



# Project Report

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A Project Based Learning Report  
on  
**“Mind Space”**  
Submitted to the  
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In partial fulfillment for the award of the Degree of  
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in  
**Information Technology**  
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Place: Pune

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# Abstract

Savitribai Phule Pune University

Faculty of Information Technology

P.E.S. Modern College of Engineering, Pune -05

Department of Information Technology

(Academic Year: 2020-21)

**Project Title : Mind Space**

**Project Group Number :**

Group 2

**Guide Name :**

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**ABSTRACT :**

Even if you have good coverage, it can be hard to find a mental health provider. **Mindspace** is a digital platform that provides a space for individuals to connect with others, find support, and access resources related to mental health. Mentors can share photos, videos, and blogs to help Mentees. They can also arrange one-to-one sessions with Mentees and can advertise their therapy sessions. Mental health is equally important as physical health nowadays. Thus our goal is to provide online therapy, support groups, crisis intervention, and self-help resources. These services should be provided by trained mental health professionals and presented in an easy-to-use and accessible format.

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# Introduction to Project

- **Introduction :**

Mind Space, a social networking website for mental health, is an online community providing a safe and supportive space for individuals to connect with others experiencing similar mental health issues. The platform provides resources and tools to help individuals manage their mental health, and foster a sense of community and belonging. It is a user-friendly, secure and privacy-conscious website with an easy-to-navigate platform.

- **Problem Definition :**

To build a social media platform that promotes solutions on mental health issues

- **Motivation Behind Project Topic :**

Mental health issues are a significant and growing problem worldwide, affecting people of all ages, genders, and backgrounds. Social media has the potential to reach a large number of people and connect them with resources and support. Social media can provide a platform for people to share their experiences with mental health, reduce stigma, and promote understanding and empathy.

- **Objectives :**

1. Providing a safe and supportive online community where individuals can connect with others who share similar experiences and struggles with mental health issues.
2. Offering educational resources, such as articles, videos, and other informative content, that help individuals better understand mental health and how to manage it.
3. Providing access to mental health professionals and resources for individuals who need more intensive support or treatment.
4. Promoting awareness and reducing stigma surrounding mental health issues through social media campaigns, public outreach, and other initiatives.
5. Ensuring the privacy and confidentiality of users' personal information and sensitive health data.
6. Developing features that enable individuals to track their mental health progress, set goals, and monitor their wellbeing over time.

# Literature Survey

# Background

It's okat to take a break.

## Who We Are?

We are a group of Web Developers (6 students) from Progressive Education Society's Modern College of Engineering, Pune, and we have conducted a literature survey on Social Websites and Applications for Mental Help. This survey is conducted in May 2023, to help us build our Social Media Website for Mental Care.

## Why This Study?

Mental health issues are a significant and growing problem worldwide, affecting people of all ages, genders, and backgrounds. Social media has the potential to reach a large number of people and connect them with resources and support. We believe social media can provide a platform for people to share their experiences with mental health, reduce stigma, and promote understanding and empathy.

## Purpose

The aim of this literature review was to generate a knowledge overview about our specific study interest regarding social media websites for Mental Health.

## INTRODUCTION

---

# Literature Review Methodology

This section explains in detail about methods which were used to form this literature survey



- **Stage A - Literature review planning :**

In Stage A the main emphasis was placed on literature review planning and it included the following two phases:

1. Forming a panel of experts (review panel) that discuss and develop the review methodology and regularly evaluate the results,
2. Establishing the context of the field of investigation in order to acquire the subject vocabulary, discover important variables relevant to the topic and identify data collection sources.

- **Stage B - Searching, identifying and organizing studies :**

This specific set up of context and scope of the themes in Stage A provided a solid basis for Stage B, enabling to determine those studies that fall outside or within the scope of the topic being investigated. This review includes data collected from:-

1. E-Books
2. Magazines
3. News Reports
4. Blogs
5. Online Articles
6. Internet
7. Studies conducted by various universities and companies

## IMPORTANCE OF MENTAL HEALTH

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### Mental Health

Mental health plays a significant role in our day-to-day lives. Our work efficiency mainly depends on how well we mentally are. So, even if you are 16 or 42, the role you play will be affected if you're mentally ill.



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

# Importance

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness. Maintaining a positive mental health and treating any mental health conditions is crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships. Nurturing mental health doesn't just improve our daily functioning, but it can also help us control — or at least combat — some of the physical health problems directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease. Being mentally healthy can significantly impact our psychological, emotional, and social well-being. It directly affects how we feel and act on a daily basis. Mental health is a major factor when we make difficult choices, deal with stress, and relate to other people in our world. Mental health isn't just something we can deal with once and then get over. It's important in every stage of our life. From infancy all the way into adulthood — mental health is something we need to be cognizant of and handle with care.



**70%-80%**

People in India  
struggling with  
mental illness  
receive no care

**5.6 crore**

Indians suffer from depression

**35%**

Increase in Mental  
Health Disorders in  
India

NEGATIVELY INFLUENCING FACTORS	POSITIVELY INFLUENCING FACTORS
<ul style="list-style-type: none"> <li>• Past trauma, abuse, or neglect</li> <li>• Long-term and/or severe stress</li> <li>• Social isolation</li> <li>• Loneliness</li> <li>• Bereavement</li> <li>• Discrimination</li> <li>• Long-term physical conditions</li> <li>• Social disadvantages</li> <li>• Poverty or significant debt</li> <li>• Unemployment</li> </ul>	<ul style="list-style-type: none"> <li>• Seeking therapy</li> <li>• Journaling</li> <li>• Practicing mindfulness – like <u>mindfulness meditation</u></li> <li>• Exercise</li> <li>• Yoga or low impact exercise</li> <li>• Learning to <u>communicate effectively</u> can be great for mental health and emotional health</li> </ul>

By making a concerted effort to spread mental health awareness, we can work to de-stigmatize how we think about, approach, and identify mental health issues in our society. Having those tough conversations and admitting there's a problem means we can come up with a solution. We can start removing the shame and fear that's often associated with topics surrounding mental health. Doing so can increase the likelihood of someone reaching out when they need help. Asking for help is a sign of strength. Working together allows us to begin building a foundation that respects and honors the importance of good mental health. Another benefit to focusing on mental health awareness is that it can make signs and symptoms of certain conditions more well-known. Early intervention is predictive of how successful mental health treatment will be for many conditions. The earlier someone is diagnosed and begins treatment, the more likely it is that they'll be able to manage their condition and improve their mental health.

**WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 100 00 population; the age-adjusted suicide rate per 100 000 population is 21.1. The economic loss due to mental health conditions, between 2012-2030, is estimated at USD 1.03 trillion.**



**14.3%**

of deaths worldwide are attributed to mental disorders.

**19%**

Adults get affected every year by mental health issues.

**46%**

Teenagers get affected every year by mental health issues.

**13%**

Children get affected every year by mental health issues.

## **Benefits of Taking care of Mental Health :**

- Improving our mood
- Reducing our anxiety
- Creating an enhanced sense of inner peace
- Thinking more clearly
- Improving our relationships
- Increasing our self-esteem

Emotional and mental health is important because it's a vital part of your life and impacts your thoughts, behaviours and emotions. Being healthy emotionally can promote productivity and effectiveness in activities like work, school or caregiving. It plays an important part in the health of your relationships and allows you to adapt to changes in your life and cope with adversity.

**"Society should rise above the prejudice around mental health & support those who struggling silently. Don't just walk by someone who has lost their smile. Stop and share a few words of encouragement. Meditation and yoga are the best solution for robust mental health. Taking responsibility for all your experiences in life makes you powerful. It will put an end to all the grumbling, explanations, and a host of negative tendencies."**

- Gurudev Sri Sri Ravi Shankar ,spiritual and humanitarian lead, founder of Transcendental Meditation, Art of Living



## IMPORTANCE OF SOCIAL MEDIA

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### Social Media

A computer-based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities.



### What Is Social Media?

Social media facilitates the sharing of ideas and information through virtual networks. From Facebook and Instagram to Twitter and YouTube, social media covers a broad universe of apps and platforms that allow users to share content, interact online, and build communities. More than 4.7 billion people use social media, equal to roughly 60% of the world's population. To speak formally, as per the Cambridge Dictionary, social media is defined as "websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone". Now if you split the words social media, then, social which comes from the Latin word 'socius' means friend, and media refer to means of mass communication. Thus, social media in simple terms can be referred to as an informal platform for mass communication. The importance of social media can easily be understood if we know how impactful social media is in terms of its usage. Social media has a growing popularity worldwide which can be seen from the data below. When we talk about social media, it is usually irrespective of geographical boundaries. Studies suggest, one of the most popular online activities that people undertake, is social media usage.

