Mental Health Thermometer Usage Guide

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Welcome Page

The Welcome Page contains information about the app as well as information about the User profile currently logged in. If the user is not logged in then there will be a dialog box asking users to login. The default welcome page for a logged in user is displayed in Figure 1 below:
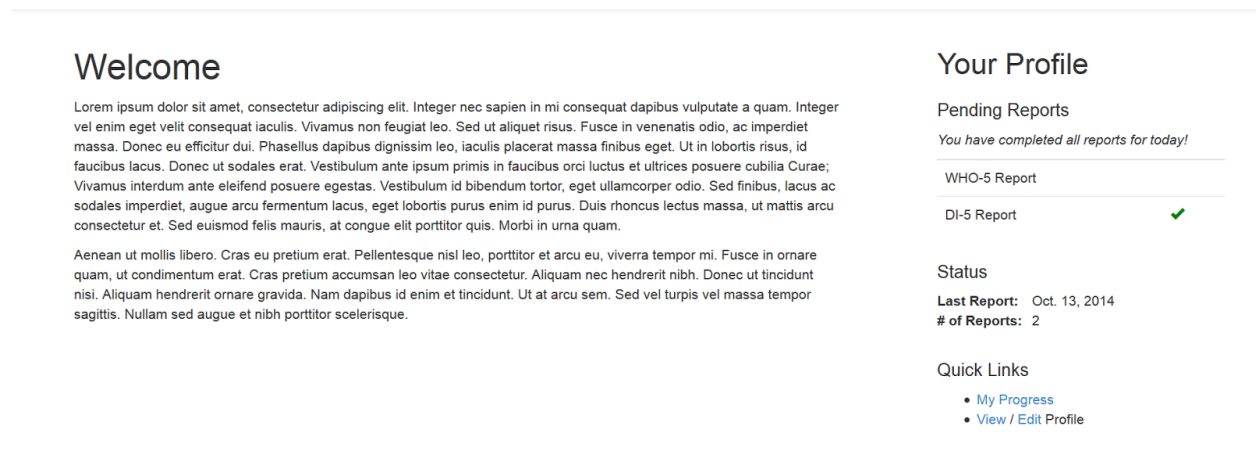

Figure 1 - Welcome Page

When a user is logged in the right side of the welcome page contains links to complete reports, view their progress, and view/edit profile.

The Navbar

The Navbar is included at the top of every page. This bar contains links for users to check their progress, do reports, view and edit their profile, and also admin tasks (if the user is an admin) containing links to backup the database and access app settings. The navbar is shown in Figure 2:
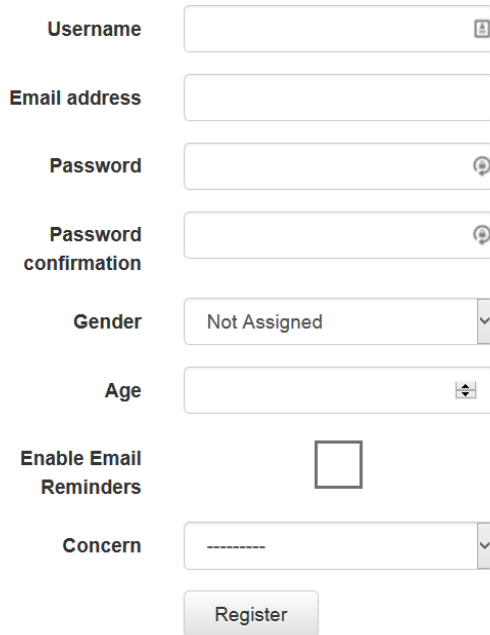

Figure 2 - The Navbar

From the navbar users are also able to reach account specific pages such as Change Password, and pages to delete their account from the system.

