

CWSF 2018 - Ottawa, Ontario



Nethra Wickramasinghe

A Novel Application to Increase Wellness Using Cognitive Behavioural Therapy

Challenge: Health

Category: Intermediate

Region: Sudbury

City: Sudbury, ON

School: Lockerby Composite

Abstract: Depressive and anxiety disorders are mental health illnesses that affect many. The purpose of this project was to make mental health treatment for these illness accessible to the general public. This project is a non-invasive, wireless system that tracks heart rate in order to reduce detriments to wellness through an app based off cognitive behavioural therapy, that provides treatment and diagnosis for mental health issues.

Biography

I am a grade 9 student at Lockerby Composite School, in Sudbury, Ontario. This is my third CWSF and I am passionate about science. I volunteer at the local science center in my community, where I teach scientific principles to youth. I enjoy reading, playing piano, and spending time with my dog Niko as pastimes.

Awards

Value

Excellence Award - Intermediate - Silver Medal Sponsor: Youth Science Canada	
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 000