**144 minutes per day**

Average time spent by internet users on social media

**49%**

Social Media usage rate

**3.6 M**

Number of people using social media

In India, with easy access to the internet in recent times, the Indian population has been quite loyal to social media platforms. With just over 326.1 million users in 2018, the country is expected to reach up to 447.9 million users by 2023. India in fact, has the highest number of Facebook users worldwide which is close to 300 million as of Jan 2020. Also, WhatsApp and TikTok mobile downloads were highest in India in 2020. As the country inclined more and more towards social media, the Indian Government took the Digital India initiative to tap on this opportunity.

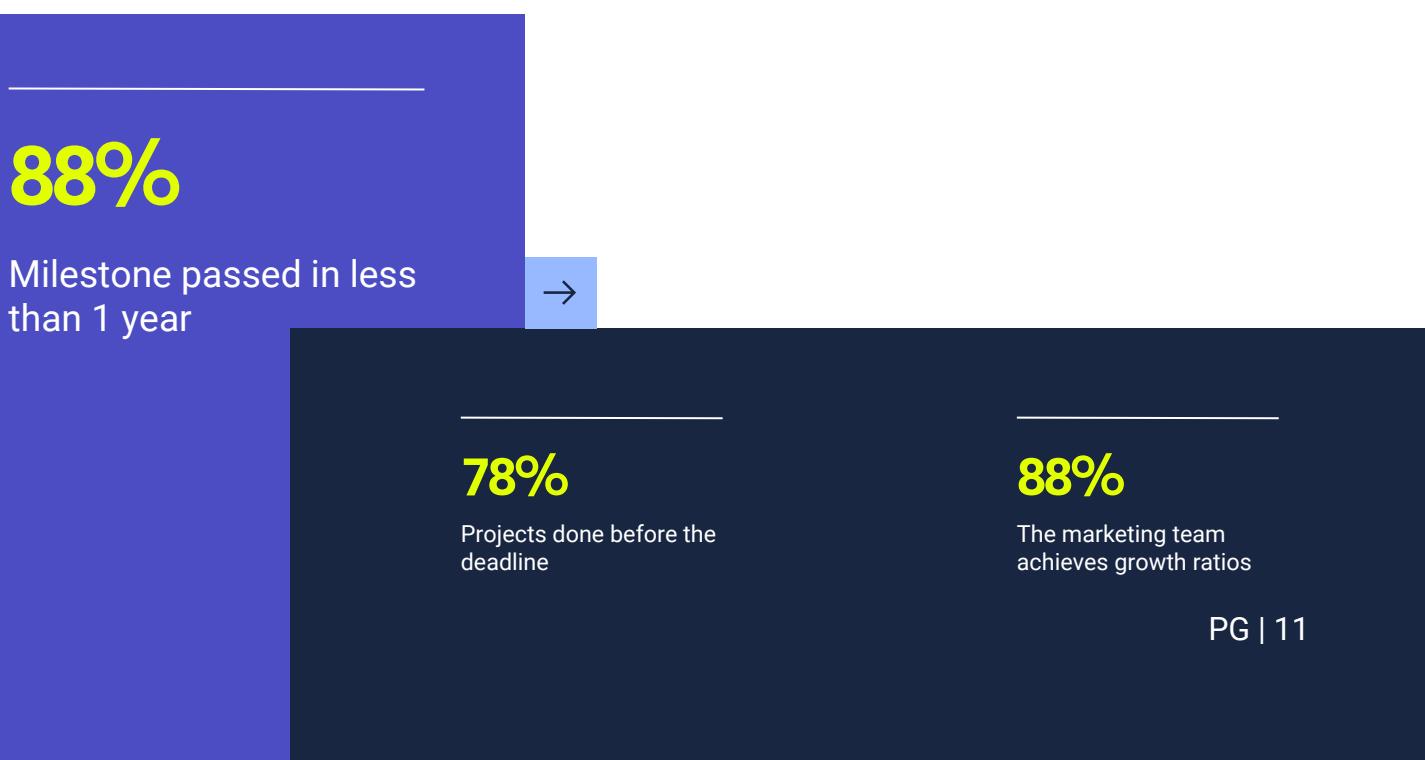
Social media has emerged as a vital convenience mean of communication and has shaped new ways of mobilizing public opinion and cheering them. Social media a suite of online services that facilitates two ways communication and content sharing has become prolific components. In this era, social media are very much accepted by the society. It is even part of people's lives that roles might change if it is taken away. Social media is not only for communication purposes but also can be used in business only if the right button is pushed. "a group of Internet-based applications that are built on the ideological and technological foundations of Web 2.0, and that allow the design and exchange of user-generated content (Kietzmann et al 2011).Social Media is accessible on mobile and web-based technologies to craft highly interactive platforms through which individuals and communities split, co-create, confer, and modify user-generated content. It introduces substantial and pervasive changes to communication between organizations, communities and individuals. In India, the number of people actively using social media is about 243 million but it is growing faster with the availability of cheap prepaid connection like free of cost Jio Sim introduced by Reliance group and internet-enabled handsets at a very low price.

## RELATED APPLICATIONS

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# Case Project - Panoply

Panoply is a crowdsourcing application for mental health and emotional wellbeing. The platform offers a novel approach to computer-based psychotherapy, targeting accessibility without stigma, engagement, and therapeutic efficacy. A three-week randomized-controlled trial with 166 participants showed Panoply conferred greater or equal benefits for nearly every therapeutic outcome measure compared to an active control task (online expressive writing). Panoply significantly outperformed the control task also on all measures of engagement, and is now being commercialized at itskoko.com. Panoply intends to improve mental health, where users of this unique social network have been trained to reframe and reassess negative thoughts, thank to an established technique known as cognitive behavioral therapy. This particular idea is all set to be worked on so that it will blossom into an app that is ready for mass consumption. Apart from the goal of connecting people, Panoply will do so in a more specific and structured manner, since it intends to enrich lives via precise, clinically-proven means



## Practice your skills

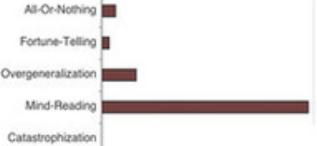
Fight back against stress by helping others

**Support**  
  
 15 people want help.

**Debug**  





Cognitive Distortion	Engagement Level
All-Or-Nothing	Very Low
Fortune-Telling	Very Low
Overgeneralization	Low
Mind-Reading	High
Catastrophization	Very High

**Mind-Reading:** Overestimating your ability to read other people's thoughts.  
Example: "My friend didn't call me tonight like she said she would. She must hate me."  
Debug: Remind yourself that you're not a mind-reader. People are complex and it's actually really hard to know what they are thinking. Before you jump to conclusions about someone's behavior, ask yourself whether you're really 100% sure you know what they are thinking.

I really like my friends, but they're all kinda 'alpha male' types, very extroverted and such. I'm not and so I get ignored a lot. I feel like a loser when I'm with my friends and I never say anything, I feel like they only just tolerate my presence.

bjd211  
It is ok to not be the most outspoken or "alpha" in a group. Maybe your friends prefer to be the center of attention and appreciate your quiet demeanor. They probably aren't ignoring you or leaving you out on purpose, they may just think you are more introverted and prefer to be on the sidelines instead of in the limelight.  
5 months ago

Oceanlove  
There is nothing wrong with being introverted and quiet if that is who you are. I am also a quiet type sometimes and more often people understand that. Many gifted famous people are introverts - Albert Einstein, Abraham Lincoln, J.K. Rowling and many other people. Introverts observe and think more, which makes them more wise and creative.  
5 months ago

mitstudyparticipant  
Everyone has different personalities. Some are extroverted and are very social while some are introverted and quiet. There is nothing wrong with being an introvert and even introverts have their positive perks! Just because you don't prefer the spotlight doesn't make you a loser. You have just as much to offer the group and your fellow extroverted friends.  
6 months ago

sp18lp  
It sounds like you have a good group of friends, which is great. Even if you aren't just like them, you bring your own character and personality to the group that's different from everyone else.  
6 months ago

## Objective:

To introduce and evaluate a novel Web-based, peer-to-peer cognitive reappraisal platform designed to promote evidence-based techniques, with the hypotheses that (1) repeated use of the platform increases reappraisal and reduces depression and (2) that the social, crowdsourced interactions enhance engagement.

