

SENTIA Wellbeing for Students



SENTIA

Self-Help AI Assistant for Wellbeing and Mental Health

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Why SENTIA?

SENTIA is an AI-assisted digital ecosystem designed to support mental health, wellbeing, and preventive care through structured, evidence-based monitoring and personalized guidance. The ecosystem includes dedicated applications for students alongside advanced specialist dashboards that enable early risk detection, population-level monitoring, and more efficient psychological assessment.

SENTIA is developed in response to the growing prevalence of anxiety, stress-related disorders, sleep disturbances, and social anxiety among university students and members, as well as the increasing institutional pressure on counseling units to deliver timely and preventive care.

Unlike generic conversational AI chatbots, SENTIA is not designed as an open domain chatbot. It is a knowledge base-constrained, risk-aware, and architecturally governed system that integrates validated psychometric assessment, deterministic risk stratification, longitudinal trajectory monitoring, and evidence-based psychoeducational guidance (Figure 1).

At the core of SENTIA lies the concept of a Structured User State, which serves as the central representation of student's condition over time. This state integrates psychometric scores, reported symptoms, contextual stressors, lifestyle factors, and, where applicable, physiological and health-related indicators into a unified and continuously updated profile. Rather than allowing free-form interactions between system components, all modules operate through this structured state, ensuring consistency, traceability, and interpretability of all outputs.

