



Student Assist Mental Health App

TURN A NEW LEAF IN LIFE

By Group 8
Simply Scrum

Table of contents

01

Problem
Statement

02

Design of
Solution

03

Prototype

04

Integration with
Other systems

05

Test Performed &
its Results

06

Exception
Handling

07

Future Scope

Problem Statement

Design and prototype a “student assist” app which optimizes the student experience. The application should guide the student user in day-to-day decision making to optimize their experience. It should “learn” the user’s objectives and measure the performance using KPIs. The app should also maximize utility for users in terms of usability, scalability, security & robustness, thereby improving student experience.

Wellness,
Gamified,
Better YOU.

Our Solution

Our app is a tailored solution to the pressing issue of student mental health. It empowers users through personalized goal management and engaging gamification, making the mental health journey not only effective but enjoyable. By facilitating seamless connections with school counselors, scheduling appointments, and fostering positive community interactions, the app creates a supportive ecosystem. With an intuitive user experience, it empowers students to proactively manage their well-being, addressing the complexities of student mental health in a succinct and user-friendly manner.

Intuitive Design

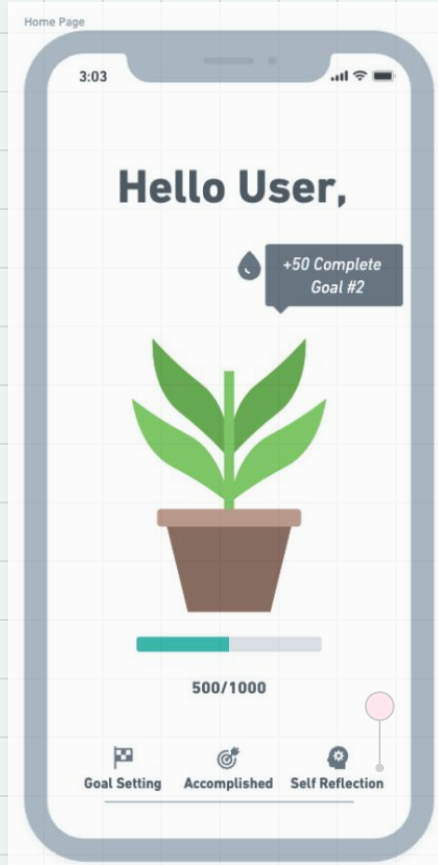
With an intuitive design and user experience crafted with care, the application ensures a seamless and enjoyable interaction, making it a valuable resource for users' mental health and overall well-being.

Community Building

Robust community-building features provide a platform for meaningful peer interactions, creating a positive and encouraging environment within the app.

Holistic Goal Management

Users can effortlessly set and track personal goals, fostering a sense of achievement and progress within their mental health journey.



Engaging Gamification:

Gamification elements are seamlessly integrated, transforming the app into a dynamic companion, providing not just utility but an engaging experience for users.

Access to Counselors:

The app facilitates easy connections with school counselors, enabling users to schedule appointments and access a rich repository of mental health resources for comprehensive support.

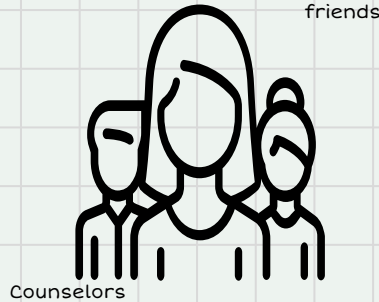
What value do the users get from our solution?



GROWTH- HEIGHT

Personal Growth and Achievement

The app empowers users to set and track personal goals, fostering a sense of achievement and progress in their mental health journey.



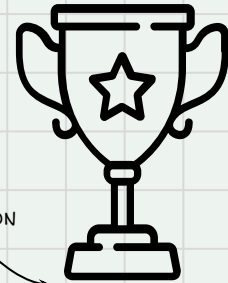
friends

Counselors

Comprehensive Support System

Users can easily connect with school counselors, schedule appointments, and access a wealth of mental health resources within the app for holistic support.