## Methods:

Participants aged 18-35 were recruited online and were randomly assigned to the treatment group, "Panoply" (n=84), or an active control group, online expressive writing (n=82). Both are fully automated Web-based platforms. Participants were asked to use their assigned platform for a minimum of 25 minutes per week for 3 weeks. Both platforms involved posting descriptions of stressful thoughts and situations. Participants on the Panoply platform additionally received crowdsourced reappraisal support immediately after submitting a post (median response time=9 minutes). Panoply participants could also practice reappraising stressful situations submitted by other users. Online questionnaires administered at baseline and 3 weeks assessed depression symptoms, reappraisal, and perseverative thinking. Engagement was assessed through self-report measures, session data, and activity levels.

## Results:

The Panoply platform produced significant improvements from pre to post for depression ( $P=.001$ ), reappraisal ( $P<.001$ ), and perseverative thinking ( $P<.001$ ). The expressive writing platform yielded significant pre to post improvements for depression ( $P=.02$ ) and perseverative thinking ( $P<.001$ ), but not reappraisal ( $P=.45$ ). The two groups did not diverge significantly at post-test on measures of depression or perseverative thinking, though Panoply users had significantly higher reappraisal scores ( $P=.02$ ) than expressive writing. We also found significant group by treatment interactions. Individuals with e

leveled depression symptoms showed greater comparative benefit from Panoply for depression ( $P=.02$ ) and perseverative thinking ( $P=.008$ ). Individuals with baseline reappraisal deficits showed greater comparative benefit from Panoply for depression ( $P=.002$ ) and perseverative thinking ( $P=.002$ ). Changes in reappraisal mediated the effects of Panoply, but not the expressive writing platform, for both outcomes of depression ( $ab=-1.04$ , SE 0.58, 95% CI -2.67 to -.12) and perseverative thinking ( $ab=-1.02$ , SE 0.61, 95% CI -2.88 to -.20). Dropout rates were similar for the two platforms; however, Panoply yielded significantly more usage activity ( $P<.001$ ) and significantly greater user experience scores ( $P<.001$ ).

## Conclusions:

Panoply engaged its users and was especially helpful for depressed individuals and for those who might ordinarily underutilize reappraisal techniques. Further investigation is needed to examine the long-term effects of such a platform and whether the benefits generalize to a more diverse population of users.

## Trial registration:

ClinicalTrials.gov NCT02302248; <https://clinicaltrials.gov/ct2/show/NCT02302248>  
(Archived by WebCite at <http://www.webcitation.org/6Wtkj6CXU>).

## This application was active from:



**Location**  
MIT Media Lab, E14-633

## People Associated

**Rosalind W. Picard**  
Professor of Media Arts and  
Sciences; Co-Director,  
Advancing Wellbeing Initiative

**Robert R. Morris**  
Research Assistant,  
Founder of Panoply

# Case Project - Koko

Koko is a crowdsourced mental health app ideal for individuals struggling with depressive or mood disorders. The app allows anonymous users to connect with social networks to share concerns ranging from stress management skills to suicidal ideation. The application utilizes artificial intelligence learning to detect high-risk clients and scales up the type of source provided based on the level of distress. Koko starts out with a text-like conversation to better understand the user's specific needs and goals, establishing that the forum serves as a safe space for individuals. The introductory modules also establish how the user can effectively support others through mock scenarios and replies. Koko allows the user to either get help after describing their most negative thoughts, or help others in need of support. The no-frills user interface allows for quick correspondence for individuals to gain support in a positive and collaborative environment.

## 2M Users

Koko has reached over two million people, mostly adolescents

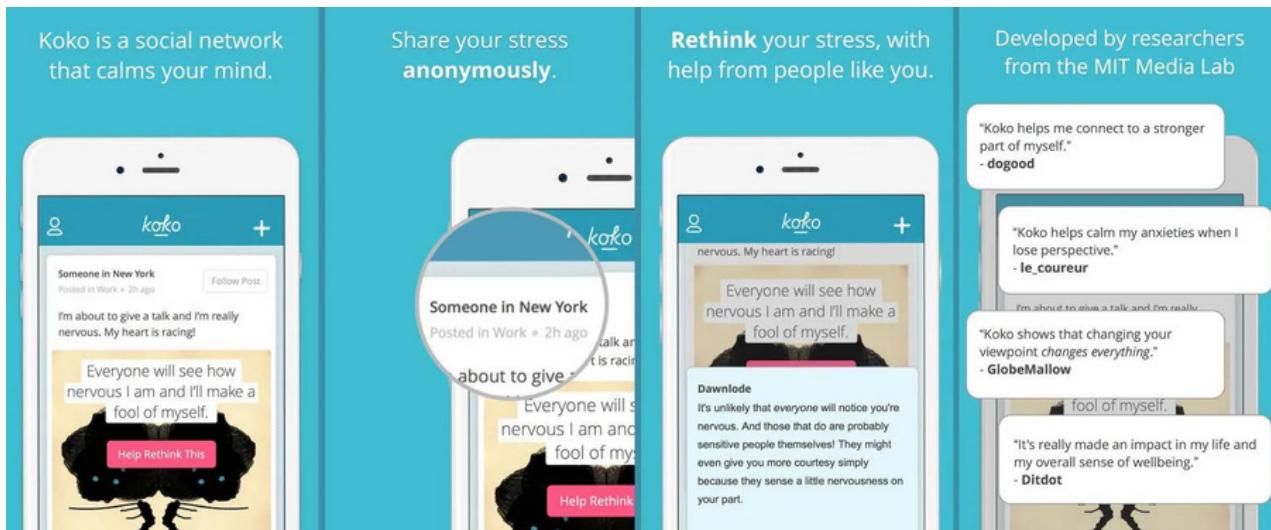


## 71% More Hopeful

Of users who engage with our interventions, 71% feel more hopeful, 42% feel better about their bodies, and 67% feel less self-hatred.

## 3.63 / 5 User Experience

Rated By Queensland University



## PRO

- Free
- Supports interaction through multiple messaging platforms
- Highly interactive
- Offers advice from real people
- Easy to use

## CONS

- Advice provided is crowdsourced and quality may vary
- Offering support to other users may be distressing
- Does not offer a means for terminating engagement with the system

## Description :

Koko is a text-based peer support system, moderated by a chatbot. It is intended to help people rethink potential cognitive distortions, and to help people learn to assist others in rethinking potential cognitive distortions. In doing so, it teaches people a key aspect of Cognitive Behavioral Therapy (CBT) and enables people to see additional perspectives on their issues with input from peer supporters.

## Recommendations for Use :

Koko is best suited for consumers in need of peer support. It may be particularly valuable to isolated individuals that do not have peers to lean on virtually or in person. Unlike some other interventions (e.g. FearFighter, SuperBetter), Koko does not require users to identify their own peer supporter. Given that struggling individuals may have limited peer networks, the automated pairing with peers may be useful. Consumers should use Koko whenever they would like help in rethinking situations in their lives, or whenever they would like to altruistically help others. However, Koko may be potentially harmful to those prone to self-harm, as the thoughts shared by peers may be triggers. During testing, a number of peers shared thoughts of self-harm. For this reason, it is likely to also not be suitable for minors. As Koko does not facilitate patient/clinician interactions or allow for follow-up, it is unlikely to be used by clinicians directly. However, clinicians may wish to recommend Koko to adult patients needing frequent guidance, with the emotional fortitude to help others in serious distress. In addition to being useful for consumers, Koko's application programming interfaces may be used to help social networks detect crises and abusive content, and to help those posting such content get the support that they need.<sup>1</sup>

## **Visual Design and User Interface :**

The Koko website's chat server has a minimalist teal interface with no extraneous features. Users interact with it by typing responses or by clicking buttons containing canned responses where applicable. By providing canned responses, the system accelerates the pace of interaction and ensures that it can interpret responses. A similar interface is shown when Koko is used through a client, such as Facebook Messenger. The interface focuses the user on the content, and provides a minimal set of choices to reduce potential user confusion. The text-based interactions are consistent, and at times may seem a bit repetitious. Buttons are consistently shown above the text input box, enabling users to quickly find them. The design is appropriate for anyone comfortable using a chat interface. It may seem particularly natural to Millennials, who may have two decades of experience communicating life events to others through instant messaging applications. Koko requires its users to be able to read, and is inappropriate for children, as the struggles shared by peers may be disturbing.

## **Ease of Use and User Experience :**

Although Koko was formerly an app-based tool, it has since become solely a chatbot accessible from multiple platforms. The chatbot provides users a limited set of menu options at various points during the conversation, and has a linear, dialogue-based interaction with the user. Navigation is limited to the menu options presented by Koko at a given time. When menu options are presented, users select the appropriate option by clicking on it within the Koko chat interface. Notably, there is no option to stop chatting with Koko. Koko may send follow-up messages after a user attempts to disengage. Koko is quickly learnable and intuitive to use, as it simulates a human text-based conversation.

