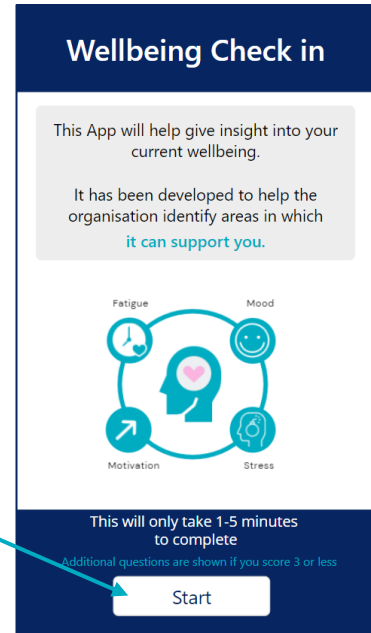# Mental Health App

User Manual

Page 1:

The welcome page will look like the image on the right.

It provides basic use information for the app and outlines the duration of the MH survey.

Click the 'Start' button to proceed to the next page and start the survey.

Page 2:

This page will ask you a series of questions on your **fatigue levels**.
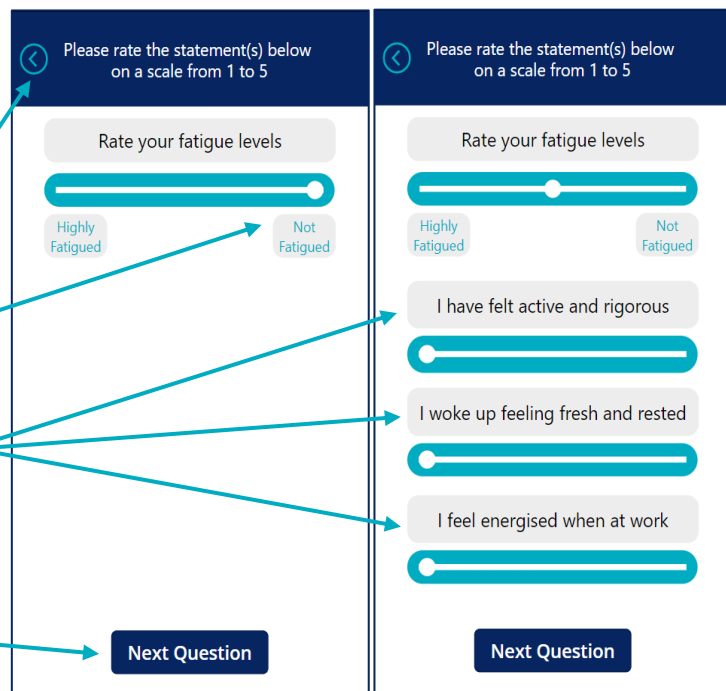
The button in the top left corner allows you to **go back** to the start page.

You should slide the slider left to score yourself between 1 and 5.

Only when you score **3 or less** do the next three questions show up.

With these 3 questions you slide the slider **right** to score.

The '**Next Question**' button will help you to navigate to the next page.

Page 3:

This page will ask you a series of questions on your **stress levels**.
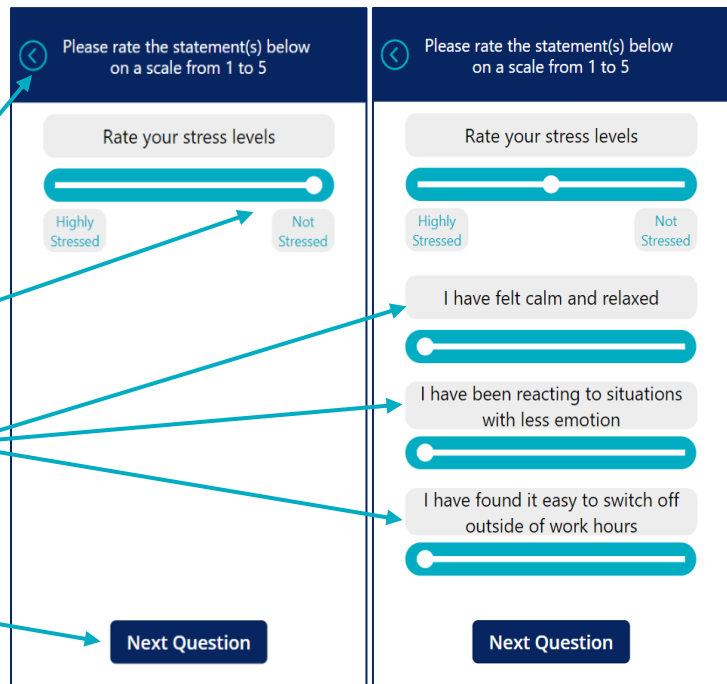
The button in the top left corner allows you to **go back** to the fatigue page.

