



Tribhuvan University

Faculty of Humanities and Social Sciences

A PROJECT REPORT

ON

“Mental Health Support System”

Submitted to:

Department of Computer Application

Lumbini ICT College

Gaundakot, Nawalpur, Nepal

In partial fulfillment of the requirements for the Bachelors in Computer Application

Application Submitted by:

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TU Reg no: 6-2-1194-93-2021

Under the Supervision of

Department of Computer Application

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Tribhuvan University

Faculty of Humanities and Social Sciences

Lumbini ICT Campus

Supervisor's Recommendation

I hereby recommend that this project prepared under my supervision by Miss. Nishma Lamichhane entitled “**Mental Health Support System**” in partial fulfillment of the requirements for the degree of Bachelor of Computer Application is recommended for the final evaluation.

.....

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LETTER OF APPROVAL

This is to certify that this project prepared by **Nishma Lamichhane** entitled “**Mental Health Support System**” in partial fulfillment of the requirements for the degree of Bachelor in Computer Application has been evaluated. In our opinion it is satisfactory in the scope and quality as a project for the required degree.

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Abstract

Mental health Support System is a comprehensive platform designed to prioritize mental well-being by connecting users with professional therapists and offering mindfulness activities. The system, built on Laravel, focuses on two major user roles: Admin and User, each with different functionalities. The Admin role includes managing therapist profile, mindfulness activity videos, and managing therapist bookings, including approving or declining appointments. Admin can also upload content, monitor user activities, and maintain the system's overall functionality to ensure a seamless experience for users. For Users, the platform offers features such as browsing therapist profiles, booking and canceling therapy appointments, and accessing mindfulness activities to support their mental health journey. The system does not require users to log in for basic functionalities like viewing therapist details, viewing mindfulness videos, but need to log in for booking appointments, tracking user progress. The system incorporates User Progress Tracking to help users monitor their mental well-being, empowering them with insights into their growth. Additionally, it supports video-based mindfulness activities, promoting relaxation and self-care. The platform is secure, responsive, and user-friendly, ensuring that the process is more transparent and reliable, with a modern design that reflects the importance of mental health. This Mental Health Support System aims to bridge the gap between mental health services and those in need, creating hope, peace, and well-being.

Acknowledgement

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Chapter-1: Introduction

1.1 Introduction

The project “**Mental Health Support System**” is a comprehensive web-based platform developed using Laravel and designed in Visual Studio Code Editor. This system is designed to address the growing need for accessible mental health services by providing a platform that bridges the gap between individuals seeking mental health support and professional therapists. The main aim of this project is to create a robust digital solution that facilitates seamless access to mental health support services. This system enables users to explore therapist profiles, book therapy appointments, and engage in mindfulness activities. Admins have the ability to manage therapist profiles, monitor bookings, and upload mindfulness videos, ensuring an organized and efficient workflow. The platform features a catalog of therapists, appointment details, mindfulness resources, and other essential entities, with provisions for updating therapist information as needed. Users can view therapist availability and make bookings, while admins can approve or decline appointments. Authorization and authentication are implemented through a secure login and registration system, offering safe and personalized access for both users and admins.

Key Features:

- User Interface
- Mindfulness Resources
- Therapist Appointment
- User Progress Tracker

1.2 Statement of Problem

As mental health awareness increases in the 21st century, many individuals are seeking online platforms for mental health support. However, existing mental health support systems face several significant drawbacks that hinder their effectiveness:

- Many traditional mental health platforms lack user-friendly interfaces, making it difficult for users to navigate and find the information they need. Research by [1] indicates that accessibility issues can discourage individuals from seeking necessary support. [1]

- Current systems often provide insufficient details about therapists, such as their qualifications, areas of expertise. According to a study by users are less likely to engage with mental health services if they do not have comprehensive information about available professionals. [2]
- Many existing platforms do not offer streamlined processes for scheduling appointments, leading to frustration and delays. A report by highlights that cumbersome booking systems can result in missed appointments and reduced user engagement. [3]
- While mindfulness activities are essential for mental well-being, many platforms do not integrate these resources effectively, limiting users' ability to practice self-care. Research by emphasizes the importance of incorporating mindfulness into mental health support systems to enhance overall therapeutic outcomes.[4]

1.3 Objectives

As I am developing a system, my main aim for this is to make my system user-friendly, flexible and easier to run even by non-expert users. There are various objectives for mindfulness and mental health support management system. Some of them are listed down below:

- To enhance user accessibility.
- To provide comprehensive therapist information.
- To streamline appointment booking.

1.4 Scope and Limitation

Scope:

- **User Access:** Provides easy registration and login for users to access mental health support services.
- **Therapist Profiles:** Allows users to browse and view detailed profiles of therapists, including qualification, experience according to their specialist fields.
- **Appointment Scheduling:** Enables users to book, reschedule, and cancel therapy appointments online.
- **Mailing System:** Allows users to receive mail about their appointment status.

- **Mindfulness Resources:** Offers a section for users to explore various mindfulness activities and self-care practices.
- **Admin Management:** Empowers administrators to manage therapist profiles and monitor their availability.

Limitation:

- Internet connection required.
- Feature Constraints.
- Web browser required.
- User must know English language.

1.5 Report Organization

In this project, I have developed a “Mental Health Support System.” It is a dynamic System. It can be maintained and changed easily because it is based on the database. It contains web pages that are generated in real-time. These pages include web scripting code, such as PHP. It is fully secured from unauthorized access.

- **Chapter 1:** The introduction put emphasis on the overview, Problem Statement, Objectives, Scope, and limitations of the project.
- **Chapter 2:** Requirement and Feasibility Analysis is the important section such as Requirement Analysis and Feasibility study. Requirement Analysis explains the Functional and Non-Functional Requirements of the project, and Feasibility Study explains why/how the project was practically implemented.
- **Chapter 3:** System Design gives the design of the system developed so that it can be used during the project implementation.
- **Chapter 4:** Implementation provides an indication of how the system is implemented, and what tools/platform has been used. Testing clarifies the system workflow.
- **Chapter 5:** Conclusion marks on the end of the document by submitting the entire project and also opening the door further for research in improving the developed system. The lesson learned is also included in this chapter.

Chapter-2: Background Study and Literature Review

2.1 Background Study

When designing system, it's important to rely on strong research. I reviewed several websites and research articles to understand about mental health support system.

A research reviewed in Invalid source specified. [6]highlights that mindfulness practices help students manage their stress, improve self-care, and mental well-being. A study published in Invalid source specified. [8] revealed that engaging in mindfulness practices is linked to reduced depression and anxiety levels, along with improved social functioning. Another study published by Invalid source specified. explores how mindfulness practices contribute to long-term mental health improvements. The research highlights that regularly practicing mindfulness not only eases stress and anxiety right away but also leads to lasting mental health benefits. This long-term view is important for building a support system that offers both immediate relief and ongoing mental well-being.

After analyzing and reviewing the relevant articles, I have compiled extensive information and guidelines to enhance the user-centricity and user-friendliness of my system. This research has significantly contributed to the development of my system, ensuring it effectively meets user needs and improves overall efficiency.

2.2 Literature Review

The concept of online mental health support systems has gained significant traction in recent years, driven by the growing demand for accessible and convenient mental health services. Numerous studies highlight the effectiveness of digital platforms in facilitating therapy and counseling, enabling users to connect with qualified professionals from the comfort of their homes [10]. These systems often incorporate features such as therapist profiles, appointment scheduling, and resource libraries for mindfulness activities, which enhance user engagement and promote mental well-being [11]. Moreover, research indicates that online platforms can reduce the stigma associated with seeking mental health support, as individuals feel more comfortable accessing services discreetly [12]. However, existing systems often face challenges such as limited therapist information and user engagement, indicating a need for more comprehensive solutions [13]. This highlights the importance of developing a robust Mental Health Support System that addresses these gaps and provides a user-friendly interface for individuals seeking mental health resources.

Chapter-3: System Analysis and Design

3.1 System Analysis

The Mental Health Support System (MHSS) project was initiated using the Incremental Model, a software development methodology that focuses on building the system in small, manageable parts. This approach allows for the incremental addition of features and functionalities, facilitating a more flexible and responsive development process. By breaking down the project into increments, I can focus on developing and refining one component at a time, ensuring a thorough understanding and quality assurance at each stage.

The Incremental Model proved to be an appropriate choice for this project due to its adaptability and the ability to accommodate changes in requirements. This model supports continuous user feedback, enabling me to make necessary adjustments early in the development cycle, which is crucial in the context of mental health services where user needs can evolve. Every increment is subjected to extensive testing before the next one proceeds, and that helps in identifying potential issues well in advance, hence leading to a more reliable and user-friendly system. By implementing the Incremental Model, I hope to deliver robust Mental Health Support System that meets the needs of users seeking mental health resources and support efficiently and effectively.