## **Research On This App :**

Koko itself has not undergone formal research evaluation, however, it is based on a web-based platform, Panoply, which was evaluated in a general population. Initial evaluations of Panoply found benefits in reductions of depressive symptoms as well reductions in perseverative thinking and increases in cognitive appraisal which were the intended targets for the cognitive restructuring activities underlying Panoply (Morris, Schueller, & Picard, 2015). Morris, R. R., Schueller, S. M., & Picard, R. W. (2015). Efficacy of a web-based, peer-to-peer cognitive reappraisal platform: A randomized controlled trial. *Journal of Medical Internet Research*, 17, e72. "The Panoply platform produced significant improvements from pre to post for depression ( $P=.001$ ), reappraisal ( $P<.001$ ), and perseverative thinking ( $P<.001$ ). The expressive writing platform yielded significant pre to post improvements for depression ( $P=.02$ ) and perseverative thinking ( $P<.001$ ), but not reappraisal ( $P=.45$ )."

## Technical Details :

- **Available for:** Mobile devices, Computers (via Koko's specialized messenger, Facebook Messenger, Kik, Telegram, or Twitter)
- **Developer:** Koko
- **Type of Treatment:** Cognitive Behavioral Principles, Problem Solving Therapy
- **Targeted Conditions:** Mood disorders, Depressive disorders
- **Target Audience:** Adolescents, Young Adults
- **Designed to be used in conjunction with a healthcare professional:** No
- **Languages Available:** English (Available in non-English languages where supported and available)
- **Cost:** Free
- **Get it on:** Online

## Koko ran an AI experiment on real users. Nothing's stopping apps from conducting more.

A chat app used for emotional support used a popular chatbot to write answers for humans to select. Controversy followed.

When people log in to Koko, an online emotional support chat service based in San Francisco, they expect to swap messages with an anonymous volunteer. They can ask for relationship advice, discuss their depression or find support for nearly anything else — a kind of free, digital shoulder to lean on. But the mental health support they received wasn't entirely human for a few thousand people. Instead, it was augmented by robots. In October, Koko ran an experiment in which **GPT-3**, a newly popular artificial intelligence chatbot, wrote responses either in whole or in part. Humans could edit the responses and were still pushing the buttons to send them, but they weren't always the authors. About **4,000 people** got responses from Koko at least partly **written by AI**, Koko co-founder Robert Morris said. The experiment on the small and little-known platform has blown up into an intense controversy since he disclosed it a week ago, in what may be a preview of more ethical disputes to come as AI technology works its way into more consumer products and health services. Morris thought it was a worthwhile idea to try because GPT-3 is often both fast and eloquent, he said in an interview with NBC News. "People who saw the co-written GTP-3 responses rated them significantly higher than the ones that were written purely by a human. That was a fascinating observation," he said. Morris said that he did not have official data to share on the test. Once people learned the messages were co-created by a machine, though, the benefits of the improved writing vanished. "Simulated empathy feels weird, empty," Morris wrote on Twitter.

- Article by **NBC News**  
14 Jan, 2023, 7:40 pm IST  
David Ingam

## RELATED WEBSITES

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NAME	RANK	MONTHLY VISIT	BOUNCE RATE
PsychCentral	#4	8.9M	68.55%
BetterHelp	#5	9.8M	53.12%
ChoosingTherapy	#10	4.7M	73.33%
TalkSpace	#13	124	62.03%
PositivePsychology	#20	3.0M	70.69%
Psycrom	#26	2.3M	56.96%

**Company:** Psych Central  
**Year Founded:** 1995  
**Employees:** 51 - 200  
**HQ:** United States,  
Massachusetts, Newburyport  
**Annual Revenue:** \$2.0M - \$5.0M

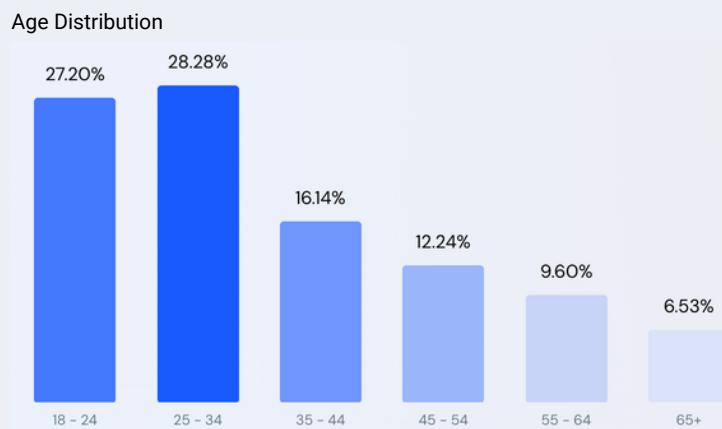
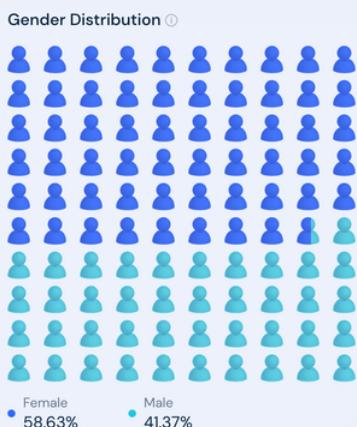


Global Rank  
# **6,650**

Total visits  
**8.9 M**

Category Rank  
# **8**

Psych Central is an independent mental health information and news website. Psych Central is overseen by mental health professionals who create and oversee all the content published on the site. The site was named as one of the Internet's 50 Best Websites in 2008 by Time, and has approximately 6 million unique visitors per month. Consumers are Psych Central's target audience, as the site offers informational articles about mental health, relationships, personality, and helping people better understand themselves. Prior to its sale to Healthline, Psych Central had over 200 blogs that are written by psychologists, psychiatrists and people with lived experience, as well as a mental health news bureau that publishes up to five stories per day. One of the more prominent blogs is devoted to celebrity mental health issues. The site has a large collection of mental health and psychology articles that discuss the symptoms and treatments of mental illness, personality, parenting, relationships, and related topic areas. Other features include dozens of tests and screening measures, including an Attention Deficit Disorder (ADHD), mania and obsessive-compulsive disorder test and a Narcissistic Personality Quiz. The journal Health and Social Work ran an analysis on the quality of online health-related information regarding schizophrenia. WebMD scored the highest with a 91 percent endorsement. MedicineNet.com had an 89 percent endorsement rate, and Psych Central's section called "Schizophrenia and Psychosis" (<http://psychcentral.com/disorders>) had an 88 percent endorsement rate. The journal concluded that all sites examined offered quality information on schizophrenia. The journal Cyberpsychology, Behavior, and Social Networking ran an analysis on the quality of online mental health-related information across the 11 most commonly-searched for mental disorders. The researchers found that search engines "regularly returned Web sites that were of good or better quality health information." Psych Central was cited as one of the top two mental health-focused Web sites returning search results for this analysis. In 2001, the Los Angeles Times cautioned that Psych Central "...is as much a vehicle for self-promotion as it is a consumer guide."



**Company:** Better Help  
**Year Founded:** 2013  
**Employees:** 1001 - 5000  
**HQ:** United States, California, Mountain View  
**Annual Revenue:** \$100M - \$200M



