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 Solutions

<table>
<thead>
<tr>
<th>Description</th>
<th>Limitations</th>
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<tbody>
<tr>
<td>Mindfulness Based Stress Reduction Classes</td>
<td>• 2+ hour weekly or biweekly sessions</td>
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<td>• Program lasts ~14 weeks</td>
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<tr>
<td>Recommended Exercise</td>
<td>• Walking or other low intensity daily regimens</td>
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Recommended Exercise

- Walking or other low intensity daily regimens
- Lack of motivation

Mental Break Functions

- Anonymous Group Chat
- Playlists Using Music Therapy Techniques
- Mindfulness Based Stress Reduction Sessions
- Exercise Log and Suggested Routines

APP GOALS

- Accessible
- Easy to Use
- Offers A Community
- Utilizes Social Media

Our Solution

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

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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We would like to thank Dr. Kathryn Edmiston and Dr. James Carmody from UMassMedical and Brian Harris from MedRhythms for giving us their time and assistance with this project.

References

