

Project Report

On

**Mental Health Journal**

Submitted in partial fulfilment of the requirements for the award of

**BACHELOR OF TECHNOLOGY**

**in**

**COMPUTER SCIENCE & ENGINEERING**

(Artificial Intelligence & Machine Learning)

by

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**Under the esteemed guidance of**

**Ms. S Annapoorna**

**Assistant Professor, CSE(AI&ML)**



**BVRIT HYDERABAD College of Engineering for Women**

**(UGC Autonomous Institution | Approved by AICTE | Affiliated to JNTUH)**

**(NAAC Accredited - A Grade | NBA Accredited B.Tech. (EEE, ECE, CSE and IT))**

**Bachupally, Hyderabad – 500090**

**Department of Computer Science & Engineering**

**(Artificial Intelligence & Machine Learning)**

**BVRIT HYDERABAD COLLEGE OF ENGINEERING FOR WOMEN**

**(Approved by AICTE, New Delhi and Affiliated to JNTUH, Hyderabad)**

**Accredited by NBA and NAAC with A Grade**

**Bachupally, Hyderabad – 500090**

**2024-25**



**CERTIFICATE**

This is to certify that the major project entitled “**Mental Health Journal using UI Flutter**” is a bonafide work carried out by **Ms. V. Keavalya (22wh1a6618), Ms. K. Laxmi Prasanna (22wh1a6620), Ms.E. Lahari(22wh1a6637), Ms. A.Gayathri (22wh1a6656)** in partial fulfillment for the award of B. Tech degree in **Computer Science & Engineering (AI&ML), BVRIT HYDERABAD College of Engineering for Women, Bachupally, Hyderabad,** affiliated to Jawaharlal Nehru Technological University Hyderabad, Hyderabad under my guidance and supervision. The results embodied in the project work have not been submitted to any other University or Institute for the award of any degree or diploma.

**Supervisor**

**Ms. S Annapoorna**

**Assistant Professor**

**Dept of CSE(AI&ML)**

**Head of the Department**

**Dr. B. Lakshmi Praveena**

**HOD & Professor**

**Dept of CSE(AI&ML)**

**External Examiner**

## **DECLARATION**

We hereby declare that the work presented in this project entitled “**Mental Health Journal using UI Flutter**” submitted towards completion of Project work in IV Year of B.Tech of CSE(AI&ML) at **BVRIT HYDERABAD College of Engineering for Women**, Hyderabad is an authentic record of our original work carried out under the guidance of **Ms. S Annapoorna, Assistant Professor, Department of CSE(AI&ML).**

**Sign with Date:**

**V. Keavalya**

**(22wh1a6618)**

**Sign with Date:**

**K. Laxmi Prasanna**

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We are extremely thankful to our Internal Guide, **Ms. S Annapoorna, Assistant Professor, CSE(AI&ML), BVRIT HYDERABAD College of Engineering for Women**, for her constant guidance and encouragement throughout the project.

Finally, we would like to thank our Major Project Coordinator, all Faculty and Staff of CSE(AI&ML) department who helped us directly or indirectly. Last but not least, we wish to acknowledge our **Parents and Friends** for giving moral strength and constant encouragement.

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## **ABSTRACT**

In today's fast-paced and stressful environment, monitoring and managing mental health is crucial for emotional well-being and productivity. The Mental Health Journal application provides a secure and accessible platform for users to log their emotions, track mental health patterns, and gain insights into their well-being. This project explores the development of a Mental Health Journal using Flutter, an open-source UI software development kit by Google.

The application is designed as a cross-platform solution, functioning seamlessly on both Android and iOS devices. Leveraging Flutter's powerful framework, the app offers a visually appealing and user-friendly interface that encourages consistent use. Users can journal their thoughts daily while benefiting from features like sentiment analysis and emotion visualization.

The app architecture follows MVVM (Model-View-ViewModel) principles to ensure scalability and maintain

## **PROBLEM STATEMENT**

Mental health issues, particularly stress, anxiety, and depression, are prevalent among university students, often exacerbated by academic pressures, social expectations, and personal challenges. However, many students hesitate to seek professional help due to stigma, lack of awareness, or limited access to resources. This gap in mental health support calls for a user-friendly solution that enables students to monitor their emotional well-being, identify stressors, and seek timely intervention.