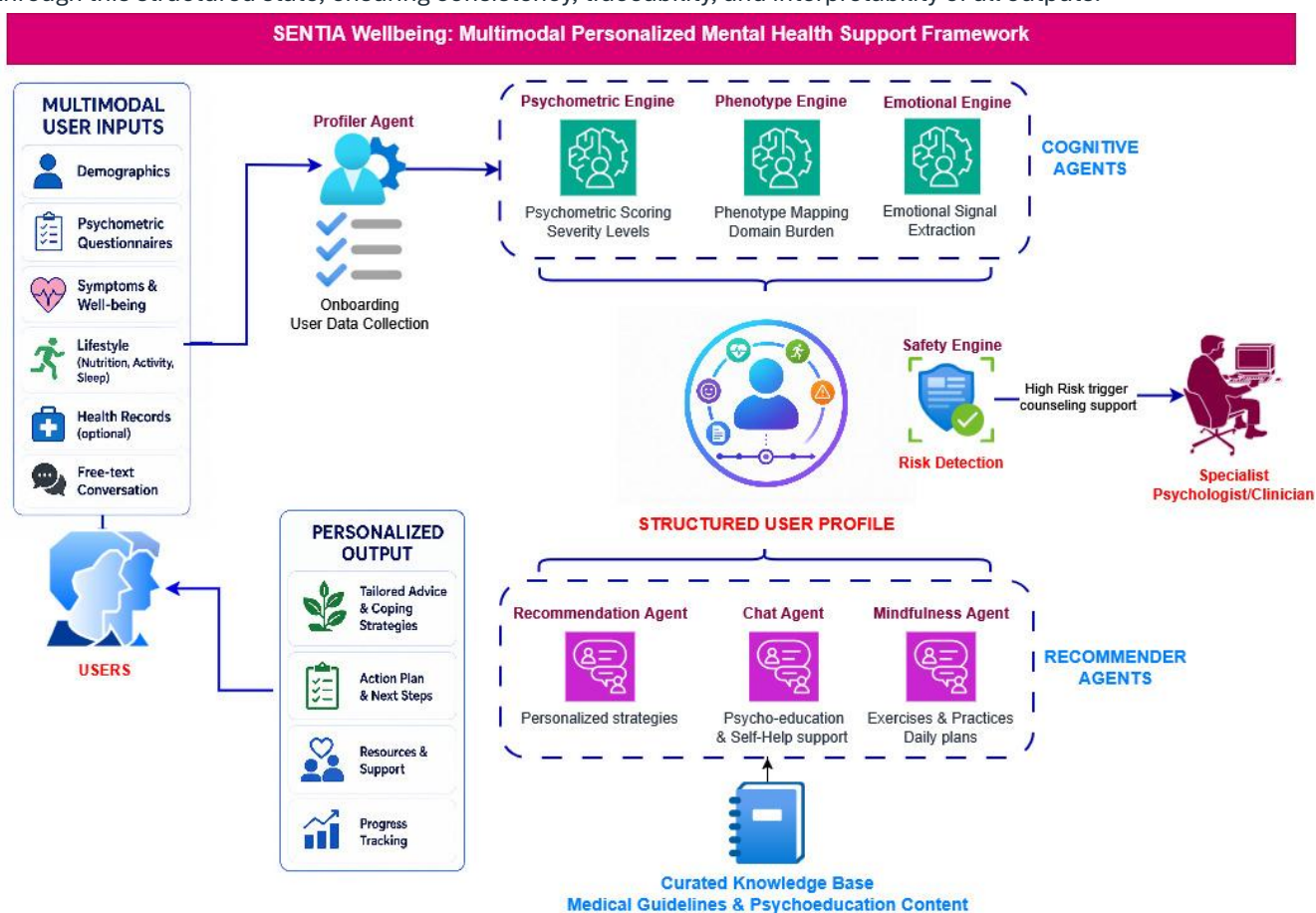


Figure 1. The SENTIA ecosystem connects user support, structured monitoring, safety and specialist insight.

The framework operates under clearly defined clinical and ethical boundaries, ensuring that AI supports and does not replace professional judgment.

Trust by design. Validated scoring, defined safety rules and curated knowledge sources keep key decisions traceable and reviewable.

Clear boundary. SENTIA supports self-understanding, skill-building and care navigation. It does not diagnose, prescribe or replace professional judgement.

Core capabilities

The platform is organized around six practical capabilities, each paired with a clear governance boundary.

Table 1. SENTIA capabilities, benefits and safeguards

Capability	What it enables	Safeguard
Profile & assessment	Builds a current picture from validated questionnaires, symptoms, context, lifestyle and protective factors.	Not a diagnosis.
Active Coach	Provides grounded conversation, explains suitable next steps and supports continuity through in-app check-ins.	Cannot prescribe or change risk.
Activities & pathways	Turns CBT-informed principles into user-selected exercises and staged plans for anxiety, low mood, panic and sleep.	Consent and safety rules apply.
Risk-aware support	Adjusts messaging, activities and support routes according to current assessments, distress and acute signals.	Deterministic rules (not generative AI) set risk.
Specialist dashboard	Summarizes trajectories, context, progress and safety signals to support earlier, better-prepared consultations.	Psychologist validation remains essential.
Institutional insight	Shows aggregated trends and periods of increased need to inform prevention and resource planning.	Privacy and GDPR controls apply.

Why SENTIA matters

For users, SENTIA makes support easier to access and easier to act on. It encourages self-awareness, reduces uncertainty around the next step and provides practical tools for professional encounters.

For psychologists, SENTIA organizes validated assessments, contextual information, longitudinal change and completed self-help work into a more useful starting point for consultation. Alerts can support earlier outreach without removing professional discretion.

For university leadership, SENTIA provides a scalable preventive-care framework. Aggregated trends can inform campaign timing, service capacity and resource allocation while privacy, traceability and governance remain central.

Ethical and safety boundaries

SENTIA is a support and navigation system. It does not diagnose mental disorders, prescribe medication, replace professional evaluation or act as an emergency service.

Validated scoring and defined safety rules produce risk summaries and alerts; generative AI cannot change them. When need rises, ordinary coaching gives way to safety messaging, stabilization options and professional or urgent-support routes. Specialist judgement remains decisive.

Application insights

1. A connected support journey

SENTIA brings assessment, personalized self-help, guided practice and professional support into one continuous experience. Each interaction helps the user understand the present moment and choose an appropriate next step.

01	02	03	04	05
Check in	Understand	Choose	Practice	Review & connect
Capture mood, symptoms and current context.	See validated assessment results and wellbeing trends.	Receive relevant guidance, activities or a pathway.	Build skills through structured, manageable exercises.	Track progress and reach human support when needed.

Personalized, not generic. Guidance reflects the user's latest assessment, concerns, context, protective factors and recent progress—while remaining within clear self-help and psychoeducation boundaries.