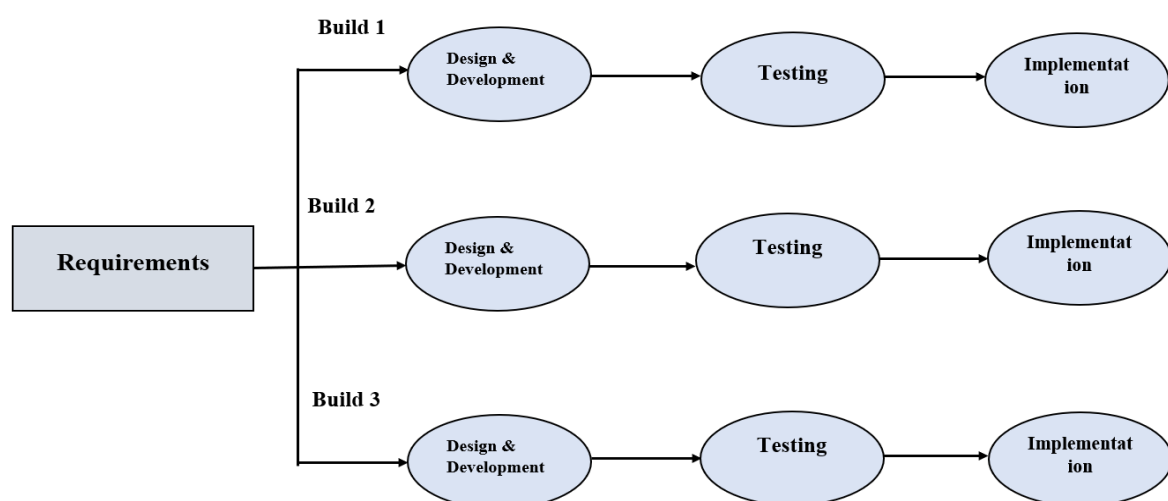


Figure 1: Incremental Model

3.1.1 Requirement Analysis

Requirement analysis is a crucial phase in software development that involves identifying, documenting, and analyzing the functional and non-functional needs of a system. For the Mental Health Support System, this phase focuses on understanding user expectations, such as features for booking appointments, viewing therapist profiles, and accessing mindfulness resources, while ensuring security, reliability, and scalability. This process helps define the system's scope and ensures that the final product aligns with the objectives and user needs effectively.

i. Functional Requirements

There are two main users for operating this system:

- Users
- Admin

Admin Functionality

- Login
- Manage therapist specialization
- Manage Therapist Details
- Manage Mindfulness Activities
- Manage User appointment status
- Send notification to users
- View appointment history
- View the list of login user
- Logout

User Functionality

- Register/Login
- Browse therapist and mindfulness activities
- Play Mindfulness videos
- Book appointment with therapist

- Reschedule and cancel appointments
- Receive Notifications
- Record own progress
- View appointment history
- Logout

ii. **Non-Functional Requirements**

The non-functional requirements of this website are as follows:

- **Responsiveness**

Website must be responsive and should look accordingly to the device and screen ratio.

- **Performance**

Website should be as fast as possible and shouldn't take too much time in loading with good internet connection by which the website quality will increase.

- **Maintainability**

Website should be easy to extend in-order to add backend systems and other features to use. The code should be written in a way it favors implementation of new features.

- **UI/UX**

Website should look beautiful and must have great UX.

3.1.2 Feasibility Study

A feasibility study is a detailed examination to see if a project or idea is practical and worth pursuing.

i. **Operational feasibility**

The system is designed using straight-forward technologies, ensuring that it can be managed with easily accessible manpower. The project aim is to make it simple for customers to operate, allowing them to use it effortlessly. This system is user-

friendly and will not require any specialized technical expertise, which make my project operationally feasible.

ii. Technical feasibility

A large part of determining resources has to do with accessing technical feasibility. In my project, I have use common web-development tools like HTML, CSS, and styling frameworks like JavaScript and Laravel. These tools are great for building the platform,

and will ensure that the system is efficient, simple to use, and accessible to many people. Therefore, the project is technically feasible.

iii. Economic feasibility

Economic feasibility will focus on the costs involved in implementing the software. Since I have used PHP and MySQL for developing my project, which are both commonly available and free, it won't need extra software or hardware. Most people are already familiar with PHP and MySQL, so even if I need to train someone, the cost will be minimal. The only ongoing cost will be for the internet connection. Therefore, the project is economically feasible.

iv. Schedule feasibility

This project is expected to be completed within the 12 weeks. I have developed a detailed plan that covers every important step, from the start to the final launch. With the available resources, this plan makes sure to finish on schedule by including the time needed for each part.

Table 1:Schedule Table

Task	Start Date	End Date	Duration
Requirement Analysis (Increment 1)	14-Aug	19-Aug	6
Design (Increment 1)	20-Aug	26-Aug	7
Development (Increment 1)	27-Aug	8-Sep	12
Testing (Increment 1)	9-Sep	14-Sep	5
Implementation (Increment 1)	15-Sep	16-Sep	2
Requirement Analysis (Increment 2)	17-Sep	22-Sep	6
Design (Increment 2)	23-Sep	29-Sep	7

Development (Increment 2)	30-Sep	12-Oct	12
Testing (Increment 2)	10-Oct	18-Oct	5
Implementation (Increment 2)	19-Oct	21-Oct	2
Requirement Analysis (Increment 3)	21-Oct	26-Oct	6
Design (Increment 3)	27-Oct	2-Nov	7
Development (Increment 3)	3-Nov	6-Nov	4
Documentation	14-Aug	8-Nov	81

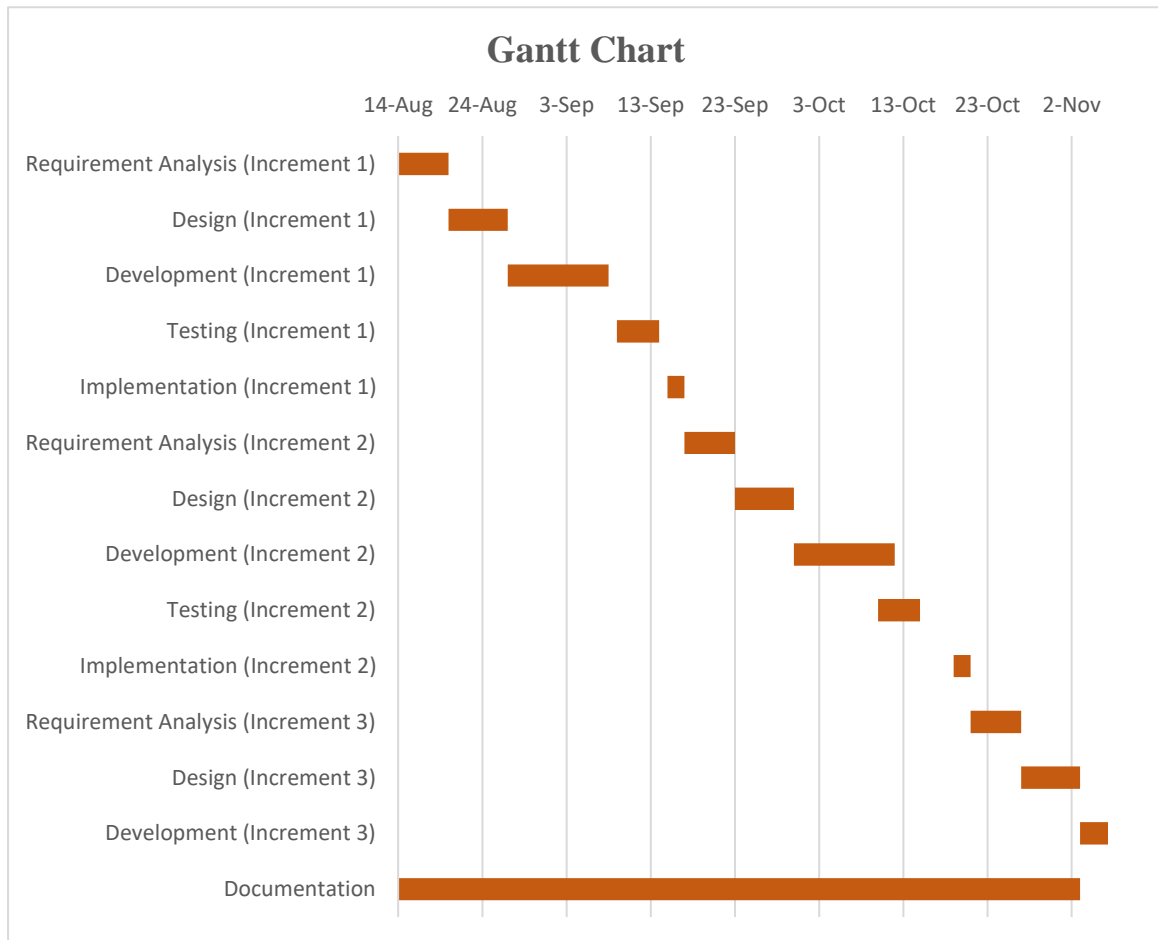


Figure 2:Gantt Chart

3.2 System Design

Software Design is the blueprint of building system. It shows the overall structure of the system, the collection of components in it, how they interact with one another while hiding the implementation.