The proposed Mental Health Journal aims to address this problem by providing an intuitive digital platform where students can log their daily emotions, reflect on their mental state, and track patterns over time. Using natural language processing techniques such as sentiment analysis, the application will identify negative sentiment trends and alert users to potential mental health risks. By integrating features like journaling, sentiment visualization, and personalized insights, the journal seeks to empower students to take proactive steps in managing their mental health.

This solution offers a private and accessible tool to complement existing mental health resources, fostering self-awareness and resilience among users.

## SOURCE CODE

### **Main.dart**

```
import 'package:flutter/material.dart';
import 'screens/login_screen.dart';
import 'utils/theme.dart';

void main() {
  runApp(const MyApp());
}

class MyApp extends StatelessWidget {
  const MyApp({super.key});

  @override
  Widget build(BuildContext context) {
    return MaterialApp(
      title: 'Student Mental Health Journal',
      theme: AppTheme.lightTheme,
      home: const LoginScreen(),
      debugShowCheckedModeBanner: false,
    );
  }
}
```

### **Test/widget\_test.dart**

```
// This is a basic Flutter widget test.
import 'package:flutter/material.dart';
import 'package:flutter_test/flutter_test.dart';

import 'package:mental_health_journal/main.dart';
```

```

void main() {
  testWidgets('Counter increments smoke test', (WidgetTester tester) async {
    // Build our app and trigger a frame.
    await tester.pumpWidget(const MyApp());

    // Verify that our counter starts at 0.
    expect(find.text('0'), findsOneWidget);
    expect(find.text('1'), findsNothing);

    // Tap the '+' icon and trigger a frame.
    await tester.tap(find.byIcon(Icons.add));
    await tester.pump();

    // Verify that our counter has incremented.
    expect(find.text('0'), findsNothing);
    expect(find.text('1'), findsOneWidget);
  });
}

```

## **Utils\theme.dart**

```

import 'package:flutter/material.dart';

class AppTheme {
  static const primaryColor = Color(0xFF6B8FF8); // Calming blue
  static const secondaryColor = Color(0xFF9C89B8); // Soft purple
  static const backgroundColor = Color(0xFFFF8F9FE);
  static const cardColor = Colors.white;
  static const textColor = Color(0xFF2A2D3E);
  static const lightTextColor = Color(0xFF6E7191);
  static const accentColor = Color(0xFFFF0A6CA); // Soft pink

