

Two AI applications for research and student wellbeing

AI Research Lens + SENTIA Wellbeing for Students



SENTIA Students

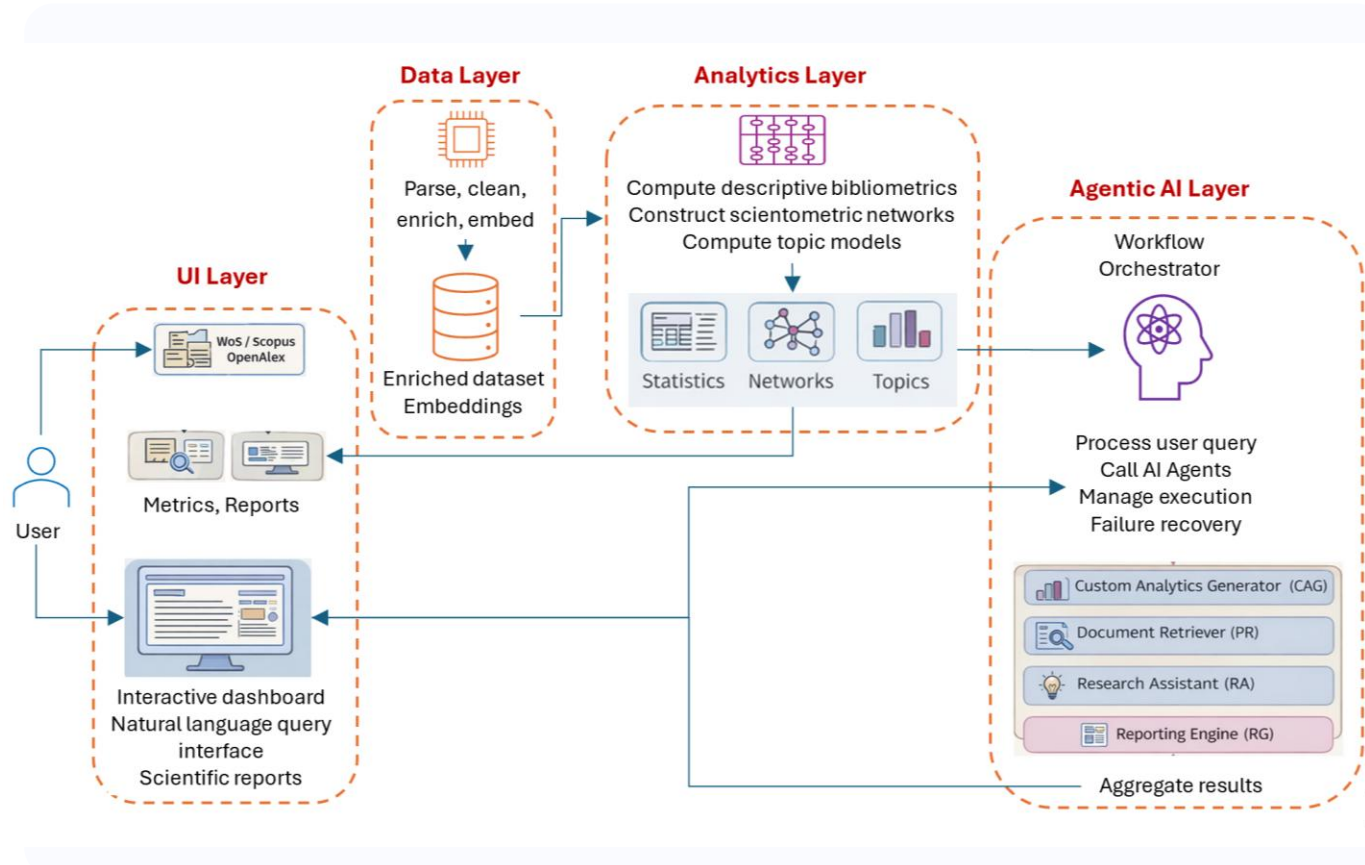
Your trusted digital companion

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An inspectable, agentic research workflow



Four architectural layers

- ✓ Data layer: harmonise and enrich scholarly records
- ✓ Analytics: bibliometrics, networks, LDA / BERTopic
- ✓ Agentic AI: custom analysis, retrieval, RAG, reporting
- ✓ User interface: dashboards and natural-language queries

Core principle: AI-generated analyses and interpretations remain open to inspection.