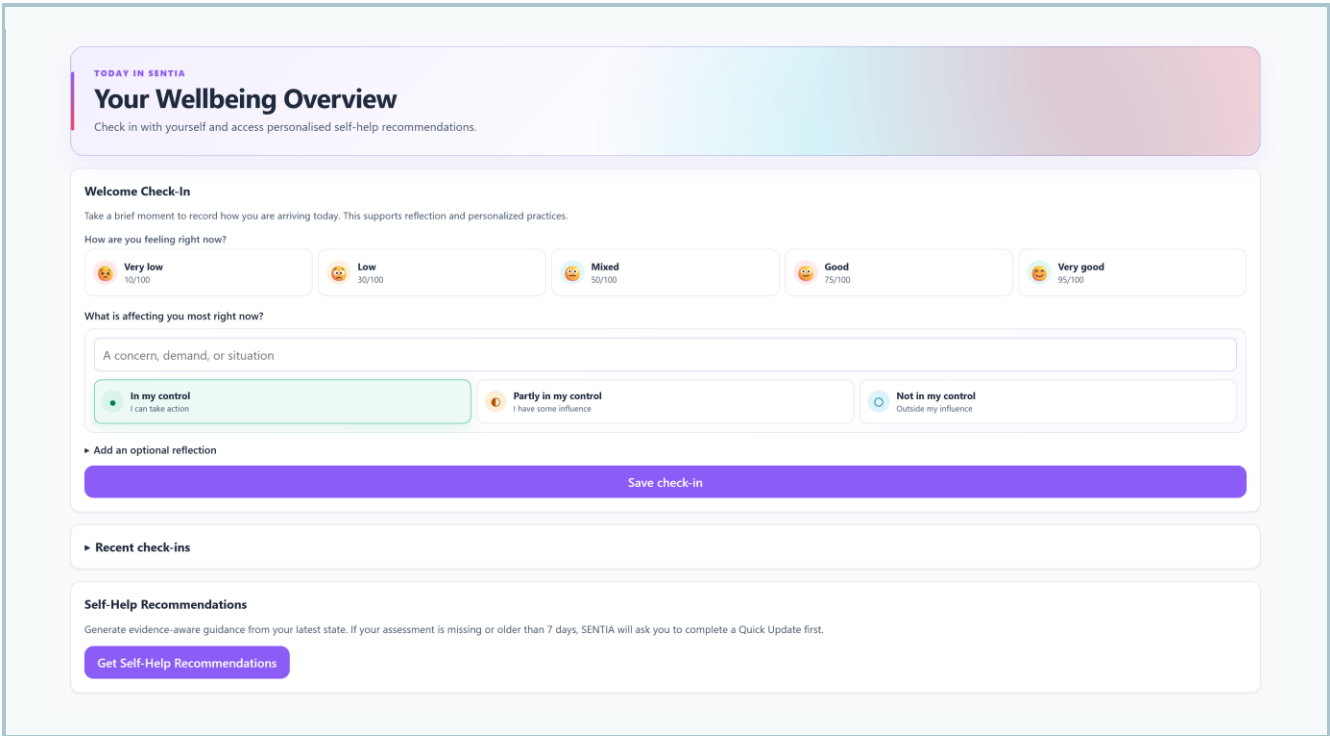


Figure 2. A single home view connects reflection, monitoring and the next useful action.

PRACTICAL TOOLS FOR EVERYDAY WELLBEING

2. CBT-informed self-help that turns insight into action

SENTIA translates evidence-based cognitive and behavioral principles into guided activities that feel approachable, relevant and easy to revisit. The focus is not on labels, it is on helping users notice patterns, test helpful alternatives and build repeatable coping skills.

REFLECT Notice the pattern A balanced thought record helps users connect a situation with thoughts, feelings and a more balanced perspective.	ACT Take a manageable step Behavioral activation and weekly goals turn an overwhelming day into small, realistic actions that can be completed and reviewed.
PRACTICE Build regulation skills Breathing, grounding and relaxation exercises offer structured ways to pause, regulate and regain a sense of control.	PROGRESS Approach safely When appropriate, gradual practice can help users work with avoidance. Higher-risk states keep exposure-style activities locked and prioritize support.

The user remains in control

- An activity is explained before it is suggested, and it becomes part of the plan only after the user accepts it.
- Drafts and completed reflections remain available to the user, coaching works from a limited progress summary rather than private free-text answers.
- Progress is visible over time, helping the user recognize effort, consistency and change—not only scores.

