Mind Ease

Supporting Students with Mental Health Tips and Resources

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InitialReport

Misbah Fatma Begum	**418008089**
yara alhammouri	**768008964**
Ali jouni	**769009393**

GitHub Link:
https://github.com/MisbahFatma/ISTE240_Team2.git

Executive Summary

MindEase is a web-based application designed to support students in managing stress and anxiety through awareness and self-care resources. The platform allows users to assess their stress levels using an interactive emoji-based survey and receive personalized therapy such as relaxation videos, stress-relief games, and practical tips. By offering an accessible and supportive environment, MindEase aims to promote mental health awareness and encourage healthy coping strategies while helping students overcome stress.

Introduction: The Idea

The proposed project is the development of a web application called MindEase, designed to support students in managing stress and anxiety. The platform provides an interactive emoji-based survey to assess stress levels and delivers personalized resources, such as relaxation videos, stress-relief games, and practical tips, based on the survey results.

Students experiencing high levels of stress will also have access to emergency contact numbers for professional help. The primary objective of the project is to promote mental health awareness among students, provide coping strategies, and offer a safe, interactive platform for emotional support.

Project Scope

1. Develop a web-based platform to help students evaluate and manage stress levels.
2. Implement user registration, login, and profile management for secure access.
3. Create an interactive survey with a 1–5 emoji-based scale to determine stress levels.
4. Provide personalized content (videos, tips, games) according to the survey results.
5. Display emergency contact numbers for students requiring professional help.

Project Timeline

- **Phase I:** Project planning, requirement analysis, and UI/UX design – 3 weeks approx.
- **Phase II:** Frontend and backend development using Spring Boot, Mustache templates, and MySQL database integration.-3 weeks approx
- **Phase III:** Testing, refinement, demo video preparation, and final submission.-1-2 weeks.

Technical Requirements

Frontend

- HTML5 – structure of pages (landing, survey, resources)
- CSS3 – styling and layout
- Bootstrap / Tailwind – responsive design and UI components
- JavaScript – interactive survey, dynamic content display, and card navigation

Backend

- Java – core programming language
- Spring Boot – framework for MVC architecture (models, repositories, services, controllers, views)
- Mustache templates – for dynamic views
- Spring Security – for secure login and registration

Database

- MySQL – persistent storage for users, survey responses, resources, and emergency contacts

Integration

- APIs for videos, tips, or meditation exercises

Key Features

1. User Authentication & Profile Management

- Secure registration and login system
- User profiles to track survey responses

2. Interactive Survey

- Emoji-based survey (1–5 levels) to assess stress
- Calculates stress level: Low, Moderate, High
- “Next” button redirects users to personalized resources

3. Personalized Resources /embedded content with Dynamic Navigation

- Meditation videos, stress-relief games, and tips tailored to the stress level
- Dynamic tip cards with forward/back navigation, displaying one tip at a time

- Only resources relevant to the user's stress level are displayed
- Emergency contact numbers shown for professional help

4. Responsive UI/UX

- Minimalistic, modern interface with a nature-inspired color palette
- Works on desktop, tablet, and mobile devices
- Intuitive navigation: Landing Page → Survey Page → Resource Page

User Interaction Scenario

A student visits the MindEase landing page and registers for an account or logs in securely. After logging in, the student completes a short emoji-based survey that measures their current stress level on a scale from 1 to 5. Once the survey is submitted, the system evaluates the result and redirects the student to a personalized resource page. Based on the detected stress level, relevant tips, videos, and stress-relief activities are displayed. If professional help is concerned, emergency contact information for professional support is also shown.

UI/UX Design

The interface of MindEase follows a contemporary, minimalistic design using a nature-inspired color palette. The background uses soft beige or light cream tones, while green, brown, and muted earthy colors are applied to buttons, highlights, and interactive elements to evoke calmness and relaxation.It is also tailored for being visually appealing and give a sense of being in nature.

Navigation remains consistent across all pages, allowing users to move smoothly from the Landing Page to the Survey Page and then to the Resource Page. Resources, tips, and videos are displayed using card-based components to improve readability and ease of interaction. The interactive survey uses emoji-based buttons on a 1–5 scale to provide immediate visual feedback.

Dynamic tips navigation allows users to cycle through multiple tips using forward and backward arrows, showing one tip at a time. Smooth fade-in and fade-out animations enhance the user experience, and an optional progress indicator (e.g., "Tip 2 of 5") helps users track their progress. All interactive elements are optimized for both mouse and touch input, ensuring full responsiveness across devices. User-facing components are clearly separated from any future administrative interfaces to maintain a clean and focused user experience.

Overall, the design prioritizes clarity, comfort, and relaxation, creating a supportive environment for students managing stress and anxiety.

Limitations / Challenges

1. **Survey Accuracy:** Results depend on self-reported data and may not fully reflect a user's actual mental state.
2. **Content Variety:** Limited resources may restrict personalization options for each stress level.
3. **Security:** Secure handling of user credentials and survey data is critical.
4. **Scalability:** System performance may be affected if a large number of students access the platform simultaneously.

DISCLAIMER :MindEase is intended as an awareness and self-support platform and does not provide medical diagnosis or replace professional mental health services.