Log in, Registration, View and Edit Profile

These pages allow a user to create, edit, and view information about their profile. The fields that a user may enter can be found in Figures 3 below:
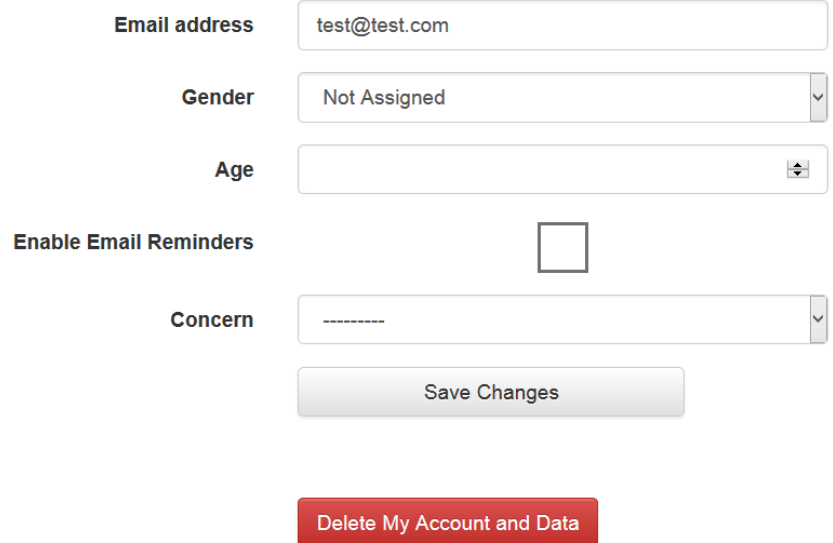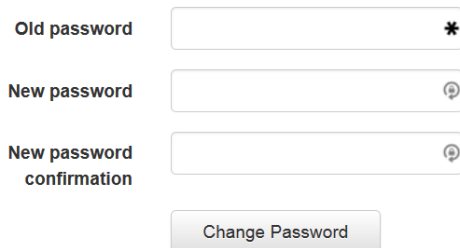

Figure 3: Create and Edit Account pages

If a user has forgotten a password (to log in) they may click Reset your Password on the log in page and the app will send an email to an email that the user specifies (which the account is linked to) containing the account password. This can be seen in Figure 4 below:

Figure 4 - Change Password and Login pages

Report Page

The Reporting Page (which can be accessed via the navbar or the sidebar) allows a user to enter answers to reports in the app. There is a separate report page for each report type in the system. After completing all the questions the submit button will appear and allow the user to submit. An example of a report page is found in Figure 5 below:
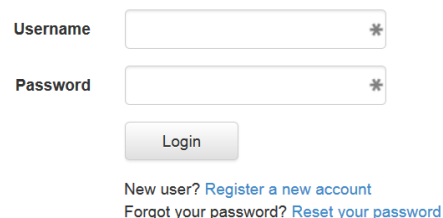
DI-5 Report

Sina   Session: **6**   Date: **Oct. 13, 2014**

I have felt anxious   -

| 0 | 1 | 2 | 3 | 4 | 5 |

I have felt depressed   -

I have felt worthless   -

I have thoughts about killing myself   -

I have felt that I am not coping   -

Legend
0 - at no time
1 - some of the time
2 - less than half the time
3 - more than half the time
4 - most of the time
5 - all of the time

Figure 5 - Reporting Page

The questions and report type can be changed in app settings. If a report has already been completed the user will be able to input data for any previous missed days by specifying a date on the report page. Users will be taken to a report success page upon completion of any report.

Report Success and Alerts System

The alerts system checks if the user meets certain warning thresholds. Whenever a user submits a report the system checks the answers against the thresholds and reports an error if needed on the report success page. An example of the system can be found in Figure 6 below:

DI-5 report submitted successfully!

Alert!

Attention

Please seek professional help:

Contact **13 11 14**

or

Visit the Lifeline WA website

Your Profile

Pending Reports

You have completed all reports for today!

WHO-5 Report   ✔

DI-5 Report   ✔

Status

Last Report: Oct. 11, 2014
# of Reports: 10
Health: Improving

Quick Links

- My Progress
- View / Edit Profile

Figure 6 - The Alerts System

The thresholds and warning messages can be set on a per question or per report basis. They can be changed in App Settings by the administrator. HTML tags can be used in the message field to give the message formatting (for example bolding, or hyperlinks). It is recommended that reasons for the alert are included in the alerts message.