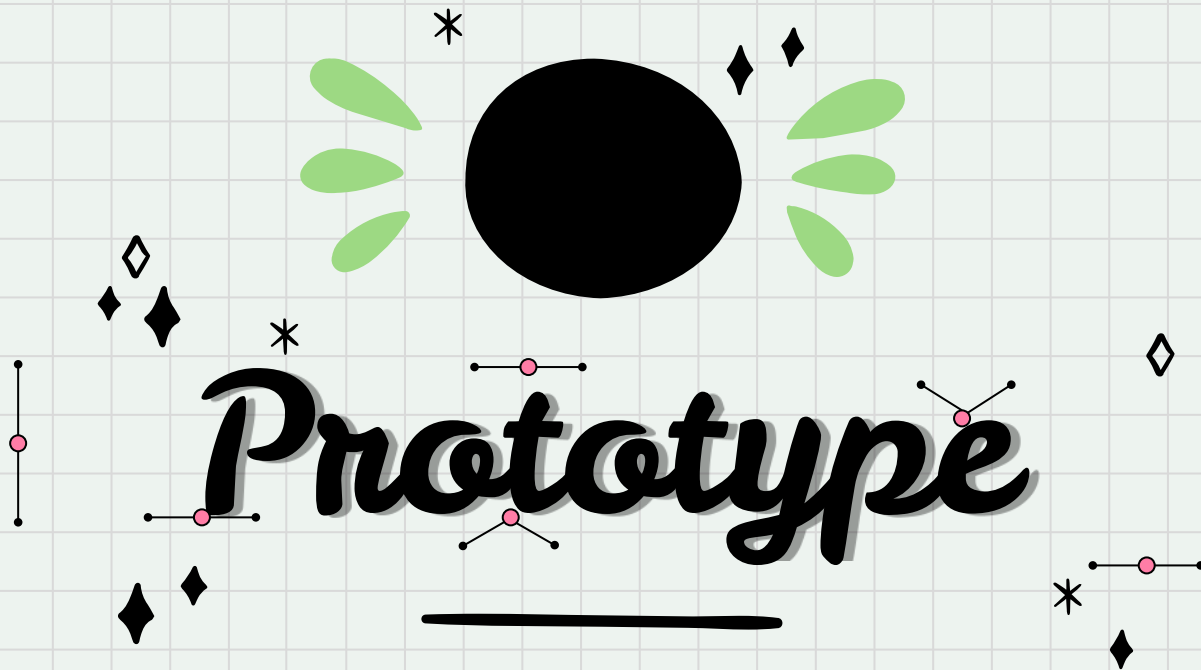
GAMIFICATION



WIN PRIZES

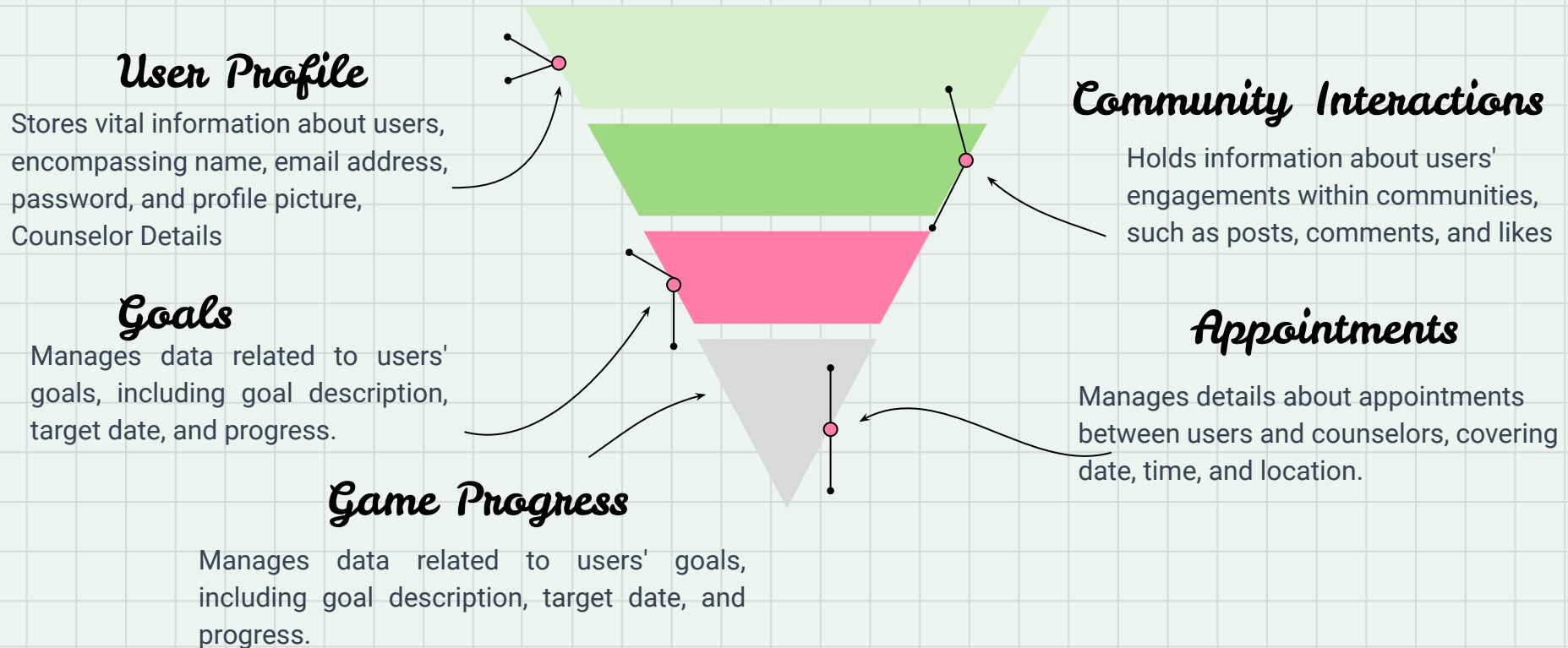
Engaging Experience:

Incorporating gamification elements, the app transforms into more than just a tool, providing an engaging and dynamic companion for users.



<https://whimsical.com/new-leaf-PrYE1m2YNUSHS9Zuc96JUV>

Data Model



Data Flow



Data Storage

The application stores user activity data in a secure database

Counselor Interactions

Interaction with counselors involves exchanging information about appointments, session notes, and advice.

01

User Engagement

Users interact with the application through goal setting, community interactions, appointments, and mental health games.

02

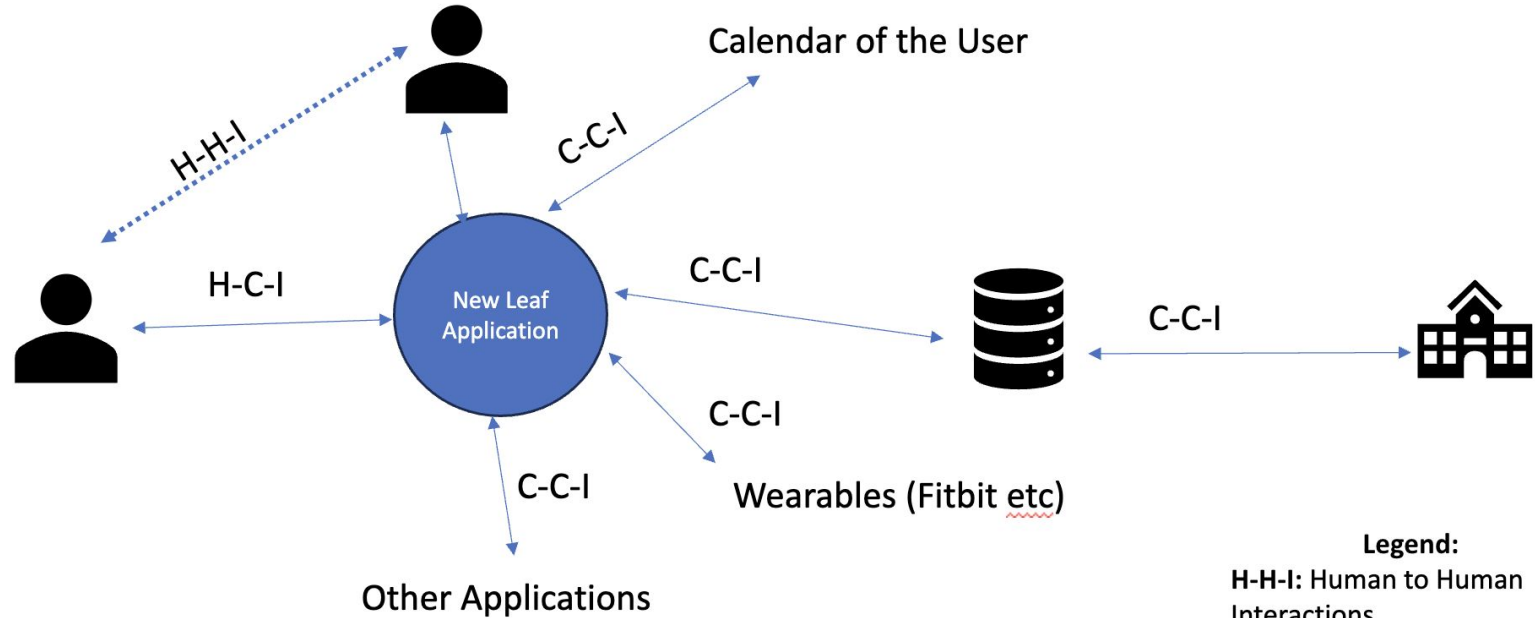
Real Times Updates

