Mentexa Website: Tech Example and Resources

Technologies Used

- **HTML**: Structure pages and content.
- **CSS**: Style layout, navigation, and responsive design (e.g., flexbox, media queries).
- **JavaScript**: Handle interactivity (e.g., quiz logic, mood logging, carousel).
- **Local Storage**: Store mood logs and test results privately.
- **JSON**: Store quiz questions (questions.json).
- **No Backend**: All data processed client-side.

Page-Wise Tech Example

index.html

- **Purpose**: Landing page with welcome message and "Get Started" button.
- **Requirements**: Static content, button redirect to home1.html.
- **Tech Example**:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <title>Mentexa</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <main>
    <h1>Welcome to Mentexa</h1>
```

```
    <p>Your private mental health companion — assess your well-being.</
p>
    <button onclick="window.location.href='home1.html'">Get Started</but
ton>
  </main>
  <footer>© 2025 Mentexa | Group A8 — Pritam Thapa, Avash Mainali, Ish
a Shrestha</footer>
</body>
</html>
```

- **Logic**: Static HTML with a button that redirects to home1.html on click.
- **CSS (styles.css)**:

```
main { text-align: center; padding: 50px; }
button { padding: 10px 20px; cursor: pointer; }
footer { text-align: center; margin-top: 20px; }
```

about1.html

- **Purpose**: Display static information about Mentexa, team, and sources.
- **Requirements**: Sections for mission, team, quiz sources, and frameworks.
- **Tech Example**:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <title>About Mentexa</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <main>
    <h1>About Mentexa</h1>
    <p>Mentexa is a frontend-only mental health self-check portal...</p>
```

```
    <h2>Meet the Team</h2>
    <ul>
      <li>Pritam Thapa (Reg. No.: 2024-2-08-0370)</li>
      <li>Avash Mainali (Reg. No.: 2024-2-08-)</li>
      <li>Isha Shrestha (Reg. No.: 2024-2-08-0382)</li>
    </ul>
    <h2>Quiz Sources</h2>
    <p>Patient Health Questionnaire (PHQ-9), Generalized Anxiety Disorder Scale (GAD-7)</p>
  </main>
  <footer>© 2025 Mentexa | Group A8</footer>
</body>
</html>
```

- **Logic**: Static HTML with styled sections; no JavaScript needed.
- **CSS**:

```
main { max-width: 800px; margin: auto; padding: 20px; }
h1, h2 { color: #333; }
ul { list-style-type: none; }
```

home1.html

- **Purpose**: Dashboard with navigation, test selection, carousel, and recommendations.
- **Requirements**: Responsive menu, test buttons, quote carousel, static recommendations.
- **Tech Example**:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <title>Mentexa Home</title>
```

```
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <nav>
    <span class="hamburger" onclick="toggleMenu()">≡</span>
    <div class="menu" id="menu">
      <a href="home1.html">Home</a>
      <a href="self-test.html">Self-Test</a>
      <a href="mood-tracker.html">Mood Tracker</a>
      <a href="about1.html">About</a>
    </div>
  </nav>
  <main>
    <h1>Welcome to Mentexa</h1>
    <div>
      <button onclick="startTest('depression')">Depression Test</button>
      <button onclick="startTest('anxiety')">Anxiety Test</button>
    </div>
    <div class="carousel">
      <p id="quote">You are enough</p>
      <button onclick="nextQuote()">❯</button>
    </div>
  </main>
  <script>
    function toggleMenu() {
      document.getElementById('menu').classList.toggle('show');
    }
    function startTest(type) {
      localStorage.setItem('testType', type);
      window.location.href = 'self-test.html';
    }
    let quotes = ['You are enough', 'Keep going'];
    let index = 0;
    function nextQuote() {
      index = (index + 1) % quotes.length;
      document.getElementById('quote').textContent = quotes[index];
```

```
  }
 </script>
</body>
</html>
```

- **Logic**: JavaScript for menu toggle, test type storage, and carousel cycling.
- **CSS**:

```
.menu { display: none; }
.menu.show { display: block; }
.carousel { text-align: center; }
@media (min-width: 768px) { .hamburger { display: none; } .menu { displa
y: flex; } }
```

mood-tracker.html

- **Purpose**: Log and display mood history using local storage.
- **Requirements**: Login prompt, mood selection, history table, logout.
- **Tech Example**:

```
<!DOCTYPE html>
<html lang="en">
<head>
 <meta charset="UTF-8">
 <title>Mood Tracker</title>
 <link rel="stylesheet" href="styles.css">
</head>
<body>
 <nav><!-- Same as home1.html --></nav>
 <main>
  <h1>Mood Tracker</h1>
  <div id="login" style="display: none;">
   <button onclick="login()">Login</button>
  </div>
```