From bibliometric maps to verifiable evidence

01 MAP THE FIELD

AI-Research-Lens: AI-Powered Bibliometric Analytics Framework

Step 2 - Bibliometric Analysis

Descriptive Analytics

Topic Modeling

Network Analysis

Report Generator

Descriptive Analytics

Compute descriptive statistics and standard plots

Run Descriptive Analytics

Summary Statistics

TOTAL PAPERS

2869

TOTAL CITATIONS

49530

UNIQUE AUTHORS

7447

UNIQUE KEYWORDS

6268

Visualizations

Publication Trends Over Time

Explore publication trends, citations, themes and collaboration networks.

02 ASK IN NATURAL LANGUAGE

AI-Research-Lens: AI-Powered Bibliometric Analytics Framework

Step 3 - Chat with AI to create your own analytics using natural language

Choose a sample query or write your own:

Select from samples...

Your analytics request

e.g., Plot the top 15 keywords as a horizontal bar chart

Generate code for analytics

Generate editable Python analyses tailored to the research question.

03 RETRIEVE & VERIFY

AI-Research-Lens: AI-Powered Bibliometric Analytics Framework

Step 4 - Research Assistant

Paper Retriever

Ask Research Assistant

Retrieve open access papers from OpenAlex

Search for papers containing the following keywords:

e.g., Take notes detection machine learning

Max Papers

10

Advanced Filters (Optional)

Minimum Citations

0

Year Range

2000

2020

Author names (comma separated)

