User Manual

Mental Health Management System

MindTrails

April 2020

Table of Contents

1. INTRODUCTION

MindTrails is a public research app that offers interpretations bias training programs to promote healthier thinking patterns for people with anxiety and other emotional difficulties. It is backed by a team of psychologists, computer scientists, and engineers under the University of Virginia. This app offers help for the users through Cognitive Bias Modification which encourages more flexible thinking styles in everyday life, and, in return, gives the MindTrails information and feedback to support newer studies and increase the effectiveness of the training. The mobile application developed for the MindTrails team is focused on retention and allows for greater accessibility for users. The manual is a guide on the functionality and the trainings offered by MindTrails.

2. OVERVIEW

2.1. Functionality
- User Login
  - Can complete trainings and assessments under their account
  - A token is created so the user does not have the sign back in until after 20 minutes.
- Support for two user levels
  - Admin
  - User
- Assessments and Trainings
  - Allows the users to take training programs to help their mental health and thought process to help deal with similar future problems
  - Ability to do the program offline

2.2. Page Navigation

When accessing the application, you will be brought to the home screen/splash screen.
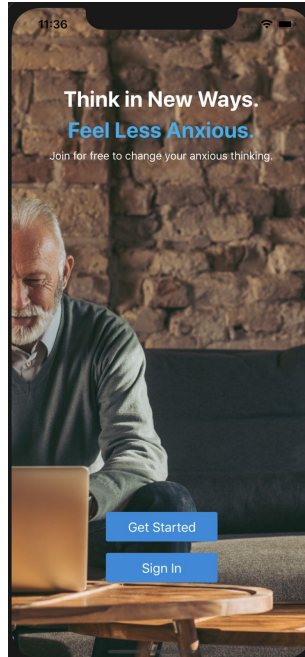
2.2.1. Home

Figure 2a

You can either click on the "Get Started" (see **section 2.2.3**) button or, if you have an account, Sign in.
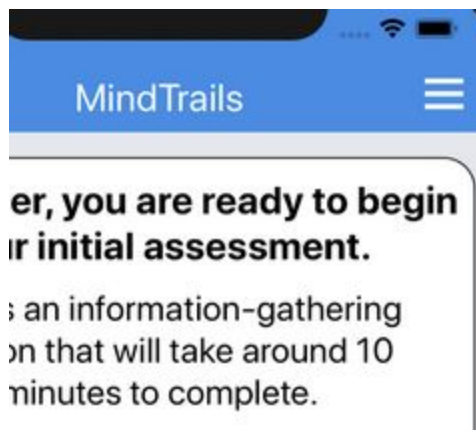
2.2.2.   Navigation Menu

Figure 2b

To open the navigation menu, please either tap on the Hamburger Button in the top right of the screen shown in **figure 2b** when displayed or slide from right to left starting from the edge of your screen which will then reveal the Menu shown in **figure 2c**
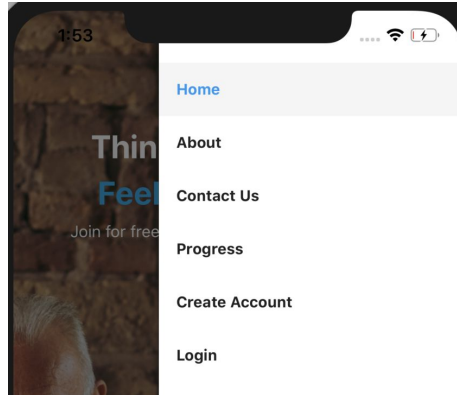
Figure 2c

