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1. Introduction

1.1 What is the website about

The website created is an educational website spreading awareness about mental health, mental illness, and the severe damage that mental illness causes to our daily life. It discusses how mental illness leads to complications in various aspects of our life, including social relationships, work, and academic levels. In addition, the website covers how mental illness affects our physical health and how it causes abnormalities in the brain. Furthermore, the website includes where to seek help for mental well-being.

1.2 Website objectives and aims

The main objective of the website is to encourage people to seek help when it comes to mental illness. Mental illness is a worldwide public health issue. People from every country and culture are affected, and it is a global challenge. One out of every ten people globally suffers from a mental condition, and one out of every four households has a member with a mental illness. Suicide kills over 800,000 people each year, and it is the second leading cause of death among people aged 15 to 29 [1]. Despite mental illness being treatable, a lot of individuals feel they are untreatable, or that those suffering from mental illnesses are difficult, incompetent, or incapable of making a decision. This stigma might result in abuse, rejection and isolation, as well as the ability to alienate others from health care or assistance, moreover even though there are several mental health treatment options accessible, due to this stigma, the number of people who suffer from mental illness much outnumbers those who seek help [2].

Untreated mental illnesses such as depression are a significant social burden. Depression is frequently associated with a reduced subjective quality of life that remains even after treatment [3]. Besides, In children and teenagers, untreated depression may raise the risk of substance addiction, impaired academic performance, later-life interpersonal troubles, social functioning, and risk of suicidal conduct [4].

Considering how mental illness affects the individual and society as a whole. As a result, raising awareness about mental illness is critical. Everyone should realize that mental illnesses are quite common, may happen to anybody, and can be properly treated. People with mental illnesses are no different from everyone else.

The website aims to achieve the objective of encouraging people to seek mental help by raising awareness about the devastating imprint that mental illness leaves on our bodies and mind furthermore, raising awareness about the benefits of seeking help.

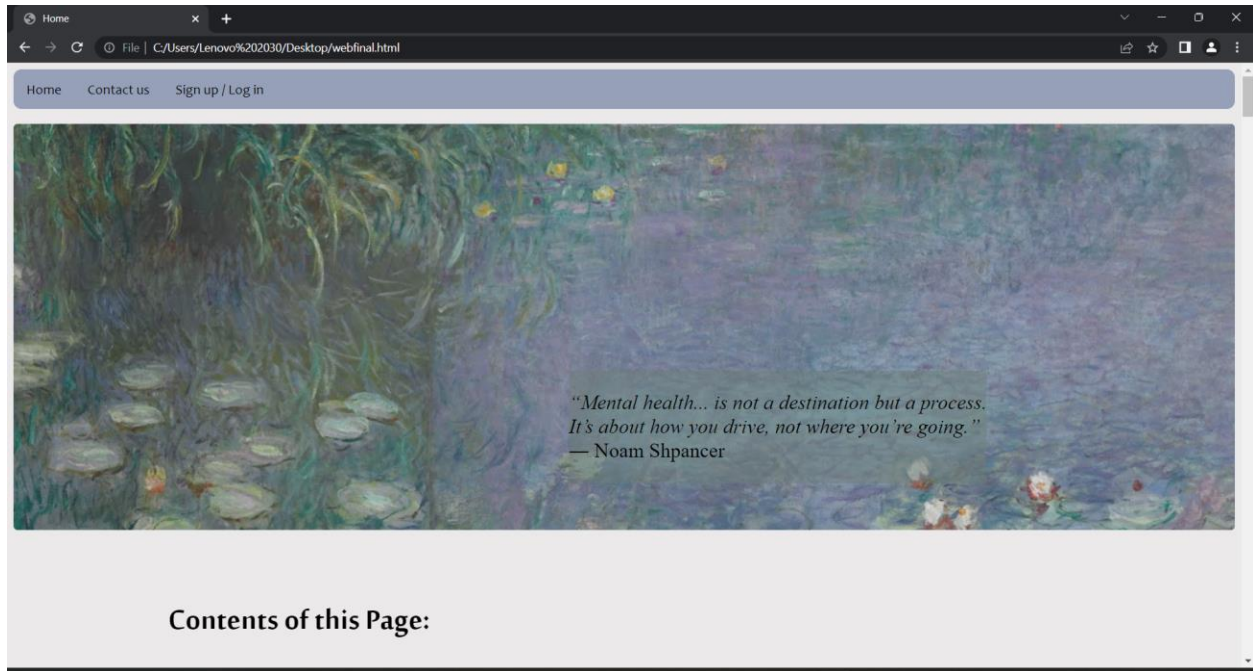
2. Requirements to make the website functionable

Functional Requirements	Description
a. Sign up function	User should be able to sign up using their email address.
b. Log in function	User should be able to log in using their username and password
c. Send form function	User should be able to send a message using their name, phone number and email address
d. Back to top function	Since the website includes all the topics in one page, user should be able to go back to the top of the page at any time.
e. Go to title function	Since the website includes all the topics in one page, user should be able to click on the title name at the top of the page and it will scroll down to the chosen title topic

Functional requirement table for the mental health website.

3. Implementation details of the website and justification of the approaches

1. Parallax effect and paintings:



The website has one main page along with the contact us, sign up, log in pages. All the topics are there in the main page. The main page has a parallax scrolling effect with six different background pictures. The picture are there before each topic.

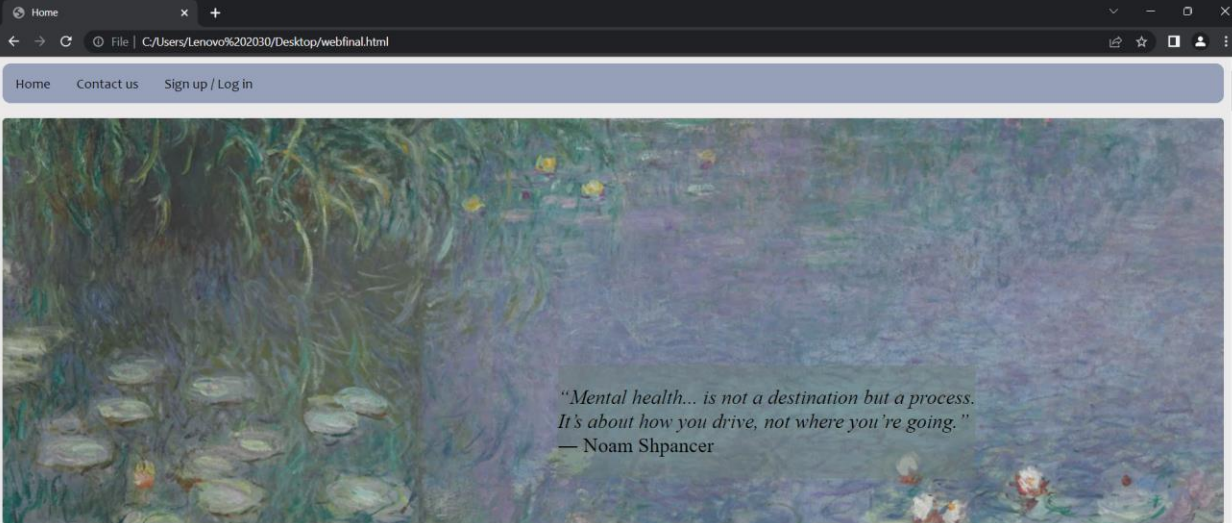
The pictures used are the painting collection of the water lilies by Claude Monet's, the reason those paintings are chosen to be displayed in the website is because they belong to the impressionism art style. Recent neuroscience research on the relationship between vision and emotional centers suggests one possible explanation. The amygdala (a center of emotion) responds strongly to a blurred version of the images, according to brain imaging 17 of people exposed with fearful faces. Areas involved for conscious face identification, on the other hand, respond weakly to blurry faces and well to faces presented in fine clarity. Because of the artificial patchwork of brush strokes and uneven coloring, Impressionist paintings may relate more directly to emotional centers than to cognitive image-recognition regions [5].