Document Types

Select document types to include

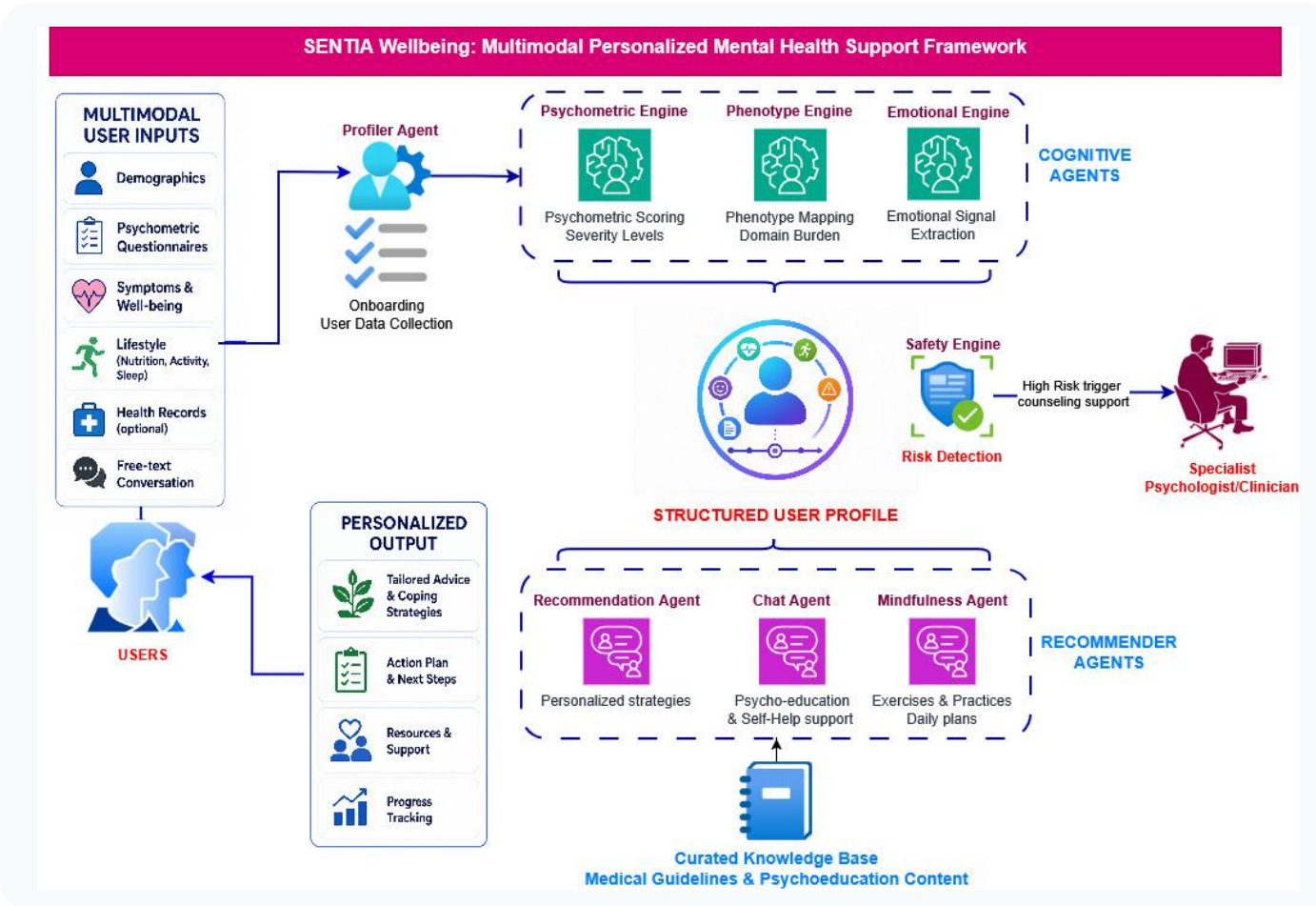
article

Search for Papers

Discover full-text papers and obtain evidence-grounded answers with page references.

Research education: corpus literacy • methodological transparency • reproducible analyses

Risk-aware, personalised student wellbeing support



Connected ecosystem

- ✓ Structured user state: assessments, context, wellbeing trajectories
- ✓ CBT-informed self-help activities and pathways
- ✓ Psychometric, profiling and emotional agents
- ✓ Deterministic risk rules and safety escalation
- ✓ Recommendation, coaching and mindfulness agents
- ✓ Psychological supervision and institutional insight

Clear boundary. SENTIA supports self-understanding, skill-building and care navigation. It does not diagnose, prescribe or replace professional judgement.

TODAY IN SENTIA
Your Wellbeing Overview
Check in with yourself and access personalised self-help recommendations.

Welcome Check-In

Take a brief moment to record how you are arriving today. This supports reflection and personalized practices.

How are you feeling right now?

Very low
10-20%

Low
30-50%

Mixed
60-70%

Good
70-90%

Very good
90-100%

What is affecting you next right now?

A concern, demand, or situation

In my control
I own this situation

Partly in my control
I share this situation

Not in my control
I observe this situation

• Add an optional reflection

Score Check-In

• Recent check-ins

Self-Poly Recommendations

Current evidence-based guidance from your latest date. If your assessment is missing or older than 7 days, SIDA will ask you to complete a Quia Update first.

Get Self-Poly Recommendations

A personal wellbeing overview brings psychometric assessments, context, triggers, personalized recommendations and follow-up into one place.

Diaphragmatic Breathing

These techniques may help you to relax. Add them to your plan for daily practice.

4-7-8 Breathing

Use a large mirror and breathing pattern to assist in opening breathing muscles and relaxing the nervous system.



4 seconds
7 seconds
8 seconds

4-7-8 Breathing Practice

Practice a 4-second in-breath, followed by a 7-second out-breath, and then a 4-second in-breath, followed by a 7-second out-breath.

• Details

[Add to Activity Plan](#)

5-4-3-2-1 Grounding

Use your senses to gently anchor attention to the present moment.



5
4
3
2
1

5-4-3-2-1 Grounding and Attention Training

Use your senses to gently anchor attention to the present moment when anxious or overwhelmed.

• Details

[Add to Activity Plan](#)

Belly Breathing

Use gentle nose breaths awareness to strengthen your diaphragm.



Belly Breathing Practice

Use gentle nose breaths awareness to strengthen the diaphragm and ease your chest tension.

• Details

[Add to Activity Plan](#)

Box Breathing

Practice an equal in-breath, hold, out-breath, and hold to support heart rate and blood pressure.



4
4
4
4

Box Breathing Practice

Practice an equal in-breath, hold, out-breath, and hold to support heart rate and blood pressure.

• Details

[Add to Activity Plan](#)

Gentle Breathing Practice

Practice a comfortable, natural breathing rhythm and notice how your body feels.



Gentle Breathing Practice

Practice a comfortable, natural breathing rhythm and notice how your body feels.

• Details

[Add to Activity Plan](#)

Guided Meditation

Use thought to gently separate of attachments, afflictions, forgiveness, and pure abilities.