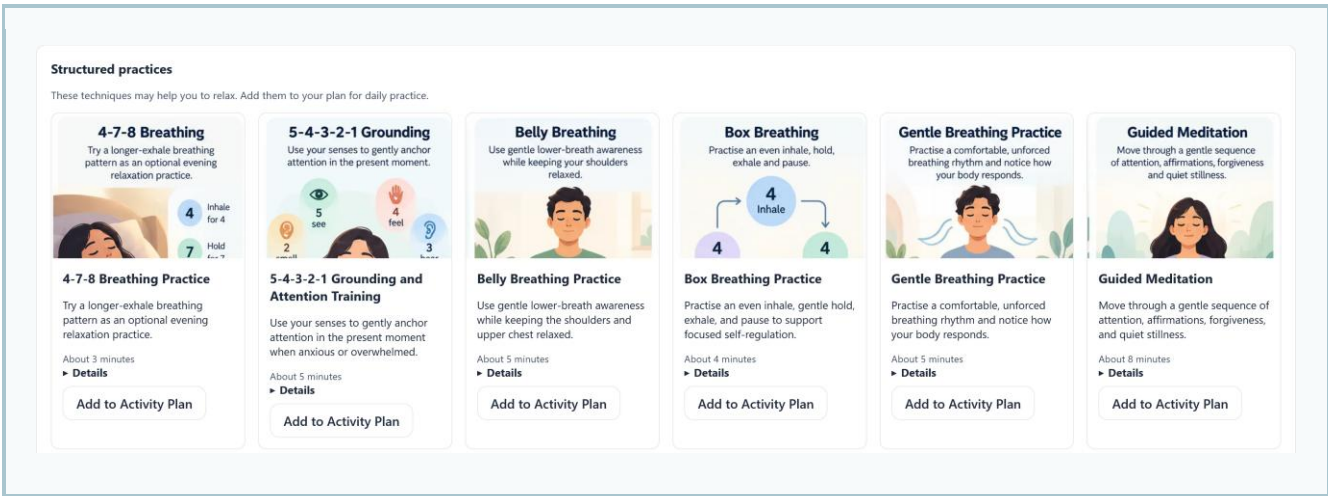


Figure 3. CBT-informed exercises convert guidance into a concrete, user-owned practice.

GUIDANCE THAT FOLLOWS THE USER'S JOURNEY

3. Active Coach support—present when it matters

The SENTIA Coach is designed to help users keep moving between assessments and professional encounters. It provides grounded conversation, explains suitable options and keeps the current plan visible, without presenting itself as a therapist.

IN THE MOMENT During a conversation The AI Coach responds to the user's current concern in clear, supportive language using curated mental-health sources. It can explain why a specific activity or pathway may fit and invites the user to accept, defer or explore another option.	CONTINUITY Between visits An in-app Check-ins area can surface reminders for an overdue activity, a fresh assessment, a low-mood follow-up or an active support plan. Users can manage ordinary reminder preferences, quiet hours, snoozing and dismissal.
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What makes support active

01 Listens to context Current concerns and recent state inform the conversation.	02 Suggests the next step A relevant activity, pathway or support option is explained.	03 Checks engagement The app follows progress, missed actions and reassessment needs.	04 Changes course safely Worsening distress shifts the experience toward stabilization and people.
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A transparent support role. The Coach can explain and encourage; it cannot diagnose, prescribe, change risk levels or override pathway safety rules. In-app coaching is not real-time emergency monitoring.

