



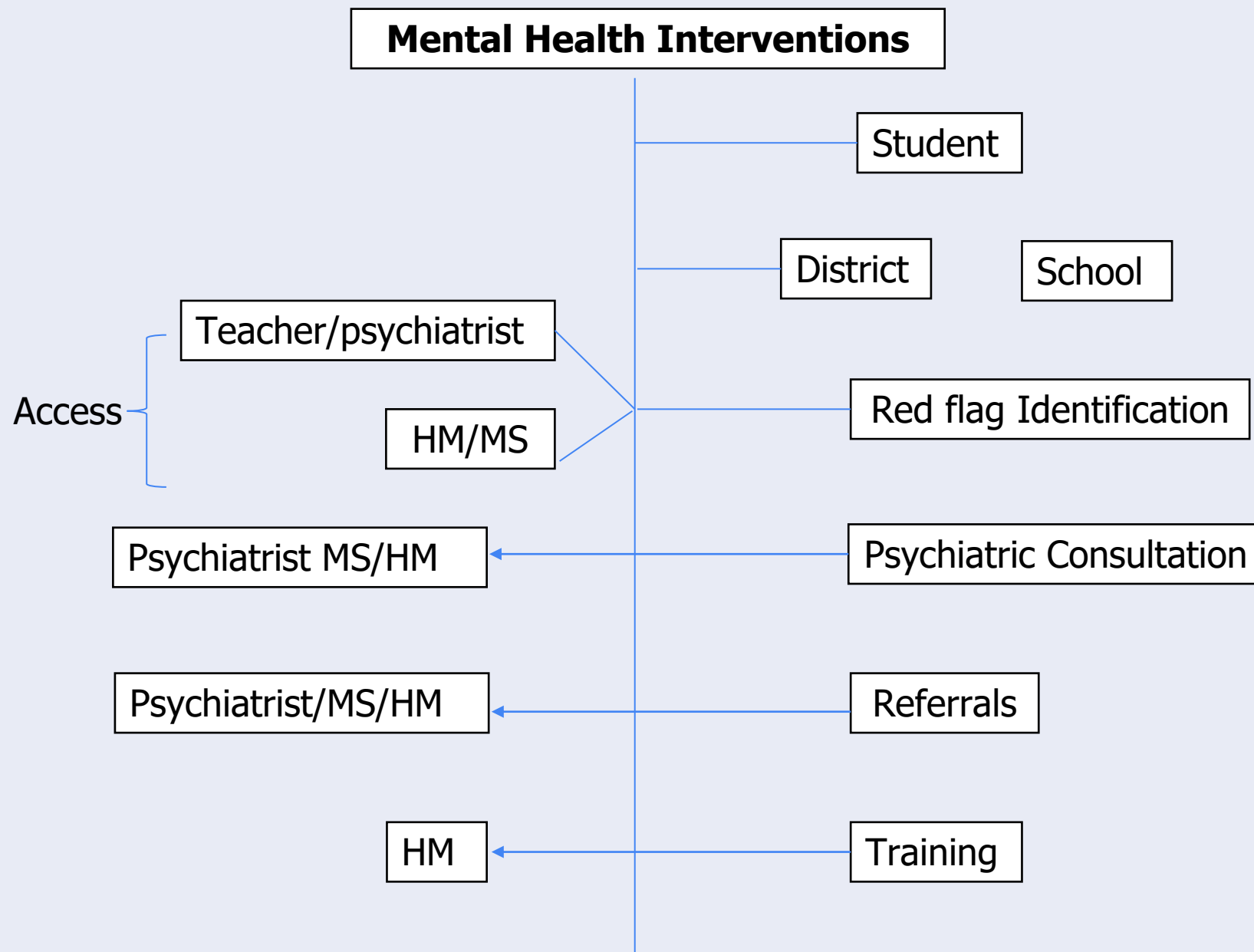
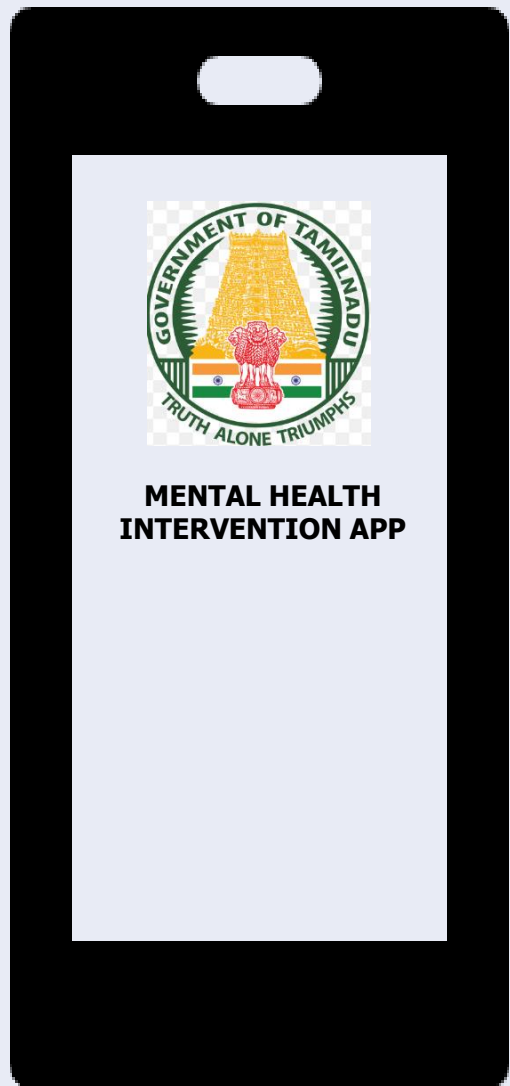
# **MENTAL HEALTH INTERVENTION APPLICATION**

