

Abstract

The project of the mobile application Nestresuju aims to create a digital tool in czech language, which effectiveness in the development of stress management skills will be tested and at the same time will be user-friendly and an appealing platform. Specifically, the mobile application Nestresuju target into the help with development of stress management skills through digital transformation of the psychological theory of coping strategies of R. Lazarus and S. Folkman. So far, the project has included several phases, including 1.5-year theoretical research, preparation, and programming phases, which was followed by a pilot survey involving 20 students from Prague universities. The results of quantitative, and especially qualitative data from the final interviews and user data showed that Nestresuju is perceived as useful and shows a trend of possible reduction of perceived stress. All sections of the application were mentioned as useful without significant differentiations. Overall, the tool was rated as professional and trustworthy, even though it is a student project. The results of the pilot survey serve as recommendations for updates in Nestresuju. Followed by main study conducted on a broader sample to verify the effectiveness of the digital tool. The importance of the eHealth application arises in the context of the COVID-19 pandemic and the transformation of psychological care.