Users receive real-time updates on their profile, goal progress, and community interactions

03

04

Different HCI, CCI Interactions



Legend:

- H-H-I:** Human to Human Interactions
- C-C-I:** Computer to Computer Interactions
- H-C-I:** Human to Computer Interactions



Integration



School Calendar Integration

Synchronizes with the school calendar to schedule goal-oriented time slots.



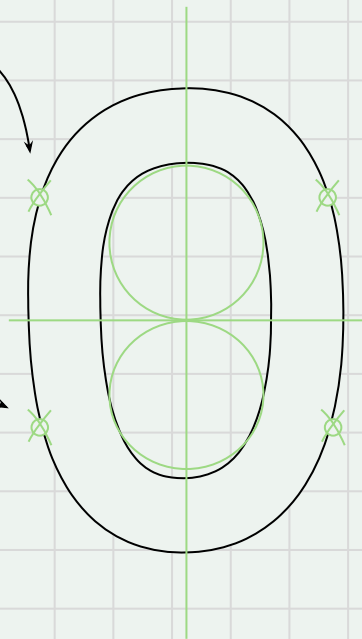
Wearable Tech Integration

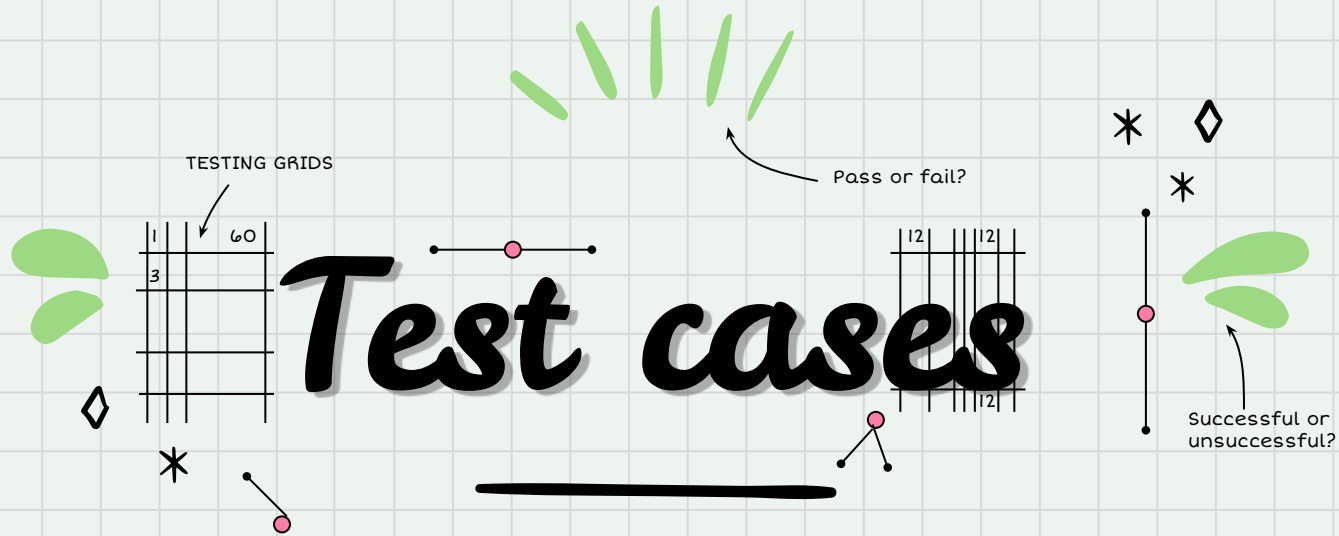
Connects with wearable tech to track users' activity levels



Mental Health Resources Integration

Collaborates with mental health resources to provide additional support.





