

## IIT-K develops tool for addressing mental health

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The Indian Institute of Technology (IIT), Kanpur, has developed an online tool, TreadWill, to help people cope with issues related to mental health. TreadWill is a website designed to help people deal with stress, low mood, lethargy and other depressive symptoms through different online exercises, questionnaires and games.

The online tool has been developed by a team with collaborative support from the Computer Science and Engineering and HSS (Psychology) departments, and Dr Alok Bajpai, a psychiatrist. It is based on cognitive behavioural therapy (CBT) that helps people with depressive symptoms. The effectiveness of CBT is well established for many mental illnesses, including mood and anxiety disorders.

Based on the proven methodology of CBT, TreadWill uses simple language to help users to identify involuntary negative thoughts and behavior. Users are subsequently taught techniques to work on modifying their thoughts and actions.