

**“Mind ගුරු” MOBILE APPLICATION FOR IMPROVE MENTAL
HEALTH FOR KIDS WHO HAVE ADHD,OCD AND ANXIETY**

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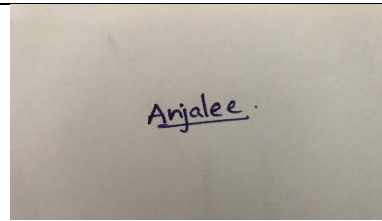
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Declaration

declare that this is our own work and that this thesis is not incorporated without Acceptance of any material previously submitted for the degree or diploma of any other university or institution of higher learning, and to the best of our knowledge and belief it does so previously published by another person Acceptance of the text does not contain any material received or written.

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The above candidate has carried out research for the bachelor's degree dissertation under my supervision.

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Date: 08/01/2024

Table of Figures

- Figure 1: search research papers and other important information details
- Figure 2: Requesting other information details
- Figure 3: Arrange group meetings via teams
- Figure 4: Data sets
- Figure 5: Requesting letter for collect to data for research from school children
- Figure 6: School approve letter for collect to data for research
- Figure 7: Introduce mobile app for teachers
- Figure 8: Data collection in schools and pre schools
- Figure 9: Data collecting by doing personal surveys using a Google form
- Figure 10: Contact medical experts
- Figure 11: Gantt chart

Figure 1: search research papers and other important information details

The screenshot shows the IEEE Xplore search results page for the query 'OCD'. The browser address bar shows the URL: ieeexplore.ieee.org/search/searchresult.jsp?newsearch=true&queryText=OCD. On the left, there are filters for 'Show' (All Results, Open Access Only), 'Year' (Range 1987-2024, Single Year), 'Author', 'Affiliation', 'Publication Title', 'Publisher', and 'Supplemental Items'. A 'Sign In to Save Your Search' pop-up is visible. The search results list two papers: 'OCD Behavior Observation using RSSI-based ZigBee in Indoor Environment' by Khajitpan M. Kritpolviman; Nipont Changjai, published in the 2021 18th International Conference on Electrical Engineering/Electronics, Computer, Telecommunications and Information Technology (ECTI-CON), and 'Applying Neural Imaging and ML to OCD Severity Prediction' by Masumi Sachdeva; Harsh Kumar Sharma; Ashwin Kumar; Ankit Bansal; Kamal Saluja; Shikha, published in the 2022 Seventh International Conference on Parallel, Distributed and Grid Computing (PDGC). On the right, there are promotional banners for 'Need Full-Text access to IEEE Xplore' and 'Discover the powerful new API'.

The screenshot shows the full-text page for the paper 'OCD Behavior Observation using RSSI-based ZigBee in Indoor Environment'. The browser address bar shows the URL: ieeexplore.ieee.org/document/9454874. The page header includes navigation links like 'IEEE.org', 'IEEE Xplore', 'IEEE SA', 'IEEE Spectrum', and 'More Sites', along with 'Subscribe', 'Donate', 'Cart', 'Create Account', and 'Personal Sign In'. The IEEE Xplore logo and 'Institutional Sign In' button are also present. The paper title is 'OCD Behavior Observation using RSSI-based ZigBee in Indoor Environment', published by IEEE. The authors are Khajitpan M. Kritpolviman; Nipont Changjai. The page number is 113. The abstract states: 'This research paper presents the implementation of ZigBee modules to observe Obsessive-Compulsive Disorder (OCD) behaviors in indoor environment. The sink device comprises 2.4 GHz XBee S2CTH ZigBee module and ESPino32 microcontroller board. The portable target device attached to the observed person is'. On the right, there are promotional banners for 'Need Full-Text access to IEEE Xplore' and 'More Like This'.