Global Rank

# 7,009

Total visits

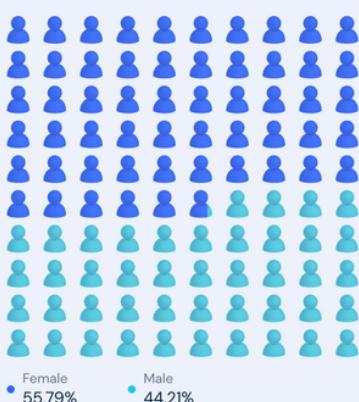
9.8 M

Category Rank

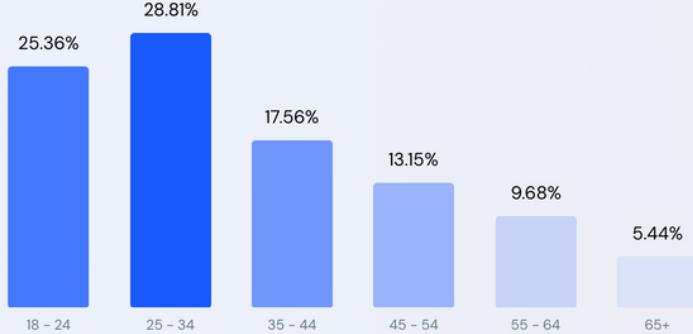
# 4

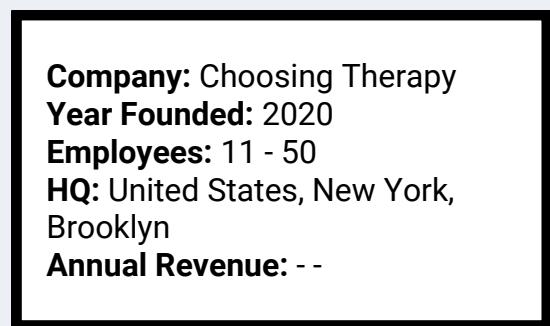
BetterHelp is a mental health platform that provides online mental health services directly to consumers. The online counselling and therapy services are provided through web-based interaction as well as phone and text communication. BetterHelp maintained its brand name post-acquisition and continues to provide online counselling services to consumers. BetterHelp is a web-based platform that allows patients to interact with counsellors and therapists via a private online message board, live chat, phone and video conferencing and is the world's largest counselling service. The "room" is open 24/7 and can be accessed from any Internet-connected device from any physical location. In October 2018, BetterHelp gained attention from media personalities after concerns were raised about the alleged use of unfair pricing, bad experiences with the app, paid reviews from actors, and terms of service that allegedly did not correspond with ads promoted by professional YouTubers. CEO Alon Matas issued a statement responding to the allegations. YouTube content creators such as PewDiePie and Boogie2988 have spoken out on this issue. BetterHelp has received backlash for supposedly sharing its customers' personal data with Facebook. In its latest privacy policy update, BetterHelp stated: "We may share your information in connection with an asset sale, merger, bankruptcy, or other business transaction." The company has responded to these complaints by saying that law requires BetterHelp to hold on to health data and that they are not subject to HIPAA guidelines. On March 2, 2023, the FTC issued a proposed order banning BetterHelp from sharing consumers' health data with third parties. The order also requires BetterHelp to pay \$7.8 million to consumers to settle allegations of revealing consumers' sensitive data with Facebook, Snapchat, and others. The FTC complaint tied to the proposed order alleges that BetterHelp collected health status and histories, IP addresses, and email addresses from consumers while making repeated promises to keep this information private. "From 2013 to December 2020, however, BetterHelp continually broke these privacy promises, monetizing consumers' health information to target them and others with advertisements for the Service," the complaint summarizes.

Gender Distribution ⓘ



Age Distribution





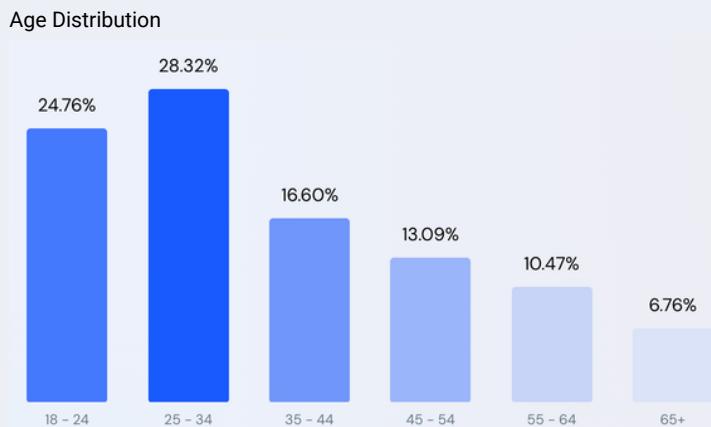
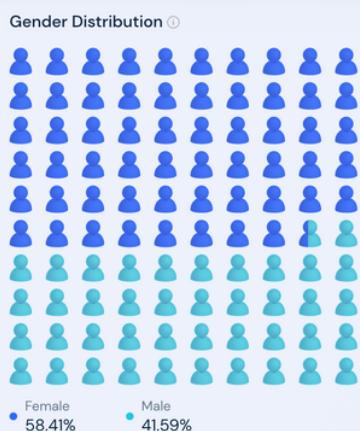
**CHOOSING**  
*therapy*

Global Rank  
**# 20,132**

Total visits  
**4.7 M**

Category Rank  
**# 37**

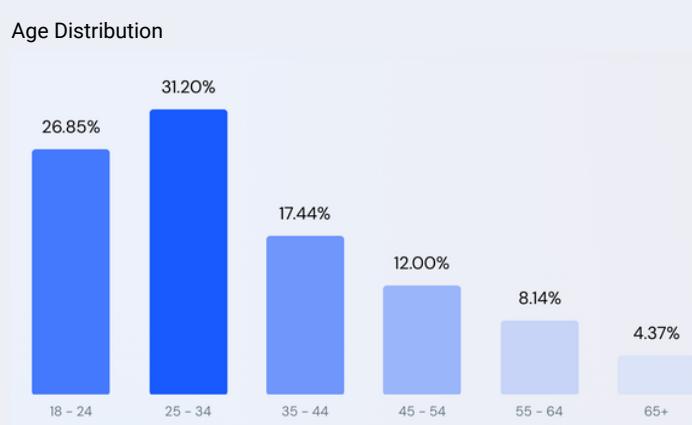
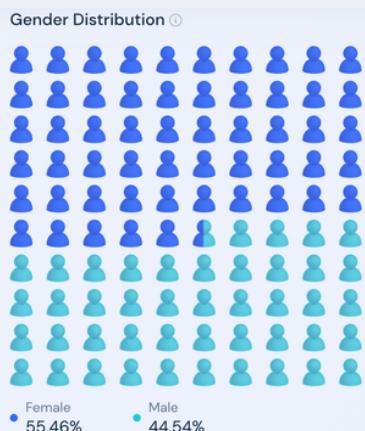
ChoosingTherapy.com is a mental health site dedicated to ensuring its readers have access to accurate and actionable mental health information. It is an online therapy platform and publisher of mental health and emotional wellness content. Every in-depth article is written by a licensed mental health professional and medically reviewed prior to publication. It is a national therapist directory that displays therapists' real-time availability for easier scheduling and features therapist profile videos so prospective clients can get to know a therapist's personality and practice prior to scheduling an appointment. Choosing Therapy makes it easier for people to take that first step. Mental health matters, and Choosing Therapy can help. Articles on Choosing Therapy are written by licensed therapists, professors, and other qualified professionals. All articles are medically reviewed prior to publication to ensure accuracy. The Choosing Therapy Directory features profiles of carefully vetted therapists who are available for both in-person and online therapy. Therapist directory listings include video introductions so that you can get a better sense of a therapist's personality and practice. You can filter by insurance, specialty area, experience level, and more. Finding the right therapist is key to improving your mental health. It is an educational mental health website and therapist directory. All the articles on ChoosingTherapy.com are written by licensed therapist and medically reviewed. Our goal is to create a safe place for people to get accurate information about mental health, mental wellness, relationships, and parenting topics from licensed mental health professionals.



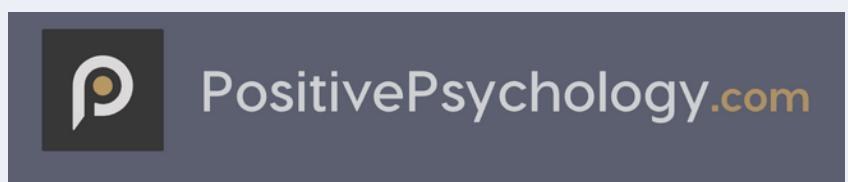
<b>Company:</b> Talkspace, Inc.
<b>Year Founded:</b> 2012
<b>Employees:</b> 501 - 1000
<b>HQ:</b> United States, New York
<b>Annual Revenue:</b> \$100M - \$200M

		
Global Rank # 28,658	Total visits 2.0 M	Category Rank # 13

Talkspace is an online and mobile therapy company based in New York City. It was founded by Oren and Roni Frank in 2012. Talkspace users have access to licensed therapists through the website or mobile app on iOS and Android. Talkspace has made questionable claims about its effectiveness, compromised user privacy, posted fake reviews to improve its rating in an app store, and uses freelance therapists of uncertain qualifications. Talkspace provides psychotherapy via smartphone, tablet, or desktop where users over the age of 13 can get help from a licensed therapist. Talkspace is a monthly subscriptions service with prices starting at US\$260 per month. The platform allows users to communicate with their therapist via video, audio, and text messaging. Depending on the plan, users may also have access to a number of 30-minute video conference session per month. Based on initial information provided, clients are paired with a psychotherapist by an intake specialist or can select one from several suggested by a matching algorithm. Therapeutic approaches offered by therapists include Cognitive Behavioral Therapy (CBT) and other evidence-based treatment options. Talkspace has grown to include over 1.5 million clients and includes therapists in all 50 states. The company uses machine learning and artificial intelligence tools to analyze anonymized transcripts of therapy sessions in order to improve services. Talkspace is also HIPAA BAA compliant and uses encryption to maintain client confidentiality. All therapists are licensed and screening involves background-checks, technical training, and clinical interviews. Psychologist Todd Essig has criticized Talkspace in four different articles for conflicting business and clinical interests, making scientific claims about its effectiveness, violating patient confidentiality, and other issues. In December, 2016, it was reported that Talkspace used faulty psychological practices, psychologists of uncertain qualifications, and a lack of regard for patient safety and confidentiality.