Progress Page

The Progress Page can be accessed by clicking on My Progress in the navbar, and it is the page for users to check their current mental health state. Data provided through the application is shown here. The page is optimised for mobile view, and graphs are also touch enabled for mobile devices. An example of the Progress Page is found in Figure 7 below:
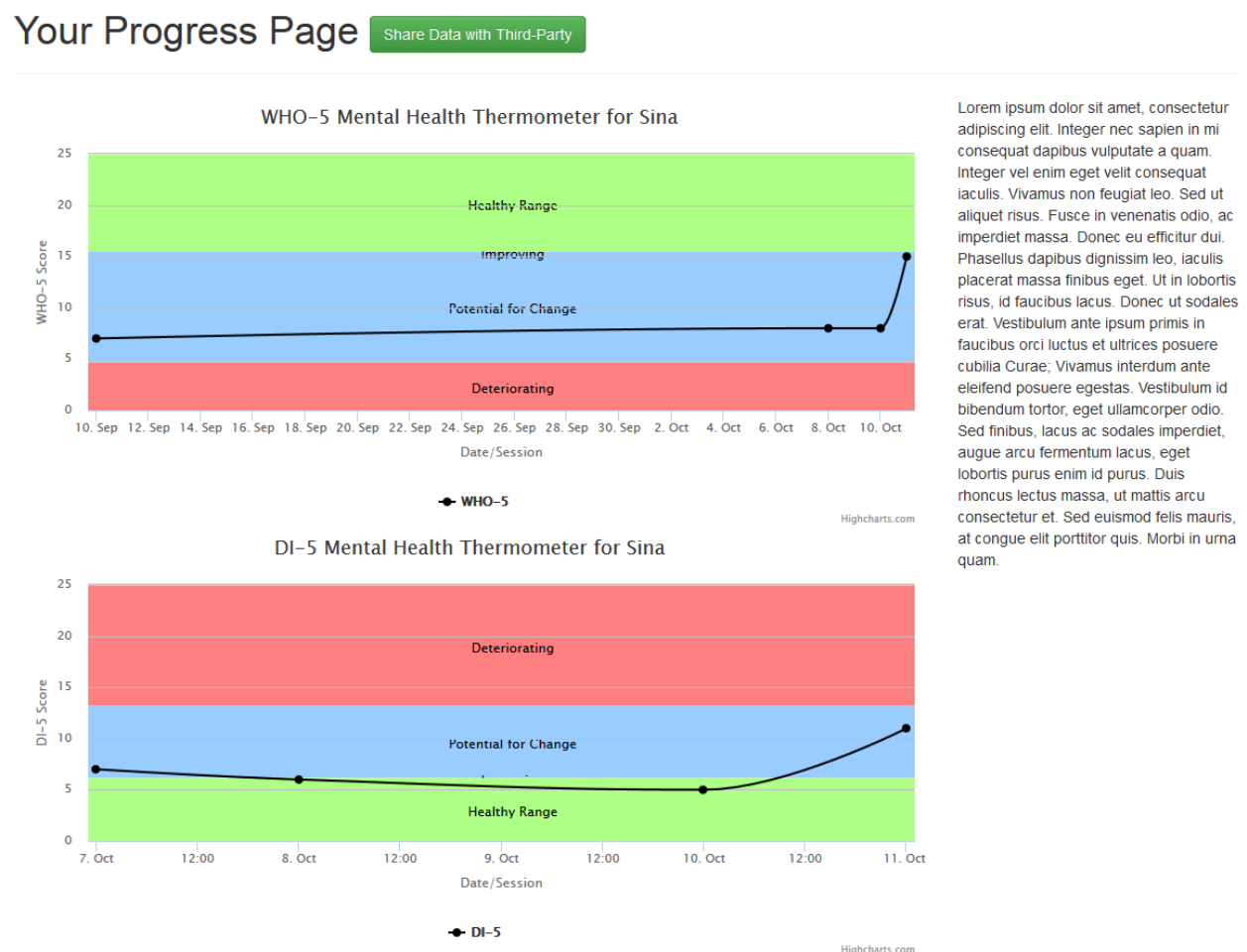

Figure 7 - Example Progress Page

Each graph on the progress page corresponds with those added in App-Settings. The data is pulled dynamically from the system database, and any missed dates are ignored. Graph boundaries (for each section) have been calculated using (Newnham et al., 2010), (Dyer, Hooke & Page, 2013) and (Jacobson & Truax,1991) for WHO-5 and (Dyer, Hooke & Page 2013) and (Jacobson & Truax 1991) for DI-5. To add future categories, equations for boundaries must be added in views.py. The graph legend (description of boundaries) on the right hand side can be edited by editing the relevant field in App Settings.

Each plot point on the graph can be moused over in order to get expanded data (such as exact score, time, and date). The graph can be zoomed in by either dragging with the mouse, or pinching with fingers (on touch devices). The zoom can be reset by pressing the reset zoom button on the top right. Panning when the graph is zoomed can be achieved by zooming in the wanted direction (with the mouse) or a panning technique (touch).

The green button (Share Data with Third Party) will send the user an email (the email being the one registered to the user's account) which contains a shareable link. This link leads to a Progress Page stripped of identifying information, and set to Printer Friendly. The shareable link expires within seven (7) days from link generation. New link generation by a user will immediately purge old links (and they will no longer be accessible). The email this link is sent to is the User's registered email.

