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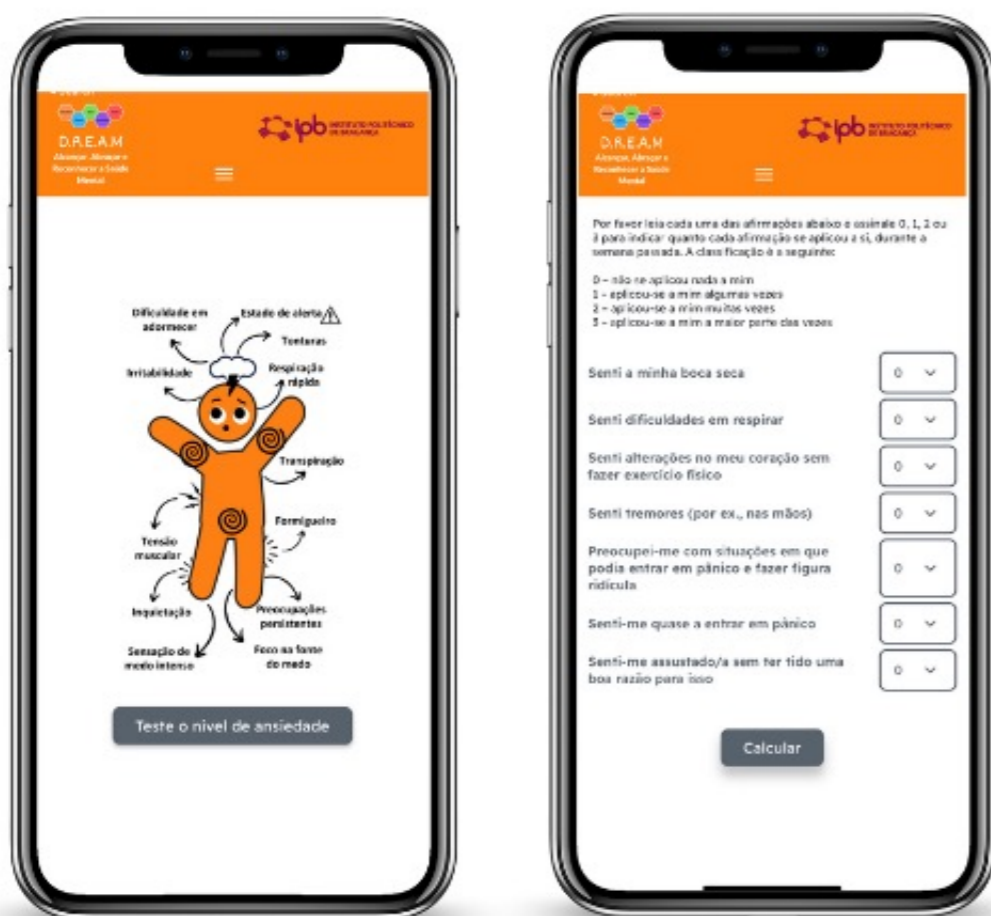
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## PROBLEM TO BE SOLVED

Help students to promote their literacy in **positive mental health** and consequently improve their skills and attitudes in terms of quality of life and general well-being

## HOW IT CAN BE DONE

Develop a digital guide with scientifically validated tips about dietary, sleep patterns and healthy habits, and self-diagnosis tools, such as a personality test, an anxiety test and a depression test, in a mobile App. the digital guide and respective App.



## BENEFITS

Achieve quality of life and general well-being, as these are essential so that they can develop and achieve success in their academic career and in the respective process of training and global personal development.

## SOLUTION APPROACH

**Co-creation** was achieved with a multidisciplinary team of faculty, students and administrative staff of the IPB, as well as three external partners: **MindSerena** (mindfulness), **Altamentis** (nutrition and sports), and **bten** (App development) and **Design Thinking** was used to develop the prototype and contents of the digital guide and respective App.

## ACHIEVED RESULTS

The first version of the App is available on both the App Store as well as on the Google Playstore and in the last two months, **over 460 students downloaded** the App, 14 students found help through the App and are being monitored in consultation and two mindfulness workshops were done.

## NEXT STEPS PLANNED

Include more functionalities, discussion forums and **direct contact with health professionals**.



## EXTERNAL PARTNERS



## TRY IT YOURSELF

