##### SELF ASSESSMENT OF MENTAL HEALTH

##### A MINI-PROJECT REPORT

###### ***Submitted by***

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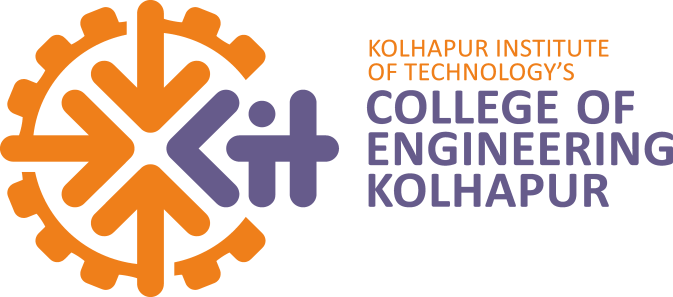
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***in partial fulfillment for the award of the degree of***

##### Bachelor of Technology

IN

CSE



# KOLHAPUR INSTITUTE OF TECHNOLOGY’S

# COLLEGE OF ENGINEERING (AUTONOMOUS), KOLHAPUR

**CERTIFICATE**

This is to certify that the Project report entitled, **“Self Assessment of mental health”** submitted by, in partial fulfillment for the award of the degree of **B.Tech** in **CSE** at KIT’s College of Engineering, Kolhapur, Maharashtra, INDIA, is a record of his / her own work carried out under my / our supervision and guidance.

**SIGNATURE SIGNATURE**

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**DECLARATION**

I hereby declare that the Project entitled, **“A website of self-assessment of Mental Health-‘BETTERME’ ”** submitted to KIT’s College of Engineering, Kolhapur, Maharashtra, INDIA in the partial fulfillment of the award of the Degree of **B.Tech** in **CSE** is a bonafide work carried out by me. The material contained in this Project has not been submitted to any University or Institution for the award of any degree.

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Place: KIT’S COLLEGE OF ENGINEERING KOLHAPUR

Date:

**ACKNOWLEDGEMENT**

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INTRODUCTION

**WHAT IS MENTAL HEALTH?**

Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

**WHAT IS THIS WEBSITE:**

This mental health website offers a convenient and accessible way to check in on your emotional well-being. By utilizing indirect questions and research-based analysis, the website provides personalized solutions and resources to empower you on your mental health journey. Remember, taking care of your mental health is just as important as taking care of your physical health. If you ever feel overwhelmed, don’t hesitate to seek professional help.

**PROBLEM STATEMENT**

Mental health disorders are a growing burden in India. Early identification is crucial. Primary healthcare centers can screen patients, but lack user-friendly tools.

**PROJECT SCOPE**

**Project Objective:** This project aims to analyze the effectiveness and user experience of the self-assessment website for mental health. The report will assess the website's strengths and weaknesses based on relevant literature and industry best practices.

**Existing System**

**Mental Health America**: this is the US’s leading national nonprofit dedicated to the promotion of mental health, well-being, and illness prevention. Our work is informed, designed, and led by the lived experience of those most affected.

Operating nationally and in communities across the country, Mental Health America advocates for closing the mental health equity gap while increasing nationwide awareness and understanding through public education, direct services, tools, and research. Our annual State of Mental Health in America report is among the most widely respected health reports in the nation.

**Proposed System**

This proposed system outlines a comprehensive framework for your mental health self-assessment website. By focusing on reliable assessments, informative content, and accessible support resources, the website can empower users to take control of their mental well-being and encourage help-seeking behavior when necessary. Remember to prioritize user privacy, ethical considerations, and continuous improvement based on user feedback and evolving research.

**LITERATURE REVIEW**

## Literature Review: Mental Health Self-Assessment Websites

**Introduction**

Mental health self-assessment websites are rapidly growing in popularity, offering individuals a convenient and anonymous way to gain insights into their emotional well-being. This review examines the relevant literature on the effectiveness, limitations, and best practices for developing and utilizing self-assessment tools in a web-based format for your mental health self-assessment website report.

**Benefits of Self-Assessment Websites**

* **Increased Access to Mental Health Resources:** Websites can bridge the gap between individuals and mental health services, particularly for those in underserved communities or facing stigma-related barriers. They offer a first point of contact for information and potential intervention.
* **Early Detection and Intervention:** Self-assessment can raise awareness of potential mental health concerns, prompting individuals to seek professional help earlier. Early intervention is crucial for better treatment outcomes and improved quality of life.
* **Empowerment and Self-Management:** Websites can equip users with psychoeducational resources and self-care tools to understand their mental health and develop coping mechanisms. This fosters a sense of self-efficacy and promotes mental well-being.

**Limitations of Self-Assessment Websites**

* **Accuracy and Reliability:** Self-reported data can be susceptible to biases, such as social desirability bias or denial. The validity of the assessment tools used on the website is critical for accurate results.
* **Limited Scope:** Self-assessment is not a substitute for professional diagnosis and treatment. Websites should not provide definitive diagnoses or encourage users to self-medicate. Clear disclaimers and guidance on seeking professional help are essential.
* **Accessibility and User Interface:** Design considerations such as language clarity, cultural sensitivity, and mobile-friendliness are crucial for ensuring accessibility to a diverse population, promoting inclusivity and reducing potential barriers.

**METHODOLOGY**

1. Requirements Gathering

2. Design and Prototyping

3. Development

4. Sensitivity references

5. expert consultancy

6. Launch and User Onboarding

7. Monitoring and Iteration

**REFERENCES**

* Google Chrome
* YouTube
* HTML & CSS
* Javascript

**FUTURE SCOPE**

1. **Mobile Application Development:** we can further develop this website into a mobile application. This would enhance accessibility and user engagement, allowing users to upload, explore, and collaborate on projects on the go.

2. **Personalized Feedback and Recommendations:** Based on self-assessment results, the website could offer tailored recommendations for self-care strategies, relaxation techniques, or educational resources.

3. **Progress Tracking:** Allow users to track their mental health progress over time by offering features like mood journals or symptom trackers.

4. **Community Building:** Consider creating a safe and moderated online forum where users can connect and share experiences with a supportive community, fostering a sense of belonging.

5. **Goal Setting and Gamification:** Introduce features that allow users to set personal mental health goals and utilize gamification elements like badges or rewards to motivate progress.

**CONCLUSION**

The self-assessment mental health website has the potential to be a valuable tool for promoting mental health awareness and encouraging help-seeking behavior. The website's strengths lie in its accessibility, potential for early detection, and ability to empower users with information and resources. In conclusion, this website has the potential to play a significant role in promoting mental well-being and bridging the gap between individuals and mental health services. Continued development based on best practices and user-centered design will ensure the website's effectiveness in empowering users to take charge of their mental health journey.