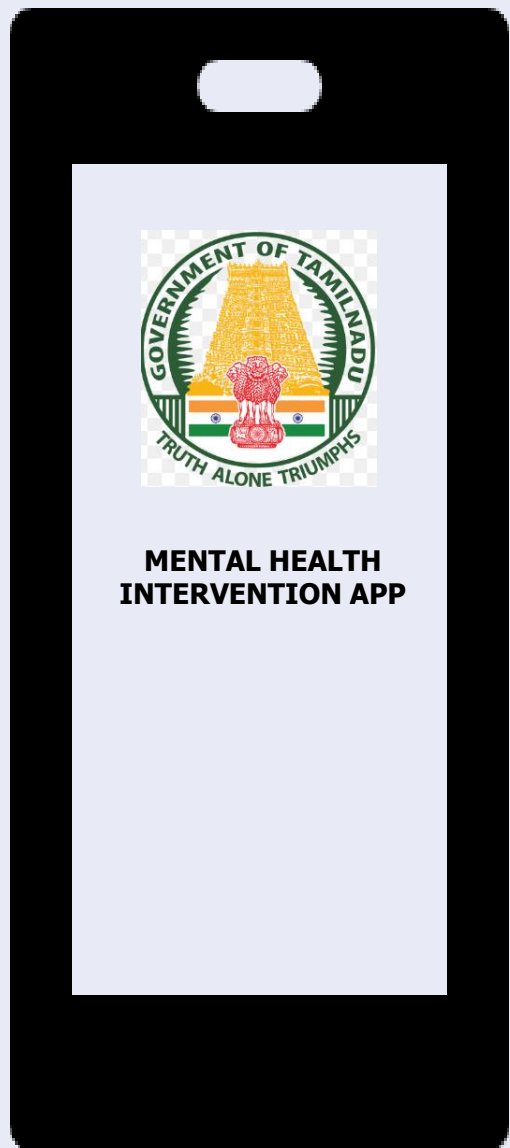
# MENTAL HEALTH INTERVENTION APP



Login :

Password :





