# HealNest: Virtual Therapy Platform

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## Introduction

HealNest is a web-based mental health platform that allows clients to book virtual therapy sessions with licensed therapists. It was developed to address the inconvenience of traditional therapy bookings, aiming to minimize stigma, increase accessibility, and enhance therapeutic experiences.

## Aims and Objectives

- Simplify online therapy booking.
- Enable remote therapy sessions via Google Meet.
- Provide a stigma-free digital mental health space.
- Support therapists with client reach and session tools.

## Academic Question

How modern web technologies can solve to traditional way of booking appointment for mental health services while making it accessible to individual living on different parts of the world?

## Literature Review Insights

1. e-CBT rivals in-person CBT in effectiveness (Nazanin Alavi, 2023)
2. Virtual platforms enhance access in education (Blessing, 2024)
3. DMHIs show promise but face engagement and privacy challenges (Leo, 2022)
4. Therapist acceptance hinges on training and platform stability (Rathenau, 2022)

## Core Features

- Role-Based Authentication: Clients, Therapists, Admins.
- Appointment Booking: Therapist availability, calendar sync.
- Secure Payment: Khalti integration.
- Role-Specific Dashboards: Tools for journaling, mood tracking, session management.
- Anonymous Forums: Mental health discussion space.
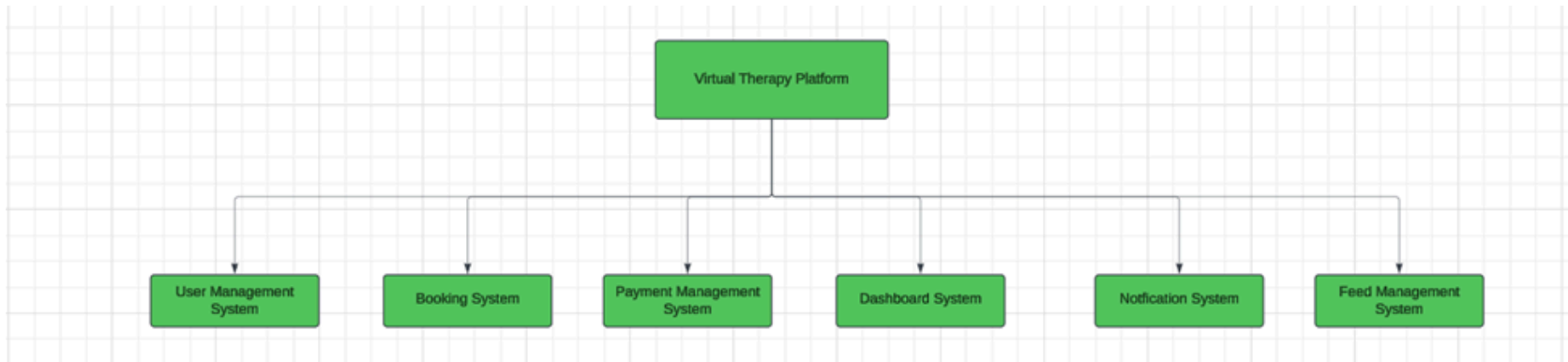- Real-Time Notifications: Appointments, forum interactions, payment alerts.