```



```
static const successColor = Color(0xFF7DC579); // Soft green
static const warningColor = Color(0xFFFFB367); // Soft orange
static ThemeData get lightTheme {
  return ThemeData(
    primaryColor: primaryColor,
    scaffoldBackgroundColor: backgroundColor,
    colorScheme: const ColorScheme.light(
      primary: primaryColor,
      secondary: secondaryColor,
      background: backgroundColor,
      surface: cardColor,
      onSurface: textColor,
      error: Color(0xFFFFF6B6B),
      onError: Colors.white,
    ),
    textTheme: const TextTheme(
      headlineLarge: TextStyle(
        fontSize: 32,
        fontWeight: FontWeight.bold,
        color: textColor,
      ),
      headlineMedium: TextStyle(
        fontSize: 24,
        fontWeight: FontWeight.w600,
        color: textColor,
      ),
      headlineSmall: TextStyle(
        fontSize: 20,
        fontWeight: FontWeight.w600,
        color: textColor,
```

```
),  
titleLarge: TextStyle(  
  fontSize: 18,  
  fontWeight: FontWeight.w600,  
  color: textColor,  
),  
titleMedium: TextStyle(  
  fontSize: 16,  
  fontWeight: FontWeight.w500,  
  color: textColor,  
),  
bodyLarge: TextStyle(  
  fontSize: 16,  
  color: textColor,  
),  
bodyMedium: TextStyle(  
  fontSize: 14,  
  color: lightTextColor,  
),  
),  
appBarTheme: const AppBarTheme(  
  elevation: 0,  
  backgroundColor: cardColor,  
  iconTheme: IconThemeData(color: textColor),  
  titleTextStyle: TextStyle(  
    color: textColor,  
    fontSize: 20,  
    fontWeight: FontWeight.w600,  
  ),  
),
```

```
cardTheme: CardTheme(  
  elevation: 4,  
  shadowColor: Colors.black.withOpacity(0.1),  
  shape: RoundedRectangleBorder(  
    borderRadius: BorderRadius.circular(16),  
  ),  
,  
inputDecorationTheme: InputDecorationTheme(  
  filled: true,  
  fillColor: Colors.white,  
  contentPadding: const EdgeInsets.symmetric(horizontal: 20, vertical: 16),  
  border: OutlineInputBorder(  
    borderRadius: BorderRadius.circular(12),  
    borderSide: BorderSide(color: Colors.grey.shade300),  
  ),  
  enabledBorder: OutlineInputBorder(  
    borderRadius: BorderRadius.circular(12),  
    borderSide: BorderSide(color: Colors.grey.shade300),  
  ),  
  focusedBorder: OutlineInputBorder(  
    borderRadius: BorderRadius.circular(12),  
    borderSide: const BorderSide(color: primaryColor, width: 2),  
  ),  
  errorBorder: OutlineInputBorder(  
    borderRadius: BorderRadius.circular(12),  
    borderSide: BorderSide(color: const Color(0xFFFF6B6B), width: 1),  
  ),  
  focusedErrorBorder: OutlineInputBorder(  
    borderRadius: BorderRadius.circular(12),  
    borderSide: BorderSide(color: const Color(0xFFFF6B6B), width: 2),
```

```
),
labelStyle: TextStyle(color: Colors.grey[600]),
hintStyle: TextStyle(color: Colors.grey[400]),
),
elevatedButtonTheme: ElevatedButtonThemeData(
  style: ElevatedButton.styleFrom(
    elevation: 2,
    backgroundColor: primaryColor,
    foregroundColor: Colors.white,
    shape: RoundedRectangleBorder(
      borderRadius: BorderRadius.circular(12),
    ),
    padding: const EdgeInsets.symmetric(horizontal: 24, vertical: 16),
    textStyle: const TextStyle(
      fontSize: 16,
      fontWeight: FontWeight.w600,
    ),
  ),
),
outlinedButtonTheme: OutlinedButtonThemeData(
  style: OutlinedButton.styleFrom(
    foregroundColor: primaryColor,
    side: const BorderSide(color: primaryColor),
    shape: RoundedRectangleBorder(
      borderRadius: BorderRadius.circular(12),
    ),
    padding: const EdgeInsets.symmetric(horizontal: 24, vertical: 16),
    textStyle: const TextStyle(
      fontSize: 16,
      fontWeight: FontWeight.w600,
```

),  
),  
),  
);  
}}


The screenshot shows a web browser window with the title 'Student Mental Health Journal'. The address bar shows 'localhost:63472'. The page features a central white card with a blue gear icon and the text 'Create Account' and 'Start your mental wellness journey'. Below this are three input fields: 'Full Name' with the value 'priya', 'Email' with the value 'priya@gmail.com', and 'Password' with masked characters. A blue 'Sign Up' button is at the bottom of the card. Below the card, there is a link that says 'Already have an account? Login'.

The screenshot shows a web browser window with the title 'Student Mental Health Journal'. The address bar shows 'localhost:63472'. The page displays a progress bar at the top with 'Question 2/9'. Below the progress bar is a sad face icon and the text 'How often have you felt down, depressed, or hopeless?'. There are four radio button options: 'Not at all', 'Several days', 'More than half the days', and 'Nearly every day'. At the bottom of the page, there are two buttons: 'Previous' and 'Next'.

Student Mental Health Journal

localhost:63472

Question 5/9



How often have you not been able to stop or control worrying?

☐ Not at all

☐ Several days

☒ More than half the days

☐ Nearly every day

← Previous

→ Next

Student Mental Health Journal

localhost:63472

Question 7/9



In the last month, how often have you felt that you were unable to control the important things in your life?