3.2.1 Data Modeling (ER Diagram)

Data modeling using Entity-Relationship (ER) diagrams visually represents data structures and relationships within a system. ER diagrams consist of entities (objects or concepts), attributes (properties of entities), and relationships (connections between entities). This technique helps define data requirements and serves as a blueprint for database design, facilitating communication among stakeholders and aiding in the creation of a relational database schema.

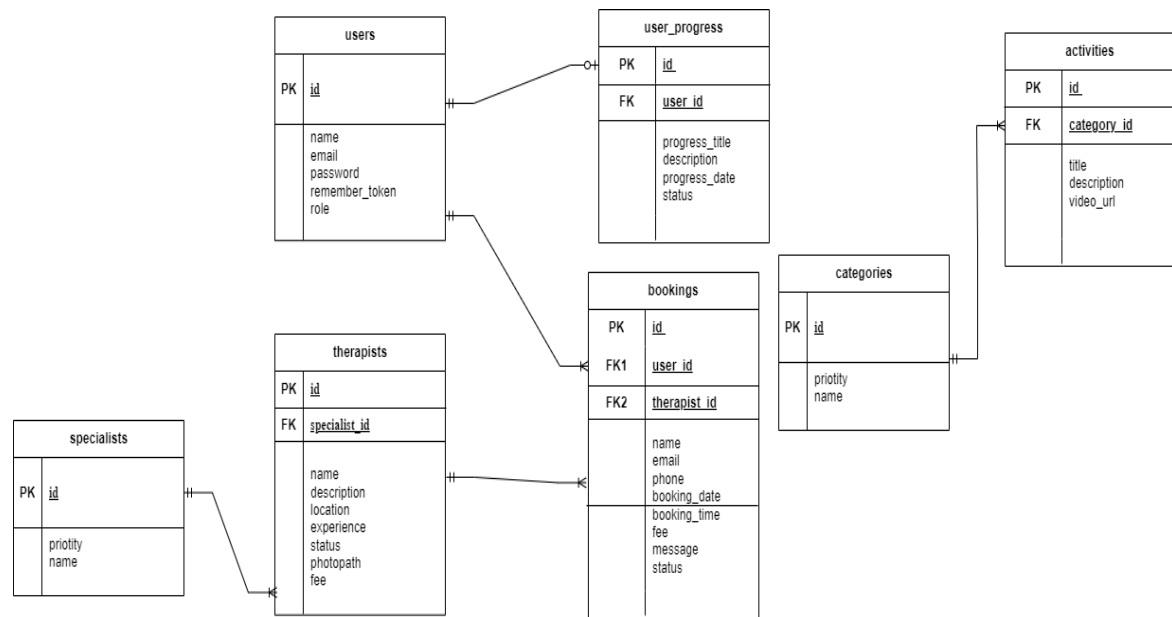


Figure 3:Entity Relationship Diagram

3.2.2 Process Modeling (Data Flow Diagram)

Process modeling using Data Flow Diagrams (DFDs) is a technique used to visually represent the flow of data within a system. DFDs illustrate how data moves between processes, data stores, and external entities, providing a clear view of how inputs are transformed into outputs. They consist of various components, including processes (which represent transformations of data), data flows (which indicate the movement of data), data stores (which hold data), and external entities (which interact with the system). DFDs are valuable for analyzing system requirements, understanding workflows, and communicating with stakeholders, making them essential tools in system design and analysis.