**Student**

EMIS

School

Taluk /  
District

Academic  
Grade

Attendance

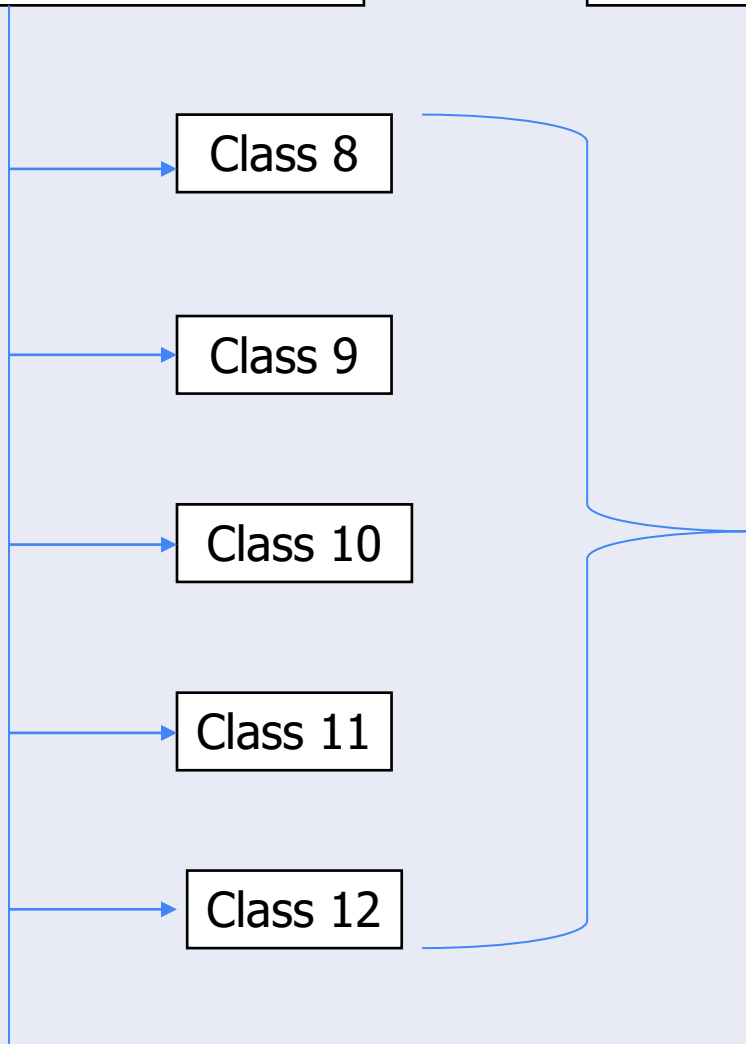
Class 8

Class 9

Class 10

Class 11

Class 12



## Red Flag Identification



**MENTAL HEALTH  
INTERVENTION APP**

Anxiety

Depression

Aggression + Violence

Self Harm + Suicide

Sexual abuse

Stress

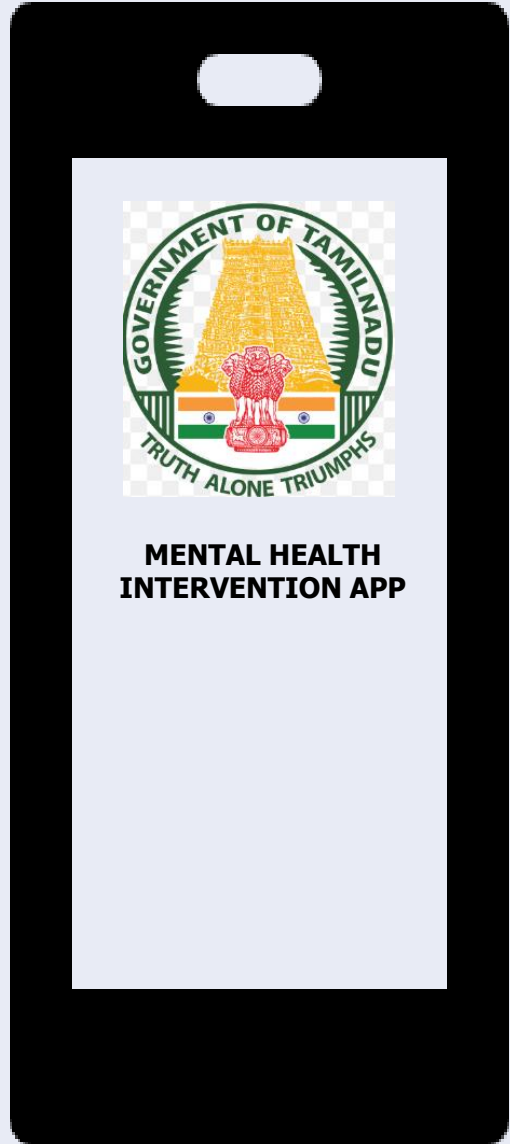
Loss + Grief

Relationship

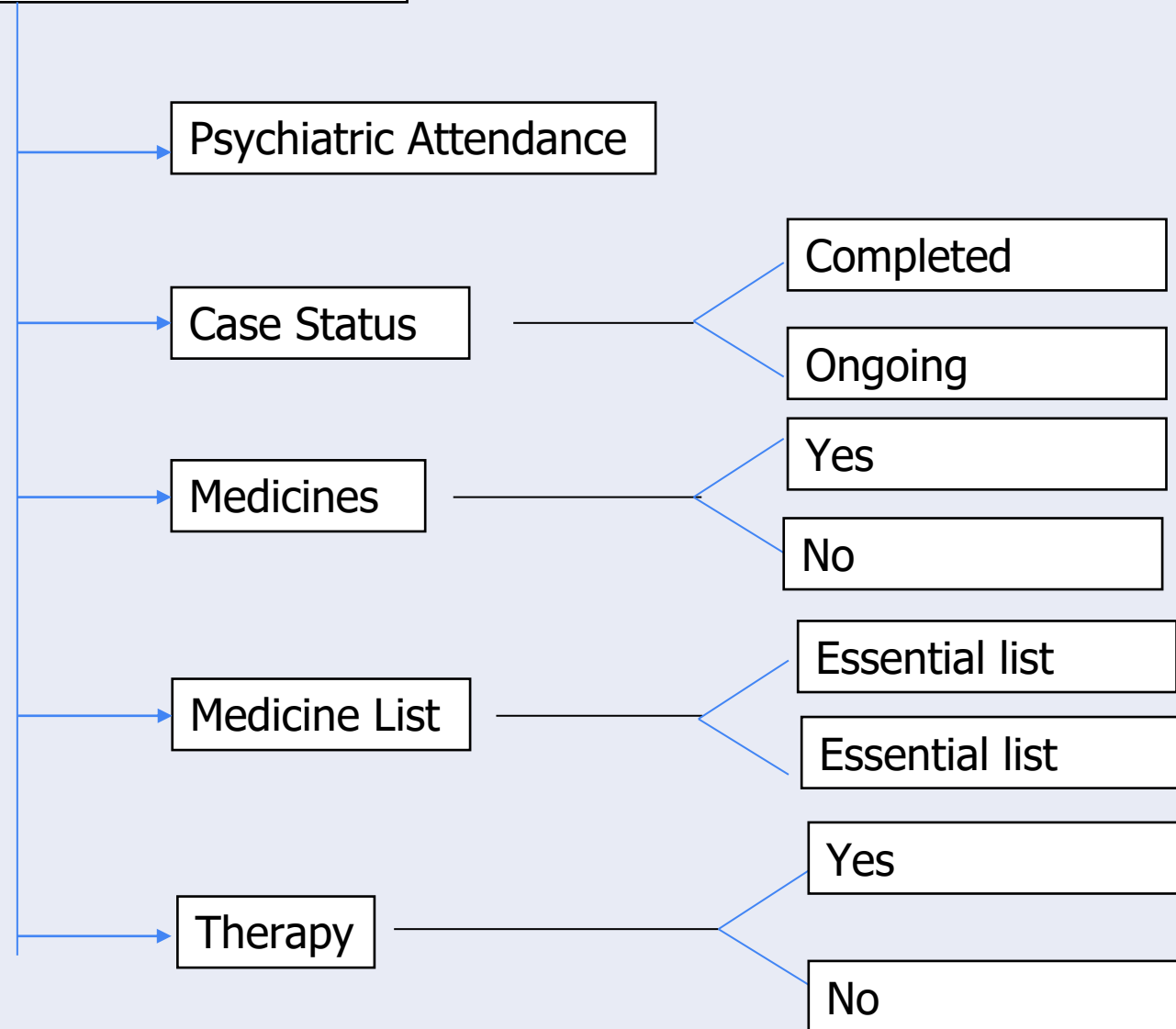
Body Image + Self listen

Sleep

Conduct + Delinquency



## Psychiatric Consultations





## Referrals

District medical hospital / Medical college

Others

# Technical Requirements

1. This application will be developed on both platforms using the following technologies:

- a. iOS 9.x - 11.x - using Swift / Objective-C
- b. Android 4.4 - 8.x - using Java / Kotlin
- 2. This application is intended for use on a smartphone, in a portrait orientation.
- 3. TNMSS requests are used to handle the communication between the app and server.
- 4. This application works only in online mode.
- 5. Push notifications are handled by **Firestore**.
- 6. **Firestore Analytics** will be used to collect different analytics and data.
- 7. This application is going to be developed further after the **v1.0 publication**.
- 8. This application is going to be published on App Store and Google Play, using the Client's accounts