☐ Never

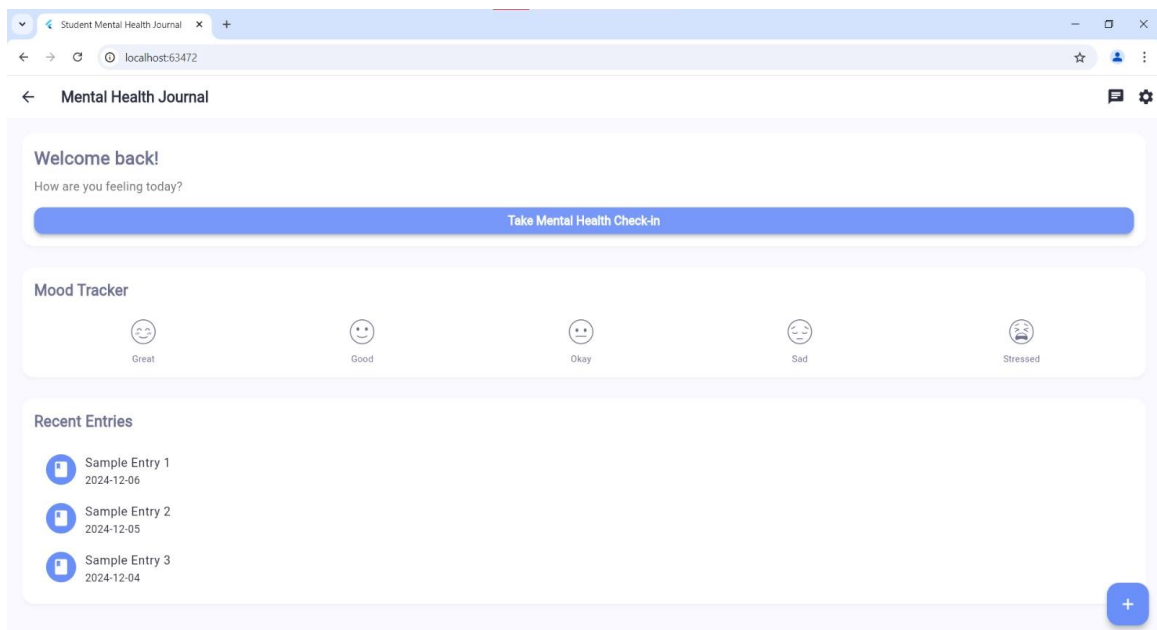
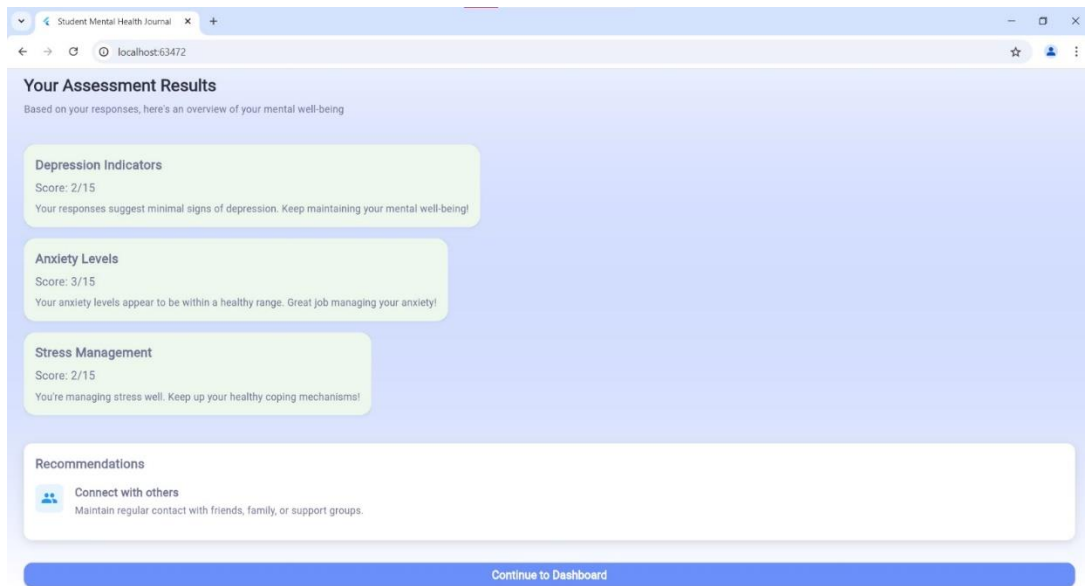
☐ Almost never

