Perinatal Depression Application Development

‘e-Consultations’ & Guided Breathing Exercises

To be implemented in a series of 4 phases, the Kara application aims to serve perinatal patients and doctors alike. Kara is able to **collect both active and passive data** and better help doctors to tackle signs of perinatal depression in patients.

Phase I of the project has a strong focus in providing patients with **useful functions** like a chat format for patients to easily answer questionnaires from doctors and **guided breathing exercises** that keep patients interested in using the application.

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**Technologies Used**
- React Native
- FeathersJS
- Sequelize
- PostgreSQL