

IAF SPACE EDUCATION AND OUTREACH SYMPOSIUM (E1)  
Space Culture: New Processes of Public Engagement in Space through Culture and Art (9)

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ASTRAMIND

**Abstract**

Psychology plays a sciential role in space exploration, as astronauts face unique challenges in extreme and isolated environments. Also, people who work with aerospace projects and stem students experience challenges as well. Despite the growing interest in astronaut mental health, it is often limited or not accessible to the general public. This lack of information or studies for future astronauts or enthusiasts in the aerospace world highlights the need for initiatives such as the created web platform AstraMind, which seeks to fill this gap by providing broader access to resources and knowledge related to psychology in space.

The relevance of this initiative lives on the need to comprehended and address psychological issues in the space environment by providing resources and emotional support before, during, and after missions. We will keep in mind all the time the psychological challenges, such as stress, confinement, and adaptation to the space environment, are highlighted, along with strategies to promote mental well-being and optimal human performance and improvement in space.

In addition, the web platform to be developed will be focused on providing support and resources to astronauts, scientists, space enthusiasts, people that have experienced confinement or will experience it in the future, and people interested in mental well-being during space exploration. This platform will offer psychological testimonials related to space exploration, educational information, self-assessment tools, support resources, updates and specialized space technology news. It could also become an interactive community to address psychological challenges in space, space practitioners on earth before missions, and/or similar; so they can connect with space psychologists.

Furthermore, alongside partnerships with space organizations and digital marketing strategies, we will integrate participation in events, including giving talks and presentations. This will enable direct engagement with the space community, dissemination of insights from our platform, and increased awareness about the significance of mental well-being in space exploration. By actively participating in events, our aim is to position our platform as a premier resource in the field of space psychology, ultimately enhancing astronaut experience and ensuring the success of future space missions. This project represents a unique and original contribution to the field of space psychology, with the goal of improving the astronaut experience and ensuring the success of future space missions.