The sections are listed below

- Home (Section 2.2.1)
- About (Section 2.2.3)
- Contact Us (Section 2.2.4)
- Progress (Section 2.2.5)
- Create Account (Section 2.2.6)
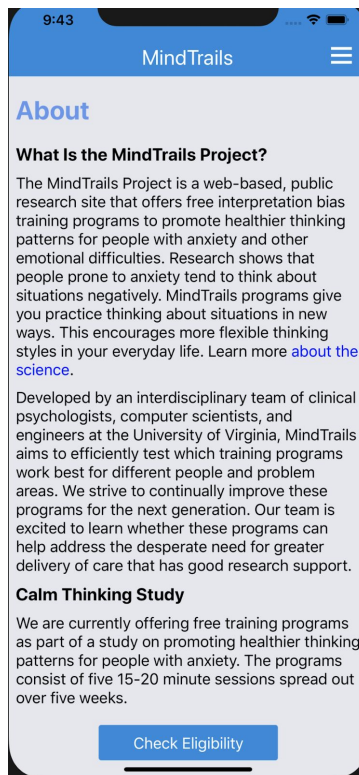- Login Section 2.2.7)

2.2.3.   About

Figure 2d

This page describes what Mindtrails and what the study is they are offering to the users. Tapping on the "Check Eligibility" takes you to the Eligibility form **(Section 3.1.1)**
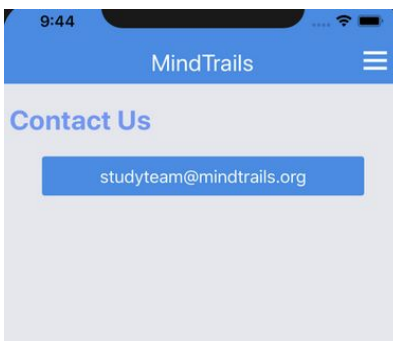
2.2.4. Contact Us

Figure 2e

This screen displays the contact information of the MindTrails team if you want to get in touch with them. Tapping on the email links you to your default emailing app to set its "To:" to the email provided in the app.

2.2.5. Progress

The progress screen shows how far the users have progressed and also their current assessment or training. You are able to see previous, current, and future trainings. At the top of the **figure 2f**, you may begin your next assessment if it is available.
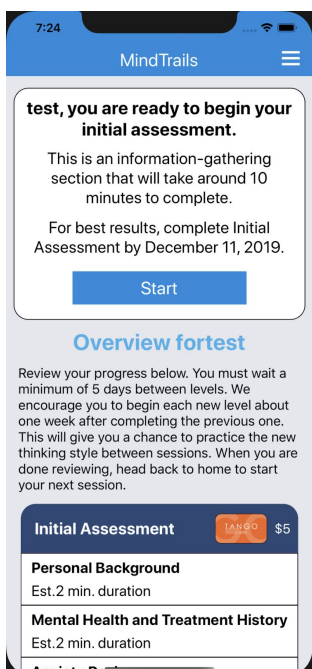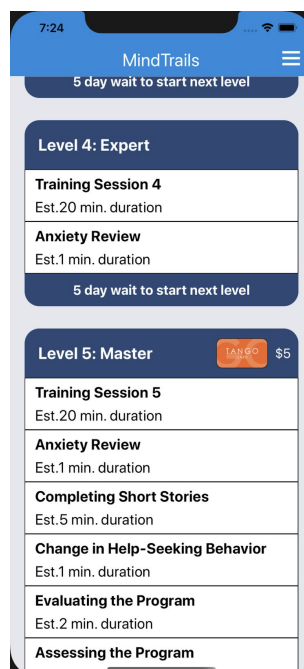

Figure 2f

Figure 2g

2.2.6. Create Account

Figure 2h

The create account screen has drop down questions if you would like to know more about the program as shown in the top of **figure 2h**. This page is a scrollable wall of information that is required to be filled out before account creation. A button at the bottom (**figure 2i**), which when pressed, consents to the statements listed in the app and completes the creation process.

