

Developing and evaluating a computerized tool for measuring perceived stress

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Stress is a component among others of depressive illness that take place more and more in our society(family, work, school...), in addition, it is the subject of several research for decades. Stress is related to coping abilities; it may bring changes on individual's physical and mental well-being.

This work is a part of a thesis, which will end in 2013. Our main aim is to create a homogenization between computing and neurological fields. From this work we try to produce an evaluative ICT tool that could be incorporated as part of clinical practice.

The main goal of this study is to develop and evaluate an application that will support the measure of perceived stress in individuals.

Currently, we are working on a project which covers the study of stress and performance in order to better assess stress response in medical students who face the charge of the program and exam preparation.

In a second step, we will explore the concept of perceived stress to identify the dimensions of the concept.

In the last step, we will develop a computer application for measuring the perception of stress in individuals.

Keywords: Stress, Stress Perception, Computerized Tool