☒ Sometimes

☐ Fairly often

← Previous

→ Next



Student Mental Health Journal

New Tab

localhost:63472

🔍 ⭐ 👤 ⋮

←

Mental Health Check-in

Take a moment to reflect on your mental well-being

How would you describe your overall mental health in the past week?

i feel so stressed

What emotions have you felt most frequently in the last few days?

stress

Do you notice physical symptoms (e.g., headaches, fatigue, tension) when you're stressed?

tension

What activities help you relax or unwind?

listening songs

Do you feel comfortable expressing your feelings with friends or family?

mostly no

Student Mental Health Journal

New Tab

localhost:63472

🔍 ⭐ 👤 ⋮

←

Mental Health Check-in

Do you feel comfortable expressing your feelings with friends or family?

mostly no

Do you have someone you can talk to when you're feeling low?

no

Is there something positive you've learned about yourself recently?

no

Are you getting enough sleep at night?

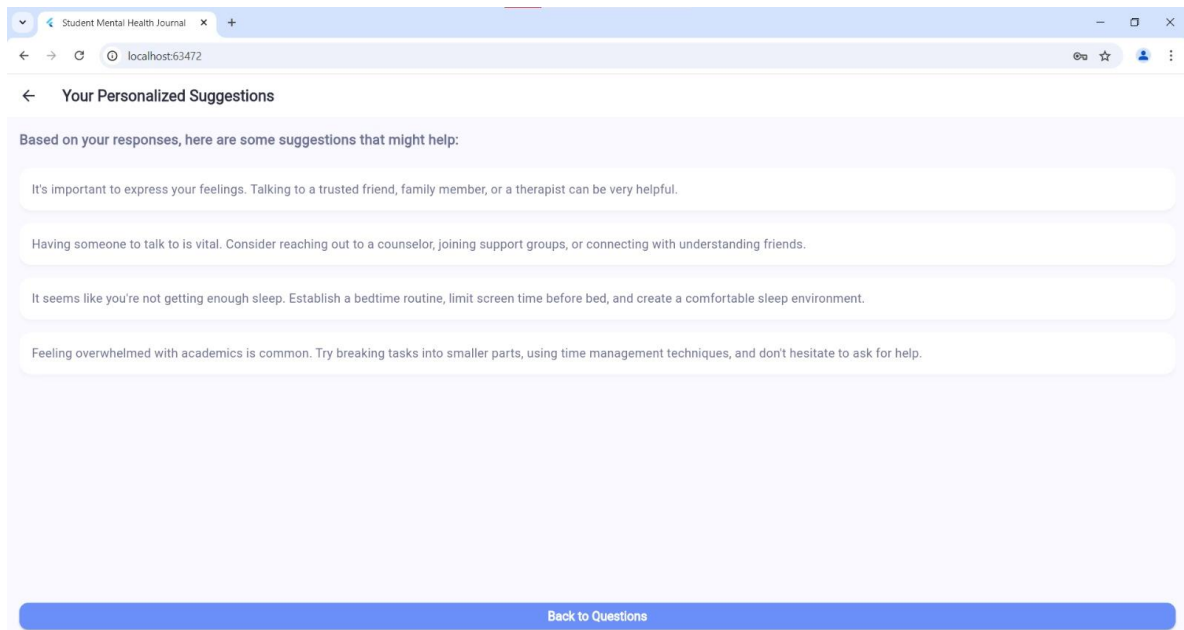
no

Do you feel overwhelmed by your academic workload?

yes

Get Personalized Suggestions





Github Link:

[https://github.com/Laxmi1720/MENTAL\\_HEALTH\\_JOURNAL](https://github.com/Laxmi1720/MENTAL_HEALTH_JOURNAL)