Figure 2i

2.2.7. Login

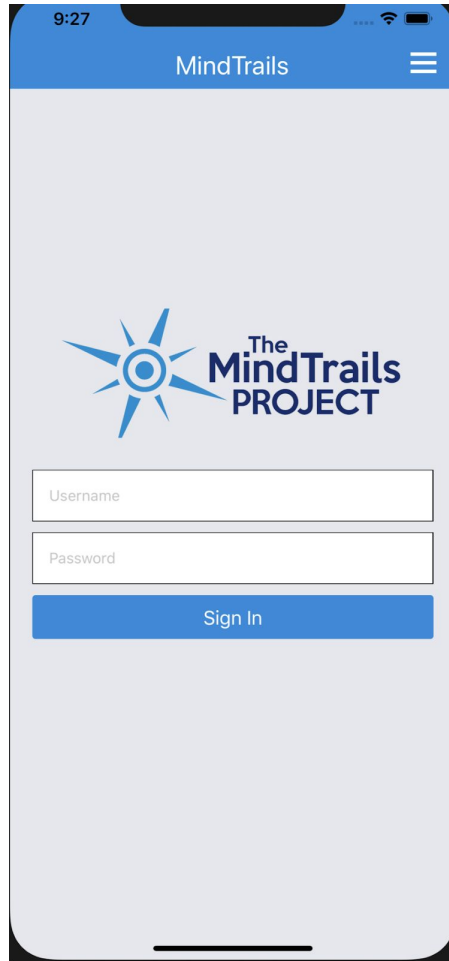Login function using your username and password (**figure 2j**)

Figure 2j

2.3.   User Levels

2.3.1.   User

User Login is used through the app (**Section 2.2.7**). Most sections up until the end of 3 exclusively showcase the User side.

2.3.2.   Admin

Admin levels are showcased in **Section 4.**

3.   Functionality

3.1.   Users

3.1.1.   Eligibility Questionnaire

Figure 3a

This is a questionnaire required to be completed to see if you are eligible for access into the program based on the status of your mental health. Please complete this section while trile to avoid the "Prefer not the answer choice" by moving the sliders across the screen: example shown in **figure 3b**.

Figure 3b

3.1.2. Evaluations Criteria

When the evaluation questionnaire is completed, either **figure 3c** or **figure 3d** will be displayed to you showing if you did not meet the requirements or if you did. If you did not succeed, we recommend trying to do the questionnaire again if you believe your eligibility has changed.
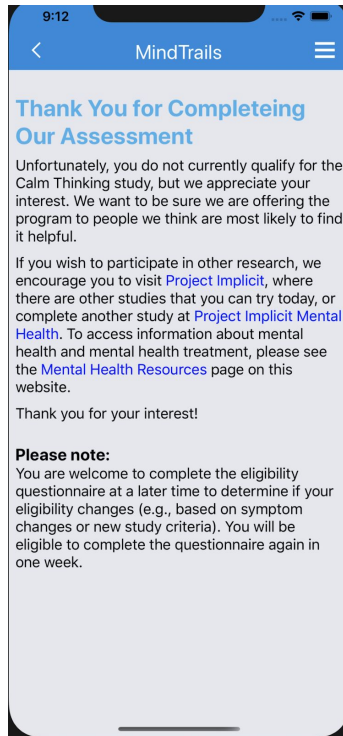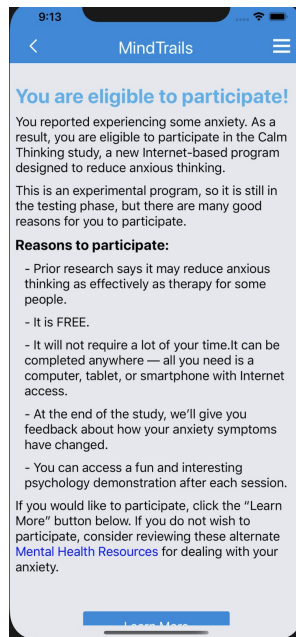

