FeelWrite: An Application to Improve our Mood and Mental Health

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The measures of social distancing that were implemented in most countries due to Covid-19 have had a tremendous impact on people’s mental health. We searched for feasible solutions to support and improve our mental health and came up with creating FeelWrite. Our goal is to create an application to help boost people's mood and, consequently, their mental health, setting as a research question the following: “Can we recognize emotions through text effectively, and produce relevant outcomes to boost our mood?” We conducted secondary research in Behavioral and Social Sciences (BEHA), Systems Software (SOFT), and compared software relevant to our goal. Moreover, we consulted psychologists to validate and check the feasibility of our ideas. FeelWrite works as follows: the user writes a diary entry, which is broken down into tokens by a software and then compared with libraries consisting of tokens correlating with five emotions. The class presenting the most similarities in the vocabulary found in the entry is the dominant emotion. This procedure results in the provision of the definition of the feeling and a piece of art depicting it, to make it more perceptible. Finally, a to-do list is produced to combat the effects of negative emotions or to maintain those of a positive one. To the best of our knowledge when comparing our App to similar pre-existing ones, no App is relying on feeling detection via a diary.

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