

Final Year Project Proposal

TU856

MindCare

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Declaration

I hereby declare that the work described in this dissertation is, except where otherwise stated, entirely my own work and has not been submitted as an exercise for a degree at this or any other university.

Signed:

Dan Russuleac\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

01/10/2024

# *Summary*

My application (MindCare) will be a Mental Health application that will allow you to figure out what stress you may be having in life, what problems are occurring, what affects you and how to deal with it all. My idea is to make therapy quick and easy for all (also free) by utilising AI and implementing it into my project. I want my users to be able to speak their hearts out and get useful feedback(speaking to their own “friend” (ai chatbot)), write in their journal about their progress, create daily tasks to keep mentally well or work on preset daily tasks, to update their own mood feelings so that they can see a chart of how their moods have been changing overtime – is it for better or for worse?

Essentially, I want to create a web application, easily accessible to all where if you’re feeling some sort of stress or even feeling amazing, you have an application where you don’t have to be alone, you can speak to an AI, create logs in your journal, daily tasks, mood charts, panic button. It’ll work by allowing users to sign in through username/password (no one wants to sign up with an email and 10 other details while feeling stressed) where they then will be brought to a homepage where they will have a multitude of components to work with on their journey to a clearer mind.

I believe this is a great idea as every single person has faced stress or anxiety, many people are scared to speak up to other people and use their phones as an escape, I want to utilize that escape route to let them speak to someone, whether that someone be an AI or human. I want to give many people an application specifically designed towards mental health – not just telling ChatGPT you’re not feeling well or Gemini. I want to provide them with a multitude of tools alongside the chatbot to help people.

# *Background (and References)*

AI has been the face of the internet for quite some time now. Most large companies are adopting AI to make life easier for their employees and customers. I want to provide that same service to the public. I have experienced bad anxiety and stress but have never went up to others to speak about it. However, I have spoken to AI about it. AI being more than just a simple ChatBot has been attempted. Snapchat have introduced a friend in your friend’s list called “My Ai” which you can rename to whatever you want. He’s supposed to act as a friend that you have on snapchat. I’ve used the chatbot before however it felt so lifeless, the responses were not the best and it did not seem natural at all. Also snapchat is not tailored specifically to mental health so when trying to speak to it about mental health, it felt extremely unnatural and as if I was not in the right place to be speaking about this.

Hence my aim is to create that exact place for others, I want others to feel safe to speak about whatever. My application can be used by essentially anyone.

There has been a lot of research into AI vs other means when it comes to therapy and relieving stress:  
  
<https://www.jotpsych.com/post/ai-chatbots-psychotherapy?gad_source=1&gclid=Cj0KCQjwu-63BhC9ARIsAMMTLXRXnWW1VAeuM_H-uqDcZ_TcnkvOL3qugIJxz4bzDhOGho0QhePdTjEaAqJ2EALw_wcB> – speaks about AI vs

reading books

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10242473/> - speaks about mobile mental health apps and how poor AI models lead to loss of interest

There are a few mental health chatbots that already exist, however most of them try focus on simply just the chatbot and that’s it. They don’t implement other key features into their application, and most are paid or riddled with cookies/adds to somehow monetise their application.

<https://elomia.com/>

<https://earkick.com/>

There are a good few examples of the chatbot and AI implementations into a react/node.js project so for research on implementing there is a decent amount of resources available.

# 

# *Proposed Approach*

Hints:

Approx 400 words

How do you plan to complete this project?

There are three main areas to my approach:

* Design and research
* Implementation
* Testing / Maintenance

# *Deliverables*

Hints:

What are your project deliverables?

# *Technical Requirements*

Hints:

What technical components are needed to deliver this project?

Hardware / Software / Infrastructure?

# *Conclusion*

Summary of the project idea

# *References*

Hint:

Use Zotero to manage your references (see Brightspace resources).

Use the **Harvard** referencing style

* https://www.zotero.org/support/quick\_start\_guide

# *Appendix A: First Project Review*

Hint: review a past project from the library website that relates to your project idea.

Title:

Student:

Description (brief):

What is complex in this project:

What technical architecture was used:

Explain key strengths and weaknesses of this project, as you see it.

# *Appendix B: Second Project Review*

Hint: review a past project from the library website that relates to your project idea.

Title:

Student:

Description (brief):

What is complex in this project:

What technical architecture was used:

Explain key strengths and weaknesses of this project, as you see it.