Figure 3c

Figure 3d

3.2.   Assessments

During the trainings, there will be assessments that ask about your mental health such as recent history, mental disorders, and current mental state such as **figure 3e, 3f** and **3h**.
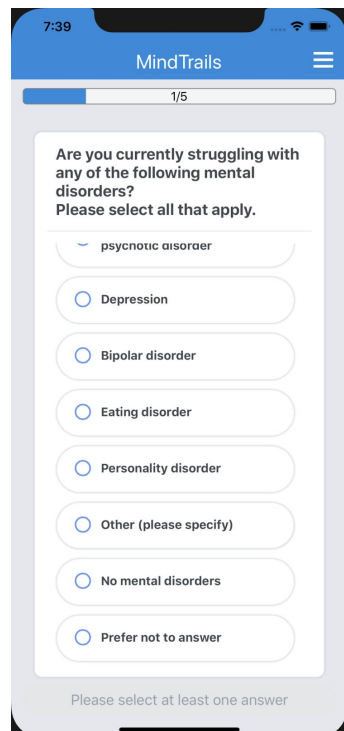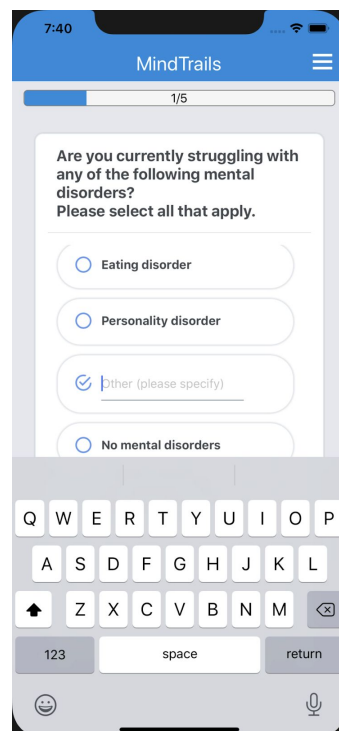

Figure 3e

Figure 3f

During some of your answers of these sections, a pop up may occur which asks you for efficiency values for feedback value, so the researchers at MindTrails can properly understand how to modify the training due to the information you give to further help the exercises (eg **figure 3g**).

Figure 3g

Figure 3h

3.3.   Trainings

3.3.1.   Fill in the Blank

One of the trainings that this program gives is a fill in the blank style of question (figures **3i, 3j,** and **3k**). You would read the story to understand the context of the situation. The last word spell then put into a row with a block per word. A letter missing from the word which you must pick which one it is. If you incorrectly choose, you can still try again (figure **3j**). A correctly completed answer is exemplified in figure **3k**.
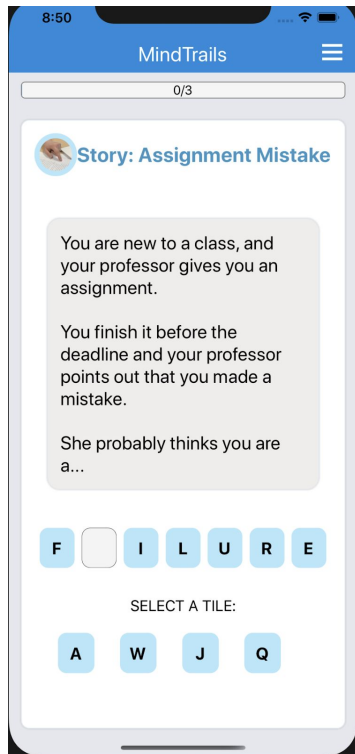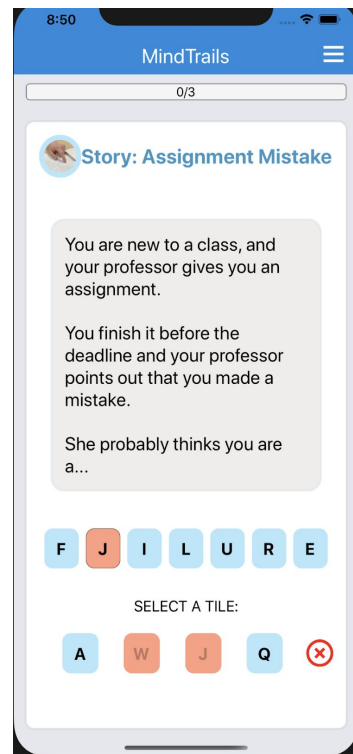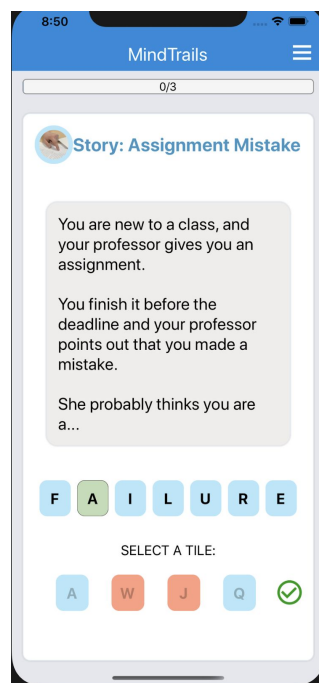
Figure 3i