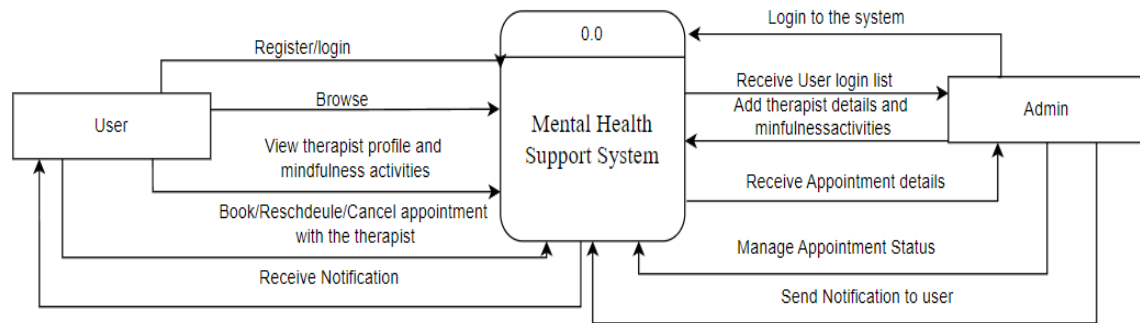


Figure 4: Context Diagram of Mental Health Support System

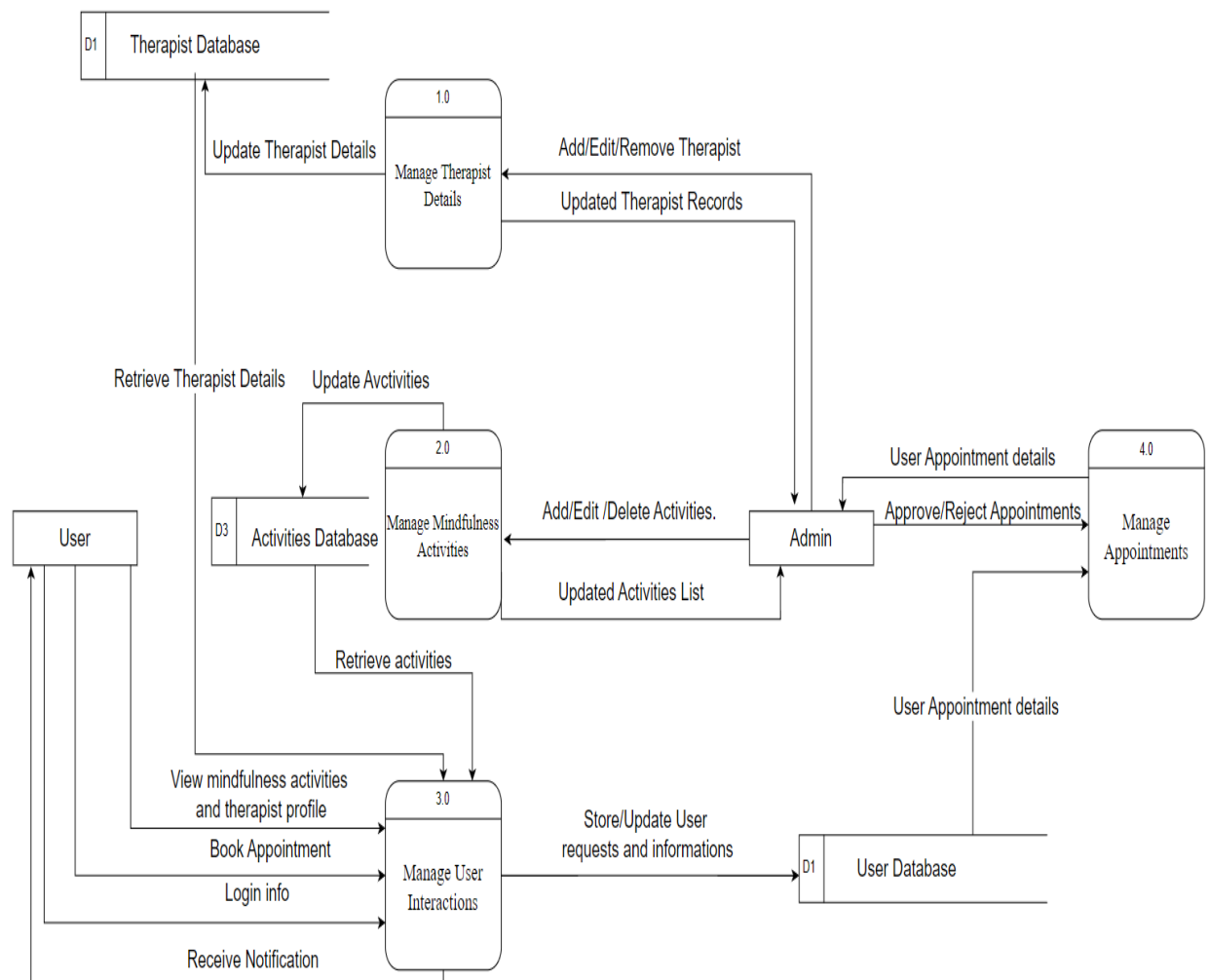


Figure 5: Level 1 DFD for Mental Health Support System

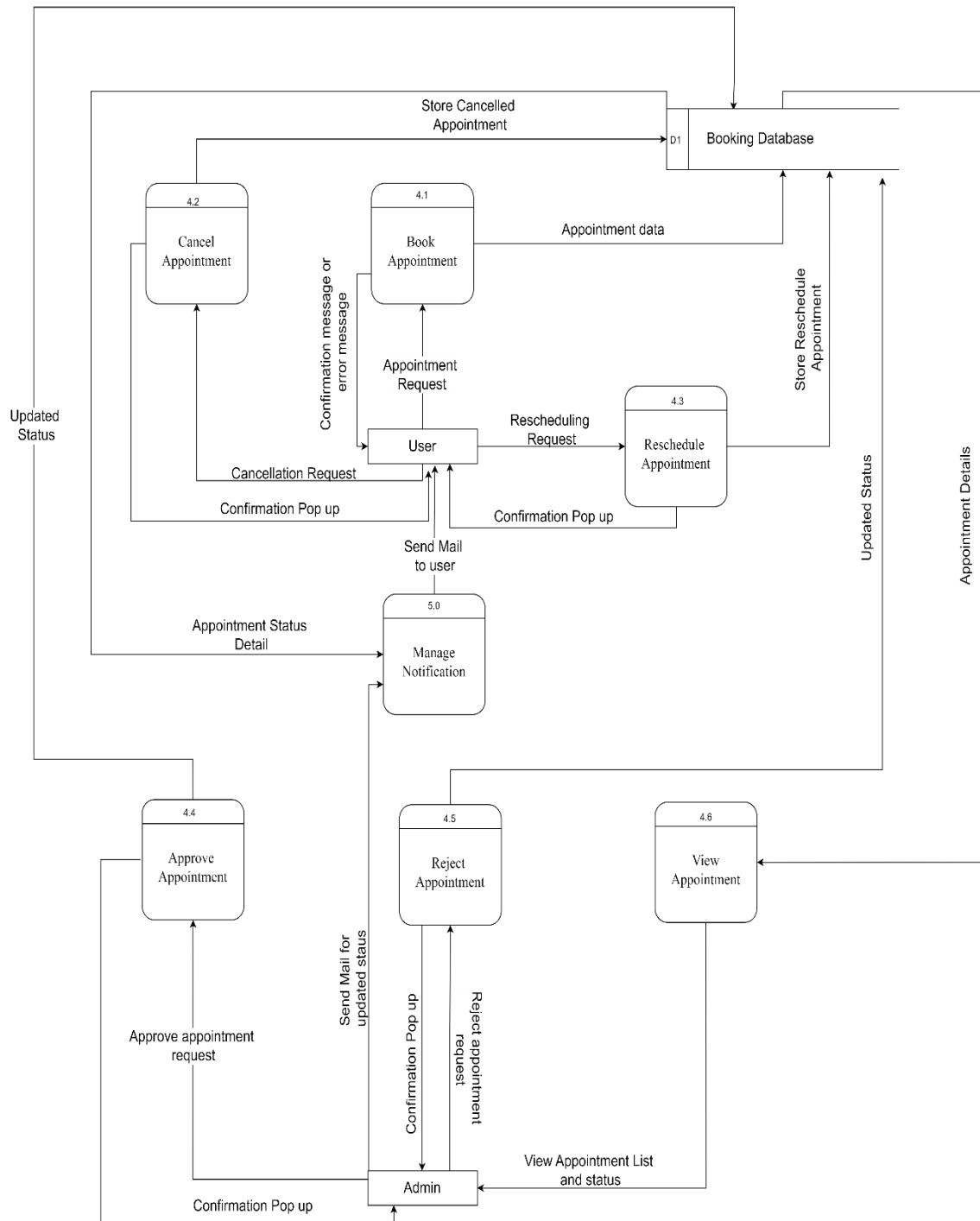


Figure 6:Level 2 DFD of Mental Health Support System

3.2.3 Use Case Diagram

A use case diagram is a visual representation of the interactions between users (actors) and a system, illustrating how users will interact with the system to achieve specific goals. In my project there will be two actors: User and Admin who performed the various function.

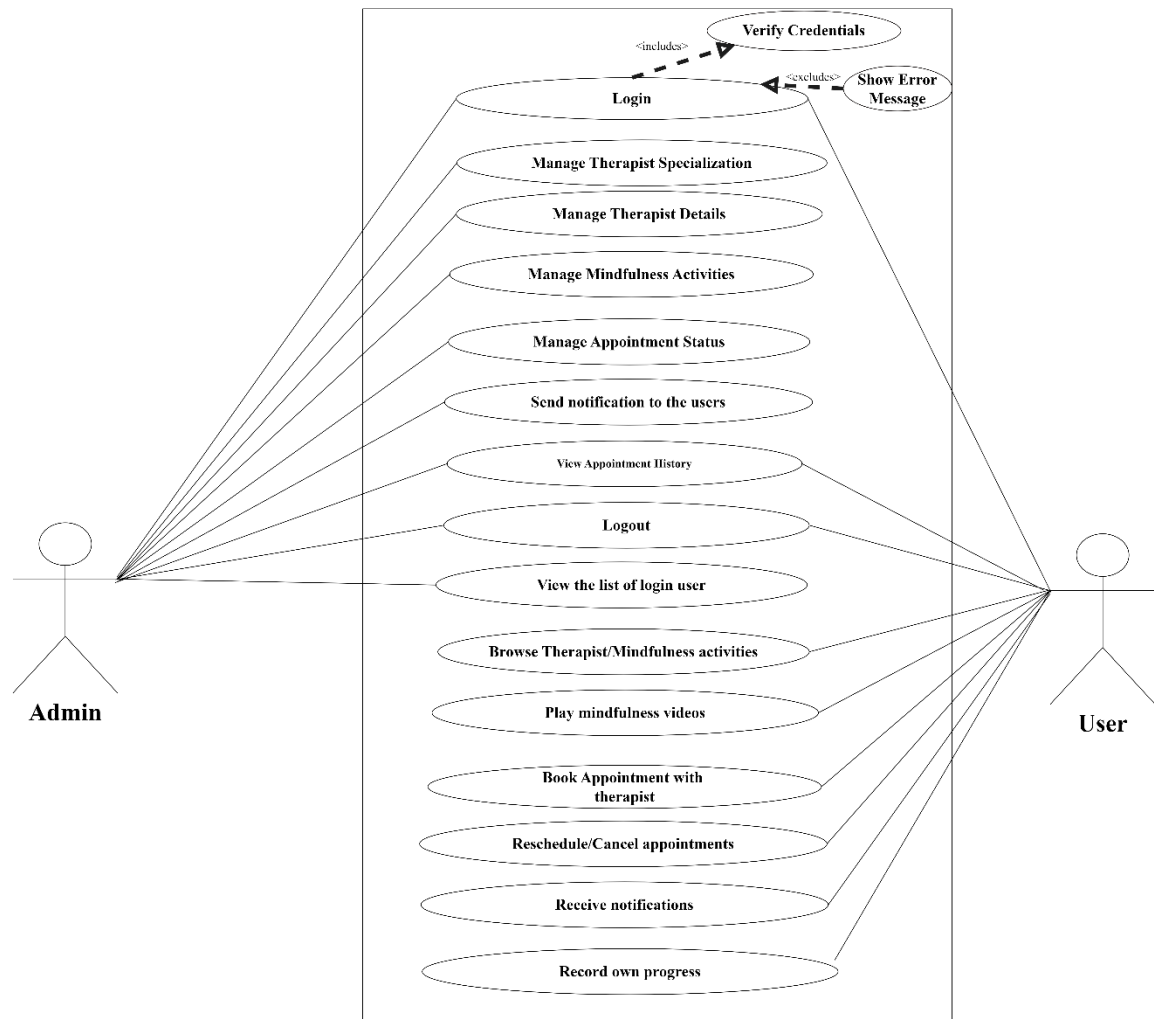


Figure 7: Use Case Diagram of Mental Health Support System

3.2.4 Database Schema

A database schema is the structure that defines how data is organized, stored, and managed within a database. It outlines the tables, fields, data types, relationships, and constraints that dictate how data interacts within the database system. A well-designed schema ensures data integrity, optimizes storage efficiency, and facilitates effective data retrieval and manipulation. It serves as a blueprint for database design and is essential for developers and database administrators when creating and maintaining a database.

