



AMERICAN INTERNATIONAL UNIVERSITY-BANGLADESH

SOFTWARE ENGINEERING (SPRING 2023-2024)

Group 2: Section: B

Project Proposal Title:

Tracking Mental Health Through Web and Mobile Check-Ins

Report No.: 5

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UI/UX Design:

1. Homepage:



Change the way you feel!

A Software for Dealing with your
mental Health 😊



Sign Up: This button allows you to create a new account for the app, granting you access to its features.

Login: This button is for existing users who already have an account. Clicking it takes you to a login screen where you can enter your credentials to access your personal data within the app.

About the App: Curious about the app's creators and their goals? This button leads you to a dedicated page with that information.

Social Media/Contact: Want to stay connected? These buttons might take you to the app's social media pages or provide contact information for the development team.

Privacy Policy/FAQ: These buttons offer transparency. The Privacy Policy explains how your data is handled, while the FAQ section might answer common questions you have about the app.

Get Help: The exact function of this button is uncertain. It leads you to a page with mental health resources or potentially connect you with professionals in the field.

2. Sign-up Page:



Want to Join our Community? Sign up now!

“You are not your mental illness.”

Name:

Create a strong Password:

Age:

Re-type Password:

Gender:

protected by reCAPTCHA

Address:

Email:

Mobile:

Clear **Sign Up**

About Us Mission and Visions
Privacy policy Get Help FAQ

Follow us on 

Contact with us 

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Sign Up: This button allows you to create a new account for the mental health tracker app. Filling out the form likely includes entering your name, age, gender, email address, and creating a password.

Clear: This button clears away all the fields.

reCAPTCHA: You'll have to check the box to make sure that you are not a robot.

3. Login Page:

The screenshot shows the login interface of the Mental Health Tracker website. At the top left is the logo "MENTAL HEALTH TRACKER" with the tagline "EMPOWER YOUR MIND". To the right of the logo is the text "Already A Member?" and a small smiley face icon. Above the main form is the quote "It's okay not to be okay." Below the form, there is a large, colorful illustration of a human head with a brain, containing various symbols like a classical column, a map, and musical notes.

User ID: 2247908

Password: *****

[Forgot your password?](#)

Clear **Login**

About Us **Mission and Visions**
Privacy policy **Get Help** **FAQ**

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Login: This button is for existing users who already have an account. Entering their User ID and password here grants them access to their account.

Clear: This button clears away all the fields.

4. Patient Dashboard:



Log out: This button terminates the user's current session and returns them to the app's login screen.

Manage your Profile: Clicking this button directs you to a profile page where you can view and edit your account information.

Weekly Check in Reminders: It allows you to set or adjust reminders for weekly check-ins on the app.

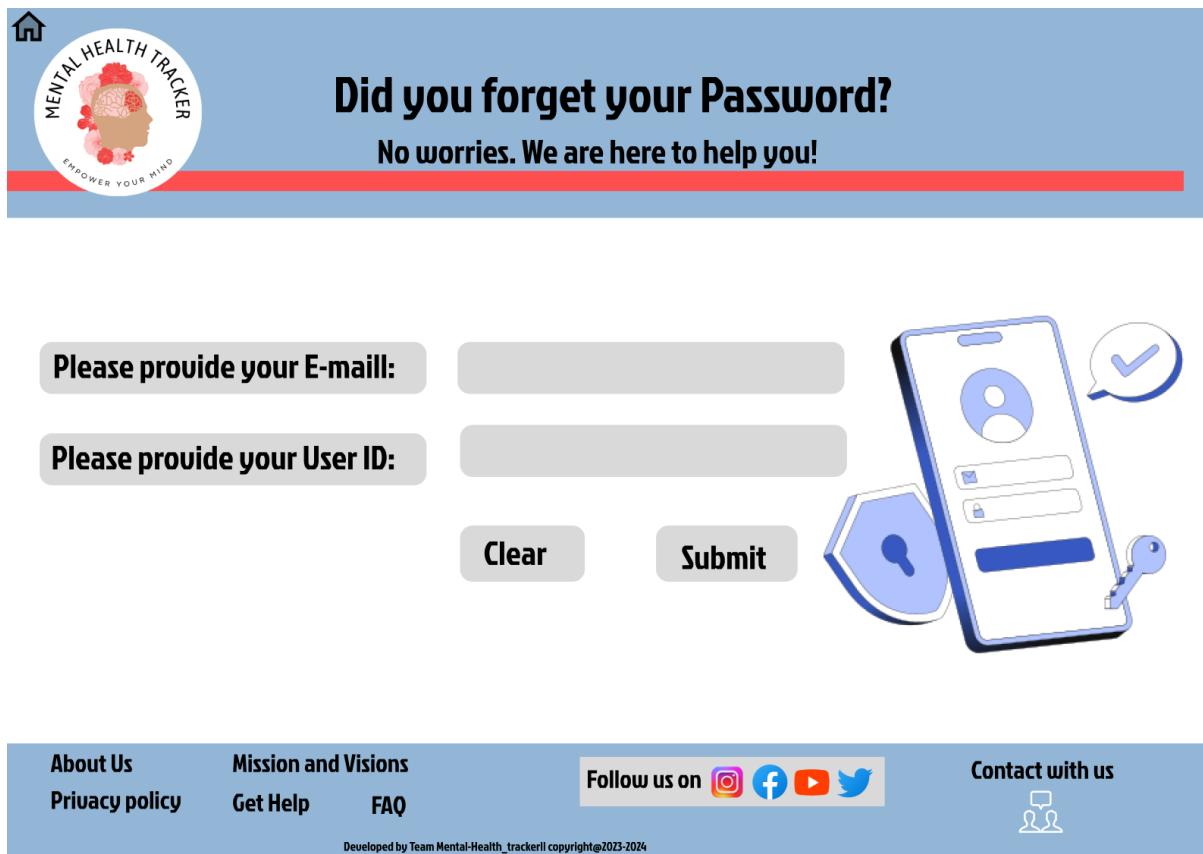
Monitor your Mood: This button directs you to a section of the app where you can track your mood over time.