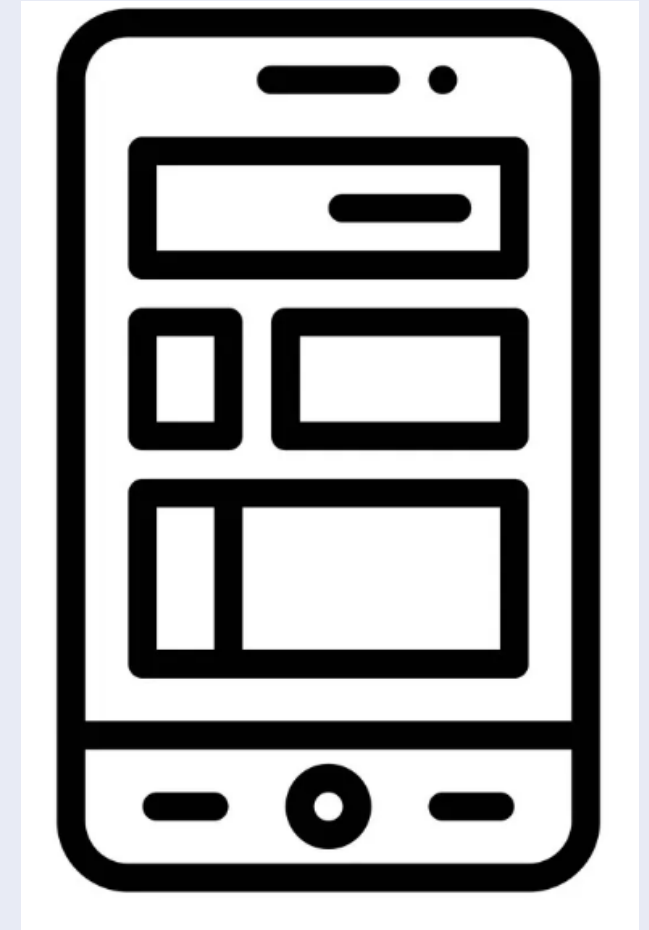
# APP Functionalities

## Onboarding

1. On the first launch of the application, the user is presented with several screens with text and graphics that allow a user to better know and understand the idea behind the app.
  - The user can skip the screens by tapping the 'Skip' button
2. The user is asked to share location with the application to locate nearest district hospital.

## Log in and registration

1. Users can register and log in using:
  - a. E-mail address
  - b. EMIS ID



# Registration

2. Registration requires adding:

a. E-mail address

b. Password

**i. It is possible to display the entered password to verify if it is correct**

3. Logging in is not required to use the application, but some functionalities may not be available for not logged in users.

4. It is possible to remind forgotten passwords using e-mail addresses

a. The user enters their e-mail address

b. An e-mail is sent with a reset password link

c. A link is prepared to be handled by the application, after the opening link, the application is opened on the screen for setting up the new password

d. After setting up a new password, the user stays logged in.



**REGISTRATION**

# Admin field and Access

Provide

1. Login details of ADMIN
2. Provide a search bar and checklist option to manage the below database.
  - ☐ Upload student details
  - ☐ Upload teacher details
  - ☐ Upload school details
  - ☐ Upload psychiatrist details
  - ☐ Active /inactive status management.



## Navigation bar

✓ At the **bottom** of the application, there is a navigation bar with options:

### 1. Mental health Intervention

i. Displays a list/map view of all of the intervention process Within the mental health interventions we have 4 Categories.

#### A. Red flag Identifications (access:HM,MS,Teacher)

i. Displays a drop down of issues identified by teacher/HM.

#### B. Psychiatrist visits(access : HM,MS, Psychiatrists)

i. Displays case status, medicine, therapy and referral status.

ii. Users can register/log in and sign out and attendance to be tracked based on their location.