Tests performed and it's test results

Test Case	Steps	Result
User Registration	Navigate to registration page, fill valid info, click "Register"	Successful registration without errors
User Login	Navigate to login page, enter valid credentials, click "Login"	Successful login with user's name/profile displayed
Home Screen	Navigation to various pages, display gamified plant, icon verification	All navigation successful, gamified plant displayed; icons verified
Getting Started Page	Navigate, update user preferences, move to next question	Successful navigation, preferences updated, moved to next question
Goal Setting	Access, view goals, select 3 goals, set goals, edit goals	Successful access, viewing, selection, setting, and editing of goals

Community Landing Page	Access, create new communities	Successful access and creation of communities
Community Page	Joining, sending messages, leaving, notifications, moderation	Successful actions in chat groups with notifications and moderation
Booking an Appointment	Schedule, validation, session notes, cancellation, rescheduling, history, notes editing	Successful scheduling, validation, session notes, cancellation, rescheduling, history access, and notes editing
Goal Accomplishment	Notification, time tracking, rescheduling, count, reminders	Successful notifications, time tracking, rescheduling, count, and reminders
Self-reflection	Mood inquiry, positive effect inquiry, task modification, daily inquiry	Successful mood inquiry, positive effect inquiry, task modification, and daily inquiry

A high-angle, top-down photograph of a diverse group of people sitting in a circle on a light-colored wooden floor. They are all holding hands, creating a unified circle. The group includes a woman with short blonde hair, a man with dark skin and short black hair, a woman with long curly brown hair, and a woman with long red hair. The lighting is warm and natural, creating a sense of intimacy and community. The text "Unity in Mental Wellness" is overlaid in the center in a white, cursive font.

