

SASHA Social anxiety self-help appraisal

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Research into a mobile application to help students who suffer from severe social anxiety in learning situations such as lectures, seminars, presentations and group project work.

Research has shown that 10% of students experience social anxiety during learning – could mobiles provide a discreet, easily accessible and personalised source of support?



Requirements workshops & survey

Iterative prototype development

In situ clinical & usability evaluation



- Understanding user profiles
- Feature suggestions and ranking

- Self-appraisal survey
- Profiling
- Self-help exercise

- Field testing
- Qualitative evaluation

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