You should slide the slider left to score yourself between 1 and 5.

Only when you score **3 or less** do the next three questions show up.

With these 3 questions you slide the slider **right** to score.

The '**Next Question**' button will help you to navigate to the next page.

Please rate the statement(s) below on a scale from 1 to 5

Rate your stress levels

Highly Stressed — Not Stressed

I have felt calm and relaxed

I have been reacting to situations with less emotion

I have found it easy to switch off outside of work hours

Next Question

Page 4:

This page will ask you a series of questions on your **mood levels**.
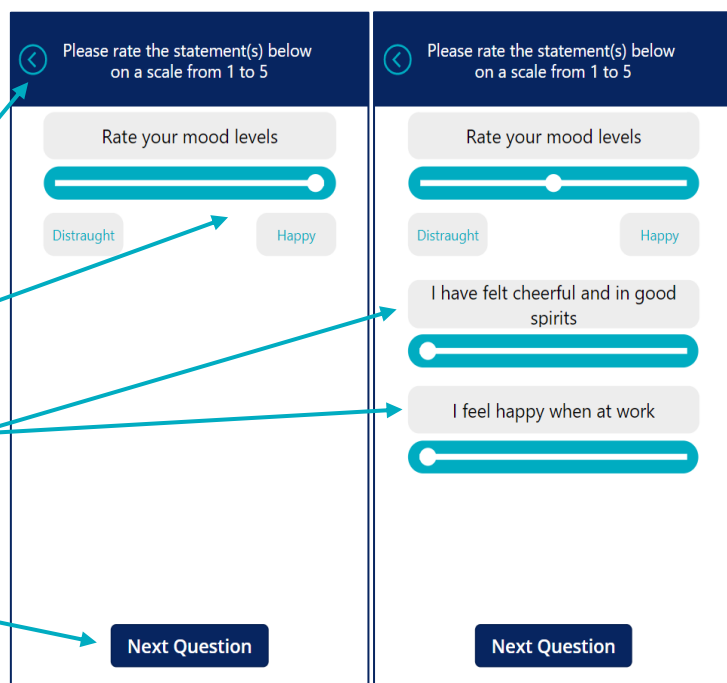
The button in the top left corner allows you to **go back** to the stress page.

You should slide the slider left to score yourself between 1 and 5.

Only when you score **3 or less** do the next two questions show up.

With these 2 questions you slide the slider **right** to score.

The '**Next Question**' button will help you to navigate to the next page.

Please rate the statement(s) below on a scale from 1 to 5

Rate your mood levels

Distraught — Happy

I have felt cheerful and in good spirits

I feel happy when at work

Next Question

Page 5:

