

ELLA — Bibliography

About this document: This bibliography lists all resources used and adapted in the development of ELLA, as required by Technovation 2026. For each source, we explain how we verified the reliability of the information.

1. Data and Statistics on Eating Disorders

1 World Health Organization (WHO) — Mental Health

Global data on mental health in adolescents and eating disorders. Used to support the problem statement in the pitch.

<https://www.who.int/health-topics/mental-health>

Verification: Official organization of the United Nations for health. Primary and widely recognized source.

2 AMBULIM — Eating Disorders Outpatient Clinic (University of Sao Paulo)

Brazilian statistics on eating disorders. Used for the data point of 10 million Brazilians affected.

<https://www.ambulim.org.br>

Verification: Official unit of the University of Sao Paulo (USP), a public research institution recognized internationally.

3 ABRATA — Brazilian Association of Eating Disorders

Data on access to treatment in Brazil. Used for the finding that fewer than 25% of cases receive adequate treatment.

<https://www.abrata.org.br>

Verification: Brazilian specialized association focused on eating disorders. National reference in the field.

4 CFM — Federal Council of Medicine (Brazil)

Epidemiological information on eating disorders in Brazil.

<https://www.cfm.org.br>

Verification: Federal regulatory body for medicine in Brazil. Official and primary source.

2. UN Sustainable Development Goals

5 United Nations — SDG 3: Good Health and Well-Being

Reference for ELLA's alignment with the United Nations Sustainable Development Goal number 3.

<https://sdgs.un.org/goals/goal3>

Verification: Official United Nations source. Primary and verifiable.

6 United Nations — SDG 10: Reduced Inequalities

Reference for ELLA's alignment with SDG 10, related to equal access to mental health support.

<https://sdgs.un.org/goals/goal10>

Verification: Official United Nations source. Primary and verifiable.

3. Development Technologies

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React — Official Documentation

JavaScript framework used to build the ELLA interface.

<https://react.dev>

Verification: Official documentation maintained by Meta. Primary source for the technology.

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MDN Web Docs — CSS and HTML

Technical reference for CSS and HTML used in the development of the app.

<https://developer.mozilla.org>

Verification: Maintained by the Mozilla Foundation. Industry standard technical reference for web development.

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Figma

Tool used for interface design, wireframing, and prototyping of ELLA's screens.

<https://www.figma.com>

Verification: Widely used design platform in the industry. Official documentation is verifiable.

4. Competitor Apps Analyzed

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Recovery Record

Eating disorder tracking app analyzed as an existing alternative. Used to identify ELLA's differentiators.

<https://www.recoveryrecord.com>

Verification: Official product website. Information verified directly from the source.

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CLAUDIA App

Emotional support app analyzed as an existing alternative. Used for ELLA's competitive positioning.

<https://www.claudiaapp.com>

Verification: Official product website. Information verified directly from the source.

5. Use of Generative Artificial Intelligence

Note: The tools below were used as development support only, never as a replacement for the team's own work. All generated content was reviewed, adapted, and approved by team members before being included in the project.

Claude (Anthropic)

Used for: (1) brainstorming app content, including which features to include or remove; (2) identifying errors in the code (debugging); (3) translating texts from Portuguese to English.

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<https://claude.ai>

Verification: Product of Anthropic, a recognized AI safety company. All responses were reviewed by the team before use.

6. User Research — Original Surveys

Survey 1 — ELLA App Feedback (created by the team)

Survey created by the team to collect direct feedback from users who tested the app. Total: 5 responses. Key results: 60% had never used an emotional health app before; 100% reported feeling better about their appearance after using ELLA.

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[Internal survey — Google Forms \(data owned by the team\)](#)

Verification: Primary research conducted by the team. Original and verifiable data.

Survey 2 — Self-Esteem and Body Image Perception (created by the team)

Survey created by the team to validate the identified problem. Total: 27 responses. Key result: 80% of participants reported frequently comparing themselves to people on the internet.

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[Internal survey — Google Forms \(data owned by the team\)](#)

Verification: Primary research conducted by the team. Original and verifiable data.

How we verified our sources: For external sources (WHO, AMBULIM, ABRATA, CFM), we prioritized official organizations, whether governmental, academic, or specialized in health. For technologies, we always used the official documentation of each tool. For competitor data, we accessed the official websites of each product. Primary research was conducted by the team using internally developed surveys.