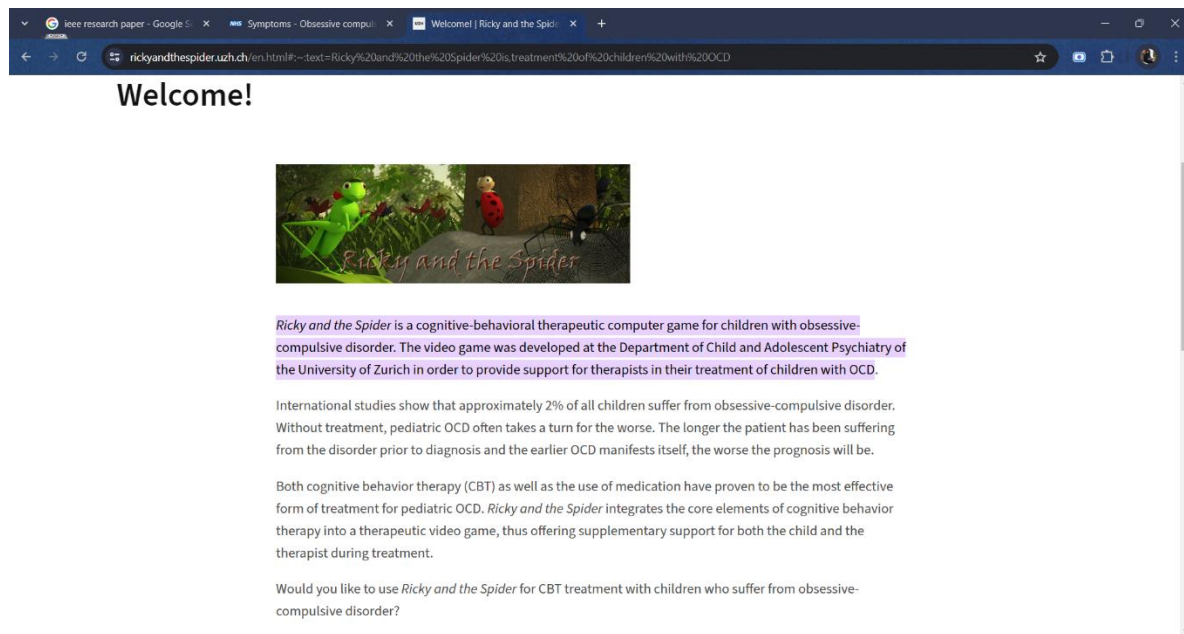


Figure 2: Requesting other information details

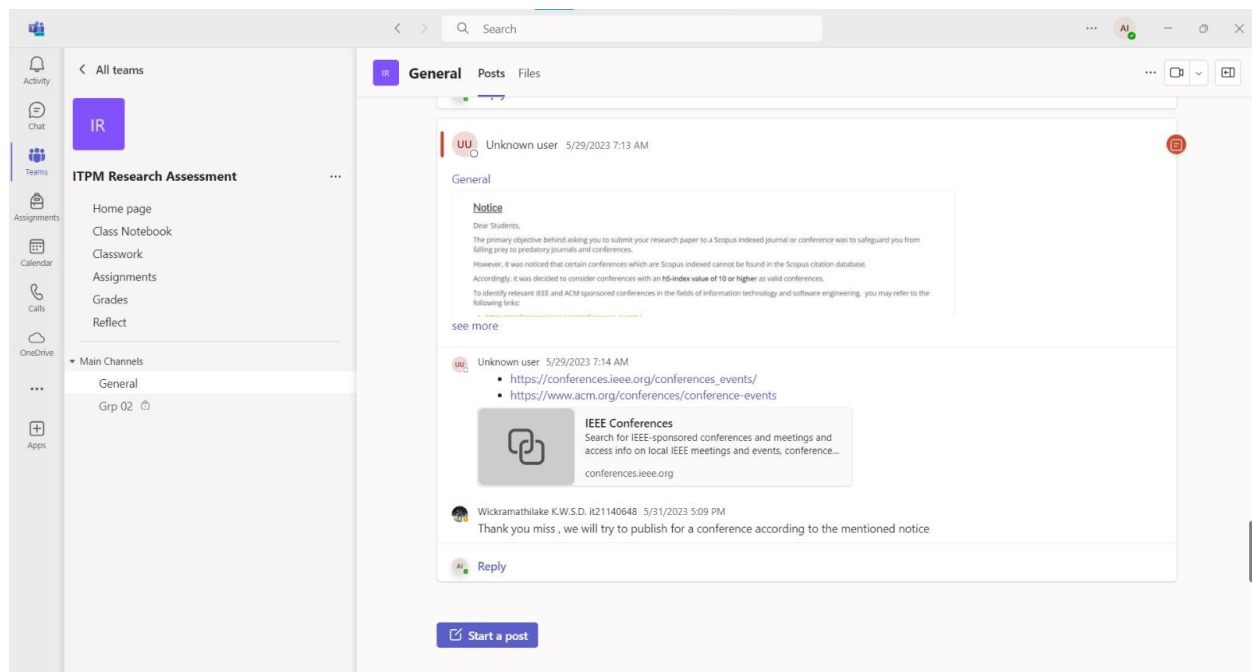


Figure 3: Arrange group meetings via teams

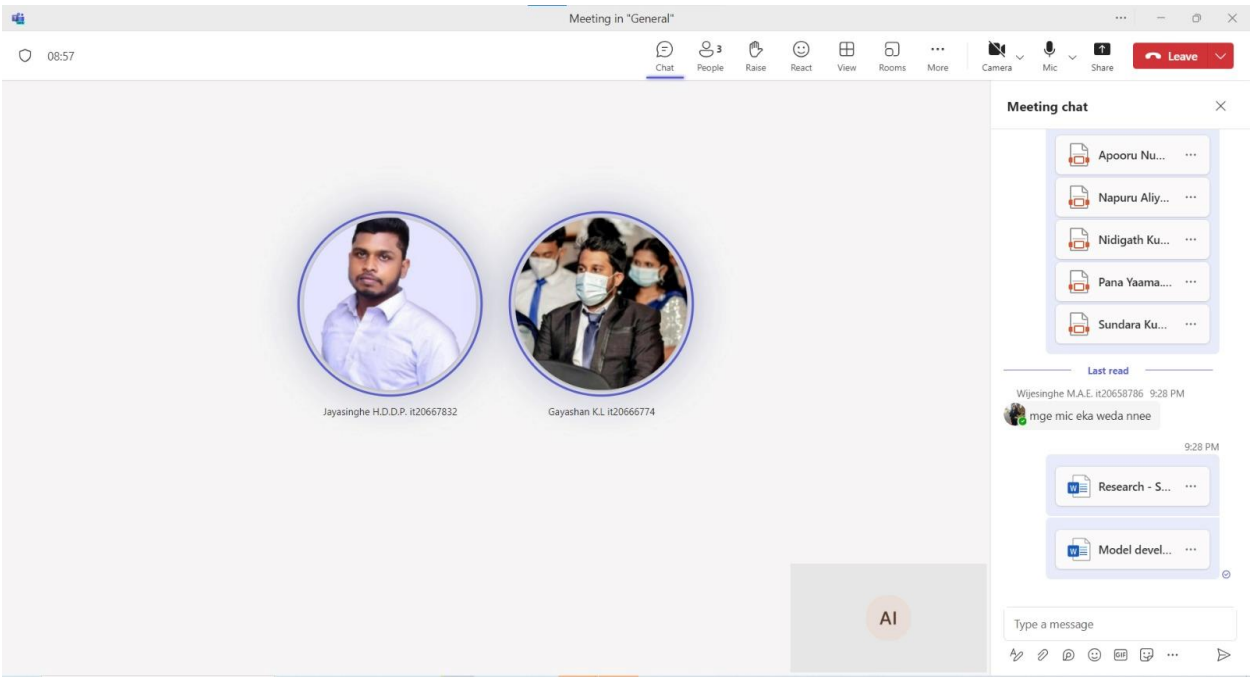


Figure 4: Data sets

The screenshot shows a Microsoft Word document titled "Symptom Checklist" with a table of obsessive symptoms. The table is divided into two sections: "AGGRESSIVE OBSESSIONS" and "CONTAMINATION OBSESSIONS". Each section has a table with columns for "#", "Symptoms", and "Examples".