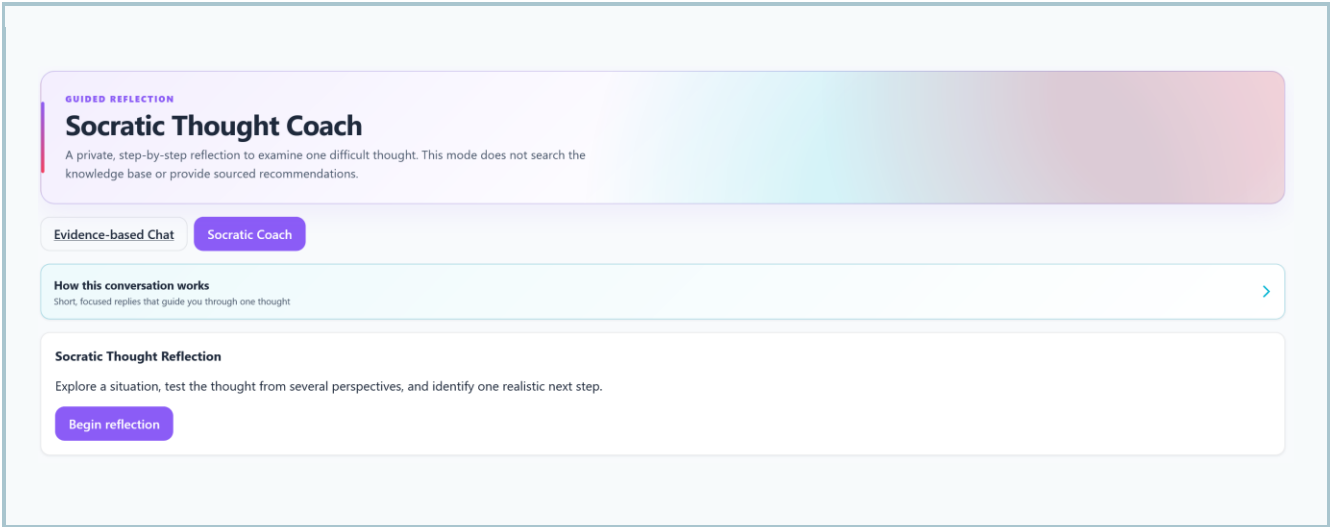


Figure 4. Active support connects conversation, reminders and user-selected action.

FROM HELPFUL EXERCISE TO A COHERENT PLAN

4. Personalized pathways for sustained progress

SENTIA organizes CBT activities into progressive self-help pathways. Each pathway gives the user a clear focus, a manageable current stage and a visible sense of progress.

PATHWAY Anxiety Worry awareness, regulation and practical coping	PATHWAY Low mood Small actions, routine and balanced reflection	PATHWAY Panic Understanding sensations and safe skills practice	PATHWAY Sleep Sleep patterns, wind-down habits and review
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A pathway adapts as the user moves forward

01 Match A fresh validated assessment identifies suitable pathway options.	02 Preview & choose The user sees what the plan involves before enrolling.	03 Complete a stage Only the current stage's activities are placed in the plan.	04 Review Progress, fresh reassessment and safety are considered together.	05 Support The next stage unlocks, the user repeats, or support mode activates.
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Safety takes precedence over completion. Finishing every activity does not automatically advance a pathway. If acute risk rises or distress worsens significantly, SENTIA pauses progression, preserves completed work, offers stabilization exercises and brings professional or urgent support options forward.

Generalised Anxiety and Worry Pathway

A nine-stage CBT-informed self-help pathway for understanding persistent worry, changing beliefs that keep it going, strengthening attention, choosing productive responses, accepting uncertainty and planning for setbacks. Progress follows completed practice, commonly over 6 to 15 weeks.

About this plan

Complete the required activities to progress; take the time you need.

Still with your plan?

It's been 23 days since your last activity here. Pick up whenever you're ready — nothing has been lost.

SENTIA Students

Worry is a normal mental response to possible future problems. It is a repetitive mental activity about possible negative events in the future in an attempt to 'solve' problems. It is a repetitive type of negative thinking that becomes more difficult when it spreads across many areas of life. It is frequent and hard to leave, and begins to affect sleep, concentration, decisions, relationships or everyday functioning. A situation triggers the 'what if' negative thoughts and leads to an initial future-focused prediction that the worst things may happen, and we get trapped in the attempt to prevent this. What maintains worrying? Beliefs that worry is useful to help us find solutions pull attention deeper into our mind and start the spiral of worry, while beliefs that worry is uncontrollable or harmful create a second layer of fear about the worrying itself, and we try to push the worry outside our mind. Attention then stays locked on threat, and attempts to gain complete relief through suppression, repeated checking, reassurance, information searching or avoidance can make the thought more prominent. We try to find strategies to reduce the worry, but the more we try to control it, the more it can feel like it is controlling us. Unhelpful strategies to suppress, reason, check, avoid or over-plan can be replaced with more helpful strategies that allow us to notice the worry, postpone it and return to the present moment. This pathway works through them one at a time: starting with understanding worry, then building practical skills for managing attention, choosing helpful responses, and accepting uncertainty.

Understanding the Worry Cycle

Read the full guide (5 min) —>

Figure 5. Progressive pathways make the next step clear while keeping safety and choice visible.

THE RIGHT TYPE OF HELP FOR THE CURRENT LEVEL OF NEED

5. Risk-aware support and responsible escalation

Risk evaluation runs across the user experience so that self-help remains appropriate to the moment. SENTIA combines validated assessments with broader signs of distress and change, then uses the result to adjust what the user sees next.

