Mental Health Tracking App

Keerthana. P.M[1], Maanya. K[2], Manish. S[3], Praveen Kumar. R[4], Dr. V. Savitha[5]

[1,2,3,4]Department Of Computer Science and Engineering SNS College of Technology
(An Autonomous Institution), Coimbatore-35
[5]ASP, Department of CSE, SNS College of Technology, Coimbatore, India

---

ABSTRACT

Apps are developed for personal digital assistance and many purposes. Apps are like a constant companion today. These softwares are designed to run on mobiles and computers. These can be installed on phone through manufacturing platform or delivered as web application. Mental health of people is a question mark nowadays as lifestyle of people is changed. To solve this, we designed an app which can track the mental health of people. This app monitors the mental health of the user which helps them to have a healthy life. This app is developed using Flutter andFlutlab.

INTRODUCTION

Happiness is the one thing the whole world strive for. Even after having everything, some people are not happy. Mental health is the major cause of this. According to WHO, one out of four suffer mental health problems. The term mental health the ability to deal with any situation. Today's lifestyle of people is more stressful. To solve this issue of mental illness we need to keep a track on our mental health our aim is to develop a mobile app which tracks the mental state of people and help them to relieve stress, depression, etc,… This is an user-friendly app, that can be used by everyone. This app is developed using Flutter and Fire base , to solve the real timemental health issues faced by people.

LITERATURE REVIEW

Mobile mental health applications are regarded as a promising solution to meet increasing demands in mental health treatment. The objectives of this study are to evaluate the efficacy of a cognitive behavioral depression prevention intervention administered through a smart phone app with and without telephone conference calls, analyze the mediators of the change in the incidence of depression and depressive symptoms.

SYSTEM SPECIFICATION

Hardware Specifications

Core i5
A family of dual and quad core, 64-bit, x86 CPUs from Intel, introduced in 2009.The Core i5 chips are the midrange CPUs in theCore "i" line between the entry-level i3 andthe high-performance i7 series.

8th Gen Intel core processor
The 8th Generation Intel Core processors redefine mainstream desktop PC performance with up to six cores for more processing power—that's two more cores than the previous generation Intel Core processor family—Intel Turbo Boost

Software Specifications

FlutLab
FlutLab is a modern Flutter online IDE and the best place to create, debug, and build cross-platform projects. FlutLab is a web portal for modern software developers that completely replace traditional local and desktop tools.

Flutter
Flutter is an open-source UI software development kit created by Google. It is used to develop cross platform applications for Android, iOS, Linux, macOS, Windows, Google Fuchsia, and the web from a single codebase. Flutter is a popularfrontend development framework fromGoogle.

Existing System

The existing system of mental health tracking app has the issue of unaffordability, non user friendliness and so on. Existing apps have bugs and users are unable to access it in a smooth way. The questions asked or the type of survey is not said to be recommended by doctors and researchers. These websites get crashed or do not load when the user approaches to use it. Meanwhile the apps and websites are too slow and doesn't have the feature of notifications or reminders. They do not alert the user when their mental health is poor.

Proposed System
In this project, we are going to develop an android app that tracks the mental health of a person. This app will help to the patient to improve their mental condition and encourages them to enjoy life and helps them to stay always positive.

In this app some questions will be asked to the user. According to the answer given by the user, current mental state and current mood will be identified and result will be shown to the user. User can see their mental progress in terms of a graph. According to the report, some activities will be suggested to the user to improve their mental health condition. At the end, the app provides some psychologist contact details.

CONCLUSION

Mental health mainly deal with following symptoms: depression, anxiety, general mental health, obsessive-compulsive disorder, substance abuse, addiction (. On the other hand, Apps offer various approach to improve mental health. The approaches include relaxation, stress management, symptom tracking, calming audio, keeping a diary, connect with mental health resources, interpersonal support, meditation, and mood tracking. Most Apps related to mental health are easy to use and interactive.

FUTURE WORK

The future scope of this project is that it will help more number of people to keep a track on their mental heath. This app helps them to maintain a good state of mental health and notifies them when user is at danger. This app will be more helpful for today's generation especially students and people working n IT concerns. In future, this app helps in building a new happy and healthier society with less mental disorders and issues.

REFERENCES

[1]. Becker D. Acceptance of Mobile Mental Health Treatment Applications.
[2]. Donker T, Petrie K, Proudfoot J, Clarke J, Birch M-R, Christensen H. Smartphones for Smarter Delivery of Mental Health Programs: A Systematic Review. J MedInternet Res 2013;15(11):1–13
[3]. Vázquez FL, Torres Á, Díaz O, Páramo M, Otero P, Blanco V. Cognitive behavioral intervention via a smartphone app for non- professional caregivers with depressive symptoms: study protocol for a randomized controlled trial. Trials 2018;19(1).
[4]. Lui JHL, Marcus DK, Barry CT. Evidence-based apps? A review of mental health mobile applications in a psychotherapy context. Profess Psychol Res Pract 2017;48(3):199–210.
[5]. Zhang R, Nicholas J, Knapp AA, Graham AK, Gray E, Kwasny MJ, et al. Clinically Meaningful Use of Mental Health Apps and its Effects on Depression:Mixed Methods Study. J Med Internet Res 2019;21(12).