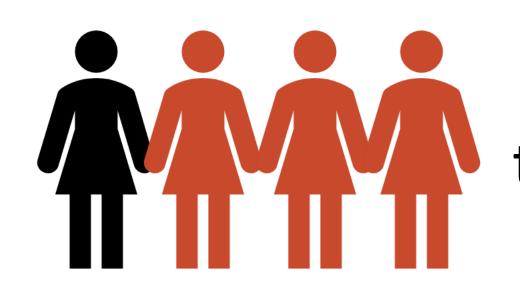


An App to Improve Mental Health of Breast Cancer Patients

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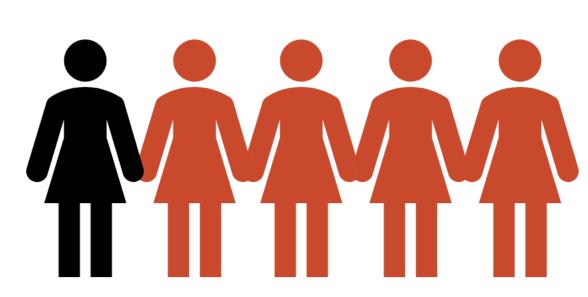


The Problem



One in four women going through chemotherapy struggle with anxiety.

One in five women going through chemotherapy struggle with depression.



32% of women undergoing breast cancer treatments cannot commit to daily outside mental health therapies.

Current Description Limitations Solutions

Mindfulness **Based Stress** Reduction Classes

Recommended •

Exercise

- 2+ hour weekly or biweekly
 - regular sessions sessions Program lasts • Too great a
- ~14 weeks
 - Walking or other low
 - intensity daily regimens
- Lack of motivation

commitment

Inability to

attend

Our Solution



Develop an app that provides alternative therapies for breast cancer patients receiving chemotherapy that can be done at home.



Accessible

MENTAL

Offers A Community



Easy to Use

BREAK

Utilizes Social Media

Mental Break Functions

Anonymous Group Chat

Playlists Using Music Therapy Techniques

Mindfulness Based Stress Reduction Sessions



Implementation

Design the App

- Color Palette and Design
- Functionality
- Structure

Create The App

- WPI Game Development Club
- Computer Science Department at WPI

App **Assessment**

- Using Patient Reported Outcome Measures (PROM)
- Usage Tracking

Relations With UMass

- Transfer Ownership
- Recommend to Patients
- Conduct Continual Maintenance

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and Suggested Routines

Exercise Log



