the use of Ai-Guided Algorithms.
- The bot will be a good listener when users sharing their feelings, concerns and thought
- The bot will provide motivations, breathing tips and comfort based on the user's response.

Environment: People With Health Problems, counselor, psychologist and psychiatrist.

- The environment's main target is to provide solutions to make the world more mentally resilient.
- The existence of counselors, psychologists and psychiatrists in this environment is due to the fact that this MOBOT deals with issues relevant to their field.

Actuator: Chat, Motivations

- The user will be expressing their feelings or problems by typing in the chat. Then, after reading the user input, the chat will respond.
- The chat will display some motivational talks to the user if the user input mentions feeling down or needs positive words.

Sensors: Input From User

- Chatbot will detect presses on a named key or keywords and respond with the effective reaction.

Figma Link:

<https://www.figma.com/proto/w66g6eL8Cq2n9DZRmpjAdc/Prototype-MOBOT?node-id=12%3A166&scaling=scale-down&page-id=0%3A1&starting-point-node-id=12%3A166>

Video Link: <https://youtu.be/CfzTo7QxA4c>