#### C. Referrals (access : HM,MS)

i. Displays the referrals to District Hospital/other

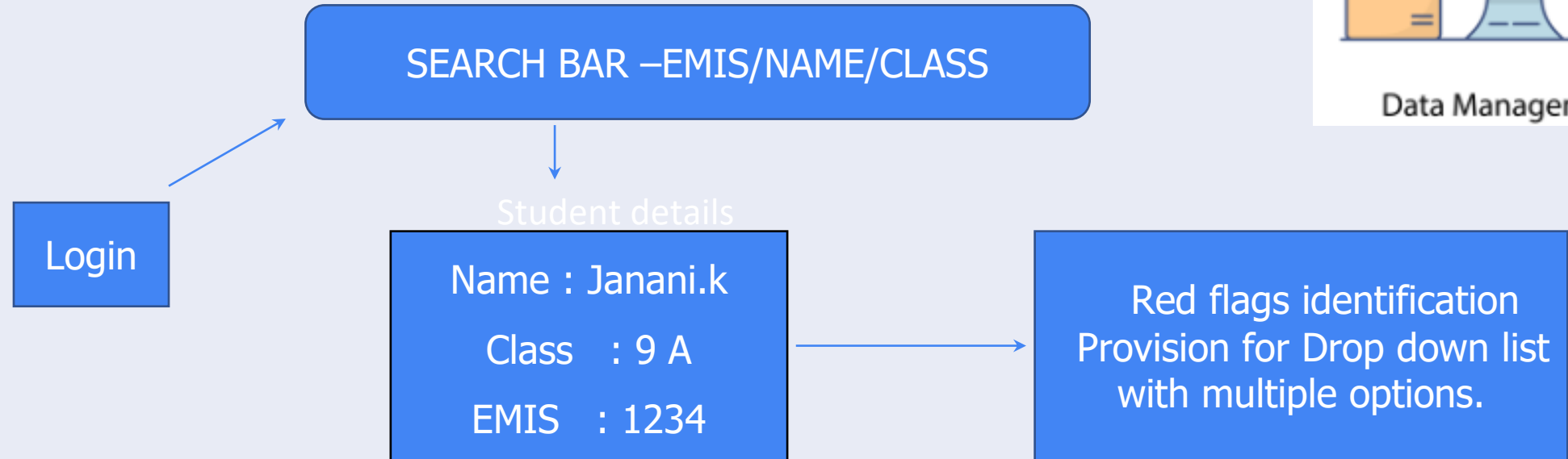
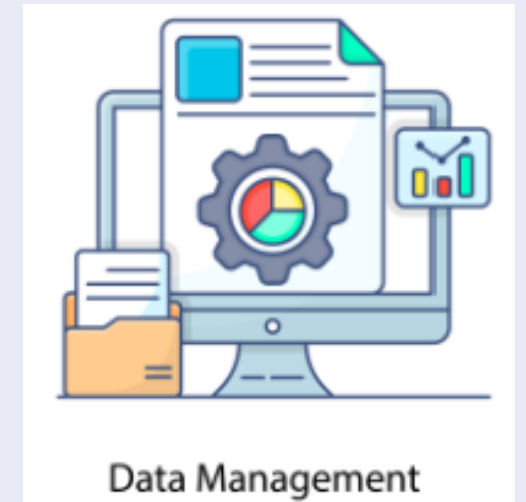
#### D. Training ( access : HM,MS)