# positivepsychology.com

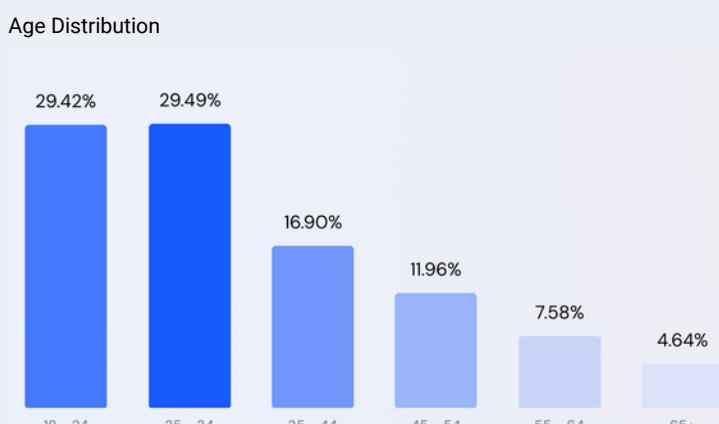


Global Rank  
# **28,364**

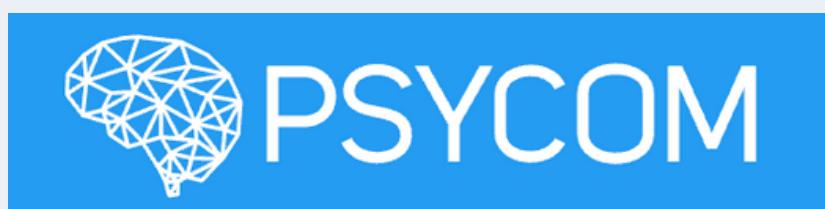
Total visits  
**3.0 M**

Category Rank  
# **25**

Positive psychology is the scientific study of what makes life most worth living, focusing on both individual and societal well-being. It studies "positive subjective experience, positive individual traits, and positive institutions...it aims to improve quality of life." It is a field of study that has been growing steadily throughout the years as individuals and researchers look for common ground on better well-being. Positive psychology focuses on eudaimonia, an Ancient Greek term for "the good life" and the concept for reflection on the factors that contribute the most to a well-lived and fulfilling life. Positive psychologists often use the terms subjective well-being and happiness interchangeably .Positive psychologists have suggested a number of factors may contribute to happiness and subjective well-being. For example, social ties with a spouse, family, friends, colleagues, and wider networks; membership in clubs or social organizations; physical exercise; and the practice of meditation. Spirituality can also be considered a factor that leads to increased individual happiness and well-being. Spiritual practice and religious commitment is a topic researchers have been studying as another possible source for increased well-being and an added part of positive psychology. Happiness may rise with increasing financial income, though it may plateau or even fall when no further gains are made or after a certain cut-off amount. Research in positive psychology, well-being, eudaimonia and happiness, and the theories of Diener, Ryff, Keyes and Seligman cover a broad range of topics including "the biological, personal, relational, institutional, cultural, and global dimensions of life." A meta-analysis on 49 studies in 2009 showed that Positive Psychology Interventions (PPI) produced improvements in well-being and lower depression levels, the PPIs studied included writing gratitude letters, learning optimistic thinking, replaying positive life experiences and socializing with others. In a later meta-analysis of 39 studies with 6,139 participants in 2012, the outcomes were positive. Three to six months after a PPI the effects for subjective well-being and psychological well-being were still significant. However the positive effect was weaker than in the 2009 meta analysis, the authors concluded that this was because they only used higher quality studies.



<b>Company:</b> Psycom
<b>Year Founded:</b> 1995
<b>Employees:</b> 51 - 200
<b>HQ:</b> United States, Massachusetts, Newburyport
<b>Annual Revenue:</b> \$2.0M - \$5.0M



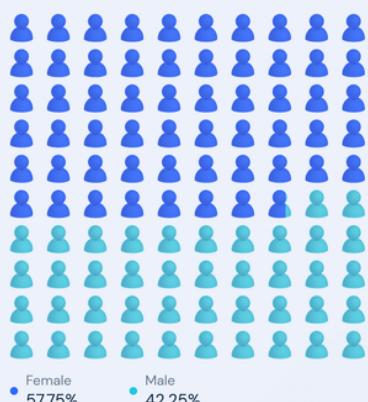
Global Rank  
# **30,997**

Total visits  
**2.3 M**

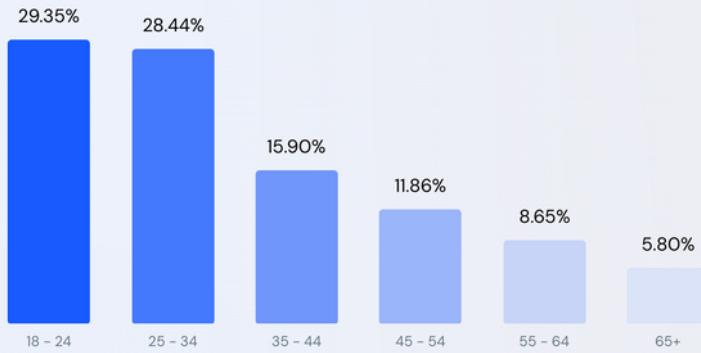
Category Rank  
# **30**

Psycom.net, a property of Remedy Health Media, was founded by renowned psychiatrist and clinical psychopharmacologist Ivan K. Goldberg, MD. In the early days of the Internet, Dr. Goldberg saw a need for a discussion group for clinicians who could use it to share and exchange information and advice. The site has evolved into a highly regarded and trusted mental health resource for consumers. Content covers a variety of mental health conditions including bipolar disorder, ADHD, obsessive-compulsive disorder, schizophrenia, depression, and generalized anxiety disorder. The legacy of the late Dr. Goldberg continues today. Each piece of content provides a service to the reader through education and empowerment. Psycom seeks to inspire patients and their caregivers to better understand their mental health conditions and to take an active role in their own care. Today, Psycom is the 3rd largest site in the US that focuses exclusively on mental health. We deliver the answers to your mental health-related questions in language that is clear and authoritative. Psycom works with mental health professionals, veteran writers, and health journalists to produce content that offers the insight you need to understand your feelings and sort through them. Many of our contributors struggle with mental health issues themselves and consider their work a form of public service. They share what they've learned through their research and interviews with top experts, therapists, and authors in their articles. Unlike other mental health websites, they have -In-depth, expert-written articles about conditions and treatments, inspiring first-person accounts of overcoming mental health challenges, Stories about celebrities who struggle with mental health issues, Cutting-edge treatment news (read real-life accounts of using ketamine for depression here) delivered in an engaging way.

Gender Distribution



Age Distribution



## ABOUT US

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UNDATION

## About MindSpace

**Mindspace** is a digital platform that provides a space for individuals to connect with others, find support, and access resources related to mental health.



Mental health is equally important as physical health nowadays. Thus our goal is to provide online therapy, support groups, crisis intervention, and self-help resources. These services should be provided by trained mental health professionals and presented in an easy-to-use and accessible format.

## ABOUT US

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Even if you have good coverage, it can be hard to find a mental health provider. **Minspace** is a digital platform that provides a space for individuals to connect with others, find support, and access resources related to mental health. Mentors can share photos, videos, and blogs to help Mentees. They can also arrange one-to-one sessions with Mentees and can advertise their therapy sessions. Mental health is equally important as physical health nowadays. Thus our goal is to provide online therapy, support groups, crisis intervention, and self-help resources. These services should be provided by trained mental health professionals and presented in an easy-to-use and accessible format.

Mind Space, a social networking website for mental health, is an online community providing a safe and supportive space for individuals to connect with others experiencing similar mental health issues. The platform provides resources and tools to help individuals manage their mental health, and foster a sense of community and belonging.

It is a user-friendly, secure and privacy-conscious website with an easy-to-navigate platform. There will be two types of users who can access the website - a mentor, who will be allowed to post content(photos, videos, etc) related to mental care, and a mentee, who can browse through the website and avail services, offered by a mentor.

Both users can register on the social networking site and log in whenever they wish to do so. They have to set a password to log in to their accounts.