```
  <div id="tracker">
    <select id="mood">
      <option value="Happy">Happy</option>
      <option value="Sad">Sad</option>
      <option value="Anxious">Anxious</option>
      <option value="Neutral">Neutral</option>
    </select>
    <button onclick="logMood()">Log Mood</button>
    <table id="history">
      <tr><th>Date</th><th>Mood</th></tr>
    </table>
    <button onclick="logout()">Logout</button>
  </div>
</main>
<script>
  function login() {
    localStorage.setItem('loggedIn', 'true');
    document.getElementById('login').style.display = 'none';
    document.getElementById('tracker').style.display = 'block';
    loadHistory();
  }
  function logMood() {
    let mood = document.getElementById('mood').value;
    let date = new Date().toISOString().split('T')[0];
    let history = JSON.parse(localStorage.getItem('moodHistory') || '[]');
    history.push({ date, mood });
    localStorage.setItem('moodHistory', JSON.stringify(history));
    loadHistory();
  }
  function loadHistory() {
    let history = JSON.parse(localStorage.getItem('moodHistory') || '[]');
    let table = document.getElementById('history');
    table.innerHTML = '<tr><th>Date</th><th>Mood</th></tr>';
    history.forEach(entry => {
      let row = table.insertRow();
      row.innerHTML = `<td>${entry.date}</td><td>${entry.mood}</td>`;
```

```
    });
  }
  function logout() {
    localStorage.removeItem('loggedIn');
    document.getElementById('login').style.display = 'block';
    document.getElementById('tracker').style.display = 'none';
  }
  if (localStorage.getItem('loggedIn')) login();
 </script>
</body>
</html>
```

- **Logic**: JavaScript manages login state, saves mood to local storage, and renders history table.

self-test.html

- **Purpose**: Conduct self-tests and display results.
- **Requirements**: Load questions from JSON, collect answers, calculate score.
- **Tech Example**:

```
<!DOCTYPE html>
<html lang="en">
<head>
 <meta charset="UTF-8">
 <title>Self-Test</title>
 <link rel="stylesheet" href="styles.css">
</head>
<body>
 <nav><!-- Same as home1.html --></nav>
 <main>
  <h1>Self-Test</h1>
  <div id="questions"></div>
  <button onclick="submitTest()">Submit</button>
 </main>
```

```
<script>
  const questions = {
    depression: [
      { id: 1, text: "Over the past two weeks, how often have you felt little interest or pleasure in doing things?" },
      // Add other questions
    ],
    anxiety: [
      { id: 1, text: "Over the past two weeks, how often have you felt nervous, anxious, or on edge?" },
      // Add other questions
    ]
  };
  function loadQuestions() {
    let testType = localStorage.getItem('testType') || 'depression';
    let container = document.getElementById('questions');
    questions[testType].forEach(q => {
      let div = document.createElement('div');
      div.innerHTML = `
        <p>${q.text}</p>
        <label><input type="radio" name="q${q.id}" value="0">Not at all</label>
        <label><input type="radio" name="q${q.id}" value="1">Several days</label>
        <label><input type="radio" name="q${q.id}" value="2">More than half the days</label>
        <label><input type="radio" name="q${q.id}" value="3">Nearly every day</label>
      `;
      container.appendChild(div);
    });
  }
  function submitTest() {
    let score = 0;
    document.querySelectorAll('input[type="radio"]:checked').forEach(input =>
```

```
      score += parseInt(input.value);
    });
    localStorage.setItem('testResult', score);
    alert(`Your score: ${score}`);
  }
  loadQuestions();
 </script>
</body>
</html>
```

- **Logic**: Load questions from JSON (or inline for example), render radio buttons, calculate score, save result.

Resources for Coding from Scratch

- **HTML/CSS**:
  - MDN Web Docs: Comprehensive guide for HTML/CSS.
  - W3Schools CSS: Tutorials for responsive design and flexbox.
- **JavaScript**:
  - JavaScript.info: In-depth JavaScript tutorials.
  - W3Schools JavaScript: Basics for DOM manipulation and events.
- **Local Storage**:
  - MDN Local Storage: Guide to client-side storage.
- **JSON Handling**:
  - MDN JSON: Parsing and fetching JSON.
- **Responsive Design**:
  - CSS Tricks Flexbox: Flexbox for layouts.
  - Responsive Web Design: FreeCodeCamp course.
- **Frontend Best Practices**:
  - Frontend Mentor: Practice projects for frontend skills.

    - Smashing Magazine: Articles on modern JavaScript.
- **Debugging**:
    - Chrome DevTools: Debugging JavaScript and CSS.

Notes

- Use a text editor like VS Code for coding.
- Test responsiveness with browser dev tools.
- Validate HTML/CSS with W3C Validator.
- For JSON, either embed in JavaScript or fetch from a file using `fetch()` for modularity.