

1. Our system is a digital human psychological counseling system centered on CBT, consisting of two parts: digital human and CBT multi-agent. The implementation details of the digital human are consistent with our previously published work. Please refer to it **Verifying Scientific Validity and Enhancing Response Motivation in Digital Human-Based Mental Health Assessment A Mixed-Methods Study.pdf**
2. **System Demo.mov** is the demonstration video of our system
3. **Academic stress dataset example.txt** presents an example of the data on academic stress of college students that we have collected
4. **CBT multi-agent automatic assessment prompt template.txt** is a prompt word template that uses automatic assessment (GPT-5, Claude Opus-4-1) to evaluate the response performance of our CBT multi-agent and baseline models in academic stress scenarios. The corresponding content is in the manuscript under “Scientific Verification” under “Scientific Verification of CBT Multi-Agent” under “Verification of CBT Response Ability in Academic Stress Scenarios”.
5. **CBT multi-agent manual evaluation website.jpg** presented the website built during the experiment of manually evaluating the recovery ability of our CBT multi-agent and baseline models in the context of academic stress.
6. **Consultation reply prompt word template.txt** presents the prompt word template for generating model responses.
7. **product.png** is the user interface of our product.
8. **Academic pressure.xlsx** is the dataset we used to evaluate the effectiveness of CBT multi-agent in the academic pressure scenario.