i. Displays the Type of training- Online/regional/admn/other

### 2. The navigation bar hides when the user is scrolling down the list

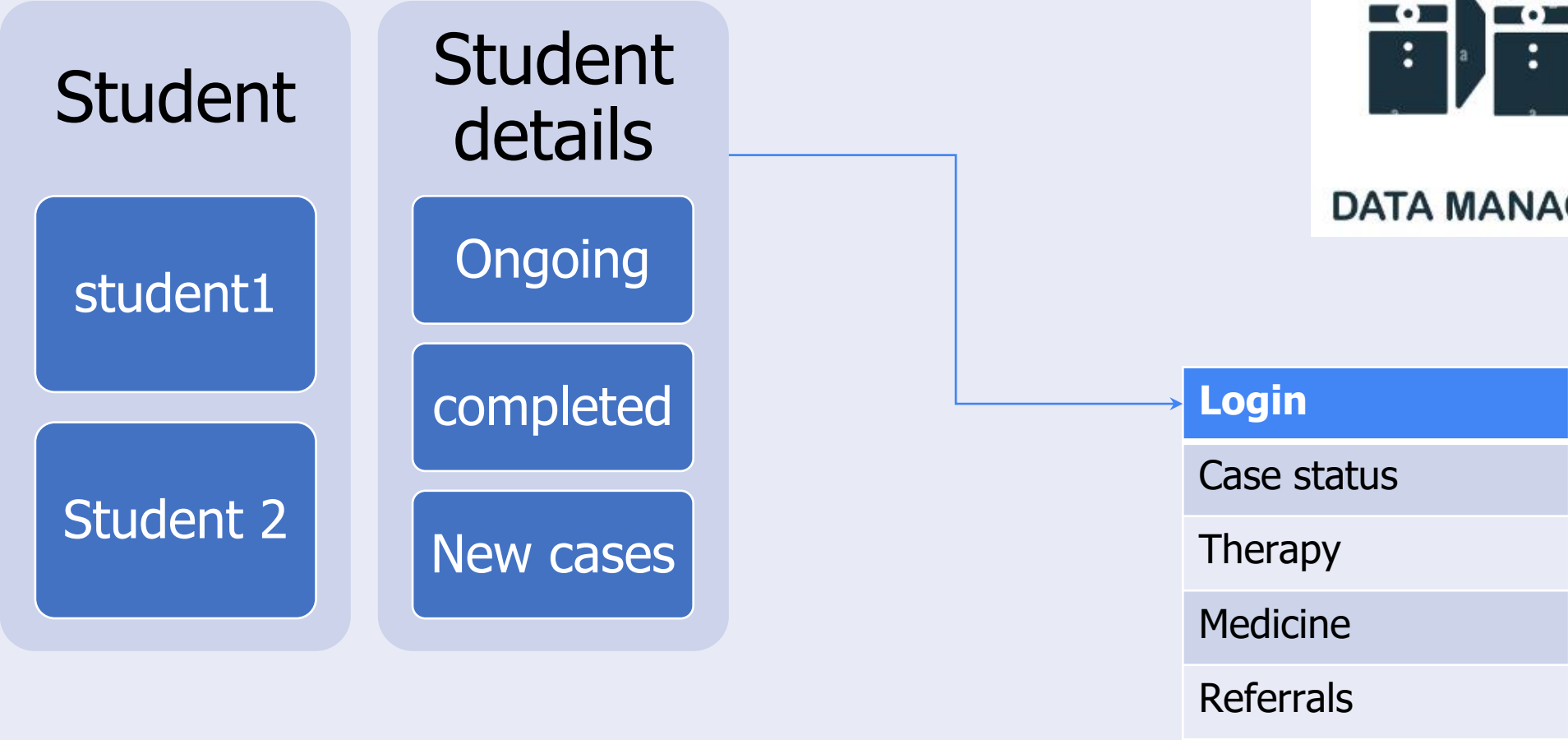


# Data Management –Teacher/HM

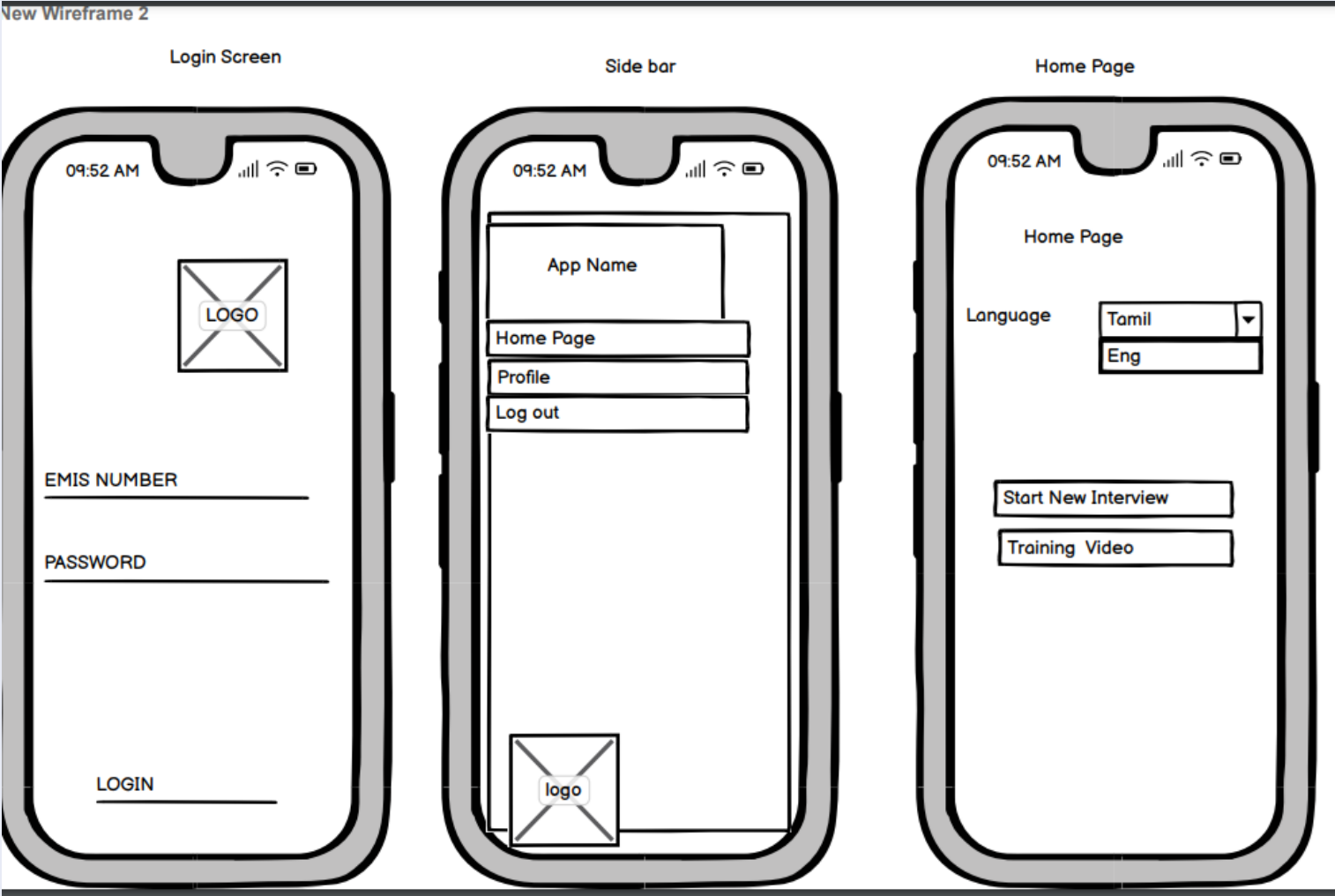


List of identified students saved and to be displayed for Psychiatrists, HM and MS.