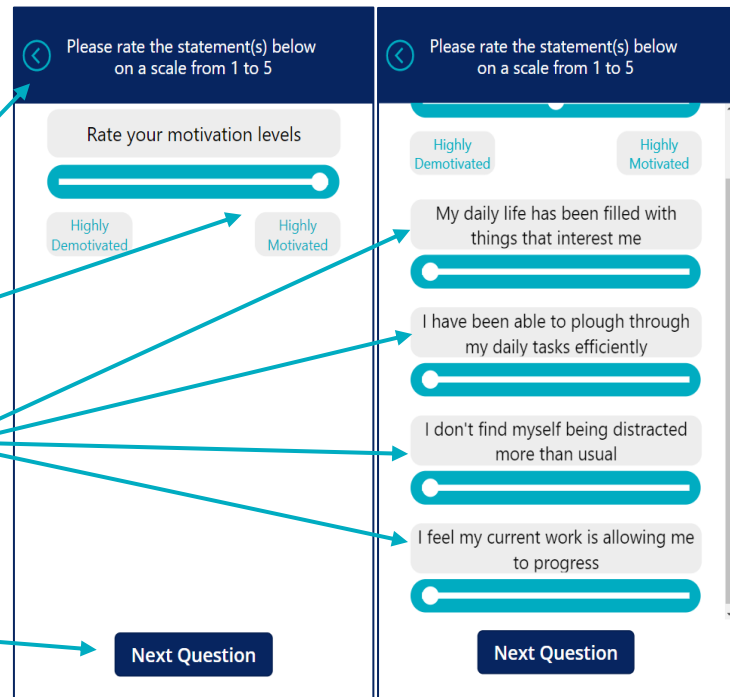This page will ask you a series of questions on your **motivation levels**.

The button in the top left corner allows you to **go back** to the mood page.

You should slide the slider left to score yourself between 1 and 5.

Only when you score **3 or less** do the next four questions show up.

With these 4 questions you slide the slider **right** to score.

The '**Next Question**' button will help you to navigate to the next page.

Please rate the statement(s) below on a scale from 1 to 5

Rate your motivation levels

Highly Demotivated   Highly Motivated

Next Question

Please rate the statement(s) below on a scale from 1 to 5

Highly Demotivated   Highly Motivated

My daily life has been filled with things that interest me

I have been able to plough through my daily tasks efficiently

I don't find myself being distracted more than usual

I feel my current work is allowing me to progress
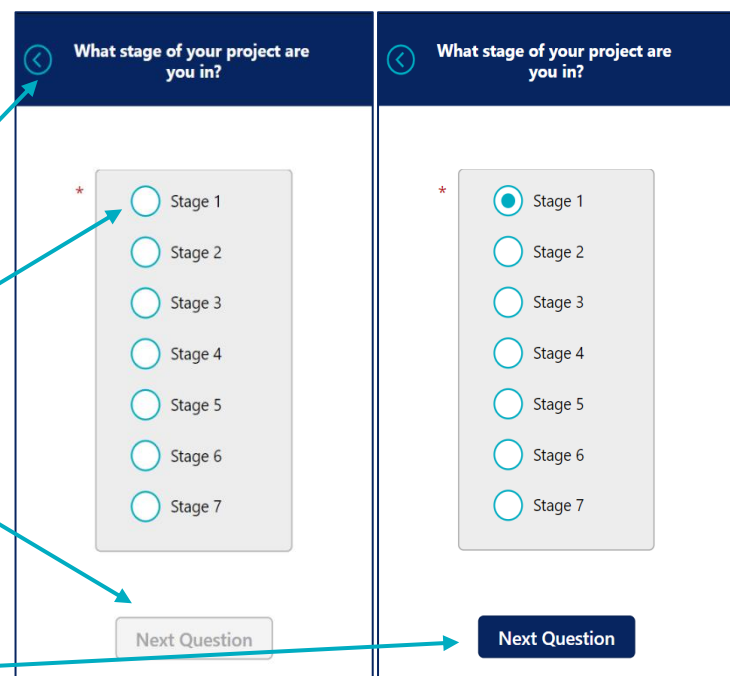
Next Question

Page 6:

This page will ask you about the **stage of your project**.

The button in the top left corner allows you to **go back** to the motivation page.

You must click one of **the radio buttons** to select your current project stage.

The 'Next Question' button will remain **greyed out** until a stage is selected.

Once a stage is selected the '**Next Question'** button will activate and navigate you to the next page.

What stage of your project are you in?

*
- Stage 1
- Stage 2
- Stage 3
- Stage 4
- Stage 5
- Stage 6
- Stage 7

Next Question

What stage of your project are you in?