Along with using paintings that makes the user more emotionally engaged, the parallax scrolling technique adds a sense of depth.

2. Paintings and quotes:

Each of the six different paintings mentioned above contains a different quote that is related to the topic below it.

a. Picture 1 title” The Water Lilies - Morning”

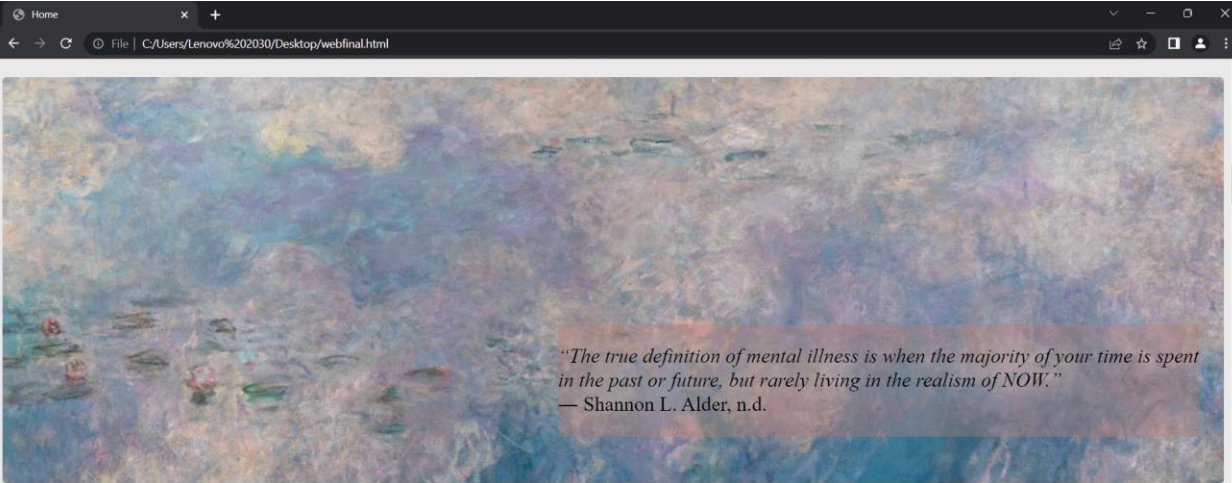


Home Contact us Sign up / Log in

"Mental health... is not a destination but a process. It's about how you drive, not where you're going."
— Noam Shpancer

Contents of this Page:

b. Picture 2 title” The Water Lilies - The Clouds”



Home Contact us Sign up / Log in

"The true definition of mental illness is when the majority of your time is spent in the past or future, but rarely living in the realism of NOW."
— Shannon L. Alder, n.d.

What is Mental illness ?

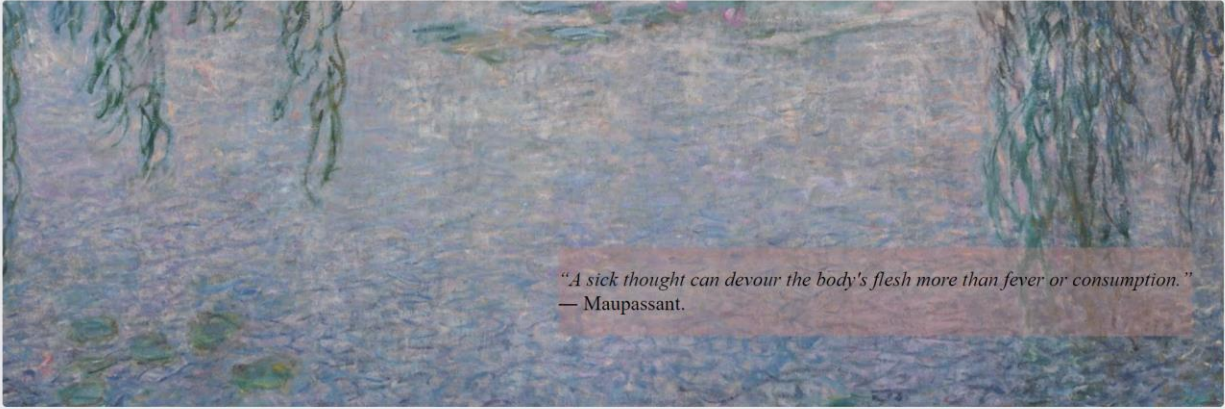
[back to top](#)

According to the American Psychiatric association, mental illnesses are health conditions characterised by changes in emotion, thinking, or behaviour (or a combination of these). Distress

c. Picture 3 title” The Water Lilies - Clear Morning with Willows”

Home x +
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stroke at any age, three-quarters of all cases begin before the age of 24 [3].