Figure 3j

Figure 3j

3.3.2. **Yes/No Question**These questions are created with one correct and one wrong answer. An example question is shown on **figure 3k**. These questions are usually related to the question previously asked. If the wrong answer is chosen, a wait timer is activated near the bottom (as shown in **figure 3l**), and you are unable to make another choice until the timer is gone. An example of a correct answer is shown in **figure 3m**.
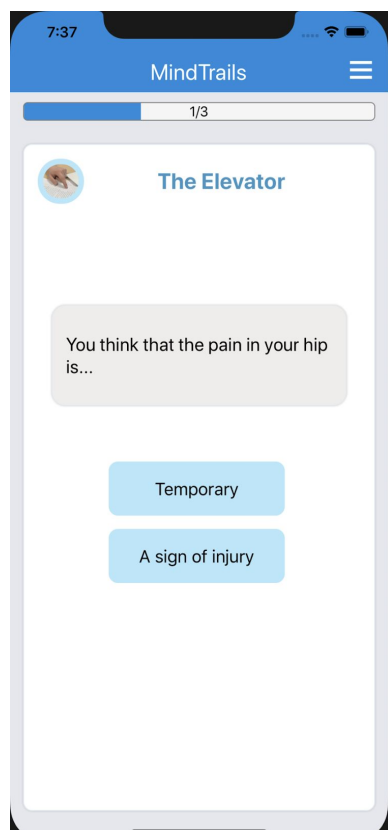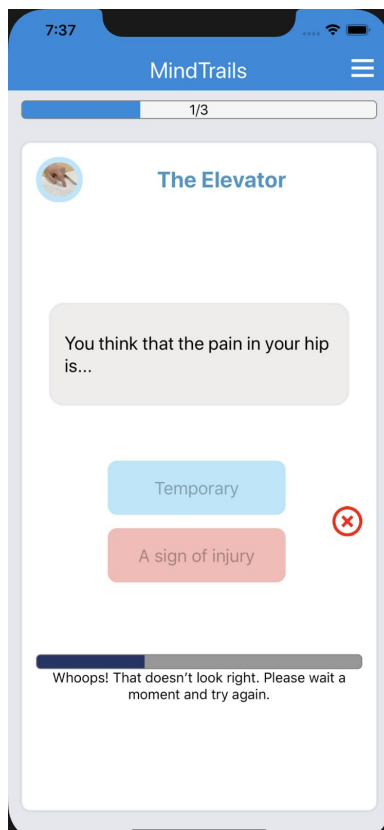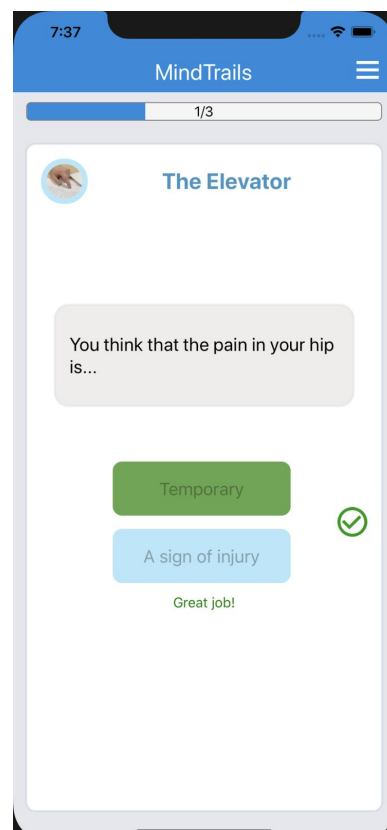