Guided Meditation

Use thought to gently separate of attachments, afflictions, forgiveness, and pure abilities.

• Details

[Add to Activity Plan](#)

Depression (about 6 weeks)

At a rate of 2-3 minutes add help pathways for understanding depression, planning activity and advancement, writing through, and self-help through breathing exercises, breathing exercises, and breathing exercises.

• About this plan

[Flash or skip your current pathway first](#)

Anxiety (about 6 weeks)

At a rate of 2-3 minutes add help pathways for understanding anxiety, planning activity and advancement, writing through, and self-help through breathing exercises, breathing exercises, and breathing exercises.

• About this plan

[Flash or skip your current pathway first](#)

Generalized Anxiety and Worry Pathway

At a rate of 2-3 minutes add help pathways for understanding generalized anxiety, planning activity and advancement, writing through, and self-help through breathing exercises, breathing exercises, and breathing exercises.

• About this plan

[Flash or skip your current pathway first](#)

Self-Awareness Pathway

At a rate of 2-3 minutes add help pathways for understanding self-awareness, planning activity and advancement, writing through, and self-help through breathing exercises, breathing exercises, and breathing exercises.

• About this plan

[Flash or skip your current pathway first](#)

CBT-informed pathways and exercises include breathing, grounding, reflection and progressive self-help pathways. Each pathway gives the user a clear focus, a manageable current stage and a visible sense of progress.

Socratic Reflection

Socratic Thought Coach

A private, step-by-step reflection to examine one difficult thought. This mode does not search the knowledge base or provide sourced recommendations.

Evidence-based Chat

Socratic Coach

How this conversation works

Start. Forward topics. Get greater insight through one thought.

Socratic Thought Reflection

Explore a situation, test the thought from several perspectives, and identify one realistic next step.

Begin reflection

CURRENT DIRECTION

Improving

Your recent distress trend is improving. Activity engagement is shown separately.

Assessment burden

Psychometric questionnaires rated; higher means greater reported burden

Current distress

Trend assessment, mood, mood, symptoms, and active content

Distress trend

Trend assesses recent trend; higher means greater distress

SEPARATE FROM SYMPTOMS

Activity engagement

passed on the last 14 days. Completion demonstrates participation, not completion necessity.

0%

present

noted

tracked

active day

ASSESSMENT AND CONFIDENCE

Data confidence

evolutionary confidence based on assessment feedbacks, recent check-ins, and current profile signals.

Latest check-in

Metric refreshed

Assessment confidence

9/16/2024, 9:10 AM

10/10/2024, 10:10:27 PM

High

A grounded AI coach explains self-help options and routes users toward appropriate support, providing recommendations and guidance.

BUILDING THE AI-READY UNIVERSITY



Navigate to:

Home Page

Step 1 - Upload Dataset

Step 2 - Bibliometric Analysis

Step 3 - Bibliometric Chat

Step 4 - Research Assistant

☒ AI Research Lens

PAPERS

2869

YEAR RANGE

1977-2026

AI-Research-Lens: AI-Powered Bibliometric Analytics Framework

Step 4 - Research Assistant

Paper Retriever

Ask Research Assistant

Retrieve open access papers from OpenAlex

Suggested searches derived from your bibliometric analysis

These queries are derived from your BERTopic clusters, top keywords, and network centrality scores. Click any to use it as your search query:

demand response

electric vehicle

energy management

energy sharing

energy storage

energy transition

local energy community

optimization

prosumer

Search for papers containing the following keywords:

e.g., fake news detection machine learning

Max Papers

10

Advanced Filters (Optional)

Search for Papers



SENTIA

SENTIA Students

Your trusted digital companion

Understand your wellbeing

Track symptoms, emotions, and lifestyle factors over time

Evidence-based guidance

Receive personalised recommendations grounded in clinical research

Safe and responsible

No diagnosis or prescription — assistive, structured, and supervised

Important

SENTIA does not diagnose mental disorders, prescribe treatment, or issue autonomous medical recommendations. Its role is assistive, structured, and supervised. All data is processed under GDPR requirements.

Login

Create Account

Forgot Password

Show Terms, Privacy & Disclaimer

☐ I have read and agree to the terms and conditions

You must accept the terms to continue.

<https://ai4students.ase.ro/>

UNICA–Queen’s University Belfast Conference | 19 October 2026