

## Mind Ease

Supporting Students with Mental Health Tips and Resources

ISTE.240.602-Spring Semester-2026

InitialReport

GitHub Link:

[https://github.com/MisbahFatma/ISTE240\\_Team2.git](https://github.com/MisbahFatma/ISTE240_Team2.git)

Misbah Fatma Begum	418008089
Yara alhammouri	768008964
Ali Jouni	769009393

## **Executive Summary :**

MindEase is a web-based application that helps students manage stress through self-awareness and guided self-care resources. Students can **create accounts** and log in, complete an emoji-based stress survey with each session, and view personalized resources, like games ,tips and exercises. They can also **read** available counsellors and **create, update, or delete** counselling session bookings. MindEase provides a calm, supportive environment and emergency contact information for professional mental health support.

## **Project Scope :**

The scope of MindEase includes the development of a secure web platform that allows students to evaluate and manage stress levels. Core functionalities include user registration and login, an interactive 1–5 emoji-based stress survey, personalized content delivery based on survey results, and the display of emergency mental health contact information. The application is designed as a support and awareness tool rather than a diagnostic or treatment system.

## **Project Timeline :**

- Phase I: Planning, requirement analysis, and UI/UX design (3 weeks)
- Phase II: Frontend and backend development with database integration (3 weeks)
- Phase III: Testing, refinement, demo preparation, and final submission (1–2 weeks)

## **Technical Requirements :**

### Frontend

- HTML5 for page structure
- CSS3 and Bootstrap/Tailwind for styling and responsive design
- JavaScript for interactive surveys, navigation, and dynamic content

### Backend

- Java with Spring Boot framework
- MVC architecture using controllers, services, repositories, and views
- Mustache templates for dynamic page rendering
- Spring Security for authentication and authorization

### Database & Integration

- MySQL for storing user data, survey responses, and resources
- APIs for integrating videos or meditation content

## **Key Features:**

1. Interactive Stress Survey
  - o Emoji-based 1–5 scale survey
  - o Determines stress level (Low, Moderate, High)
  - o Redirects users to relevant resources
2. Personalized Resources
  - o Stress-relief videos, tips, and simple games
  - o Dynamic card-based navigation with next/previous controls
  - o Content tailored to the user's stress level
  - o Emergency contact details displayed when required
3. Responsive UI/UX
  - o Minimalistic, nature-inspired design
  - o Consistent navigation from Landing → Survey → Resources → Booking
  - o Fully responsive across desktop and mobile devices

### **User Interaction Scenario:**

A student first **creates** an account and logs into MindEase. Each time they log in, they complete a new emoji-based stress survey, and the system **stores a record** of every submission for future reference. Based on the results, the student is shown personalized resources that they can **read** and optionally **save or remove**. The student can also **read** available counsellors, **create** a booking for a session, **update** it if they reschedule, and **delete** it if they cancel.

### **UI/UX Design :**

MindEase uses a clean, minimalistic, nature-inspired design to promote calmness and relaxation. Soft beige or cream backgrounds with muted green and earthy tones create a soothing visual experience. Navigation is consistent across the Landing, Survey, and Resource pages for smooth user flow. Content is presented using card-based layouts for clarity and ease of interaction. Emoji-based survey inputs and subtle animations enhance engagement while maintaining simplicity. The interface is fully responsive and optimized for both touch and mouse input.

### **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