AGGRESSIVE OBSESSIONS		
#	Symptoms	Examples
1	I fear I might harm myself	Fear of eating with a knife or fork, fear of handling sharp objects, fear of walking near glass windows
2	I fear I might harm other people	Fear of poisoning other people's food, fear of harming babies, fear of pushing someone in front of a train, fear of hurting someone's feelings, fear of being responsible by not providing assistance for some imagined catastrophe, fear of causing harm by giving bad advice
3	I have violent or horrific images in my mind	Images of murder, dismembered bodies, or other disgusting scenes
4	I fear I will blurt out obscenities	Fear of shouting obscenities in public situations like church or class, fear of writing obscenities
5	I fear doing something embarrassing	Fear of appearing foolish in social situations
6	I fear I will act on an unwanted impulse	Fear of driving a car into a tree, fear of running someone over, fear of stabbing a friend
7	I fear I will steal things	Fear of "cheating" a cashier, fear of shoplifting inexpensive items
8	I fear that I'll harm others because I'm not careful enough	Fear of causing an accident without being aware of it (such as a hit-and-run accident)
9	I fear I'll be responsible for something else terrible happening	Fear of causing a fire or burglary because of not being careful enough in checking the house before leaving
CONTAMINATION OBSESSIONS		
#	Symptoms	Examples
10	I am concerned or disgusted with bodily waste or secretions	Fear of contracting AIDS, cancer, or other diseases from public rest rooms; fear of your own saliva, urine, feces, semen, or vaginal secretions

The document is displayed in a Word window with the title bar "OCD Symptoms Data Set - Saved to this PC". The status bar at the bottom shows "Page 1 of 5", "1945 words", "English (United States)", "Text Predictions: On", "Accessibility: Investigate", and a zoom level of "110%".

W AutoSave On OCD Symptoms Data Set • Saved to this PC

File Home Insert Draw Design Layout References Mailings Review View Help

Search

Wijesinghe M.A.E. 820658786

Comments Editing Share

SOMATIC OBSESSIONS			
#			Examples
36		I am concerned with illness or disease	Worries that you have an illness like cancer, heart disease or AIDS, despite reassurance from doctors that you do not
37		I am excessively concerned with a part of my body or an aspect of my appearance (dysmorphophobia)	Worries that your face, ears, nose, eyes, <u>or another part</u> of your body is hideous, ugly, despite reassurances to the contrary


CLEANING/WASHING COMPULSIONS			
#			Examples
38		I wash my hands excessively or in a <u>ritualized way</u>	Washing your hands many times a day or for long periods of time after touching, or thinking that you have touched, a contaminated object. This may include washing the entire length of your arms
39		I have excessive or ritualized showering, bathing, tooth brushing, grooming, or toilet routines	Taking showers or baths or performing other bathroom routines that may last for several hours. If the sequence is interrupted, the entire process may have to be restarted
40		I have compulsions that involve cleaning household items or other inanimate objects	Excessive cleaning of faucets, toilets, <u>floors, kitchen</u> counters, or kitchen utensils
41		I do other things to prevent or <u>remove contact</u> with contaminants	Asking family members to handle or remove insecticides, garbage, gasoline cans, raw meat, paints, varnish, drugs in the medicine cabinet, or kitty litter. If you can't avoid these things, you may wear gloves to handle them, such as when using a self-service gas pump

CHECKING COMPULSIONS			
#			Examples
42		I check that I did not harm others	Checking that you haven't hurt someone without knowing it. You may ask others for reassurance or call or text someone to make sure everything is all right
		I check that I did not harm myself	Looking for injuries or bleeding after handling sharp or

Page 3 of 5 1945 words English (United States) Text Predictions: On Accessibility: Investigate

Focus

Figure 6: School approve letter for collect to data for research




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අවහරණෙන පාර , කැකණදුර

දිනය : 2024.03.14

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විදුහලපති

G. K. P. Madhushrini
Principal
MR/ Kekandura Vijayaba K.V.
Kekandura

Figure 7: Introduce mobile app for teachers



Figure 8: Data collection in schools and pre schools





Figure 9: Data collecting by doing personal surveys using a Google form

A personal survey of obsessive thoughts related to OCD

Obsessive-compulsive disorder (OCD) is a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviors (compulsions), or both. People with OCD have time-consuming symptoms that can cause significant distress or interfere with daily life. The main purpose of this survey is to identifying what are the mostly obsessed obsessions that children are faced. Children may have an obsessive-compulsive disorder (OCD) when unwanted thoughts, and the behaviors they feel they must do because of the thoughts, happen frequently, take up a lot of time (more than an hour a day), interfere with their activities, or make them very upset. The thoughts are called obsessions.