Unity in Mental Wellness

Exception Handling



Real-time Monitoring and Logging

CONTINUOUS MONITORING, REAL-TIME ALERTS, COMPREHENSIVE LOGGING



User Input and Anomaly Detection

INPUT VALIDATION, ANOMALY DETECTION ALGORITHMS, ABNORMAL BEHAVIOR IDENTIFICATION



Definite Procedures for Issue Resolution

DOCUMENTED RESOLUTION PROCESS, CLEAR RESPONSIBILITIES, ESCALATION PATHS, REGULAR REVIEW AND UPDATES



Interaction and Documentation

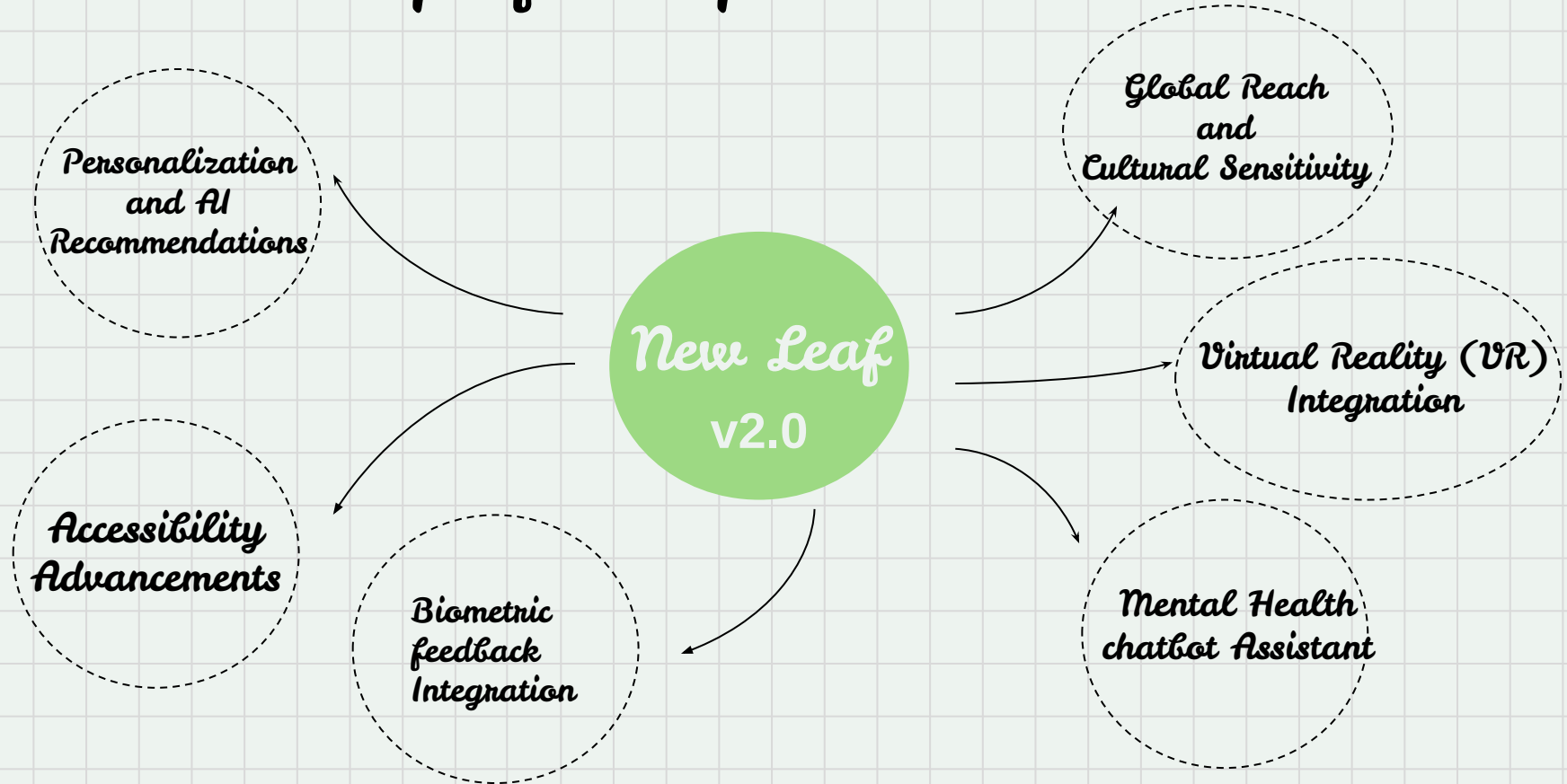
EFFECTIVE COMMUNICATION CHANNELS, CLEAR DOCUMENTATION, USER-FRIENDLY ISSUE REPORTING, KNOWN ISSUE DOCUMENTATION



Post-Incident Analysis and Continuous Improvement

POST-INCIDENT ANALYSIS, ROOT CAUSE IDENTIFICATION, CORRECTIVE ACTIONS, CONTINUOUS IMPROVEMENT

Future Scope for Improvement



Our Team - Group 8 (Simply Scrum)



NUPUR GUDIGAR

A20549865



RAHUL MANSHARAMANI

A20553261



VEDANT CHAUBEY

A20553928



S.GANAPATHI SUBRAMANIAM

A20536260



KULDEEP PATEL

A20540269

Resources

Here are our product documentation for you to read to have a better understanding of our solution to students. We encourage your feedback to help us make the product better.

Detailed Documentations

- [Project Final Report](#)
- [Analysis & Testing Plan](#)
- [Design Models, Risk Assessment and Exception Handling](#)
- [Initial rough product wireframe draft](#)

Research Inspirations

- **Headspace:**
 - [Headspace](#)
 - While not specifically for students, Headspace offers meditation and mindfulness resources that inspire mental health features in our app.
- **Research paper Title:** "Effectiveness of Mental Health Apps for Clinical Use and the Role of the Digital Therapeutic Alliance: The Top 10 Review."
 - **Authors:** John Torous, et al.
 - **Source:** [NPJ Digital Medicine, 2018](#)
- **Research paper Title:** "Digital Interventions for Mental Health in Children and Adolescents: A Systematic Review."
 - **Authors:** Maria Garrido, et al.
 - **Source:** [Journal of Medical Internet Research, 2019](#)



Do you have any questions?