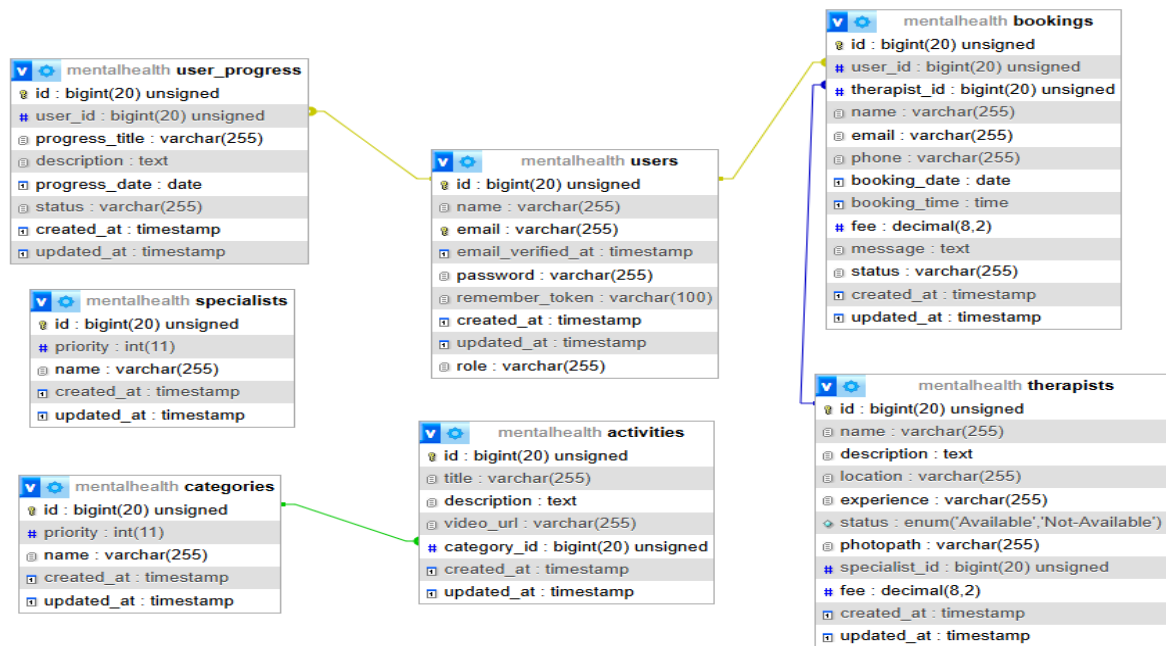


Figure 8:Database Schema

3.2.5 Interface Design

Interface design refers to the process of creating user interfaces for software applications, focusing on how users interact with the system. It involves designing the layout, visual elements, and navigation to ensure a user-friendly experience. The goal is to make the interface intuitive, efficient, and visually appealing, allowing users to easily accomplish their tasks while enhancing overall satisfaction. Good interface design considers usability, accessibility, and aesthetics to create a seamless interaction between the user and the application.

