MindWatch

Keeping tech minds in balance

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Proactive Mental Health Monitoring

MindWatch is a web-based tool that proactively monitors and analyzes employee mental health in the tech industry, using AI to integrate survey responses and work-related data to help organizations support well-being and reduce burnout

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Introduction to the Industry Problem

- High-pressure environments
- Increased turnover, decreased productivity, higher healthcare costs

Current Gaps:

- Lack of scalable, confidential mental health tools tailored to the tech industry
- Limited actionable insights for HR teams

Architecture Overview

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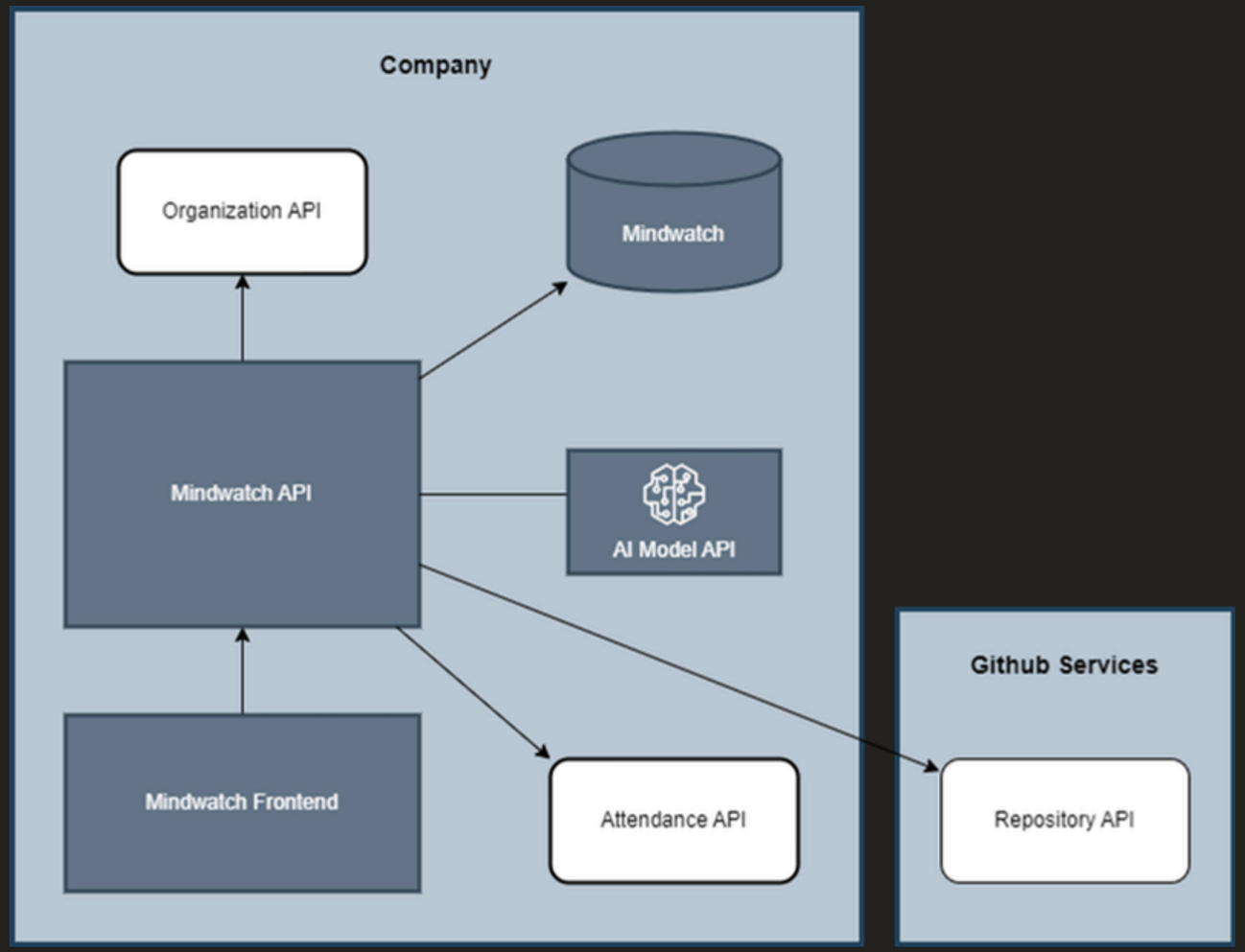

Organization: Delivery of employee data

AI Model: Analyses survey answers

Attenndance API: Delivery of attendance data

Repository API: Delivery of Github information (commits)

Mindwatch API: Main gateway of the application

Mindwatch Frontend: interface for users

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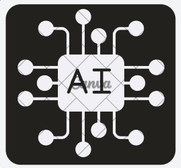
What Makes Our Project Distinctive

Schedule and customize surveys by department or role.

Generate detailed reports for HR

Fill out surveys anonymously

Send survey completion reminders



AI-based evaluation of mental health risks

Create incident reports.

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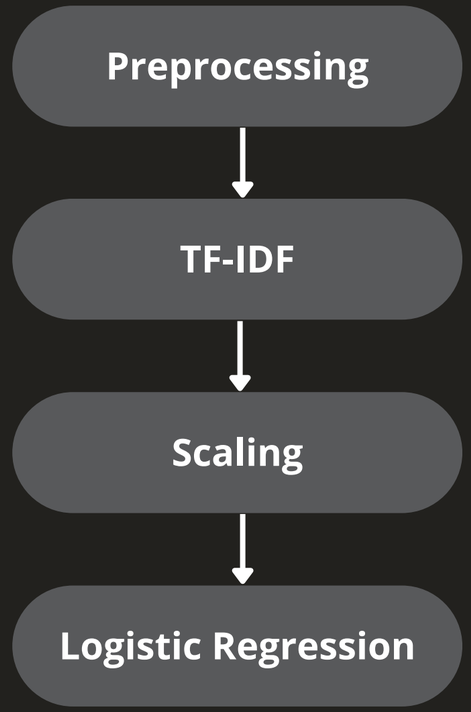
AI-Driven Insights

- Algorithm (Logistic Regression)
- TF-IDF (Term Frequency-Inverse Document Frequency)
- MaxAbsScaler
- Dataset (80% training, 20% testing)
- SAGA solver (which is efficient for large and sparse datasets)
- Regularization was applied to prevent overfitting



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Questions?

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