*
- ● Stage 1
- Stage 2
- Stage 3
- Stage 4
- Stage 5
- Stage 6
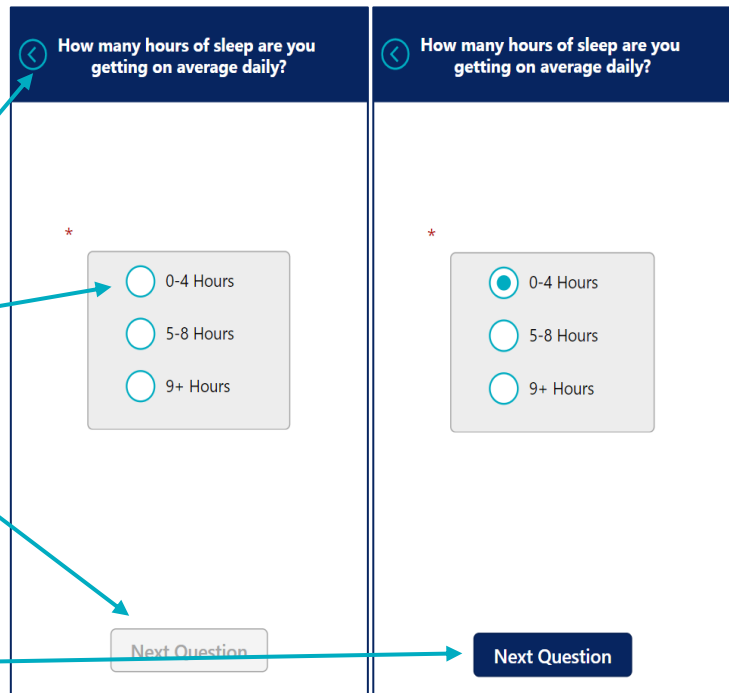- Stage 7

Next Question

Page 7:

This page will ask you about how much **sleep** you are getting.

The button in the top left corner allows you to **go back** to the project stage page.

You must click one of **the radio buttons** to select your average sleep hours.

The 'Next Question' button will remain **greyed out** until a stage is selected.

Once a radio is selected the '**Next Question'** button will activate and navigate you to the next page.

How many hours of sleep are you getting on average daily?

*
- ○ 0-4 Hours
- ○ 5-8 Hours
- ○ 9+ Hours

Next Question

How many hours of sleep are you getting on average daily?

*
- ● 0-4 Hours
- ○ 5-8 Hours
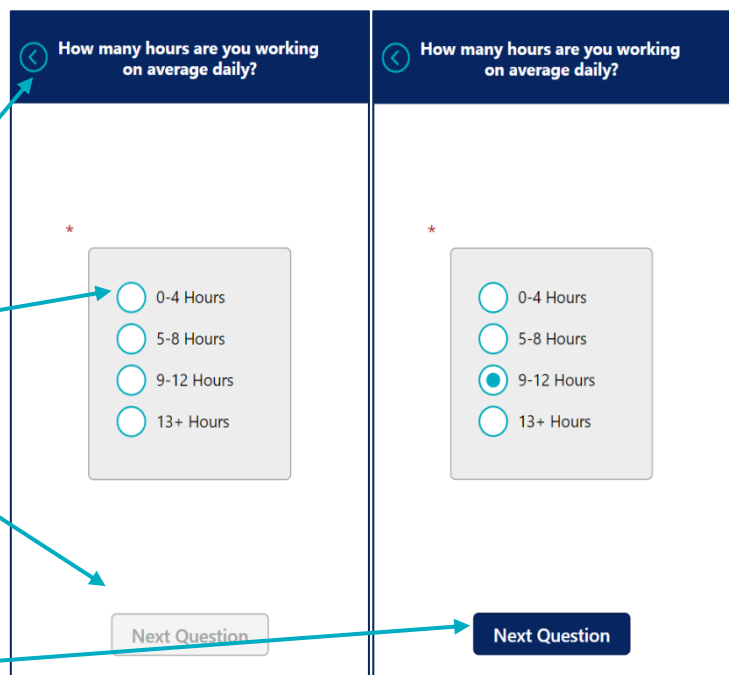- ○ 9+ Hours

Next Question

Page 8:

This page will ask you about how much you are **working**.

The button in the top left corner allows you to **go back** to the sleep hours page.

You must click one of **the radio buttons** to select your average working hours.

