



Universidad  
de Alcalá



## "EMOTONGUE" AN APP TO MANAGE YOUR OWN EMOTIONS

### TECHNOLOGY OFFER

#### Code

SOC\_UAH\_03

#### Application areas

- Socioeconomics



#### Type of collaboration

- Adquisition agreement
- Service agreement
- Technical assistance

#### Main researches

Luana Bruno  
Alejandro Iborra Cuéllar

#### CONTACT



OTRI Universidad de Alcalá  
Escuela Politécnica Superior  
Campus Científico-Tecnológico  
28805, Alcalá de Henares  
(Madrid)  
(+34) 91 885 45 61  
otriuah@uah.es

@otriuah

OTRI Universidad de Alcalá



### ABSTRACT

Emotongue is a mobile application for android system and it is available in spanish and english. The aim of this software is helping people get to know, handle and connect with their own emotion. It is a Research Project from the Educational Sciences Department, in Universidad de Alcalá (UAH). Android Studio (An open data program developed by IntelliJ Platform) is been used for the development of the app and Firebase like data base and notification generator.

Emotongue sends five notifications every day to the user and they have two hours every time to answer them by text message or voice note. In this way, people have to stop or take a break for those moments and pay attention to their emotions and feelings.

The companies/institutions that want use this system could count with an additional service like emotional magnament courses which would be taught by proffesionals in this field and they would be adapted to every group needs.

Nowadays, in a society where everyone is running in a hectic way and where stress and anxiety are general moods, it is important and almost required try to get an optimum psychological mood, and Emotongue can help you!

### ADVANTAGES AND INNOVATIONS

- The software guarantees privity to the user, immediacy and results in a short term.
- Emotongue makes you manifest how you feel and why, like if you were sending a message to a friend but knowing that you can't be judge by anyone but you.
- The interface is easy and intuitive and it has the possibility of be used by spanish and english speakers. In this way, the user can train and improve their emotional bilingual vocabulary like value added.
- Companies could use Emotongue like a work environment improvement tool because if the employees mood is better, productivity will improve too.