

Mind Care

Interim Report

TU856

BSc in Computer Science

**Dan Russuleac**

**C21390151**

**Pierpaolo Dondio**

School of Computer Science

Technological University, Dublin

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Abstract

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

04/11/2024

Acknowledgements

My application (MindCare) will be a Web based 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 and an

email – no newsletters, not too much private information, 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. I want to provide them with a multitude of tools

alongside the chatbot to help people.

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# 1. Introduction

**As least 2 pages, but as many as you like**

## Project Background

Some background and literature, start with an interesting fact or a newspaper item

## Project Description

An overview of the project

Include a diagram

## Project Aims and Objectives

Overall aim and some milestones along the way to achieve the aim

* 5-9 objectives

## Project Scope

Project scope, what the project isn’t about

## Thesis Roadmap

One sentence explaining what each of the following chapters is about.

# Literature Review

## 2.1. Introduction

In this chapter …

## 2.2. Alternative Existing Solutions to Your Problem

Software you’ve looked into

## 2.3. Technologies you’ve researched

Programming languages, operating systems, etc.

## 2.4. Other Research you’ve done

Domain specific research

## 2.5. Existing Final Year Projects

## 2.6. Conclusions

# 3. System Design

## 3.1. Introduction

## 3.2. Software Methodology

## 3.3. Overview of System

## 3.X. Other Sections

## 3.X. Conclusions

# 4. Testing and Evaluation

## 4.1. Introduction

## 4.2. Plan for Testing

## 4.3. Plan for Evaluation

## 4.4. Conclusions

# 5. Prototype Development

**As least 2 pages, but as many as you like (but lots of code samples).**

## 5.1. Introduction

## 5.2. Prototype Development

## 5.3. Other Sections

## 5.4. Conclusions

# 6. Issues and Future Work

## 6.1. Introduction

## 6.2. Issues and Risks

## 6.3. Plans and Future Work

### 6.3.1. GANTT Chart

# Bibliography