The 'Next Question' button will remain **greyed out** until a stage is selected.

Once a radio is selected the '**Next Question'** button will activate and navigate you to the next page.

How many hours are you working on average daily?

*
- ○ 0-4 Hours
- ○ 5-8 Hours
- ○ 9-12 Hours
- ○ 13+ Hours

Next Question

How many hours are you working on average daily?

*
- ○ 0-4 Hours
- ○ 5-8 Hours
- ● 9-12 Hours
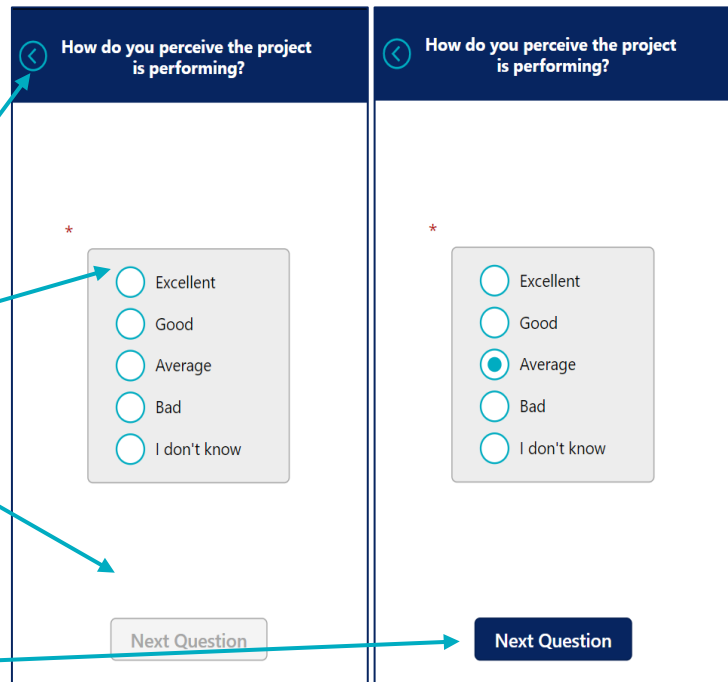- ○ 13+ Hours

Next Question

Page 9:

This page will ask you about **project performance**.

The button in the top left corner allows you to **go back** to the work hours page.

You must click one of **the radio buttons** to rate your projects performance.

The 'Next Question' button will remain **greyed out** until a radio is selected.

Once a radio is selected the '**Next Question'** button will activate and navigate you to the next page.

How do you perceive the project is performing?

*

- Excellent
- Good
- Average
- Bad
- I don't know

Next Question

How do you perceive the project is performing?

*

- Excellent
- Good
- Average (selected)
- Bad
- I don't know
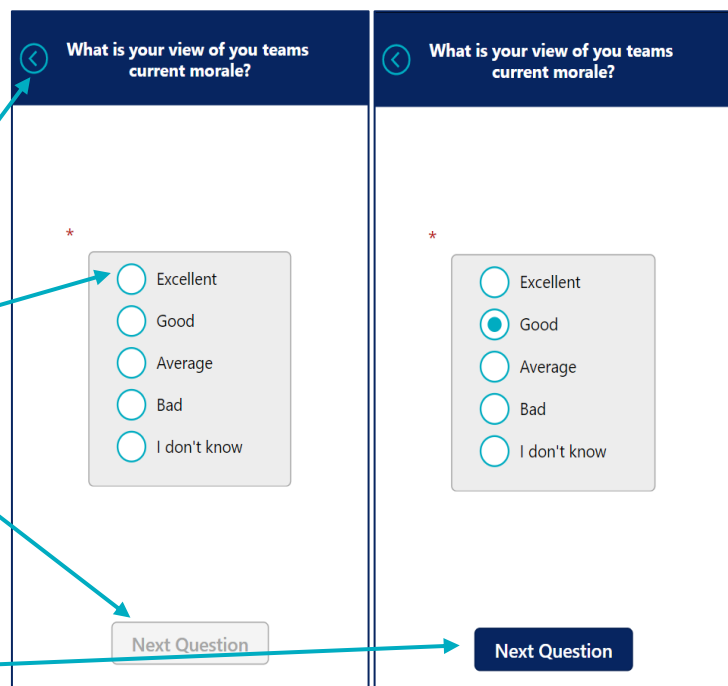
Next Question

Page 10:

This page will ask you about **team morale**.