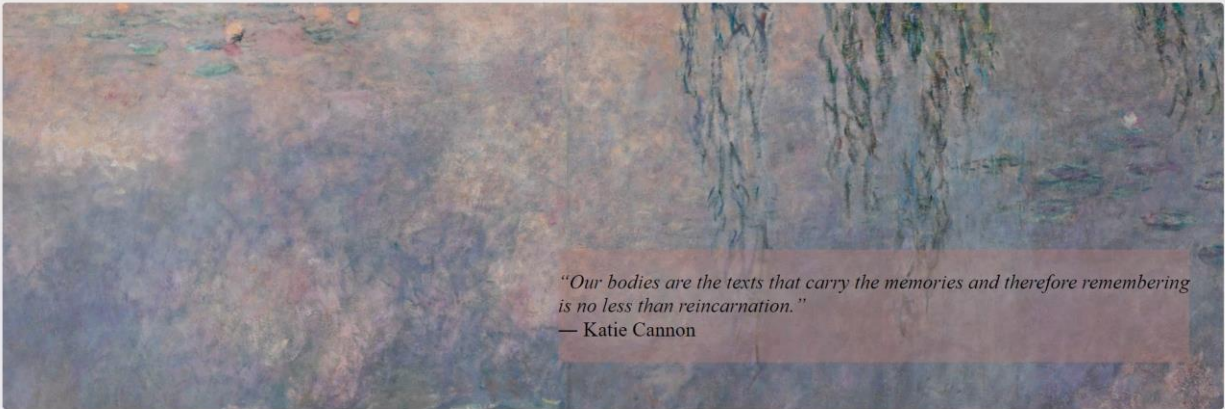
“A sick thought can devour the body’s flesh more than fever or consumption.”
— Maupassant.

back to top

How mental illness affect our daily life?

d. Picture 4 title “The Water Lilies - The Two Willows”

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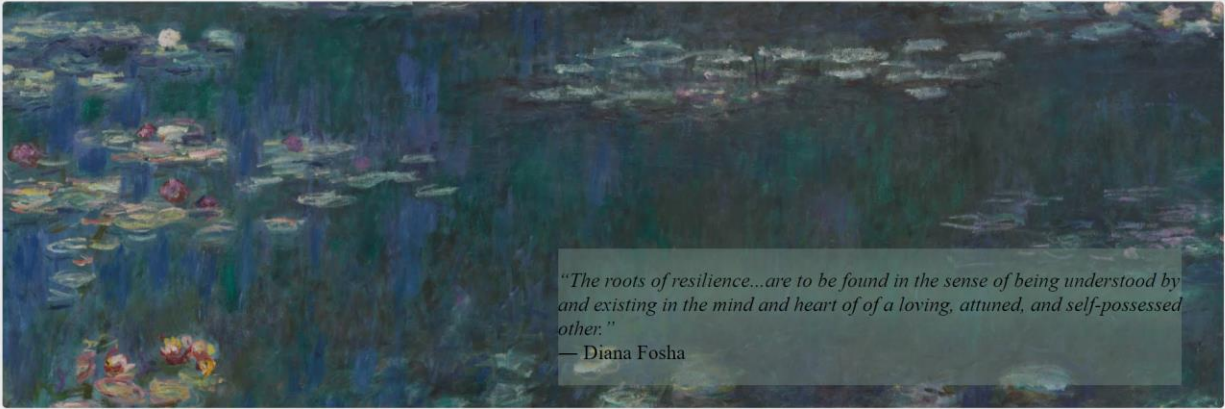
“Our bodies are the texts that carry the memories and therefore remembering is no less than reincarnation.”
— Katie Cannon

back to top

Your body keeps the score

e. Picture 5 title “The Water Lilies - Green Reflections”

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“The roots of resilience...are to be found in the sense of being understood by and existing in the mind and heart of of a loving, attuned, and self-possessed other.”
— Diana Fosha

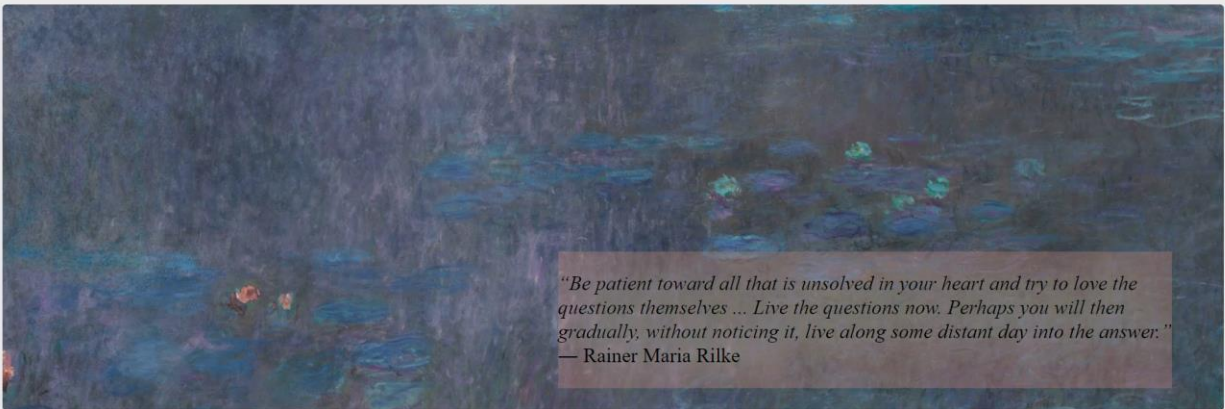
Why should you seek help?

[back to top](#)

Previously, people with mental illnesses were frequently subjected to negative stigmas.

f. Picture 6 title “The Water Lilies - Tree Reflections”

Home x +
File | C:/Users/Lenovo%202030/Desktop/webfinal.html

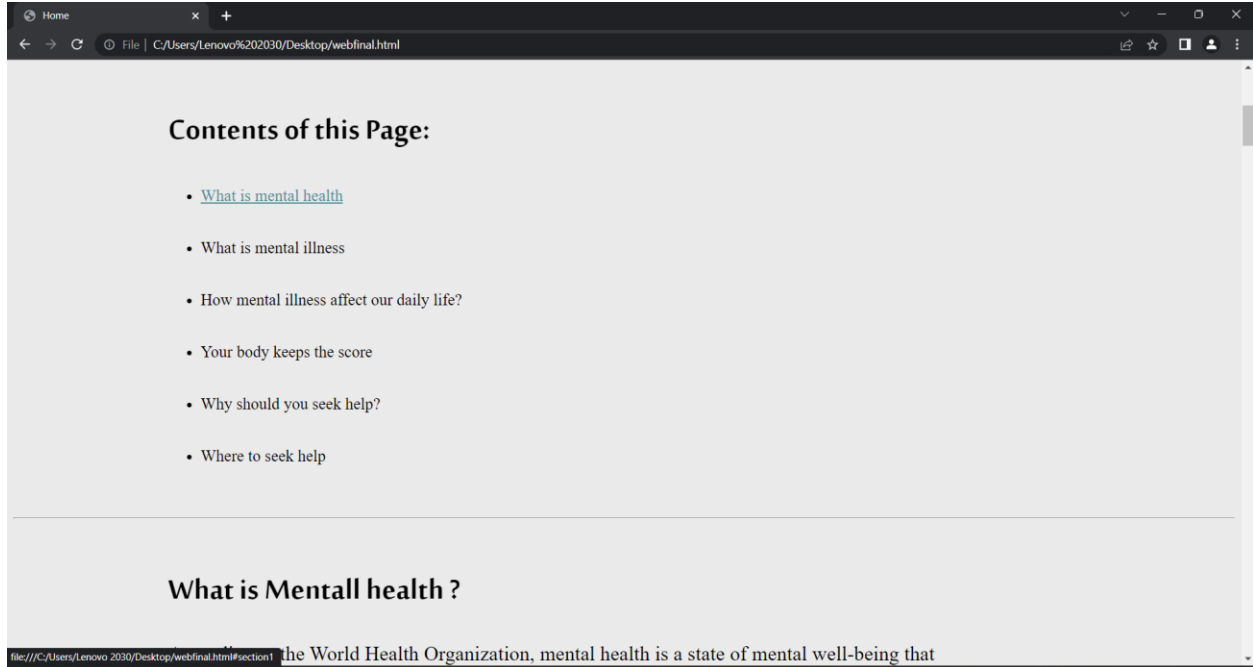


“Be patient toward all that is unsolved in your heart and try to love the questions themselves ... Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”
— Rainer Maria Rilke

Where to seek help?