We ensure the security of the information and data you provide and inform you that this is for the purpose of developing Mind Guru child OCD diagnosis software.

anjaleewijesinghe24@gmail.com [Switch accounts](#)

Not shared

* Indicates required question

Name *

Your answer

Figure 10: Contact medical experts.

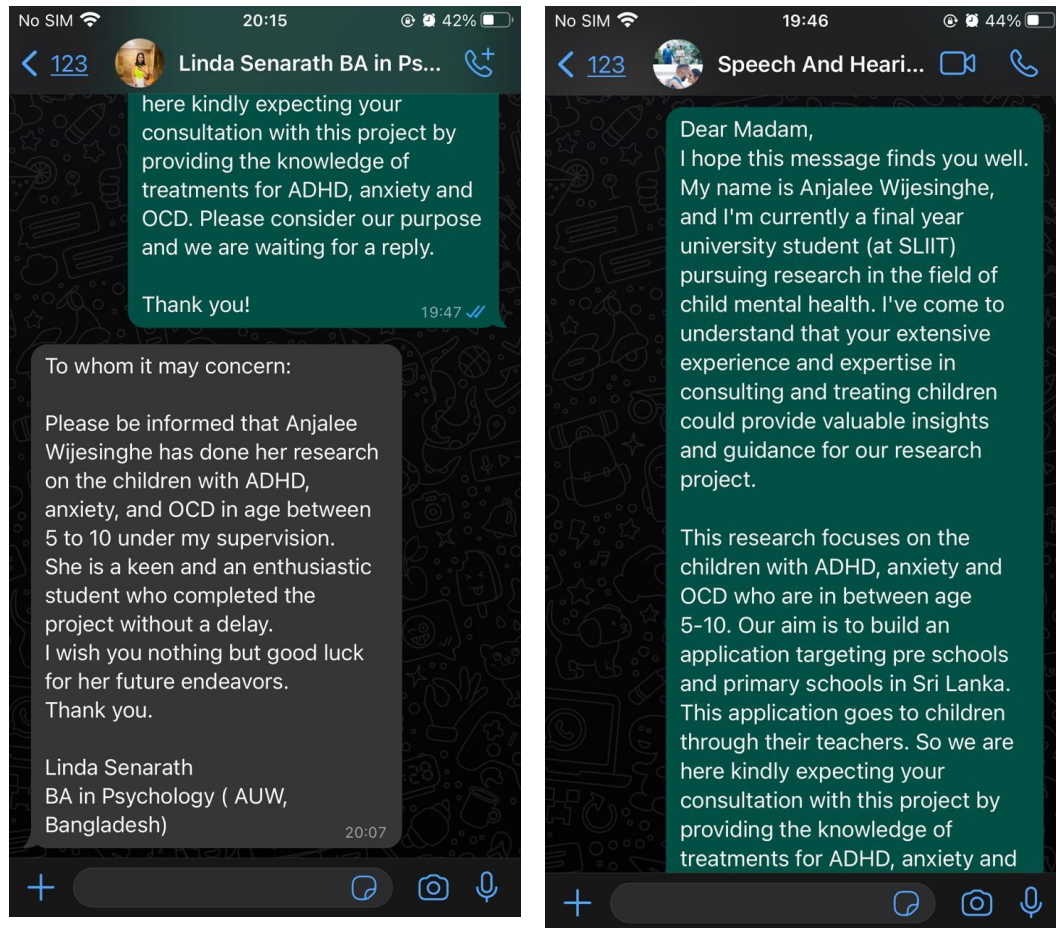


Figure 11: Gantt chart

