Labayh Project

Seham Alharby - 444000451

Manar Alrashdy - 444005051

Contents

Task Schedule

Task	Assigne
Introduction	Manar
Survey	Manar,Seham
Existing Programs	Seham
Our Application	Seham,Manar
Functional requirements	Seham,Manar
Non-functional requirements	Seham,Manar
Applications interfaces	Seham,Manar
Database Management System	Seham,Manar
Conclusion	Manar
Reference	Seham

Table 1: Task Schedule

1 Chapter 1

1.1 Introduction

Mental health is a crucial aspect of overall well-being, encompassing emotional, and social dimensions. It affects how individuals think, feel, and act, and plays a significant role in how they handle stress, relate to others, and make choices. Despite its importance, many people face challenges in accessing mental health care due to a variety of factors, including stigma, lack of resources, and geographic barriers. This is especially true in underserved communities where mental health services are limited or nonexistent. Addressing these issues is vital for improving the quality of life for many individuals and families. Labayh

is a specialized online platform designed to provide psychological and family counseling sessions remotely, ensuring accessible mental health support for individuals and families. The primary purpose of the Labayh app is to offer users a convenient and secure way to access psychological and family counseling services from licensed professionals, addressing critical access issues for those unable to visit mental health clinics in person. Additionally, Labayh creates job opportunities for mental health professionals, allowing them to connect with clients and expand their practice. This application is particularly vital in today's context, where mental health challenges are increasingly recognized, yet many individuals still face barriers to accessing traditional therapy due to geographical, financial, or social constraints. By leveraging technology, Labayh not only facilitates essential support for those in need but also contributes to reducing the stigma around seeking mental health care.

1.2 Survey on the "Labayh" Application

I conducted interviews with five students to gather their opinions on the "Labayh" program, and the feedback was generally positive, focusing on its benefits and privacy. Students expressed that the program is very helpful in providing psychological support and guidance, and responses indicated that it offers a high level of privacy, enhancing users' sense of safety.
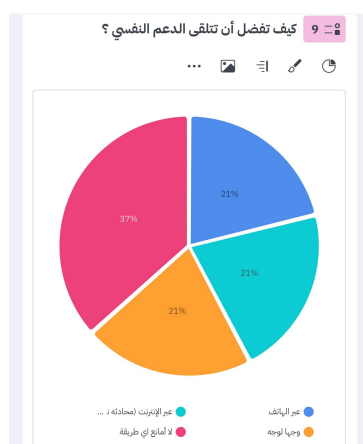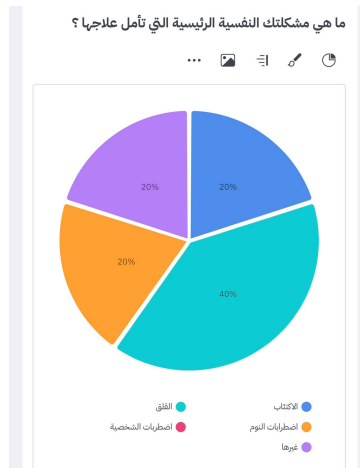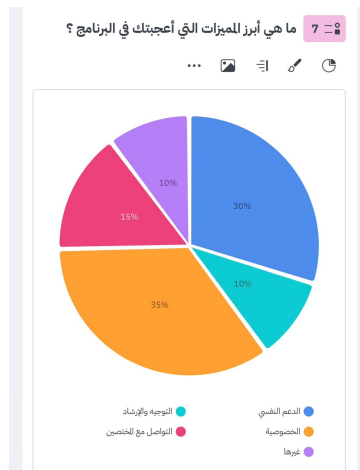

Figure 1: Survey

Figure 2: Survey

Figure 3: Survey

Figure 4: Survey

1.3   Existing Programs

	BetterHelp	Talkspace
Cost	Prices range from 60to90 per week, with the option for monthly payments	Starts at around 65 per week, with various plans available based on the type of therapy
Ease of use	User-friendly app and responsive website, facilitating communication with therapists	Good user interface, though some users may find it slightly complex at first
Reviews and Ratings	Good ratings, but some users mention issues with therapist responsiveness at times	Mixed reviews, with some praising the quality and others complaining about costs

Table 2: Existing Programs

1.4   Our Application

Labayh application is characterized by its unique advantages that set it apart from other mental health platforms. These features cater to a diverse range of user needs and enhance the overall counseling experience. Examples of these advantages include:
- Focus on both psychological and family counseling, addressing a broader range of needs.
- 24/7 availability of licensed specialists for immediate support.
- Secure and private communication options tailored for user comfort.
- Community support features, fostering user connection and shared experiences.
- Personalized treatment plans that adapt to individual user needs and progress.

