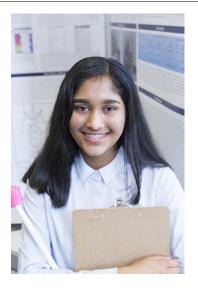




CWSF 2018 - Ottawa, Ontario



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.

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.	

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



Youth Science Canada PO Box 297 Pickering ON L1V 2R4 www.youthscience.ca / info@youthscience.ca 416-341-0040