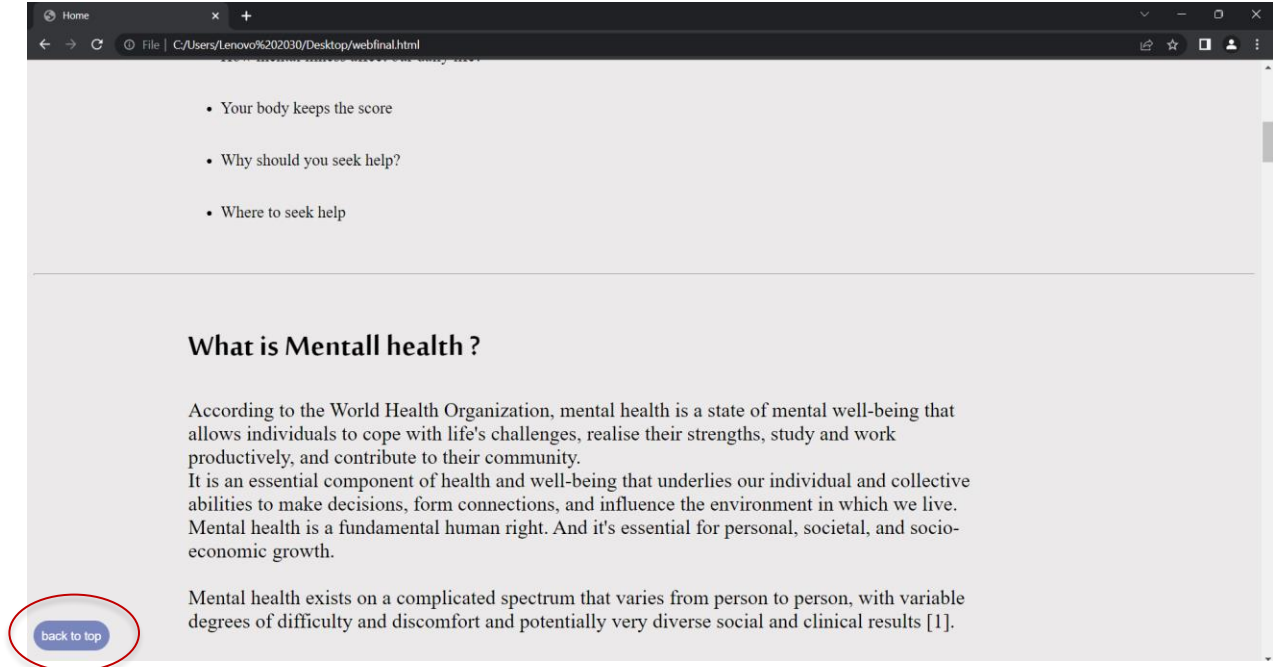
[back to top](#)

3. Contents links:



Under the contents of this page are the links for each topic when pressed on it will scroll down to the chosen topic. The links also change color when the mouse hover over them.

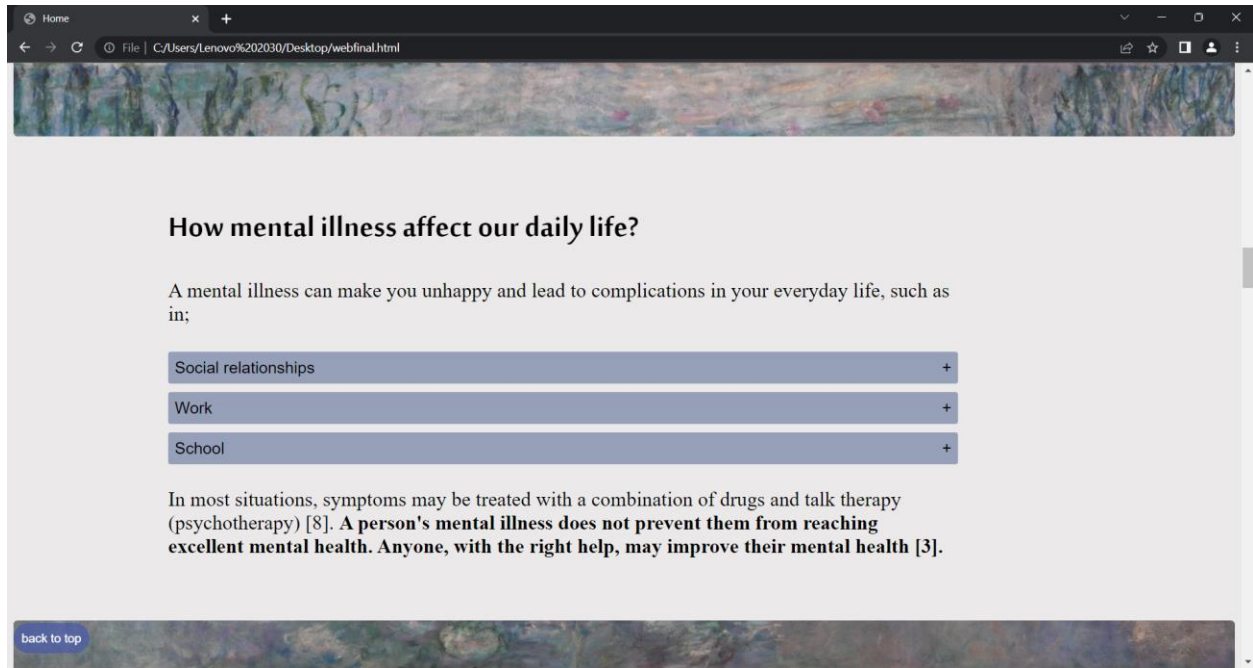
4. Back to top button:



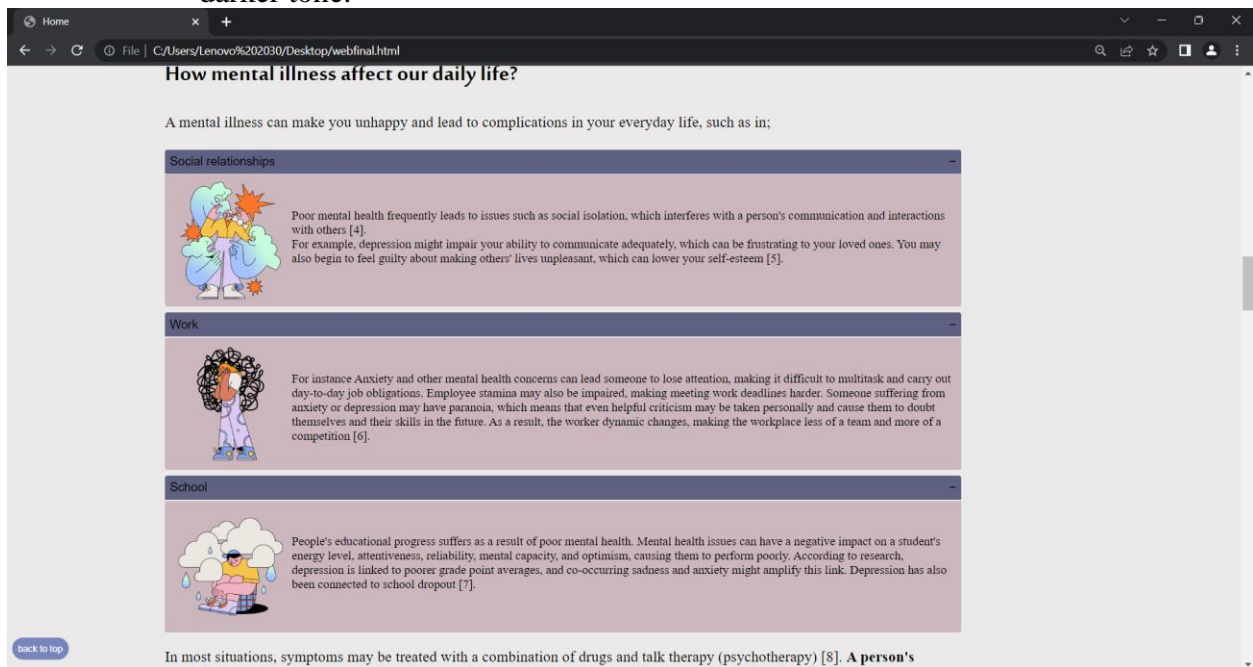
Since all the topics are on one page, there is a “back to top” button that appears when scrolling past the “contents of this page” when clicked this button will return the user to the top of the page from any place in the page.

5. Accordion:

- a. Two sections contain an accordion that expands when pressed on; it contains the sign “+” at the right end to show the user that it is expandable.

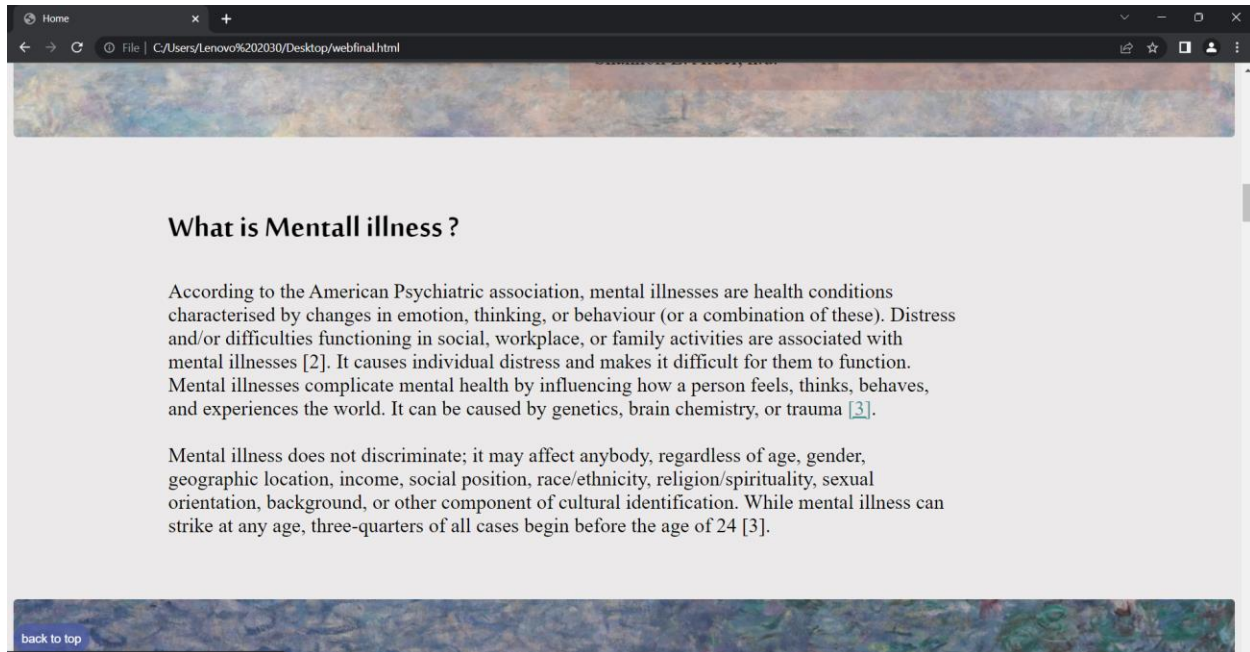


- b. The “+” sign changes to “-” when pressed on the accordion, in addition the color changes when the mouse hover over it and when expanded the color changes to a darker tone.