1.5   Conclusion

In conclusion, the "Labayh" platform stands out as an innovative solution to improve access to mental health services, particularly in underserved communities. The app provides remote psychological and family counseling sessions, enhancing users' comfort and safety. "Labayh" features licensed specialists available around the clock, facilitating immediate support and reducing the stigma associated with seeking help. These foundations pave the way for understanding the platform's essential functions and needs, setting the stage for the upcoming chapters that will delve deeper into analysis and design.

2 Chapter 2: Analysis

2.1 Introduction

Functional and non-functional requirements are fundamental elements for any application aimed at providing effective services to users. In this chapter, we review a set of requirements focused on enhancing user experience and meeting their needs, starting from account registration and management to booking consultations and communicating with therapists. These requirements aim to ensure a secure and user-friendly platform that supports mental health and facilitates access to therapeutic services

2.2 Functional Requirements

- User Requirements

- User Registration and Authentication
- Users must be able to create an account using their email, phone number.
- Users should be able to log in securely and recover their passwords if forgotten.

- Profile Management
- Users can create and edit their profiles, including personal details and preferences.
- Users should be able to manage their privacy settings.

- Consultation Booking
- Users must be able to search for therapists based on specialization, availability, and ratings.
- Users should be able to view therapist profiles, including qualifications and user reviews.
- Users can book, modify, or cancel appointments.
- Users should have the option to select the duration of their sessions (e.g., 30 minutes, 60 minutes).

- Communication Options
- Users should have the ability to engage in video calls, audio calls, and text chat with therapists.
- Users should receive notifications for messages and appointment reminders.

- Progress Tracking
- Users should be able to track their mental health progress through tools and qufestionnaires.
- Users can share progress reports with their therapists

- Payment Processing
- Users should be able to make payments securely for consultations through multiple payment methods (credit/debit cards, Tabby/Tamara).
- Users should receive transaction receipts via email or within the app.

- Community Support Features
- Users should be able to access forums or chat rooms for peer support and sharing experiences.

- Therapist Evaluation
- Users should be able to evaluate their therapist after each session, providing feedback on their performance and the effectiveness of the session.

- System Requirements

- User Management System
- The system must support user account creation, authentication, and profile management.
- It should securely store user credentials and personal information.

- Therapist Management System
- The system must allow therapists to create and manage their profiles, including availability and consultation offerings.
- It should facilitate therapist approval and verification processes.

- Appointment Management System
- The system must handle scheduling, rescheduling, and cancellation of appointments.
- It should integrate calendar functionalities for users and therapists.
- The system must allow users to select the duration of their sessions and ensure availability based on that selection.

- Communication System
- The system must support secure communication channels for text, audio, and video.
- It should ensure that all communications are encrypted.

- Payment Processing System
- The system must integrate with payment gateways to handle transactions securely.
- It should support various payment methods and provide transaction logs

- Analytics and Reporting System
- The system must collect and analyze user engagement data, appointment statistics, and feedback, including therapist evaluations.
- It should generate reports for both users and therapists to track progress and satisfaction.

- Security and Compliance System
- The system must implement security measures to protect user data and comply with data protection regulations (e.g., GDPR).
- It should include features for data backup

2.3 Non-Functional Requirements

- Performance
- The app should load within 3 seconds on standard mobile devices.
- It should support a minimum of 500 concurrent users without significant performance degradation.

- Security
- All communications must be encrypted using industry
- standard protocols (e.g., SSL/TLS).
- User data must be stored securely, complying with data protection regulations (e.g., GDPR).
- The app must include two-factor authentication using the national ID of the user to enhance account security.

- Usability
- The app should have an intuitive user interface that is easy to navigate for users of all ages and tech-savviness.
- Accessibility features should be included for users with disabilities (e.g., screen reader compatibility, adjustable font sizes).

- Scalability
- The application architecture should support scalability to accommodate an increasing number of users and therapists over time without significant changes to the infrastructure.