App Settings

The App Settings page can be accessed through the admin panel in the navbar. This page displays the current count of users and reports, as well as all of the settings used by the application including report management, text content, constants, concerns, and alerts. The ability to export aggregate data to csv, as well as restore all settings to default is also found on this page. A view of the page with default settings can be found in Figure 8 on the next page.

App Settings

Users: 6 #Reports: 11

Report Management

WHO-5	Edit	Delete
DI-5	Edit	Delete

New Report Type

Export Aggregate Data

Export Data (.csv)

Text Content

Home Page Welcome	Edit
Progress Page Description	Edit

App Constants

ID	Name	Value
1	W_RoM	0.89
2	W_SDn	5.11
3	W_SDc	5.58
4	W_Mn	12.95
5	W_Mc	8.45
6	D_RoM	0.89
7	D_SDn	3.85
8	D_SDc	5.41
9	D_Mn	4.47
10	D_Mc	8.56

Manage Constants

Concerns

ID	Name
1	Depression
2	Anxiety
3	Anger
4	Eating
5	Sleep
6	Psychosis or Mania
7	Stress
8	Relationship Difficulties
9	Physical Problems
10	Other

Manage Concerns

Alerts

ID	Question	Threshhold	Threshold Type	Alert Message
4	I have thoughts about killing myself	0	>	\ Please seek professional help:\ \ Contact \ 13 11 14\\ \ or\ \ Visit the \Lifeline WA\ website\

ID	Report Type	Threshold	Threshold Type	Alert Message
1	DI-5	20	>	You are approaching a dangerous state. Please seek professional help.

Manage Alerts

Restore Settings to Default

Figure 8 - App Settings Page

Clicking on any of the edit buttons for each of the sections (e.g Manage Alerts) will take you to a page that allows you to edit the values. Any edits will be implemented immediately by the system once they have been submitted. An example of an edit page can be found in Figure 9 on the next page.

Manage Alerts

ID	Question	Threshold	Threshold Type	Alert Message	Delete?
4	I have thoughts about killing myself	0	>	Please seek professional help: Contact 13 11 14 or Visit the Lifeline WA website	☐
	----------	-1	<		☐

ID	Report Type	Threshold	Threshold Type	Alert Message	Delete?
1	DI-5	20	>	You are approaching a dangerous state. Please seek professional help.	☐
	----------	-1	<		☐

Save Changes

Figure 9 - The Manage Alerts Page

Exporting aggregate data to csv by clicking the relevant button will download a csv file to the User's default download directory. This file will contain all aggregate data contained in the system database including id, date, total score, type of report, gender, age, main concern, and individual question scores. An example of a csv file exporting by the system can be found in Figure 10 on the next page.

id	date	total_score	type	gender	age	concern					
14	10/10/2014	8	DI-5	N		-	2	2	1	2	1
13	10/10/2014	8	WHO-5	M	21	Depression	1	1	1	3	2
13	10/10/2014	5	DI-5	M	21	Depression	1	1	1	0	2
13	8/10/2014	6	DI-5	M	21	Depression	1	1	2	0	2
13	7/10/2014	7	DI-5	M	21	Depression	1	1	1	3	1
13	10/09/2014	7	WHO-5	M	21	Depression	1	5	0	0	1
13	8/10/2014	8	WHO-5	M	21	Depression	1	1	5	0	1
13	11/10/2014	15	WHO-5	M	21	Depression	3	2	4	2	4
13	11/10/2014	11	DI-5	M	21	Depression	2	3	1	3	2
13	5/10/2014	15	WHO-5	M	21	Depression	3	4	3	1	4
13	2/10/2014	15	DI-5	M	21	Depression	2	3	2	5	3

Figure 10 - An example of the csv file exported by the system

Backup System

The backup system allows an admin to backup the database. It can be accessed via the admin control panel, and provides a list of all currently stored backups, with the ability to create new backups. The system can be seen in Figure 11 below:

Backup

Backup Now

Backup Name	Restore	Delete	Download
backup_25_09_2014_06_16.sqlite3	Restore	Delete	Download
backup_13_10_2014_06_25.sqlite3	Restore	Delete	Download
backup_25_09_2014_07_01.sqlite3	Restore	Delete	Download
backup_23_09_2014_03_34.sqlite3	Restore	Delete	Download
backup_25_09_2014_06_19.sqlite3	Restore	Delete	Download

Figure 11 - Backup System

Clicking on Restore will restore the server to the same state as the specified backup. Pressing Delete will delete the backup from the system. Pressing Download will download the backup to the default browser download directory for the user.