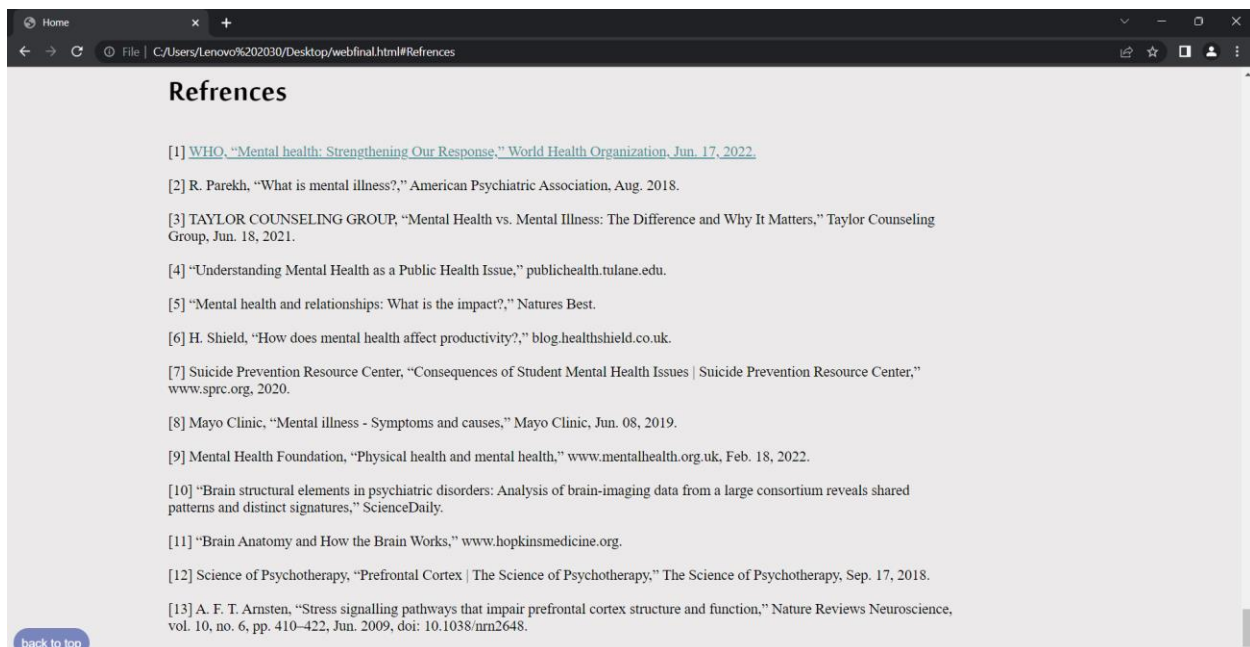


6. Sources:

- a. Throughout the content there are references link numbers when the mouse hover over them they change colors



- b. When pressed on they take the user to the end of the page where the hyperlinks for all the sources are there, the sources also changes color when mouse hover over them



7. Table:

The last section “Where to seek help?” contains a table

Where to seek help?

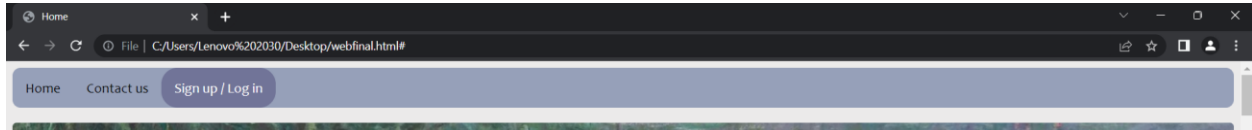
There are numerous places to seek psychological help from, If you're having suicide thoughts or simply feeling lonely and in need of psychological help, seek out to one of these Malaysian support groups.

support group	location	contact	Operating hours
Befrienders kL	95 Jalan Templer 46000 Petaling Jaya Selangor Malaysia	Email: admin@befrienders.org.my Emotional support hotline: 603-76272929 Emotional support Email: sam@befrienders.org.my Suicide helpline: +603-76272929	24/7
Talian Kasih	N/A	24 hours hotline: 15999 Whatsapp: 0192615999	24/7
Centre for psychological and counselling services by HELP university	CPCS Damansara Heights Level 10, Wisma HELP, Jalan Dungun, Bukit Damansara, 50490 Kuala Lumpur.	Tel: 03-2096 1212 Email: cpcs.hu@help.edu.my	Monday to Friday: 9.00 am to 5:30 pm Saturday: 9.00 am to 1.00 pm
	CPCS Subang 2 Level 6, Block B, HELP University Subang 2, Persiaran Cakerawala, Seksyen U4, 40150 Shah Alam, Selangor.	Tel: 03-7849 3200 Email: cpcs.hu@help.edu.my	Closed on Sunday & Public Holidays
Malaysian mental health association	TTDI Plaza, Block A Unit 2-8, Jalan Wan Kadir 3, Taman Tun Dr Ismail, 60000, Kuala Lumpur.	Helpline / Contact Numbers: +603-27806803 / +6017-6133039 Email: admin@mmha.org.my	Office Hours: Mondays to Fridays, 9 am to 5 pm Helpline Hours: Daily, 9 am to 9 pm

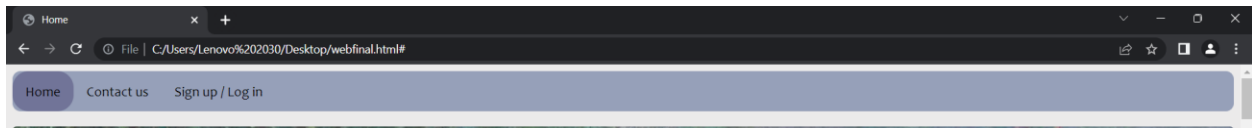
8. Navigation bar:

- a. Contains three pages home, contact us, and sign up.

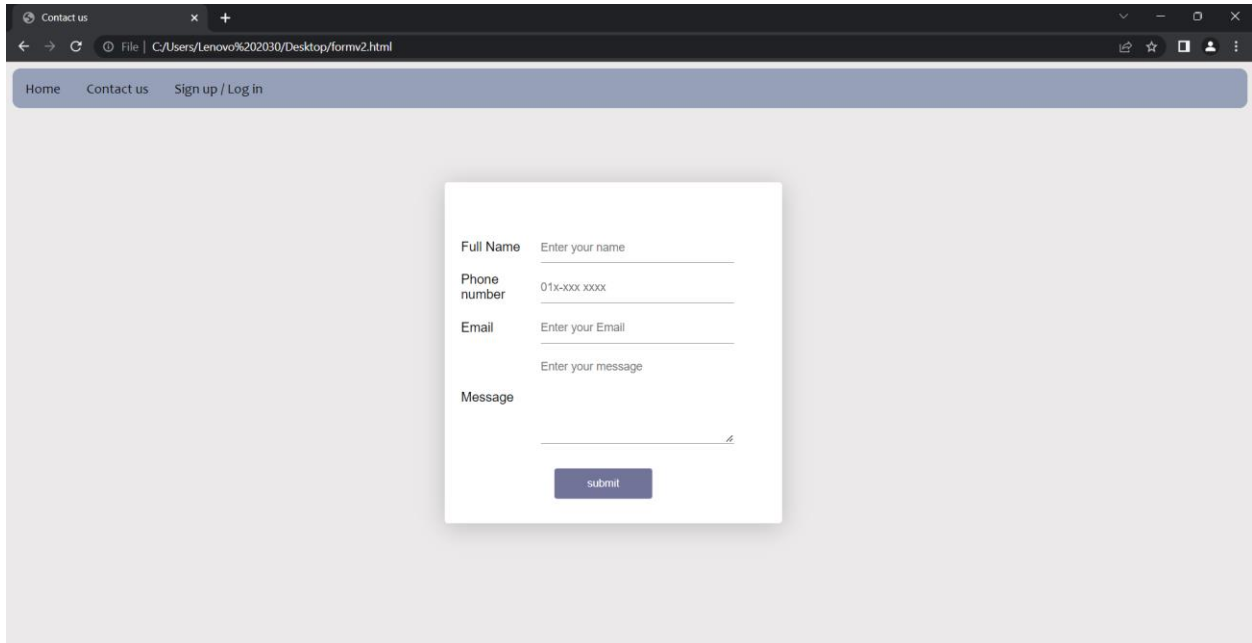
When hovering the links, the text color changes to white, and the background color changes