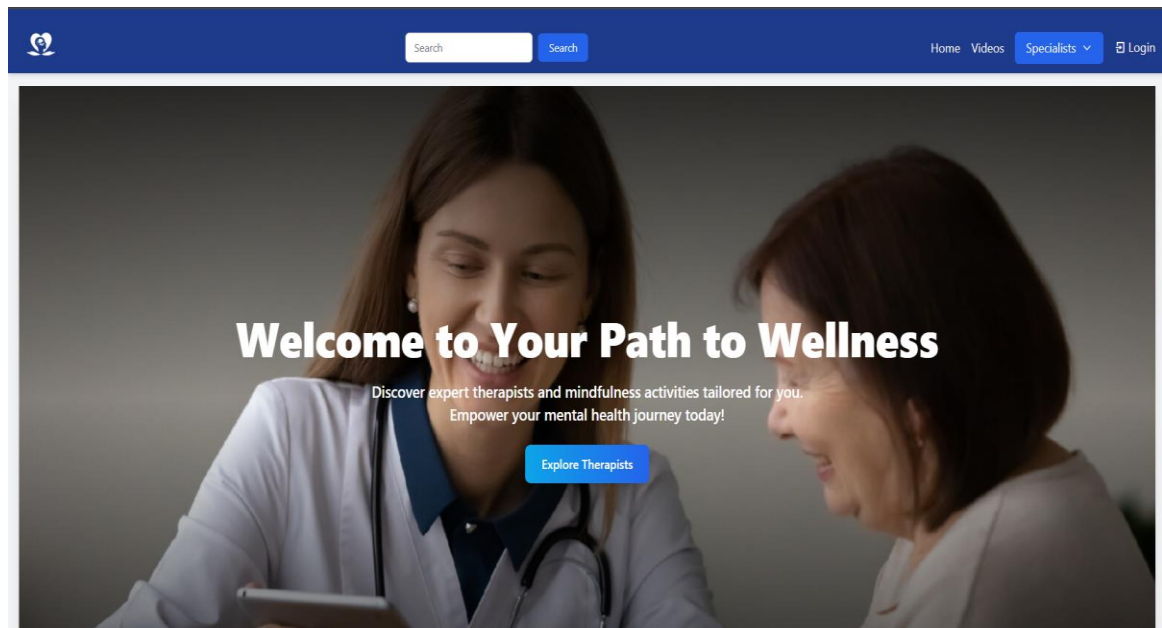


Figure 9:Home Page

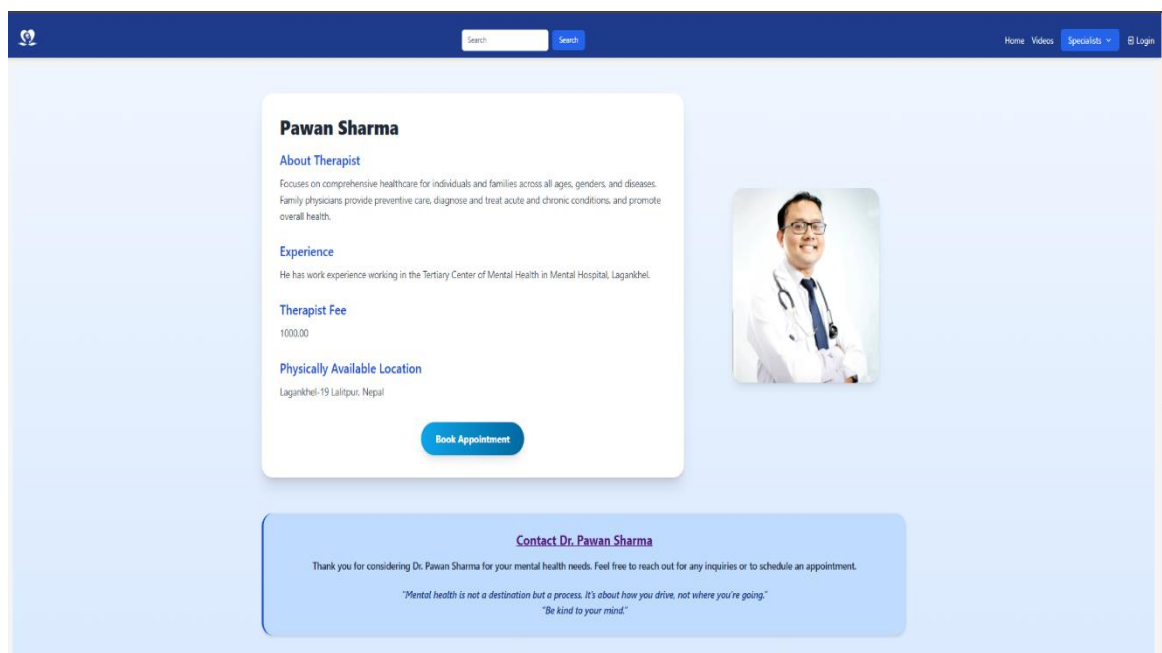


Figure 10:viewtherapist Page

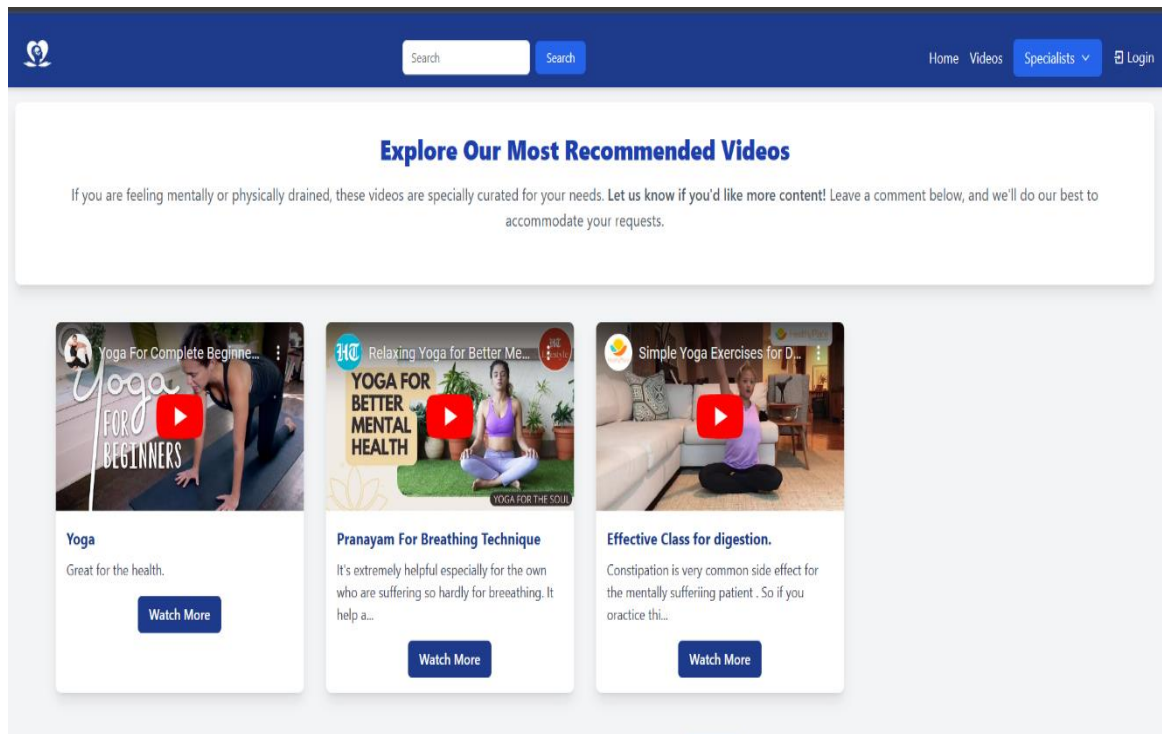


Figure 11:Videos Page

Figure 12:Booking Form Page

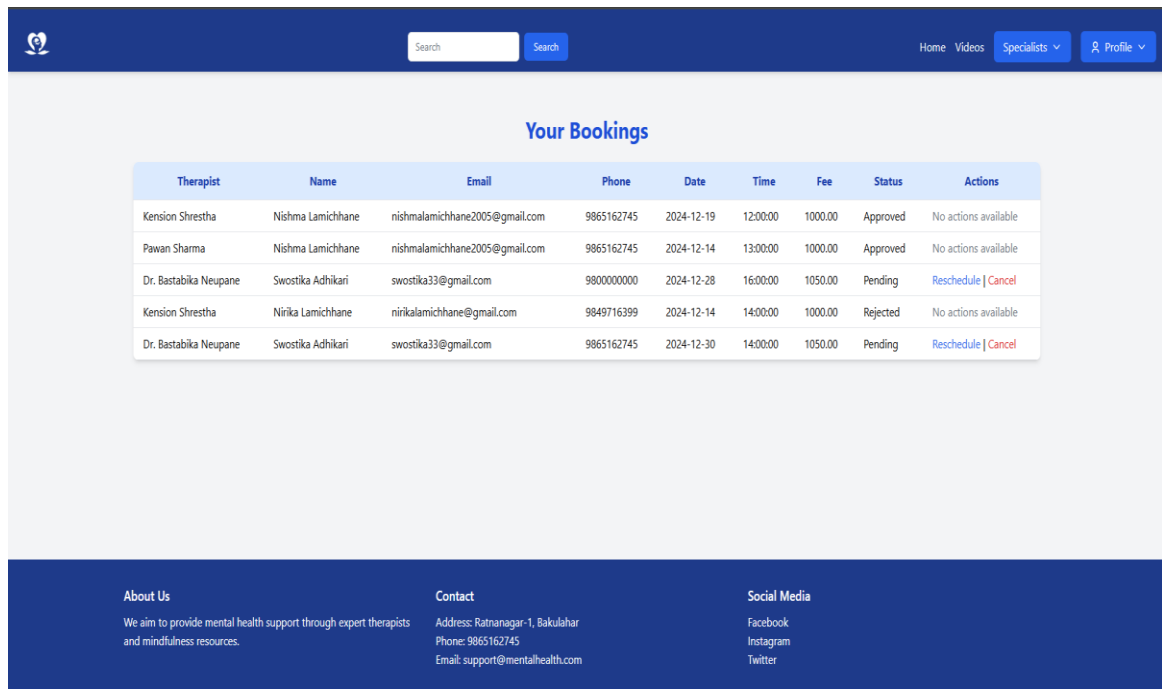


Figure 13: Myappointment History Page

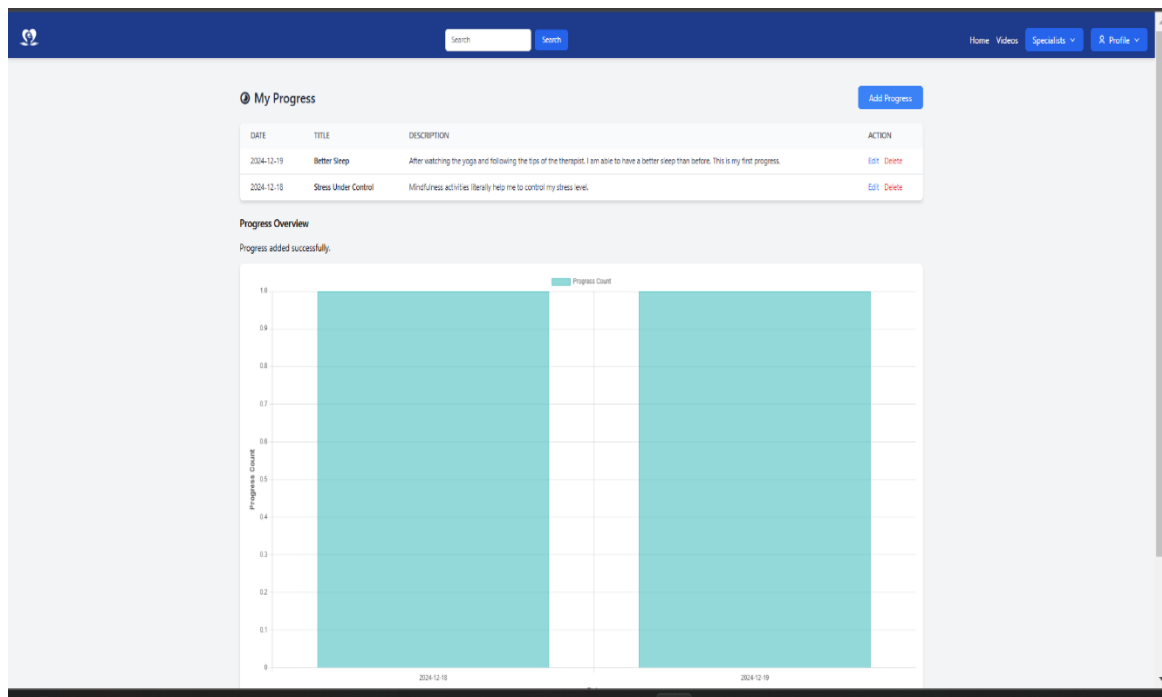


Figure 13: User Progress Tracker Page

Chapter-4: Implementation and Testing

4.1 Implementation

Implementation involves turning the design concepts into functional code using programming languages. For developing the system, I use HTML, CSS, JavaScript and PHP for frontend and Laravel for backend development. The XAMPP server handle the MySQL database management.

4.1.2 Tools Used

Frontend Tools

i. Html

HTML is the standard markup language used to create the structure and content of web pages. It provides a set of elements (tags) that define the different parts of a webpage, such as headings, paragraphs, images, links, forms, and more. HTML is the backbone of any web page and is responsible for defining the structure of the content.

ii. CSS

CSS is a style sheet language used to control the presentation and layout of HTML documents. It enables web developers to define the colors, fonts, spacing, and overall appearance of a webpage. By separating the content (HTML) from the presentation (CSS), developers can create visually appealing and consistent designs across multiple pages.

iii. JavaScript

JavaScript is a high-level, interpreted programming language that allows developers to add interactivity and dynamic elements to web pages. With JavaScript, you can perform actions such as form validation, image sliders, interactive maps, and more. It plays a crucial role in enhancing user experience and making websites more interactive.

iv. Chart.js

Chart.js is a popular JavaScript library that simplifies the process of creating various types of interactive and visually appealing charts and graphs on web pages. It

supports bar charts, line charts, pie charts, and more, providing a user-friendly API to data in a graphical format.

Backend Tools

i. Laravel

Laravel is a PHP-based open-source web application framework that simplifies the development process by providing a robust and elegant syntax. It follows the Model-View-Controller (MVC) architectural pattern, making it easier to build scalable and maintainable web applications. Laravel offers various features like routing, database migration, ORM (Object-Relational Mapping), and templating engine, making it a popular choice among web developers.

ii. MySQL

MySQL is a widely used open-source relational database management system (RDBMS). It is often chosen as the backend database for web applications due to its performance, scalability, and ease of use. MySQL stores and manages data, making it accessible for the web application to retrieve and manipulate as needed.

Server

i. XAMPP Server

XAMPP is a cross-platform web server solution that provides the necessary tools to set up a local development environment. It includes Apache (web server), MySQL (database), PHP, and Perl, making it easy to create and test web applications on a personal computer before deploying them to a live server. XAMPP simplifies the process of configuring and managing a local server environment for web development.

Code Editor

i. Visual Code Editor

Visual Studio Code is a popular, free, and open-source code editor developed by Microsoft. It offers a highly extensible and customizable environment for web development and supports a wide range of programming languages. VS Code provides features like syntax highlighting, code completion, debugging, version

control integration, and a vast collection of extensions that enhance productivity for developers.

4.2 Testing

Testing is a critical part of the software development lifecycle, especially when using the incremental model. It involves verifying and validating that the software meets specified requirements and aligns with the proposed design. This project emphasizes user input validation and verification from the initial stages of development. By breaking the project into distinct modules, designed and configured according to functional requirements, testing is performed after each module's completion and during integration to ensure seamless interaction and reliability, ensuring a robust and dependable application.

4.2.1 Test Cases for Unit Testing

A test case for unit testing is a set of conditions or inputs used to validate a specific unit of code (such as a function, method, or module) to ensure it behaves as expected.