SIGNAL Validated assessments Depression, anxiety, sleep, stress and social-anxiety measures	SIGNAL Current context Symptoms, stressors, protective factors and recent check-ins	SIGNAL Change over time Distress burden, trajectory and abrupt deterioration	SIGNAL Acute signals Crisis or medical-emergency language and explicit safety alerts
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What changes for the user

CONTINUE Lower current risk Self-help, coaching and routine monitoring remain available, with prompts to keep information current.	REVIEW Moderate support need Guidance emphasizes closer follow-up, fresh assessment and professional consultation when appropriate.
ESCALATE High or critical risk Prominent safety messaging and professional or urgent care routes take priority over ordinary coaching.	PROTECT Within a pathway Support mode pauses progression; exposure-style practice remains locked while stabilization and specialized psychological support are foregrounded.

Consistent and explainable. Risk levels are produced by defined rules rather than by generative AI. The same safety state informs the user's home view, coaching, recommendations, pathways and specialist dashboard.

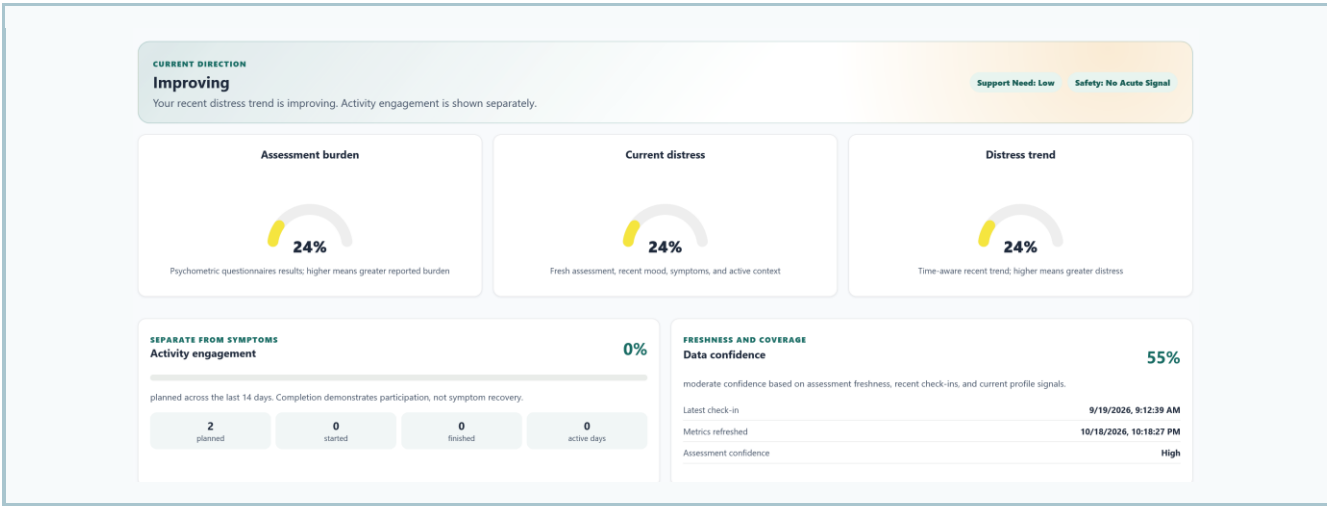


Figure 6. Risk-aware presentation turns a safety signal into a clear, proportionate next step.

SUPPORT FOR USERS, PROFESSIONALS AND INSTITUTIONS

6. One platform, coordinated value

The same functional journey creates value at every level: immediate guidance for the individual, clearer preparation for the psychologist and earlier visibility of changing needs for the institution.

EMPOWERMENT For users Understand the current state, practice CBT skills, follow a coherent plan and know when and how to seek additional help.	PREPAREDNESS For psychologists Begin with a structured picture of assessments, context, progress, safety signals and completed self-help work while retaining full professional judgement.	PREVENTION For institutions Extend preventive support, strengthen pathways into existing services and use aggregated trends to plan resources and targeted wellbeing initiatives.
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The SENTIA promise

Structured support. Psychologist oversight. Safer next steps. SENTIA helps transform isolated assessments and one-off conversations into an ongoing, understandable and responsible wellbeing journey.

SENTIA

From insight to action. From self-help to the psychologist support.

SENTIA supports wellbeing and care navigation. It does not diagnose, prescribe treatment or replace professional assessment or emergency services.