Daily Exercise: This button leads to a section of the app where you can record your daily exercise routines.

Self-Structured Questionnaire: It directs you to questionnaires you can use to self-assess your mental health.

Need Professional Assistance?: This button connects you with resources or information about finding professional mental health help.

5. Forgot Password:



The screenshot shows the 'Forgot Password?' page of the Mental Health Tracker app. At the top left is the app's logo featuring a brain icon and the text 'MENTAL HEALTH TRACKER' and 'EMPOWER YOUR MIND'. The main heading 'Did you forget your Password?' is centered in large bold letters, with the subtext 'No worries. We are here to help you!' below it. Below the heading are two input fields: 'Please provide your E-mail:' and 'Please provide your User ID:', each with a corresponding grey input box. To the right of these fields are two buttons: 'Clear' and 'Submit'. To the right of the 'Submit' button is a graphic of a smartphone displaying a user profile and a speech bubble with a checkmark. Below the input fields is a decorative footer bar containing links to 'About Us', 'Mission and Visions', 'Privacy policy', 'Get Help', and 'FAQ', along with social media icons for Instagram, Facebook, YouTube, and Twitter. The footer also includes a 'Contact with us' link and a small icon of two people.

Please provide your E-mail:

Please provide your User ID:

Clear

Submit

Follow us on    

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Privacy policy Get Help FAQ

Contact with us

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Here User need to provide their E-mail and User ID to recover their Password.

6. Patient Profile Page:

[Back](#)



Patient Profile

Profile Active

Name: Sujana Zaman
Gender: Female
Age: 22
User ID: 2247908
Email: sujanazaman@gmail.com
Phone: +8801856612315
Institution: Modern College of Science and Technology

 My well being status is **Good!** 

User rating: 4 .3/5 star





2024
MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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Privacy policy **Get Help** 
FAQ

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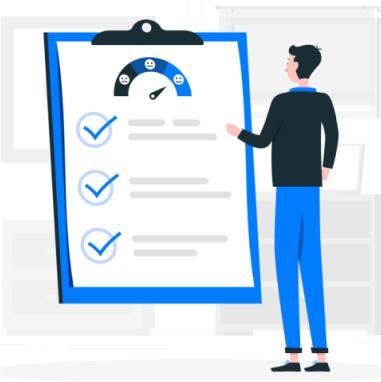
Here Patient can visit their profile and can see their well being status.

7. Self-Assessment Questionnaire:

[Back](#)  [Log Out](#)

Self-Assessment Questionnaire

The questions in this checklist relate to how you have been feeling over the past four weeks. Click the box next to each question that best reflects how you are feeling.