| Figure 3k | Figure 3l | Figure 3m |

4. Admin Page

To access the admin page, type in the url link shown in the image below (Figure 4a). After accessing the page, you will be taken to the dashboard shown in figure 4b.
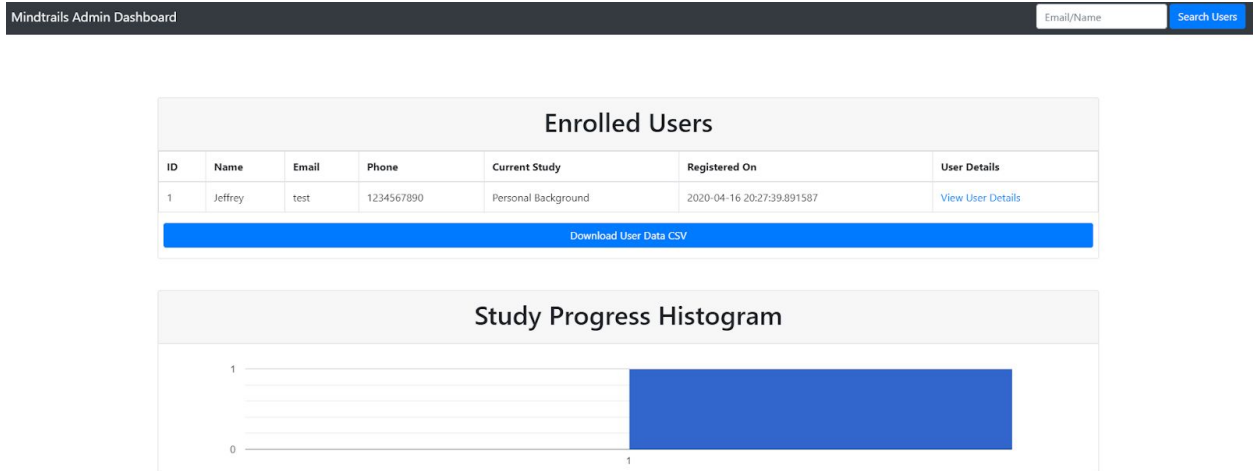

Figure 4a

Figure 4b

This screen has a couple different functions admins can use to access the information stored in the database for users. Below are the listed functions. If an admin would like to return to the homescreen, they must click on the "Mindtrails Admin Dashboard" name in the top left corner of the page (ex figure 4b).

- Search Users (Section 4.1.1)
- Enrolled Users List
- Histogram
- View User Details (Section 4.2)

4.1.   Admin Functions

4.1.1.   Search

You can search through the database using email or name. This search uses a LIKE query so it will find all users that contain the string entered. The search function is located in the top right of the application (figure 4c).

Figure 4c

Figure 4d displays the returned users found through the search query. If the query returns nothing, the enrolled users and the histogram will display no information. (Figures 4d and 4e)
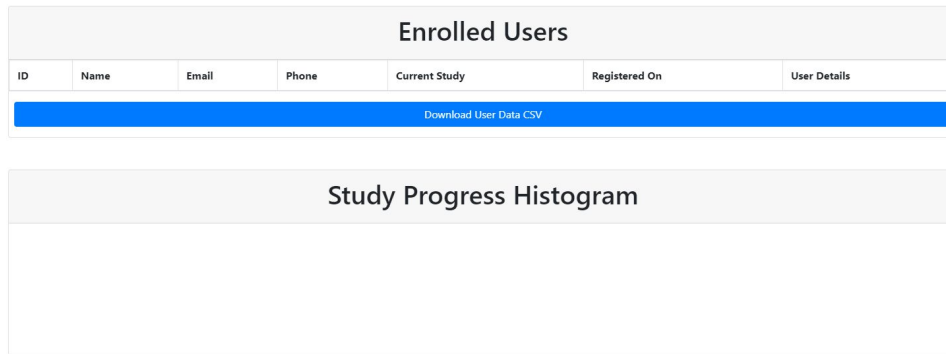
Figure 4d