- b. When hovering over an active link the text color does not change, only background color changes (home is active)

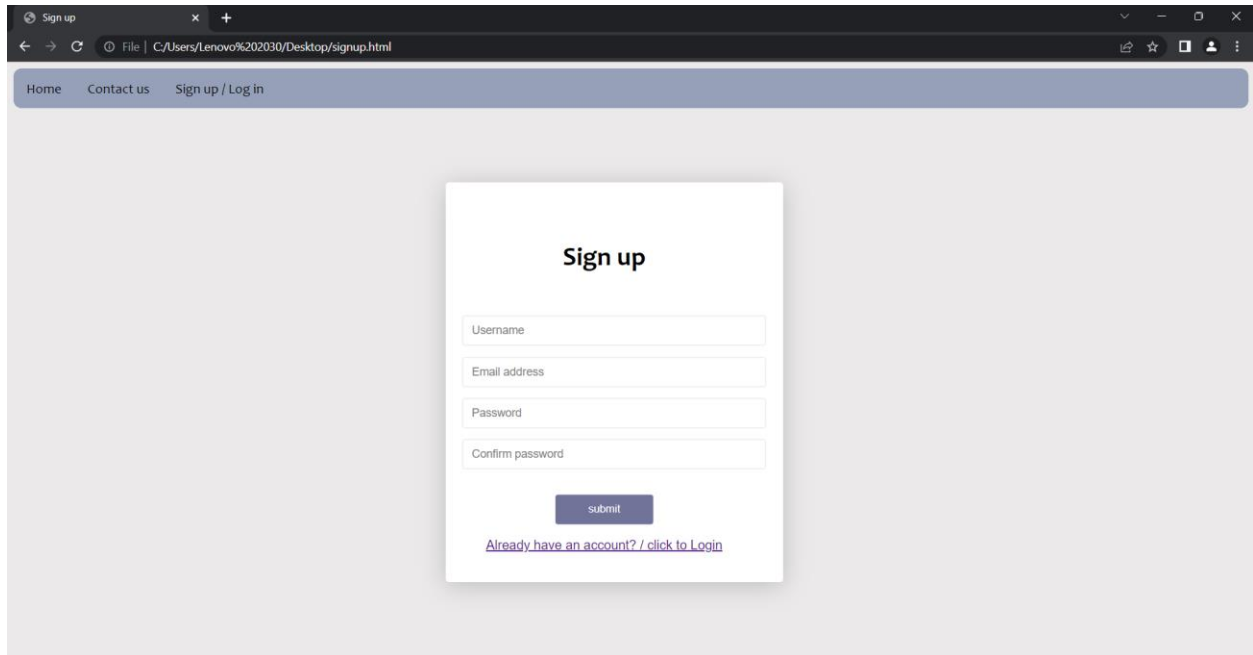


9. Contact us page.

A screenshot of a web browser window showing the 'Contact us' page. The address bar shows the file path 'C:/Users/Lenovo%202030/Desktop/formv2.html'. The navigation bar is a horizontal bar with three links: 'Home', 'Contact us', and 'Sign up / Log in'. The 'Contact us' link is highlighted with a dark blue background and white text. Below the navigation bar, there is a contact form with the following fields: 'Full Name' (placeholder: 'Enter your name'), 'Phone number' (placeholder: '01x-xxx xxxx'), 'Email' (placeholder: 'Enter your Email'), and 'Message' (placeholder: 'Enter your message'). A 'submit' button is located at the bottom of the form.

10. Sign up

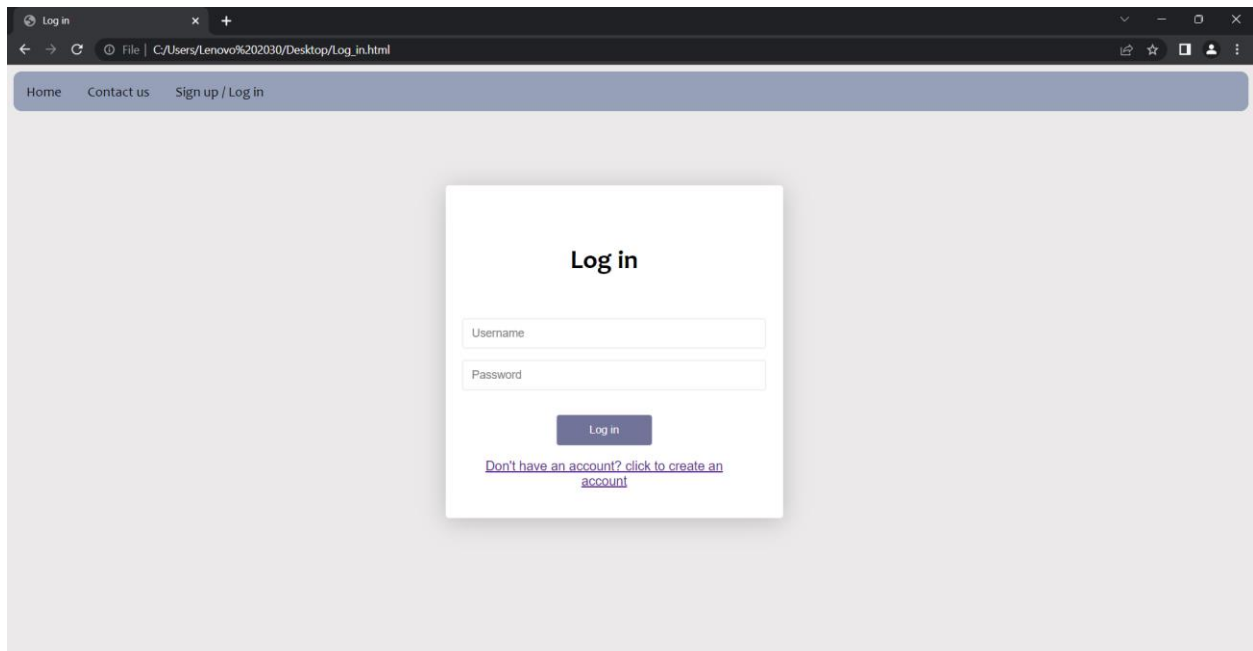
- a. Contains a link to the login page in case the user already has an account



The screenshot shows a web browser window with the title 'Sign up'. The address bar displays 'File | C:/Users/Lenovo%202030/Desktop/signup.html'. The browser's navigation bar includes links for 'Home', 'Contact us', and 'Sign up / Log in'. The main content area features a white card with the heading 'Sign up'. Below the heading are four input fields: 'Username', 'Email address', 'Password', and 'Confirm password'. A dark blue 'submit' button is positioned below these fields. At the bottom of the card, there is a link that reads 'Already have an account? / click to Login'.