Table 2: Test Case for User and Admin Module

ID	Scenario	Feature	Preconditions	Test Steps	Test Data	Expected Result	Pass/Fail
TC 001	Successful user registration	User Module: Registration	The user must not exist in the database	1. Open the registration form. 2. Fill in all required fields. 3. Submit the form	Name: Nishma Lamichhane Email: nishma@example.com. password: 12345	User account is created successfully; redirected to the homepage	PASS
TC 002	Error for dupli	User Module:	A user already exists	1. Open the	Name: Nishma Lamichhane Email:	Error message displayed:	PASS

	cate email	Registra tion	with the email nishma @examp le.com.	registrati on form. 2. Enter the same email used in a previous registrati on. 3. Submit the form.	nishma@exam ple.com Password: 54321	"Email already exists".	
TC 003	Booki ng an appoi ntme nt succe ssfull y	User Module: Appoint ment Booking	User and therapist exist in the database ; the time slot is availabl e.	1. Log in as a user. 2. Select a therapist. 3. Fill up the form. 4. Click the book appointm ent button.	User ID: 1 Therapist ID: 2 Name: Nishma Lamichhane Email: nishma@exam ple.com Date: 2024-12- 20 Time: 10:00	Appointm ent is booked successful ly; new record added in the appointme nts table.	PASS
TC OO 4	Appr oving a thera pist booki ng	Admin Module: Appoint ment Manage ment	A booking request exists with a “pendin	1. Log in as a admin. 2. Go to the "Appoint	Appointment ID:12	Booking Status updated to “approved ”or “rejected”; user	PASS

			g” status.	ments" section. 3. Approve the pending booking.		notified of the status.	
TC 005	Viewing therapist profiles	User Module: Therapist Profile	At least one therapist exists in the database.	1. Open the homepage. 2. Navigate to the therapist list. 3. Click on a therapist's profile.	Therapist ID:3	Therapist profile is displayed with accurate details.	PASS
TC 006	Adding a Mindfulness video	Admin Module: Mindfulness Activities	Admin logged in; form fields for video details are accessible.	1. Log in as an admin. 2. Navigate to "Mindfulness Activities".	Title: "Meditation Basics" URL: youtube embedded url	Video is uploaded successfully and visible in the admin portal.	PASS

				3. Upload a video with its details.			
TC 007	Displaying mindfulness videos	User Module: Homepage	Admin has uploaded at least one mindfulness video.	1. Open the homepage. 2. Scroll to the "Mindfulness Videos" section.	N/A	Videos are displayed properly on the homepage.	PASS
TC 008	Error when booking an overlapping appointment	User Module: Appointment Booking	An existing appointment exists for the same therapist and time slot.	1. Attempt to book the same time slot for another user with the same therapist.	User ID: 3, Therapist ID: 2 Name: Nirika Lamichhane Email: nirika@example.com Date: 2024-12-20 Time: 10:00	Error message: "Time slot unavailable"; no new appointment is created.	PASS

4.2.2 Test Cases for System Testing

The focus of the system testing is to evaluate the compliance of the entire system with respect to the specified requirements. System testing helps in approving and checking the

business, functional, technical, and any non-functional requirements of the application concerning the architecture as a whole.

Table 3:Test Case for System Testing

SN	Test Case	Excepted Result	Actual Result	Remarks
1	User Registration	Register User	Register User	Success
2	User Login	Login User	Login User	Success
3	Adding Therapist	Therapist Added	Therapist Added	Success
4	Updated Therapist Details	Therapist Details updated	Therapist Details updated	Success
5	Deleting Therapist	Therapist deleted	Therapist deleted	Success
6	Adding Videos	Videos Added	Videos Added	Success
7	Updating Videos	Videos Updated	Videos Updated	Success
8	Deleting Videos	Videos Deleted	Videos Deleted	Success
9	View Appointment	Appointment List Shown	Appointment List Shown	Success
10	Approve Appointment	Appointment Approved	Appointment Approved	Success

11	Cancel Appointment	Appointment Cancelled	Appointment Cancelled	Success
12	Change Appointment Status	Appointment Status Change	Appointment Status Change	Success
13	Send mail	Send mail	Send mail	Success
14	Logout	Logout	Logout	Success

Chapter-5: Conclusion and Future Recommendations

5.1 Lesson Learnt/Outcome

Working on the “**Mental Health Support System Project**” taught me many valuable lessons and helped me grow both technically and professionally. Here's what I learned:

1. **Managing Time:** I learned how to organize tasks and complete them on time, which kept the project on track.
2. **Fixing Problems Quickly:** I gained experience in spotting bugs and fixing them immediately to keep the system running smoothly.
3. **Planning Before Starting:** Planning tasks before jumping into work made the development process easier and more efficient.
4. **Generating Ideas:** Brainstorming and coming up with new ideas helped in making the project more creative and user-friendly.
5. **Researching Topics:** I researched mental health-related content to make the platform more meaningful and useful for users.
6. **Real-World Coding:** I learned how to turn real-life needs into coding functions that solve actual problems.
7. **Learning New Tools:** I got hands-on experience with tools and frameworks used in software development.
8. **Building Professional Skills:** The project helped me improve my problem-solving, communication, and decision-making skills.

Overall, this project not only boosted my technical skills but also taught me how to manage work better, think creatively, and approach challenges professionally. These lessons will be useful for my future projects and career.

5.2 Conclusion

The “**Mental Health Support System**” is a web-based application designed to provide an accessible platform for users to book therapy appointments, access mindfulness activities, and view therapist profiles. This system has been successfully implemented with all the features specified in the system requirement document. Traditionally, people had to go

through time-consuming and manual processes to seek mental health support, which often added stress to the users.

The system has been developed using HTML, CSS, JavaScript, Tailwind, Laravel, and MySQL, ensuring an open-source and user-friendly approach. It effectively addresses the challenges of traditional mental health support services by providing a streamlined, efficient, and easy-to-use solution.

With minimal technical knowledge and internet access, users can now benefit from this online system. After completing the project, users can view therapist details, book and cancel therapy appointments, and access mindfulness activity videos to support their mental well-being. Therapists can manage their profiles and appointment schedules through the system. Admins oversee the entire system, approve therapist registrations, and manage activities to ensure smooth operations.

This project successfully bridges the gap between technology and mental health support, providing a modern, professional, and reliable platform for individuals seeking mental health services. It serves as a step forward in making mental health support more accessible and convenient for everyone.

5.3 Future Recommendations

The success of the “**Mental Health Support System**” depends on how well it benefits users and the feedback they provide. Future improvements can include:

- Adding a "Forgot Password" feature for easy account recovery.
- Allowing users to download appointment records for reference.
- Introducing therapist ratings and reviews to guide users.
- Improving the design for a better user experience.
- Adding an appointment calendar for easier scheduling.
- Providing options for video consultations.
- Expanding mindfulness activities with more resources.

These updates will make the system more user-friendly and effective in supporting mental health needs.

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Appendices

Log sheet:

LUMBINI ICT CAMPUS

Gaindakot, Nawalpur

Project Logbook

Project Title: *Mental Health Support System*

Faculty: BCA

Group Name: *(Single)*

Student Name: *Nishma Lamichhane*

Semester: Fourth

Year: 2081

Supervisor's Name: *Mr. Prakash Chettri*



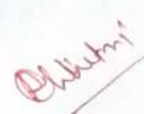
Date	Description on the Functions/Features/Improvements	Supervisor's Signature	Remarks
2081/04/30	<ul style="list-style-type: none"> - Requirement Elicitations and categorization, Requirement verification. - System modeling - Database modeling. 		
2081/05/10	<ul style="list-style-type: none"> - Admin Dashboard Layout- CRUD operation for specialist, therapist categories, mindfulness activities management. - Login and register authentication 		
2081/05/25	<ul style="list-style-type: none"> - Appointment Booking System Development - Implementing services, therapist, categories 		

Figure 14: Log sheet-1

2021/05/30	<ul style="list-style-type: none"> - User role management. - Enhance user part UI/UX. 	<i>Phutmi</i>	
2021/06/25	<ul style="list-style-type: none"> - Complete admin dashboard, appointment management - Frontend UI designed enhancement using tailwind CSS pop up confirmations for action. 	<i>Phutmi</i>	
2021/07/05	<ul style="list-style-type: none"> - Bargraph implementation in admin dashboard according to user appointment approval action. - Manage user login list in admin module. - Implementation. 	<i>Phutmi</i>	
2021/07/17	<ul style="list-style-type: none"> - Testing and debugging - final deployment preparation. - performance optimization. - Project finalized and documentation 	<i>Phutmi</i>	

Figure 15:Log sheet-2

Screenshots:

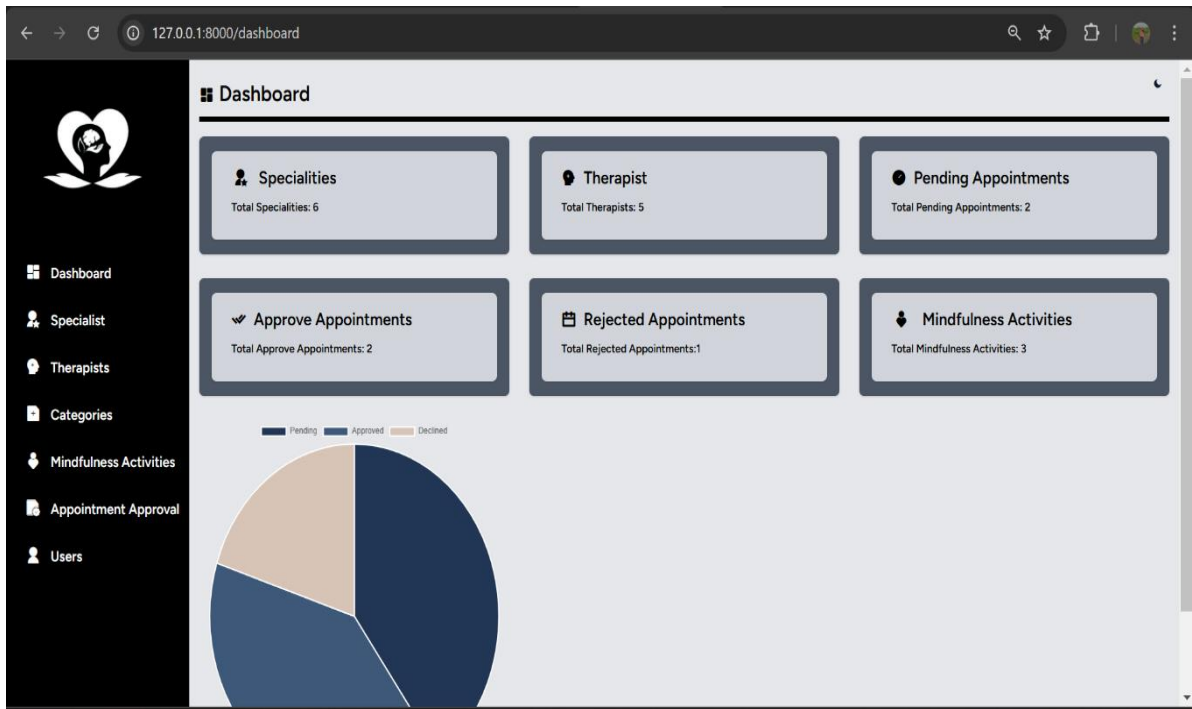


Figure 16:Admin Dashboard

The Specialists Table lists six specialities, each with a unique S.N. and an associated action (Edit/Delete). An 'Add Specialities' button is located at the top right of the table.

S.N	Name	Action
1	Family trauma	Edit Delete
2	Addiction	Edit Delete
3	Anxiety Disorders	Edit Delete
4	Clinical Psychology	Edit Delete
5	Mood Disorders	Edit Delete
6	Obsessive-Compulsive Disorder (OCD)	Edit Delete

Figure 17:Specialists Table

Therapist

Add Therapist

S.N	Name	Photo	Description	Specialization	Location	Experience	Fee	Status	Action
1	Kenshon Shrestha		I provide psychiatric assessments to individuals in need of such services in order to understand ... Show More	Family trauma	Expert Clinic, Lagankhel Lalitpur (01-5553097, 015553098, 9861508888) Sumeru City Hospital (Pulchowk) Kirtipur Hospital (Kirtipur)	He has work experience working in the Tertiary Center of Mental Health in Mental Hospital, Lagankhel.	1000.00	Available	Edit Delete
2	Pawan Sharma		Focuses on comprehensive healthcare for individuals and families across all ages, genders, and diseases. Family ... Show More	Family trauma	Lagankhel-19 Lalitpur, Nepal	He has work experience working in the Tertiary Center of Mental Health in Mental Hospital, Lagankhel.	1000.00	Available	Edit Delete
3	Dr. Ajay Risal		Characterized by excessive worry about various aspects of life, such as work or health. ... Show More	Anxiety Disorders	Chitwan	Nearly 20 years in medicine, 14 years in psychiatry	2000.00	Available	Edit Delete
4	Dr. Bastabika Neupane		Persistent feelings of sadness, hopelessness, and loss of interest in activities once enjoyed. ... Show More	Mood Disorders	Expert Clinic, Lagankhel Lalitpur (01-5553097, 015553098, 9861508888) Sumeru City Hospital (Pulchowk) Kirtipur Hospital (Kirtipur)	8+ years	1050.00	Available	Edit Delete
5	Nirika Lamichhane		fteygdubhsxnkac dvlhbuveijsc	Obsessive-Compulsive Disorder (OCD)	Chitwan	6 years experience	10000.00	Not-Available	Edit Delete

Logout

Figure 18:Therapist Table

Mindfulness Activity

Add Mindfulness Activity

S.N	Title	Description	Video	Category	Action
1	Yoga	Great for the health.		Exercise	Edit Delete
2	Pranayam For Breathing Technique	It's extremely helpful especially for the own who are suffering so hardly for breathing. ... Show More		Yoga	Edit Delete
3	Effective Class for digestion.	Constipation is very common side effect for the mentally suffering patient. So if you ... Show More		Exercise	Edit Delete

Logout

Figure 19: Mindfulness Activities Table

Appointment Status

Appointment History

Therapist	Name	Email	Phone	Date	Time	Fee	Message	Status	Actions
Dr. Bastabika Neupane	Swostika Adhikari	swostika33@gmail.com	9800000000	2024-12-28	16:00:00	1050.00	Please response soon!	Pending	Pending Approved Rejected
Dr. Bastabika Neupane	Swostika Adhikari	swostika33@gmail.com	9865162745	2024-12-30	14:00:00	1050.00	ok	Pending	Pending Approved Rejected

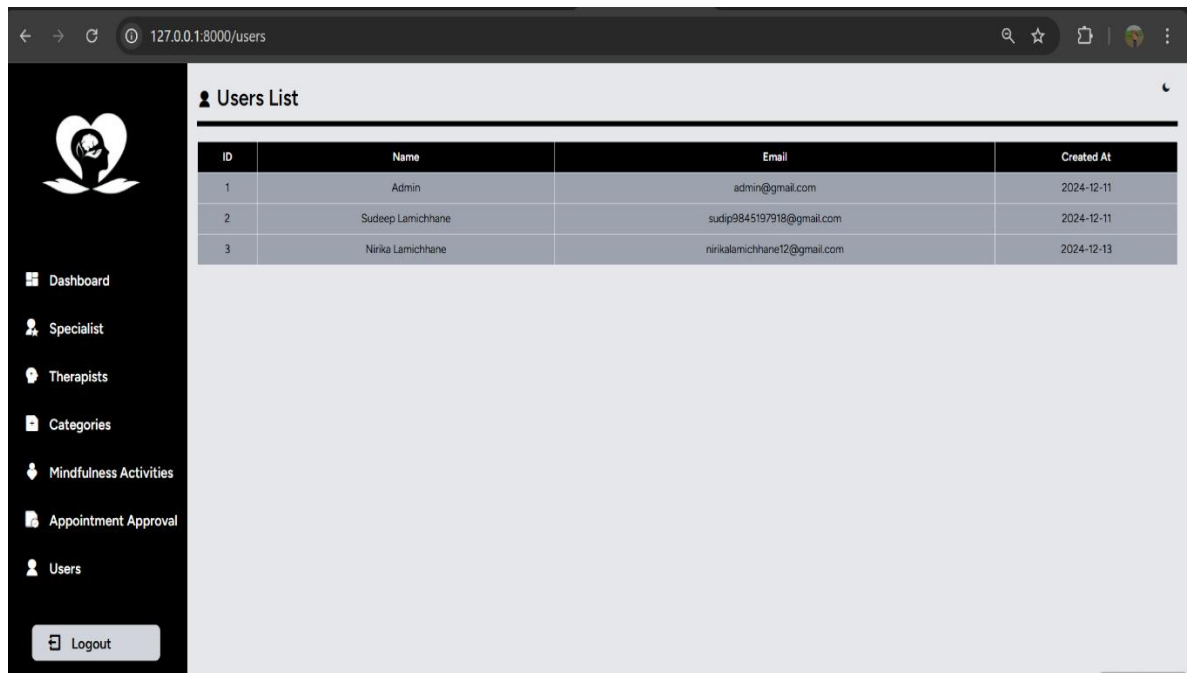
Figure 20:Appointment Approval Table

Appointment History

Therapist	Name	Email	Phone	Date	Time	Fee	Message	Status
Kension Shrestha	Nishma Lamichhane	nishmalamichhane2005@gmail.com	9865162745	2024-12-19	12:00:00	1000.00	stdcfgybhjnm	Approved
Pawan Sharma	Nishma Lamichhane	nishmalamichhane2005@gmail.com	9865162745	2024-12-14	13:00:00	1000.00	its urgent	Approved
Kension Shrestha	Nirika Lamichhane	nirikalamichhane@gmail.com	9849716399	2024-12-14	14:00:00	1000.00	okay	Rejected

[Go Back](#)

Figure 21:Appointment Status Table



ID	Name	Email	Created At
1	Admin	admin@gmail.com	2024-12-11
2	Sudeep Lamichhane	sudip9845197918@gmail.com	2024-12-11
3	Nirika Lamichhane	nirikalamichhane12@gmail.com	2024-12-13

Figure 22:Users List