



Project IG24-03-240701

DZPG JAM-STEP

Journal Analysis for Monitoring

Monitoring and Feedback on the Emotional Well-Being of Students through Journaling

Natural Language Processing-Based Analysis of Journal Entries for Monitoring Students' Emotional Well-Being

Objectives

- Use Natural Language Processing to analyze emotional well-being from journaling entries
- Explore the impact of input modality, comparing spoken and typed journaling
- Offer personalized feedback on journaling entries to help participants monitor their well-being and improve adherence



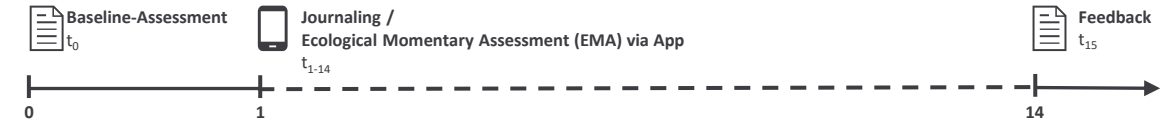
<https://www.medizin.uni-tuebingen.de/de/journaling-studierende/>



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Study Design



JAM-STEP JOURNALING / FEEDBACK



Baseline-Assessment

- Demographics
- General Well-Being
- Psychological Distress
- Trait Self-Control



Journaling and EMA

- Daily Journaling: High- and Lowlights
- Emotional Well-Being
- Stress Levels
- State Self-Control
- Topics of the Day



Feedback

- Personalized Feedback
- Evaluation of Feedback Variants



JAM-STEP

Cooperation

- Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy (Prof. Dr. Tobias Renner, Prof. Dr. Johanna Löchner, Dr. Lennart Seizer, M.Sc. Nadine Schmitt, B.Sc. Michelle Schlicher)
- Department of Health NLP (Prof. Dr. Carsten Eickhoff)
- Department of School Psychology (Prof. Dr. Caterina Gawrilow)
- Department of Health Informatics Technical University Munich (Prof. Dr. Björn Schuller, M.Sc. Andreas Triantafyllopoulos)

Funding

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Deutsches Zentrum für Psychische Gesundheit