Features provided to **Mentee-users**:

- User can create his profile, add, and edit information, set visibility to various profile sections, so his own profile and upload a profile picture to his profile.
- Users can follow Mentor -Users and like or comment on their posts.
- They can chat with Mentors for personal guidance.
- A user can search for specific Mentors and will be shown appropriate results if matching profiles are found.

Features provided to **Mentor-users**:

- User can create his profile, add, and edit information, set visibility to various profile sections, so his own profile and upload a profile picture to his profile.
- They can post photos, videos and blogs related to mental care.
- Users can follow Mentor -Users and like or comment on their posts.
- They can chat with Mentors as well as Mentee Users.
- A user can search for specific Mentors and will be shown appropriate results if matching profiles are found.
- Any user can post status which will be visible to his connections.



**Ready to  
Get  
Started?**

**MindSpace**

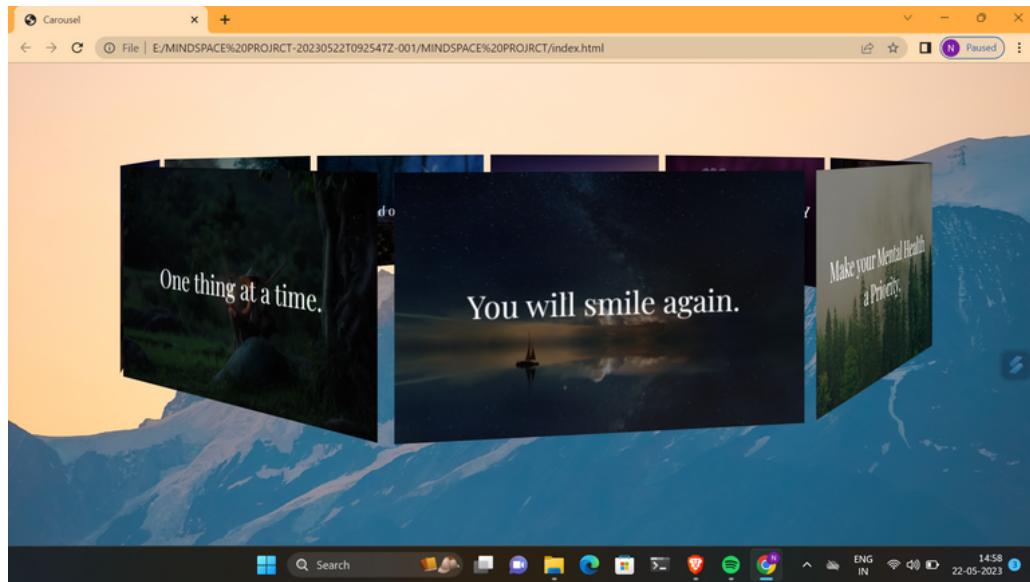
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 Mindspace

 [mindspace@gmail.com](mailto:mindspace@gmail.com)

 [www.mindspace.com](http://www.mindspace.com)

# Design & Modelling



## Product Features

Both users can register on the social networking site and log in whenever they wish to do so. They have to set a password to log in to their accounts.

Features provided to **Mentee-users**:

- User can create his profile, add, and edit information, set visibility to various profile sections, so his own profile and upload a profile picture to his profile.
- Users can follow Mentor -Users and like or comment on their posts.
- They can chat with Mentors for personal guidance.
- A user can search for specific Mentors and will be shown appropriate results if matching profiles are found.

Features provided to **Mentor-users**:

- User can create his profile, add, and edit information, set visibility to various profile sections, so his own profile and upload a profile picture to his profile.
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- They can chat with Mentors as well as Mentee Users.
- A user can search for specific Mentors and will be shown appropriate results if matching profiles are found.
- Any user can post status which will be visible to his connections.

# Technical Specifications

## System Function

### 3.3 Functional Requirements



For A **Mentee**

#### 1. User Registration

ID - FRU 1

Description -

The user will create an account if there is no existing account associated with the user's email id. User should enter account details such as **name**, **email-id**, **contact number**, **birth date** and **password**. All these are required fields and account creation cannot proceed unless these are filled. The user is registered after this information is validated and the user **agrees** with the **terms and conditions**. The user must be 12 years old or more. The **contact number** should be a **10-digit numeric field**. **First name** and **last name** should not exceed **20 characters** each. **Password** should be at **least 8 characters** long, at **most 15 characters** including at least **one capital** and **one small letter, a special character** and **a number**.

Dependency - None

#### 2. Login

ID - FRU 2

Description - The user **must be registered** in order to log in. **Input** will be the **email id** and **password** for login. The **hash of the password should match the hash of the password stored in the database**. If **three attempts** of the password are **wrong** then a **Captcha** should appear. If **more than 8 attempts** go **wrong**, then the **account will be locked** and an **e-mail** will be sent to the user notifying about the wrong password attempts. To unlock the account, the user must click on the **unlock link** sent to him in the email. If the user clicks on **forgot password** then the **reset password link** should be emailed to the user. Input to each field must be validated.

Dependency - FRU 1

#### 3. Add/Edit Issue details

ID – FRU 3

Description - A part of building a user profile. The user should be able to **add the Mental issue details**. This field will be **only visible to the user and his Mentors**. These fields can remain empty. The user must be **logged in** and his account should be marked as **verified** to be able to add education. Input to each field must be validated.

Dependency - FRU 2

## 4. Add/Edit Personal information

ID- FRU 4

**Description** - A part of building a user profile. The user should be able to **add personal details** like **language, gender**, about the user and his **interests**. These fields **can remain empty**. The user must be **logged in** and his account should be marked as **verified** to be able to add personal information. Input to each field must be validated.

**Dependency**- FRU 2

## 5. Add/Edit account information

ID – FRU 5

**Description** - A part of building a user profile. The user should be able to add the account details like **name, birth date, email-id, phone number** and **address**. **Name, birth date** and **email-id cannot be empty** while the other two can remain empty. The user must be logged in. Input to each field must be validated.

**Dependency**-FRU 2

## 6. Upload Profile Picture

ID – FRU 6

**Description** - The user should be able to **upload** the **profile picture**. The **size** of the profile picture should be **at least 160px\*160px**. Users may leave this field empty. The **profile image** should be **visible to all**.

**Dependency**-None

## 7. Set account visibility settings

ID- FRU 7

**Description** –The user should be able to make **account details private** or **public** according to his wish. By default, the account details will be visible to other Mentor users as well as Mentee users.

**Dependency**-None

## 8. Set personal information visibility

ID- FRU 8

**Description**- The user should be able to make **personal information private** or **public** according to his wish. By default personal information will be visible to both Mentor users as well as Mentee users.

**Dependency** –None

## 9. Show Profile

ID – FRU 9

Description - Any logged-in user should be **able to see any Mentor or Mentee profile.**

Dependency -FRU 1, FRU 2

## 10. Delete Account

ID - FRU 10

Description - The user may **delete his account permanently** depending on his wish. User will be **removed** from the **mentee list** of his **respective mentor** once deleted. User information will be cleared.

Dependency - FRU 1, FRU 2

## 11. Follow/Unfollow A Mentor

ID – FRF 1

Description - A registered Mentee user should be able to **send follow requests** to Mentors. Users can **search** for **specific renowned Mentors** among the registered users and then send a follow request to him/her. User can also unfollow them.

Dependency - FRU 1

## 12. List Mentors

ID - FRF 2

Description - Whenever the user is on any person's profile page, he should have the option to view the currently open user's **Mentor list** on a page. A User can have many Mentors and the maximum number of Mentors shown at a time will be 15, and paging will be implemented to show more Mentors if the user has more than 15 Mentors.

Dependency- FRU 2, FRU 1, FRF 1

## 13. Search User

ID- FRF 3

Description - A User should be able to **search for Mentors or Mentees** who may be registered on the site. The user will put the name of the Mentor or Mentee and click search after which the search results will display all the people registered on the site by the searched name. When the search results are displayed the **maximum number of results** shown at a time will be **20**, and paging will be implemented to show more results.

Dependency - FRU 3

## 14. Invite a Friend

ID- FRF 4

Description - The user should be able to **invite more friends** to join the social network. Users will be given an option to enter the person's email address to invite. Users will be able to invite one friend at a time.

Dependency - FRU 3, FRU 1

## **15. Post Visibility**

ID - FRP 1

**Description**- **Posts** posted by any Mentor should be **visible to all registered Mentee users**. If they find a post offensive, scam, hate speech or violent, they can report it by clicking the **REPORT button** on the post.