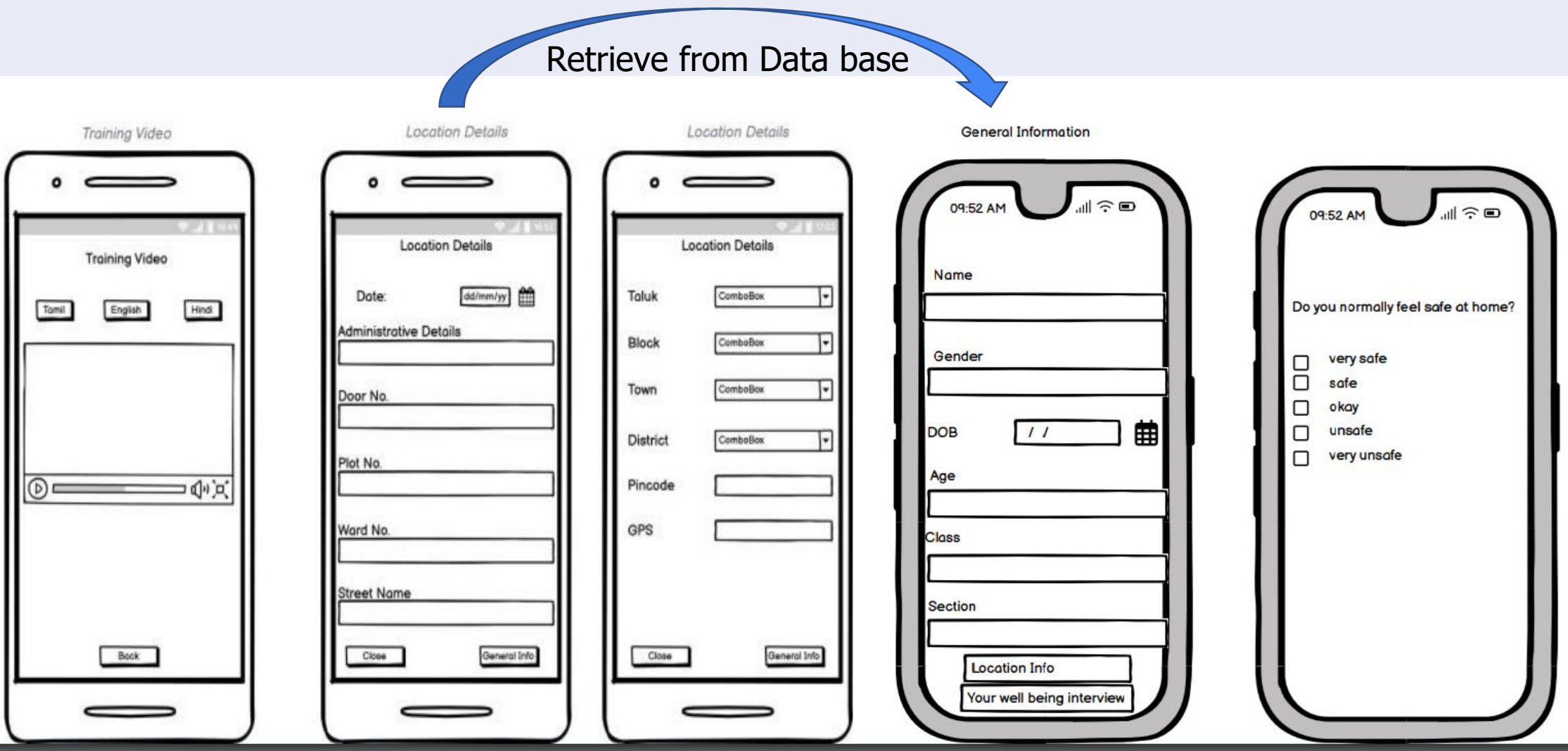
# Data Management - Psychiatrist



# Self Rating Questionnaire



# Self Rating Questionnaire





# Self Rating Questionnaire

The image shows four smartphone screens, each displaying a different question from a self-rating questionnaire. Each screen has a status bar at the top showing the time as 09:52 AM, along with signal, Wi-Fi, and battery icons. The questions and their respective response options are as follows:

- Screen 1:** "Do you normally feel safe at home?"
  - ☐ very safe
  - ☐ safe
  - ☐ okay
  - ☐ unsafe
  - ☐ very unsafe
- Screen 2:** "Do you normally feel safe at school?"
  - ☐ very safe
  - ☐ safe
  - ☐ okay
  - ☐ unsafe
  - ☐ very unsafe
- Screen 3:** "Do you have any health needs or disabilities that prevent you from attending school or learning during your lessons?"
  - ☐ Yes
  - ☐ No
- Screen 4:** "Do you feel safe online?"
  - ☐ Yes
  - ☐ No

# Self Rating Questionnaire

The image shows four smartphone screens, each displaying a different question from a self-rating questionnaire. Each screen has a status bar at the top showing the time as 09:52 AM, along with signal, Wi-Fi, and battery icons. The screens are arranged horizontally.

**Screen 1:**

09:52 AM

Have you got any worries relating to body changes/puberty?

☐ Yes

☐ No

**Screen 2:**

09:52 AM

A. Over the last 2 weeks, how often have you been bothered by the following problems?

1. Feeling nervous, anxious, or on edge

☐ Not at all

☐ Several days

☐ More than half the days

☐ Nearly everyday

**Screen 3:**

09:52 AM

Over the last 2 weeks, how often have you been bothered by the following problems?