- Reliability
- The app should have a minimum uptime of 99.5% to ensure availability for users at all times.
- Backup plan should be in place to prevent data loss.

- Compatibility
- The app should be compatible with major mobile platforms (iOS and Android) and accessible via web browsers on desktop and mobile devices.
- It should support various screen sizes, ensuring a responsive design.

- Localisation
- The app should support multiple languages, starting with Arabic and English, to cater to a diverse user base.

- Maintainability
- The application code should be modular and well-documented to facilitate future updates and maintenance.
- It should allow for easy integration of new features without disrupting existing functionalities.

- Compliance
- The app must comply with relevant health regulations and standards for telehealth services in the regions it operates.
- It should adhere to privacy laws and data protection regulations applicable to the users' locations.

2.4 Conclusion

The functional and non-functional requirements outlined in this chapter represent a strong foundation for developing an effective application that meets user needs. By focusing on performance, security, and usability, we ensure a distinguished user experience, which contributes to enhancing mental health and supporting users on their journey toward recovery .

3 Chapter 3: Performing the Design

3.1 Introduction

Mental health support applications are an important step towards enhancing mental well-being in the community, providing an effective means of communication with specialists in the field. The "Labayh" application stands out as one of the comprehensive solutions aiming to offer psychological support to users through easy-to-use interfaces and various services that meet their diverse needs. The app aims to improve the quality of mental health by providing support and guidance, making it an essential tool in today's world

3.2 Application Interfaces

Labayh is a platform designed to provide mental health support through various interfaces that facilitate user interaction and engagement. Each interface serves a specific purpose, catering to the diverse needs of users seeking mental health assistance.

- Main interface:
- Mood Tracking: The interface includes a daily mood tracking feature, allowing users to monitor their emotional state over time. Figure (5).
- Psychological Surveys: Users have access to surveys for anxiety and depression, which assist in evaluating their mental health status, Offers: like student discounts. Figure (5).
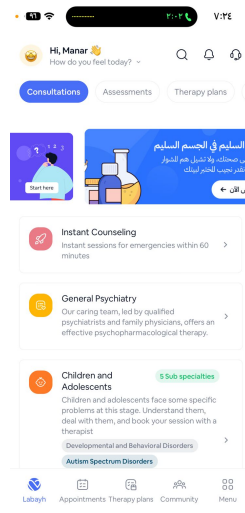

Figure 5: Main interface

- Appointment interface:
- Book Now: Users start the process of booking a session here.Figure (6).
- Choose the Field: Options are provided for users to select the area they need help with, such as (General Psychiatry,Children's Therapy,Relationship Counseling). Figure (7).
- Filters: Users can filter options based on:
Budget: Select therapists within a specific price range.Figure (8).
Language: Choose therapists who speak a preferred language.Figure (8).
Consultant's Gender: Filter by the gender of the therapist.Figure (8).
- Sort by Cost: Users can sort therapists based on their fees.Figure (8).

- Choose the Therapist.Figure (9).
- Choose Time: Options for booking sessions for 30 minutes, 40 minutes, or 1 hour.Figure (10).
- Choose Number of Sessions: Users can specify how many sessions they want.Figure (10).
- Payment Methods: Multiple payment options are available, such as credit cards or services like Tamara or Tabby.Figure (10).
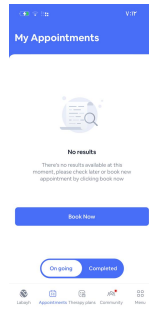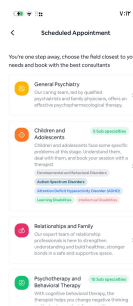

Figure 6: Appointment interface

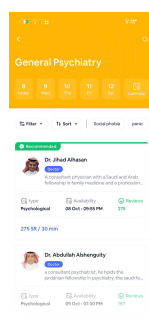
Figure 7: Appointment interface
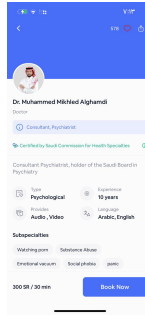

