

## **Abstract**

Since the pandemic there has been a sharp global increase in anxiety and depression among people, and there is still an ongoing issue with the insufficient amount of support people can get access to. Due to this lack of support there has been much research conducted in the past on the benefits of self tracking and on the capabilities that voice assistants and conversational agents have in helping treat mental health conditions. This research presents a dialogue based mood logger on Google Assistant which facilitates daily mood tracking and allows users to learn and reflect on their mood data through analyses generated by the mood logger. The mood logger was developed using the Google Actions Console and Firebase. The dialogue and user experience was evaluated through a study in which the mood logger was deployed to 5 participants. Feedback from the participants was collected via a questionnaire. Findings from the study indicated that participants found the dialogue approach effective and time efficient. The findings also indicated that most participants found the analysis given from the mood logger informative and gave them insight into how daily logging can help them understand more about their wellbeing. Unfortunately there were some issues with the technology used for the mood logger, and in the future it may have to be transferred to another voice assistant. Discussions on the findings of the study as well as the design, implementation and implications of the dialogue mood logger will be discussed in this research.