2. Not being able to stop or control worrying

☐ Not at all

☐ Several days

☐ More than half the days

☐ Nearly everyday

**Screen 4:**

09:52 AM

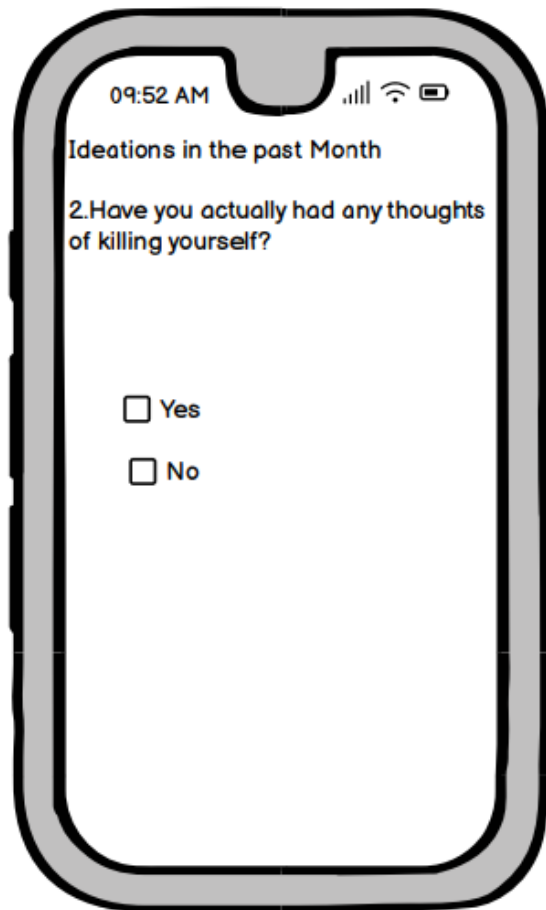
B. Ideations in the past Month

1. Have you wished you were dead or wished you could go to sleep and not wake up?

☐ Yes

☐ No

# Self Rating Questionnaire



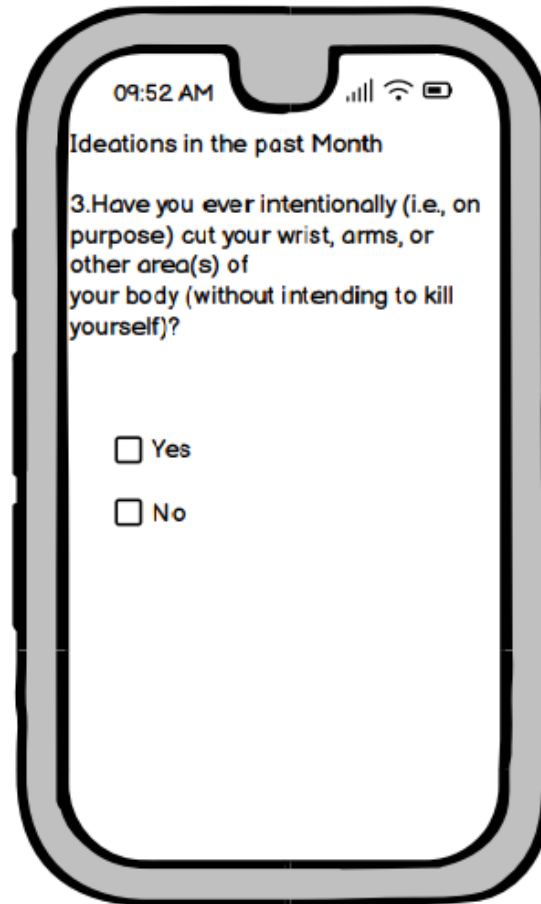
09:52 AM

Ideations in the past Month

2. Have you actually had any thoughts of killing yourself?

☐ Yes

☐ No



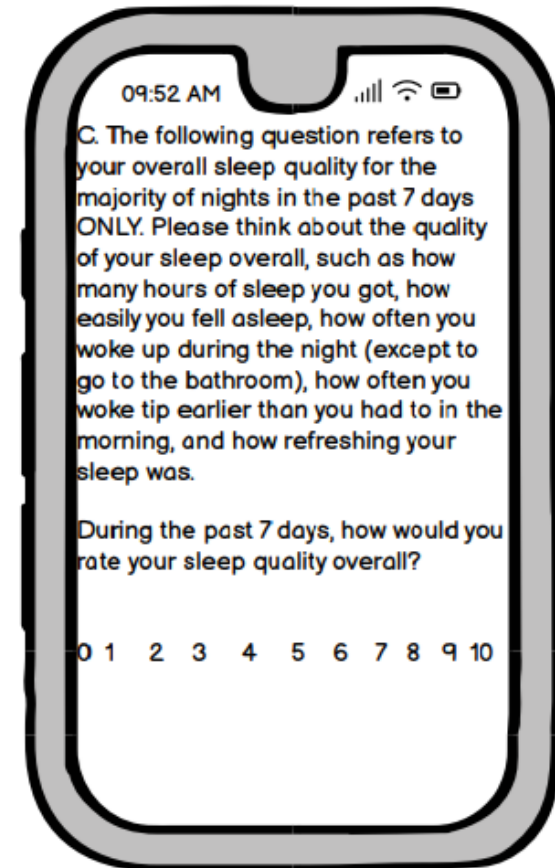
09:52 AM

Ideations in the past Month

3. Have you ever intentionally (i.e., on purpose) cut your wrist, arms, or other area(s) of your body (without intending to kill yourself)?

☐ Yes

☐ No



09:52 AM

C. The following question refers to your overall sleep quality for the majority of nights in the past 7 days ONLY. Please think about the quality of your sleep overall, such as how many hours of sleep you got, how easily you fell asleep, how often you woke up during the night (except to go to the bathroom), how often you woke up earlier than you had to in the morning, and how refreshing your sleep was.

During the past 7 days, how would you rate your sleep quality overall?

0 1 2 3 4 5 6 7 8 9 10

# Self Rating Questionnaire

09:52 AM

D. This scale comprises questions that measure dimensions of loneliness

How often do you feel that you lack of companionship?

hardly ever   sometimes   often

How often do you feel isolated from others

hardly ever   sometimes   often

How often do you feel isolated from others

hardly ever   sometimes   often

09:52 AM

E. Over the last 2 weeks, how often have you been bothered by

Little interest or pleasure in doing things

Not at all  
Several days  
More than half the days  
Nearly everyday

09:52 AM

Over the last 2 weeks, how often have you been bothered by

Feeling down, depressed, or hopeless

Not at all  
Several days  
More than half the days  
Nearly everyday

09:52 AM

Proud! Thank you so much for your participation.

😊

# Additional requirements

## **A. Add mental health modules for students**

## **A. Utilisation of GPS wherever possible**

- ★ Mapping of schools
- ★ Display of schools that completed all mental health interventions on map
- ★ Psychiatrist Login