In the past 4 weeks...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
About how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so nervous that nothing could calm you down?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel hopeless?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel restless or fidgety?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so restless you could not sit still?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel depressed?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel worthless?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[Submit](#)

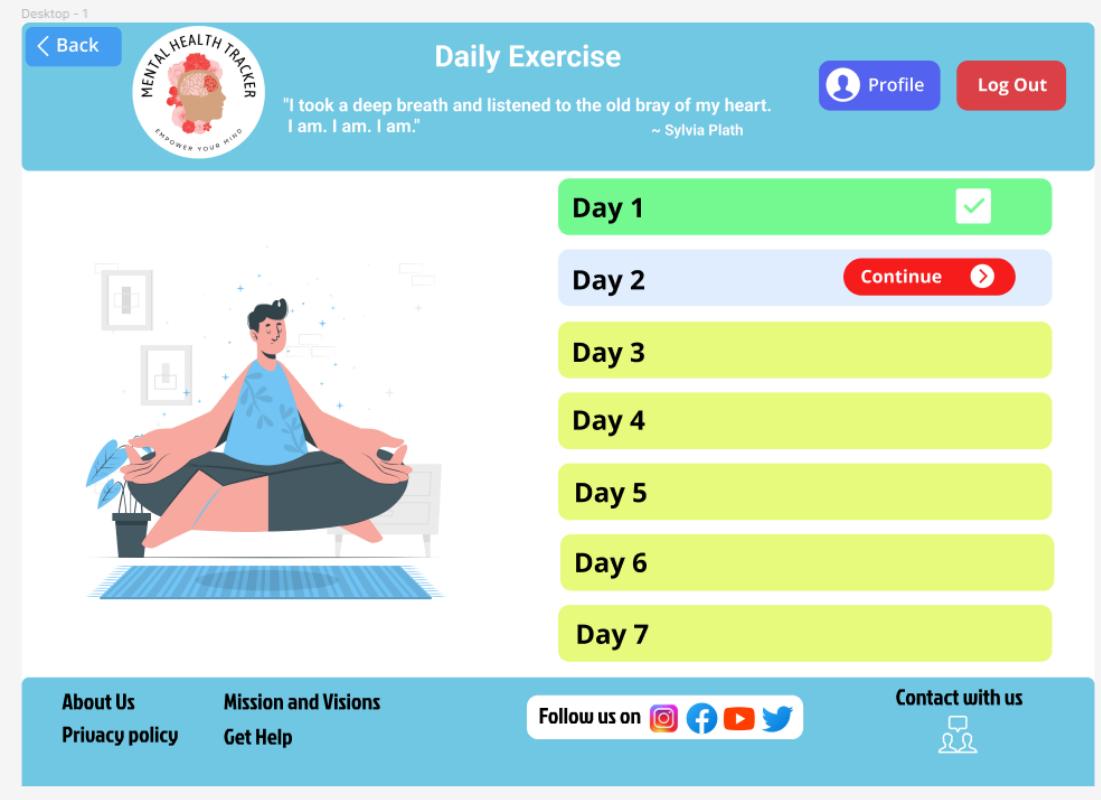
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Here the patient can answer some questions to monitor their mood and progress.

8. Daily Exercise Page:

Desktop - 1



The screenshot shows a "Daily Exercise" page from a mental health tracker application. At the top left is a "Back" button and a circular "MENTAL HEALTH TRACKER" logo with a brain icon. The main title "Daily Exercise" is centered above a quote by Sylvia Plath: "I took a deep breath and listened to the old bray of my heart. I am. I am. I am." Below the quote is a small "Profile" button and a "Log Out" button. To the right of the quote is a green button labeled "Day 1" with a checkmark, followed by a blue button labeled "Day 2" with a "Continue" button. Below these are six yellow buttons labeled "Day 3" through "Day 7". On the left side of the page is an illustration of a person meditating in a lotus pose on a mat, with a potted plant nearby. At the bottom, there are links for "About Us", "Mission and Visions", "Privacy policy", and "Get Help". Social media icons for Instagram, Facebook, YouTube, and Twitter are shown under "Follow us on". A "Contact with us" section with a speech bubble icon is also present.

Desktop - 1

[Back](#)

Daily Exercise

"I took a deep breath and listened to the old bray of my heart.
I am. I am. I am."
~ Sylvia Plath

[Profile](#) [Log Out](#)

Day 1 ✓

Day 2 [Continue](#)

Day 3

Day 4

Day 5

Day 6

Day 7

[About Us](#) [Mission and Visions](#)

[Privacy policy](#) [Get Help](#)

Follow us on

Contact with us

Here the user can participate in daily activities and exercises.