**Dependency**- FRU 2

## **16. Like**

ID- FRP 2

**Description** - A user can **like a post** that has been posted to show support to Mentors.

**Dependency**- FRU 2, FRP 1

## **17. Comment**

ID- FRP 3

**Description** -For each post visible to the user he has the ability to **comment** on it to his opinion. The comment can contain only text and cannot exceed **500 characters** in length. To comment, the user can see a **text area under the post**, where he can enter the text.

**Dependency**- FRU 3, FRP 1

## **18. Delete Comment**

ID- FRP 4

**Description** - A user can **delete a comment** written by him. For deleting a post that he is authorized to delete, a user can see a **delete link** near the comment.

**Dependency**- FRU 2, FRP 3

## **19. Chat**

ID - FRC1

**Description** - The user should be able to initiate a **chat with any Mentor** who is online. The Mentor user must seamlessly understand that the chat has been initiated and the chat message must be forwarded to the intended Mentor. Users should be able to **receive messages from any Mentor** who is online. Thus the receiving entity can send a message back to the originator, thus, completing a two-way conversation. The message cannot be greater than **250 characters** in length.

**Dependency**- FRU2

## **20. Advertisement**

ID-FRA1

**Description**-User should be able to **view the ads** displayed alongside his wall.

**Dependency**-FRU2



## 1. User Registration

ID - FRU 1

**Description** - The user will create an account if there is no existing account associated with the user's email id. Users should enter account details such as **name**, **email-id**, **contact number**, **birth date** and **password**. All these are required fields and account creation cannot proceed unless these are filled. Mentors have to **fill out a form** to **verify** their **qualifications**. The user is registered after this information is validated and the user **agrees** with the **terms and conditions**. The **contact number** should be a **10-digit numeric field**. **First name** and **last name** should not exceed **20 characters** each. **Password** should be at **least 8 characters** long, at **most 15 characters** including at least **one capital** and **one small letter, a special character and a number**.

**Dependency** - None

## 2. Login

ID - FRU 2

**Description** - The user **must be registered** in order to log in. **Input** will be the **email id** and **password** for login. The **hash of the password should match the hash of the password stored in the database**. If **three attempts** of the password are **wrong** then a **Captcha** should appear. If **more than 8 attempts** go **wrong**, then the **account will be locked** and an **e-mail** will be sent to the user notifying about the wrong password attempts. To unlock the account, the user must click on the **unlock link** sent to him in the email. If the user clicks on **forgot password** then the **reset password link** should be emailed to the user. Input to each field must be validated.

**Dependency** - FRU 1

## 3. Add/Edit Qualification

ID – FRU 3

**Description** - A part of building a user profile. The user should be able to **add or edit** the **qualification details**. These fields can remain empty. The user must be **logged in** and his account should be marked as **verified** to be able to add education. Input to each field must be validated.

**Dependency** - FRU 2

## 4. Add/Edit Personal information

ID- FRU4

**Description** - A part of building a user profile. The user should be able to **add or edit** **personal details** like **language**, **gender**, about the user and his interests. These fields can remain empty. The user must be logged in and his account should be marked as verified to be able to add personal information. Input to each field must be validated.

**Dependency**- FRU2

## 5. Add/Edit account information

ID – FRU 4

**Description** - A part of building a user profile. The user should be able to **add/edit** the **account details** like **name, birth date, email-id, phone number** and **address**. Name, birth date and email-id cannot be empty while the other two can remain empty. The user must be logged in. Input to each field must be validated.

**Dependency** -FRU 2

## 6. Upload Profile Picture

ID – FRU 5

**Description** - The user should be able to upload the profile picture. The **size** of the profile picture should be **at least 160px\*160px**. Users may leave this field empty. The profile image should be visible to all.

**Dependency**-None

## 7. Set account visibility settings

ID- FRU 7

**Description** –The user should be able to make **account details private** or **public** according to his wish. By default, the account details will be visible to the public.

**Dependency** -None

## 8. Set personal information visibility

ID- FRU 8

**Description**- The user should be able to make **personal information private** or **public** according to his wish. By default personal information will be visible to the public.

**Dependency** -None

## 9. Show Profile

ID – FRU 9

**Description** - Any logged-in user should be able to see any **Mentee** or **Mentor** user **profile**.

**Dependency** -FRU 1, FRU 2

## 10. Delete Account

ID - FRU 10

**Description** - The user may **delete his account permanently** depending on his wish. The user will be removed from his **Mentor** or **Mentee** list once deleted. User information will be cleared.

**Dependency** - FRU 1, FRU 2

## 11. Follow A Mentor

ID – FRF 1

Description - A registered user should be able to **send follow requests** to other users. Users can send follow requests to already registered users. They can search for specific Mentors or Mentees among the registered users and then send a friend request to him/her.

Dependency - FRU 1

## 12. Accept/Ignore/Delete Mentee Follow Request

ID – FRF 2

Description - If a user gets a **follow request from** another **Mentee or Mentor user**, then the user receiving the request should have the option to **accept, ignore or delete** the follow request. If the user selects to **accept the follow request**, the **requester** is **added to the list** of the acceptor. If the user selected to **ignore the request**, the **sender** continues to see the **status** of the request as "**request sent**" and the **request is removed from** the queue of the **request receiver**. If a user selects to **delete** a specific Mentor or Mentee from his list, the Mentor or Mentee he selects gets removed from his list.

Dependency - FRF 1

## 13. Unfollow A Mentor

ID- FRF 3

Description – Any registered user should be able to **un-follow** any of the existing **Mentors**.

Dependency - FRU 1, FRF 1

## 14. Block/Report A Mentee

ID- FRF 4

Description- Any registered user should be block or report any of the existing Mentors as well as Mentees.

Dependency- FRU 1, FRF 1

## 15. Invite a Friend

ID- FRF 5

Description - The user should be able to **invite more friends** to join the social network. Users will be given the option to enter the person's **email** address to invite. Users will be able to invite **one friend** at a time.

Dependency - FRU 3, FRU 1

## **16. List Mentee**

ID - FRF 6

**Description** - Whenever the user is on any Mentor's profile page, he should have the option to view the current user's **Mentee-list** on a page. Users can have many mentees and the maximum number of mentees **shown at a time** will be **20**, and paging will be implemented to show more Mentees if the user has more than 20 Mentees.

**Dependency**- FRU 2, FRU 1, FRF 1

## **17. Search User**

ID- FRF 7

**Description** - The user should be able to search for **specific Mentors for Mentees** who may be registered on the site. The user will put the name of the Mentor or Mentee and click search after which the search results will display all the people registered on the site by the searched name. When the search results are displayed the maximum number of results shown at a time will be **20**, and paging will be implemented to show more results.

**Dependency** - FRU 3

## **18. Post**

ID - FRP 1

**Description**- A registered **Mentor user** can **share posts** with his Mentees. The post can only be plain English text with maximum **500 characters**. The user can enter the post in the designated text area and clicking **POST** button, should be visible to the user and his Mentees.

**Dependency**- FRU 2

## **19. Remove Post**

ID- FRP 2

**Description** - A Mentor user can **remove a post** that has been posted. After deletion, the post should not be visible on the user's; or his Mentee-user's profiles. Deletion of a post should also remove all the comments associated with that post.

**Dependency** - FRU 2, FRP 1

## **20. Comment**

ID- FRP 3

**Description** -For each post visible to the user he has the **ability to comment** on it to his opinion. The comment can contain only text and cannot exceed **500 characters** in length. To comment, the user can see a text area under the post, where he can enter the text.

**Dependency**- FRU 3, FRP 1

## **21. Delete Comment**

ID- FRP 4

**Description**- A user can **delete a comment** written by him or a comment on his posts. For deleting a post that he is authorized to delete, a user can see a **delete link** near the comment.

**Dependency**- FRU 2, FRP 3

## **22. Chat**

ID - FRC 1

**Description** - **The user** should be able to initiate a chat with any Mentor or Mentee user in the list who is online. The other user must seamlessly understand that the chat has been initiated and the chat message must be forwarded to the intended user. Users should be able to receive messages from any user in the list who is online. Thus the receiving entity can send a message back to the originator, thus, completing a two-way conversation. The message cannot be greater than **250 characters** in length.

**Dependency** - FRU 2

## **23. Advertisement**

ID- FRA1

**Description**- The user should be able to **view the ads** displayed alongside his wall. A user should also be able to **post an ad**.

**Dependency**- FRU2

# **Conclusion/Future Work**

Our future goals are :

- **Fully Functional Website**
- **One-On-One Live Sessions for Mentees by verified Mentor Users**
- **Community Groups**
- **Live Sessions for Community Groups**
- **Music Recommendations For Better Therapy**
- **Dividing Audience Based On Questionnaire**

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