The button in the top left corner allows you to **go back** to the project performance page.

You must click one of **the radio buttons** to rate your current team morale.

The 'Next Question' button will remain **greyed out** until a radio is selected.

Once a radio is selected the '**Next Question'** button will activate and navigate you to the next page.

What is your view of you teams current morale?

*

- Excellent
- Good
- Average
- Bad
- I don't know

Next Question

What is your view of you teams current morale?

*

- Excellent
- Good (selected)
- Average
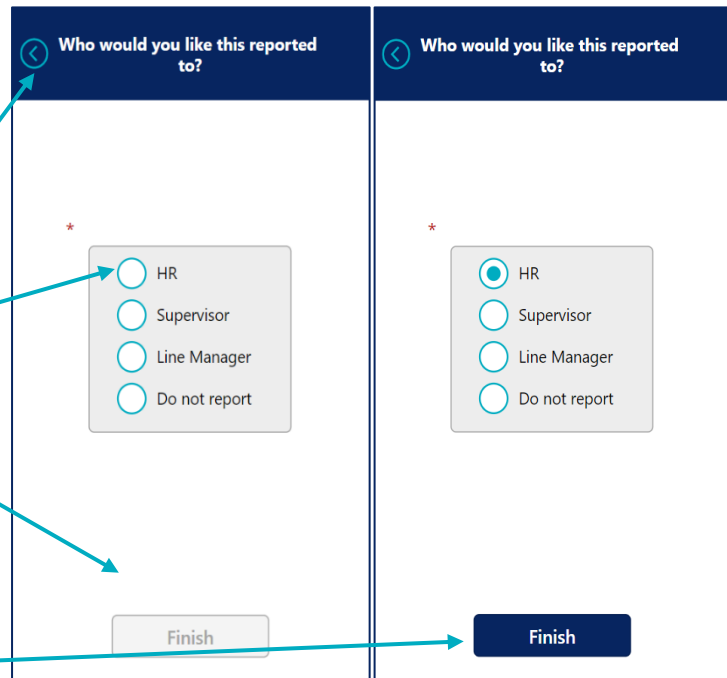- Bad
- I don't know

Next Question

Page 11:

This page will ask you who you would like to report this to.

The button in the top left corner allows you to **go back** to the team morale page.

You must click one of **the radio buttons** to choose who it is reported to.

The 'Finish' button will remain **greyed out** until a radio is selected.

Once a radio is selected the **'Finish'** button will activate and navigate you to the results page.
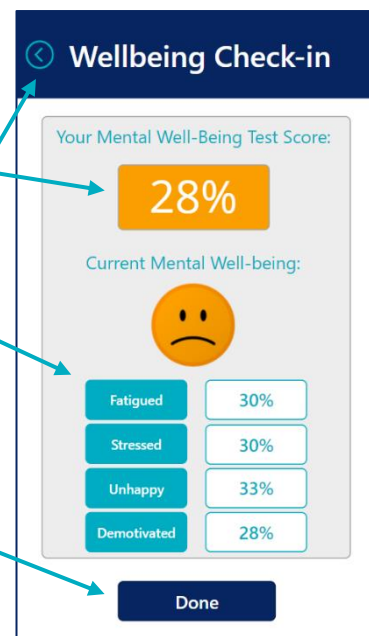

Page 12:

This page will outline your current mental health score by calculating the previous pages scores.

The button in the top left corner allows you to **go back** to the reporting page.

These scores provide a breakdown to outline the individual scores per section (fatigue, stress, mood and motivation).

Once you are finished on this page you can select the done button to navigate to the next screen.

Page 13:

Then finally you will reach the thank you page, that will confirm your submission.

The button in the top left corner allows you to **go back** to the results page.

The '**Home**' button will navigate you back to the start screen, however, once you have reached this page the Mental Health Check-In is complete and you can **close the app**.