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

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Executive Summary

MindEase is a web-based application designed to help students manage stress and anxiety through self-awareness and guided self-care resources. The platform enables users to assess their stress levels using an interactive emoji-based survey and provides personalized resources such as relaxation videos, stress-relief games, and practical mental health tips. By offering a calm, accessible, and supportive environment, MindEase promotes mental health awareness and encourages healthy coping strategies. The system also provides emergency contact information for students who may require professional 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**
    - Emoji-based 1–5 scale survey
    - Determines stress level (Low, Moderate, High)
    - Redirects users to relevant resources
2. **Personalized Resources**
    - Stress-relief videos, tips, and simple games
    - Dynamic card-based navigation with next/previous controls
    - Content tailored to the user's stress level
    - Emergency contact details displayed when required
3. **Responsive UI/UX**
    - Minimalistic, nature-inspired design
    - Consistent navigation from Landing → Survey → Resources
    - Fully responsive across desktop and mobile devices

User Interaction Scenario

A student visits the MindEase landing page and securely registers or logs into the system. The student completes a short emoji-based survey to indicate their current stress level. Once submitted, the system evaluates the response and redirects the student to a personalized resource page. Relevant tips, videos, and stress-relief activities are displayed based on the assessed stress level. If needed, emergency contact information for professional mental health support is also provided.

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.