## Similar Web Applications
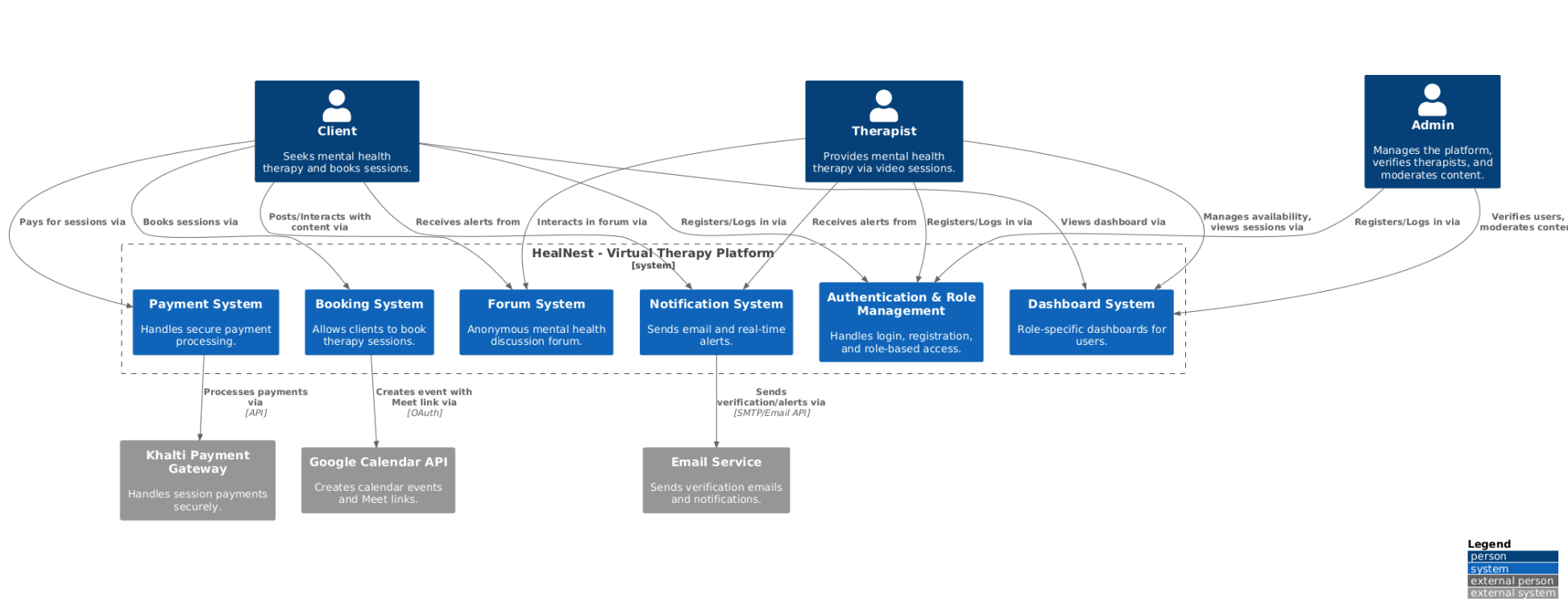
1. betterhelp
2. talkspace

## Methodology

Agile – Kanban Approach
Adopted for incremental development, with visual task tracking and rapid adaptability.
Enabled efficient integration of complex features like real-time sync and Google Meet link generation.
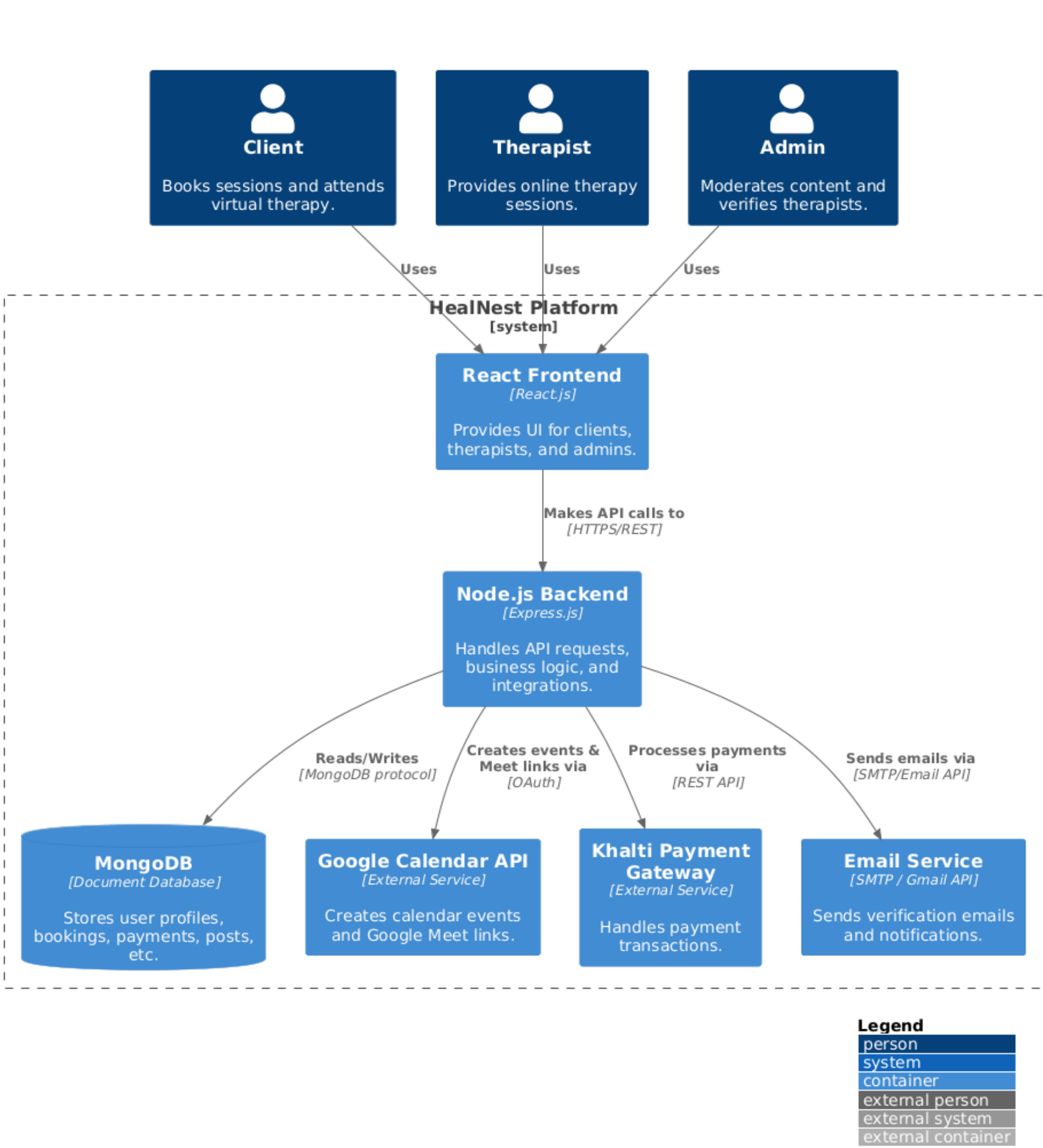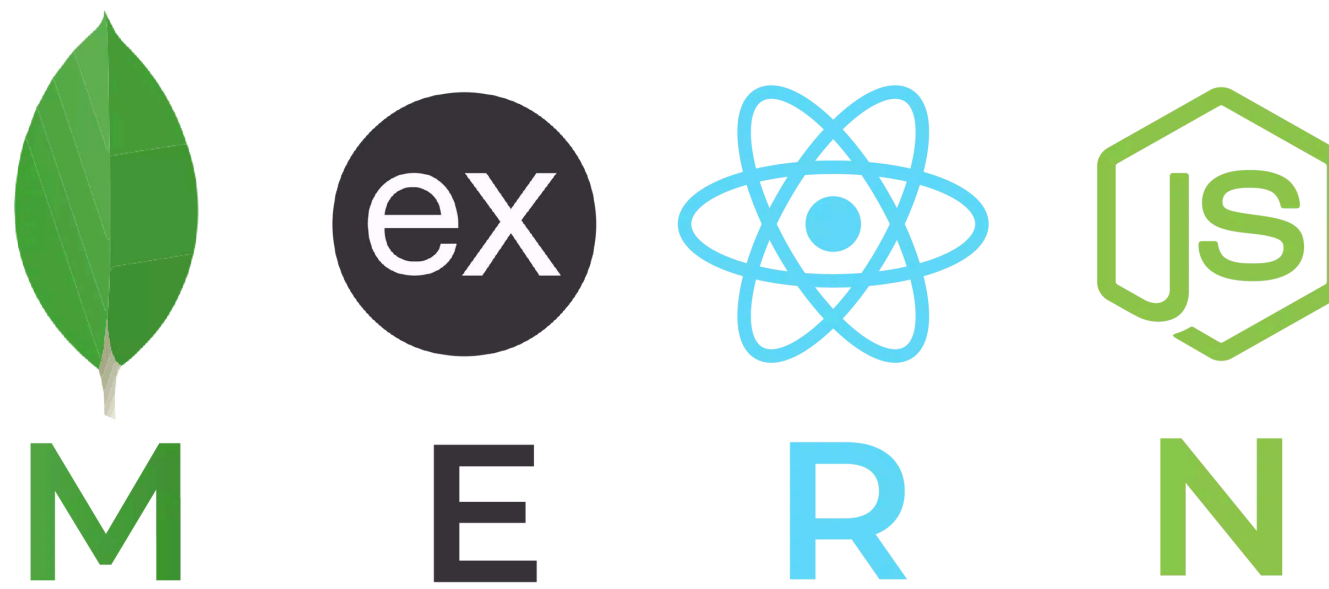
## System Architecture



## System Context Diagram



## Component Diagram



## Technology Stack



## Test Cases

| Module | Test Case | Scenario | Expected Result |
|---|---|---|---|
| Authentication | User Registration | User signs up with email and password | Account created, verification email sent |
| Authentication | Role Selection | User selects Client or Therapist role | Role saved permanently, access granted |
| Booking | Session Booking | Client books an available therapist slot | Session saved, Google Meet link generated |
| Booking | Session Cancellation | Client cancels before allowed deadline | Session status updated, notification sent |
| Payment | Payment Processing | Client pays via Khalti | Transaction recorded, booking confirmed |
| Forum | Post Submission | User submits an anonymous post | Post appears on forum feed |
| Notification | Appointment Reminder | Upcoming session scheduled | User receives email and in-app notification |
| Dashboard | Therapist Availability Update | Therapist adds new time slots | Slots updated and visible to clients |

## GANTT Chart