9. Weekly Check in Reminders:

The screenshot shows a desktop interface for the "Mental Health Tracker" application. At the top, there's a yellow header bar with a "Back" button, a logo featuring a brain and the text "MENTAL HEALTH TRACKER" and "EMPOWER YOUR MIND", and navigation buttons for "Profile" and "Log Out". Below the header is a yellow banner with a cartoon illustration of a man pointing at a large smartphone displaying a calendar for January. To the right of the banner is a monthly calendar grid for January, February, March, April, and May. The days of the week are labeled at the top of each column. The dates are color-coded: Saturdays and Sundays are orange, while the rest of the days are blue. In the month of April, the 26th is highlighted in green. At the bottom of the page, there's a yellow footer bar with links for "About Us", "Mission and Visions", "Privacy policy", "Get Help", and "FAQ". It also features social media icons for Instagram, Facebook, YouTube, and Twitter, and a "Contact with us" section with a person icon. A small note at the bottom center states "Developed by Team Mental-Health_tracker | copyright@2023-2024".

Weekly check in Remainders are shown in this particular page.

10. Counsellor Homepage:

The dashboard features a central illustration of two people: one sitting at a desk with a laptop and books, and another sitting across from them holding a pen. The background includes stylized trees and a whiteboard with a question mark. To the left is a circular logo for "MENTAL HEALTH TRACKER" with the tagline "EMPOWER YOUR MIND". On the right are three blue buttons: "Visit Patient Profile", "Confirm Appointment", and "View Questionnaire Responses". The bottom navigation bar includes links for "About Us", "Mission and Visions", "Privacy policy", "Get Help", and "FAQ". Social media links for Instagram, Facebook, YouTube, and Twitter are also present, along with a "Contact us" section.

Counsellor Dashboard

Visit Patient Profile

Confirm Appointment

View Questionnaire Responses

About Us Mission and Visions
Privacy policy Get Help
FAQ

Follow us on

Contact with us

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From this page counsellor can visit patient's profile , confirm appoinments and view the questionnaire responses.

11. Professional Assistance Page:



We're Always Ready To Help



Get Quick Help!

Medical Services

Accessible mental health support: confidential, compassionate, and empathetic. Reach out today for assistance and resources. You're not alone; we're here for you.

[Qualifications](#)

[Area of expertise](#)

[Contact Us](#)

[About Us](#)

[Privacy policy](#)

[FAQ](#)

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This page is shown to the patient if they need any professional assist

12. Mood Monitoring:

MENTAL HEALTH TRACKER
THINK UNLIMITED

Mood Monitor

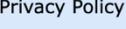
Home Sign Up Login 

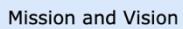
Search 

   
 Very Happy Happy Unamused/bored Worried

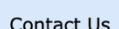
   
 Sad Very sad Crying Angry

Share your feelings with us.

About Us  

Privacy Policy  

Mission and Vision 

FAQ 

13. Daily Patient Report:



MENTAL HEALTH TRACKER
THINK UNLIMITED

Daily Report

Home Sign Up Login 

Search 

Section 1: General Information

1. Age: _____
2. Gender:
 - Male
 - Female
 - Non-binary/Prefer not to say
3. Occupation: _____
4. Do you have any health conditions that limit your ability to exercise? (Yes/No)
 - If yes, please specify: _____

Section 2: Current Exercise Habits

5. On average, how many days per week do you engage in planned exercise (e.g., walking, running, gym workouts)? _____
6. For each type of exercise, you listed in question 5, please indicate the average duration per session:
 - Walking: _____ minutes
 - Running: _____ minutes
 - Strength training: _____ minutes
 - Other (please specify): _____ minutes (_____)
7. Do you participate in any structured exercise programs (e.g., group fitness classes, personal training)? (Yes/No)
 - If yes, please describe: _____
8. What are your main motivators for exercise? (Select all that apply)
 - Improve overall health and fitness
 - Weight management
 - Stress reduction
 - Improved mood and energy levels
 - Social interaction (if applicable to your exercise program)
 - Other (please specify): _____
9. What are the biggest challenges you face in maintaining a regular exercise routine? (Select all that apply)
 - Lack of time
 - Lack of motivation
 - Difficulty finding enjoyable activities
 - Physical limitations
 - Other (please specify): _____
10. Do you currently have any specific fitness goals? (Yes/No)
 - If yes, please describe: _____

Report



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[FAQ](#)