4.1.2. Histogram View

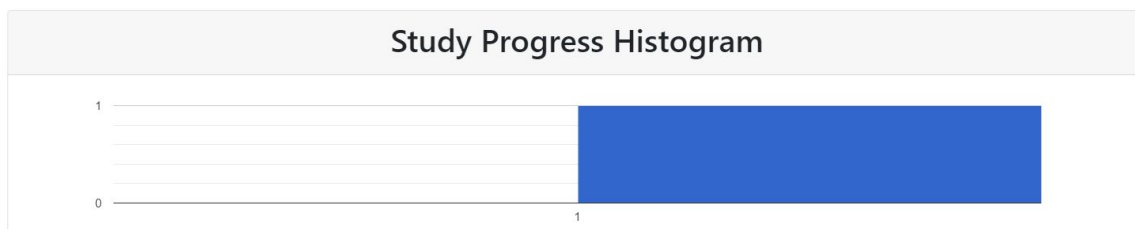**Figure 4e**

Displays the searched users study index (current progress) in a histogram format (Default: All Users).

4.1.3. Download User Data CSV

Figure 4f

Converts and downloads all user's data to a csv file for the admin.

4.2. User Details

On the right side of the "Enrolled Users" page (figure 4b), there will be a button (figure 4g) to view the details of specific users. Clicking on this will lead you to an overview (Section 4.2.1) of the user containing basic information and information about the sections they have completed.
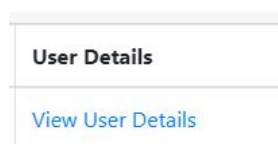
Figure 4g

4.2.1. Overview

On the left side of figure 4h, it shows the basic information of the user. On the right, it displays user questionnaires and training information about progress and time spent completing it.
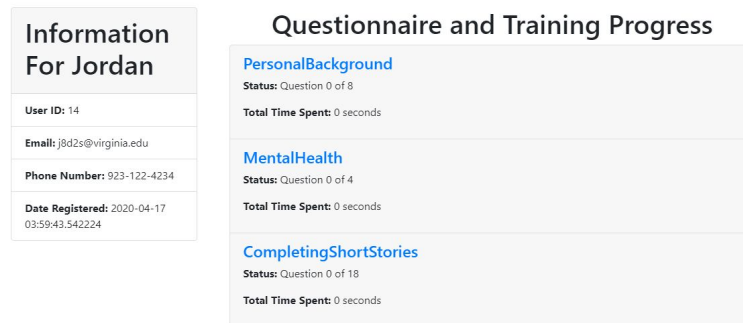

Figure 4h

4.2.2. View Answer Data

By clicking on the questionnaire title, information of the questionnaire will be displayed for the admin to read through and analyze. There is also an export CSV function that will give the admin a download of the user data for all of the questionnaires they have completed so far.
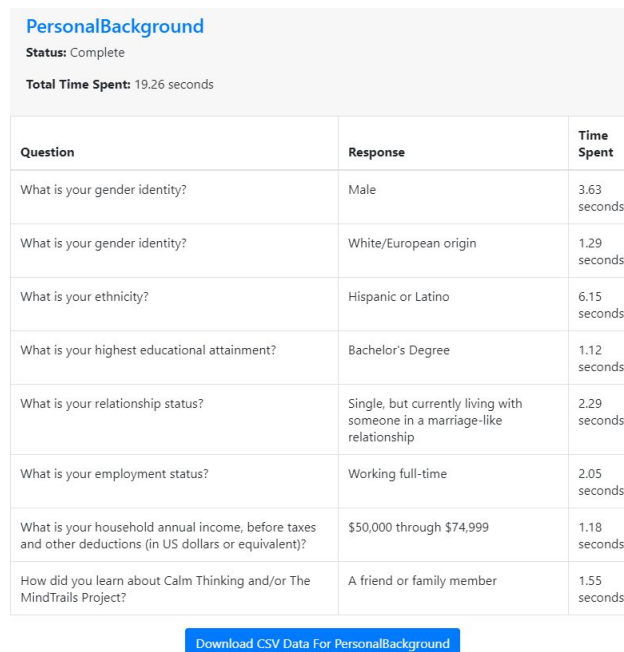

Figure 4i

(The information displayed in Figures 4h and 4i is made up. Confidentiality is a priority of MindTrails)