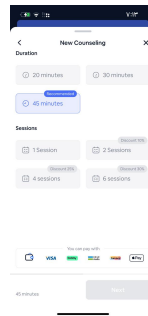Figure 8: Appointment interface

Figure 9: Appointment interface

Figure 10: Appointment interface

- Therapy plan interface:
- General Plan: Offers a comprehensive treatment plan that suits general user needs.Figure (11).
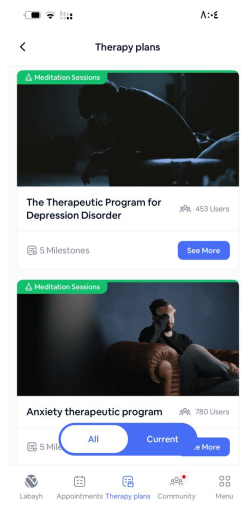- Personal Plan: Users can opt for a customised plan based on the therapist's assessment.Figure (12).
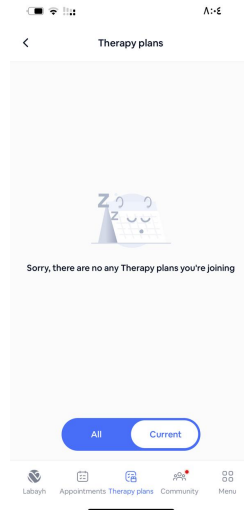

Figure 11: Therapy plan interface

Figure 12: Therapy plan interface

• Community interface: The community interface allows users to initiate and engage in discussions on a variety of mental health topics. Participants can share their thoughts and express appreciation for helpful comments through likes. Additionally, members have the opportunity to seek advice and share valuable resources, fostering a supportive environment for everyone involved.Figure (13).
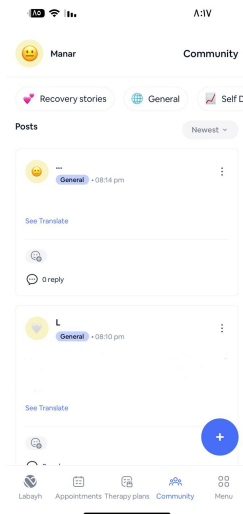

Figure 13: Community interface

• Profile interface: The interface includes personal information such as name, phone number, gender, and email. It allows users to save a list of preferred therapists. Users can also add family members to monitor their well-being or assist them in obtaining support. Finally, users can choose their preferred language (Arabic or English) for the app interface. Figure (14).
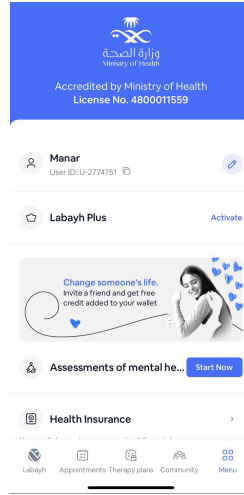
Figure 14: Profile interface

3.3 Database Management System

The Labayh app likely utilises a relational database management system (RDBMS) such as PostgreSQL or MySQL. This choice allows for efficient data management and retrieval using SQL, which is essential for handling the app's extensive data requirements, including user profiles, therapist information, session bookings, and community interactions.

User ID	Name	Phone Number	Gender	Preferred Language	Mood History
1	Manar	050222222	Female	Arabic	Sad
2	Seham	055444444	Female	English	Worried

Table 3: User Model

Therapist ID	Name	Specialty	Gender	Language Spoken	Rating
5	Ali	Panic	Male	Arabic	Good

Table 4: Therapist Model

Session ID	User ID	Therapist ID	Date	Time	Duration
400	1	5	12-4-2025	5 Pm	30m
401	2	5	13-4-2025	9 Am	45m

Table 5: Session Model

3.4   Programming Languages

- Frontend (User Interface):The mobile apps for iOS and Android are likely built using:
- JavaScript: Commonly used for cross-platform mobile development.
- Dart: Often used with Flutter for building natively compiled applications.

- Backend (Server):
- JavaScript: Used in Node.js for server-side development.
-Python: Utilised in Django for backend development.

- Database: SQL is employed for interacting with the relational database.

3.5   Conclusion

The "Labayh" application demonstrates a genuine commitment to promoting mental health by providing a variety of resources and specialized psychological support. Its unique features and seamless experience contribute to addressing the challenges individuals face on their journey towards mental well-being. The continued development of the application and the implementation of a work plan will undoubtedly lead to positive outcomes, reflecting the importance of mental health as a fundamental aspect of overall well-being.

4 References

Labayh. (n.d.). Home. Labayh. `https://labayh.net`.

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