- b. Login page

Contains a link back to the sign up page if the user doesn't have an account



The screenshot shows a web browser window with the title 'Log in'. The address bar displays 'File | C:/Users/Lenovo%202030/Desktop/Log_in.html'. The browser's navigation bar includes links for 'Home', 'Contact us', and 'Sign up / Log in'. The main content area features a white card with the heading 'Log in'. Below the heading are two input fields: 'Username' and 'Password'. A dark blue 'Log in' button is positioned below these fields. At the bottom of the card, there is a link that reads 'Don't have an account? click to create an account'.

4. Test cases and test results

<u>Test Case ID</u>	<u>FS-1</u>
Objective	Test if user A can submit the contact us form if user A inputs invalid data
Test Steps	<ol style="list-style-type: none">1. User A types an invalid Name2. User A types an invalid phone number3. User A types an invalid email address4. User A leaves message empty5. User A clicks on submit button
Input Data	User A inputs: <ol style="list-style-type: none">1. Full Name : 5652. Phone number : hfy5553. Email : Eman.com4. Message :
Expected Results	User A fails to submit the form and the following error messages are shown to the user: <ol style="list-style-type: none">1. “Enter valid name” in Name input field2. “Enter digits only” in Phone Number input field3. “Invalid Email” in Email input field4. “Message is required” in Message input field5. “Fill required fields to submit” below submit button
Actual Results	Matches the expected results.
Test Results	Pass.

<u>Test Case ID</u>	<u>FS-2</u>
Objective	Test if user A can submit the contact us form if user A inputs valid data
Test Steps	<ol style="list-style-type: none"> 1. User A types a valid Name 2. User A types a valid phone number 3. User A types a valid email address 4. User A enters a message 5. User A clicks on submit button
Input Data	User A inputs: <ol style="list-style-type: none"> 1. Full Name : Eman 2. Phone number : 0123654789 3. Email : Eman@gmail.com 4. Message : hello
Expected Results	User A successfully submits the form and the following messages are shown to the user: <ol style="list-style-type: none"> 1. “valid” in Name input field 2. “valid” in Phone Number input field 3. “valid” in Email input field 4. “valid” in Message input field 5. “form submitted successfully” as an alert message
Actual Results	Matches the expected results.
Test Results	Pass.

<u>Test Case ID</u>	<u>SU-1</u>
Objective	Test if user A can submit the Sign up form if user A inputs invalid data
Test Steps	<ol style="list-style-type: none"> 1. User A types an invalid username 2. User A types an invalid email address 3. User A types an invalid Password 4. User A types leaves Confirm Password empty 5. User A clicks on submit button
Input Data	User A inputs: <ol style="list-style-type: none"> 1. Username : Eman 2. Email : Emanl.com 3. Password : 1234 4. Password :
Expected Results	User A successfully submits the form and the following error messages are shown to the user: <ol style="list-style-type: none"> 1. “minimum 5 characters” in username input field 2. “Invalid Email” in Email address input field 3. “Password must be 8 characters” in Password 4. “Password is required” in Confirm password 5. “Fill required fields to submit” below submit button
Actual Results	Matches the expected results.
Test Results	Pass.

<u>Test Case ID</u>	<u>SU-2</u>
Objective	Test if user A can submit the Sign up form if user A inputs valid data
Test Steps	<ol style="list-style-type: none"> 1. User A types a valid username 2. User A types a valid email address 3. User A types a valid Password 4. User A types a Confirm Password 5. User A clicks on submit button
Input Data	User A inputs: <ol style="list-style-type: none"> 1. Username : Emans 2. Email : Eman@gmail.com 3. Password : 1234abcd12 4. Password : 1234abcd12
Expected Results	User A successfully submits the form and the following messages are shown to the user: <ol style="list-style-type: none"> 1. “valid” in username input field 2. “valid” in Email address input field 3. “valid” in Password 4. “valid” in Confirm password 5. “Registration successful” as an alert
Actual Results	Matches the expected results.
Test Results	Pass.

<u>Test Case ID</u>	<u>LG-1</u>
Objective	Test if user A can submit the Login form if user A inputs invalid data
Test Steps	<ol style="list-style-type: none"> 1. User A types an invalid username 2. User A types an invalid Password 3. User A clicks on submit button
Input Data	User A inputs: <ol style="list-style-type: none"> 1. Username : Eman 2. Password : 1234
Expected Results	User A successfully submits the form and the following error messages are shown to the user: <ol style="list-style-type: none"> 1. “minimum 5 characters” in username input field 2. “Password must be 8 characters” in Password 3. “Wrong username and password combination” below submit button
Actual Results	Matches the expected results.
Test Results	Pass.

<u>Test Case ID</u>	<u>LG-2</u>
Objective	Test if user A can submit the Login form if user A inputs valid data
Test Steps	<ol style="list-style-type: none"> 1. User A types a valid username 2. User A types a valid Password 3. User A clicks on submit button
Input Data	User A inputs: <ol style="list-style-type: none"> 1. Username : Emans 2. Password : 1234poi123
Expected Results	User A successfully submits the form and the following messages are shown to the user: <ol style="list-style-type: none"> 1. “valid” in username input field 2. “valid” in Password User A is redirected to Home page
Actual Results	Matches the expected results.
Test Results	Pass.

References:

- [1] World Health Organization. Regional Office for the Eastern Mediterranean, “About mental disorders,” *apps.who.int*, 2019. <https://apps.who.int/iris/handle/10665/364126> (accessed Dec. 02, 2022).
- [2] S. M. Holder, E. R. Peterson, R. Stephens, and L. A. Crandall, “Stigma in Mental Health at the Macro and Micro Levels: Implications for Mental Health Consumers and Professionals,” *Community Mental Health Journal*, vol. 55, no. 3, pp. 369–374, Aug. 2018, doi: 10.1007/s10597-018-0308-y.
- [3] W. W. IsHak *et al.*, “Quality of life in major depressive disorder before/after multiple steps of treatment and one-year follow-up,” *Acta Psychiatrica Scandinavica*, vol. 131, no. 1, pp. 51–60, Jun. 2014, doi: 10.1111/acps.12301.
- [4] S. Mullen, “Major depressive disorder in children and adolescents,” *Mental Health Clinician*, vol. 8, no. 6, pp. 275–283, Nov. 2018, doi: 10.9740/mhc.2018.11.275.
- [5] P. Cavanagh, “The artist as neuroscientist,” *undefined*, 2005, Accessed: Dec. 02, 2022. [Online]. Available: <https://www.semanticscholar.org/paper/The-artist-as-neuroscientist-Cavanagh/2603a14114551f64a2795d98dd77de39712ce868>