

Adolescent Advice & Assistance

Created by:

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GitHub Repository:

<https://github.com/Zoryna/mental-health-proposal>

Project Proposal Information:

[https://github.com/Zoryna/mental-health-proposal/tree/master/Documents/Proposal
%20Information](https://github.com/Zoryna/mental-health-proposal/tree/master/Documents/Proposal%20Information)

Table of Contents

Adolescent Advice & Assistance	1
Table of Contents	2
Abstract	3
Project Narrative	4
Outline of Initial Research	5
Brief Summary of Outline	5
Design Considerations	5
Gestalt Laws	5
Mental Model	6
Mockup	7
Body of Research	9
HTML and CSS	9
JavaScript	9
Node.js and Express	9
Summary of Research	11
Appendix	12
Referenced Psychology Websites	12
Referenced Developmental Source Code	12
HTML/CSS	12
JavaScript	12
Node.js/Express	12

Abstract

Adolescent Advice & Assistance is a fictional organization I created for my COMP 250 course, Introduction to Scientific and Technical Communication, at Loyola University Chicago. The organization is meant to be a mental health resource for low-income high schools by educating school staff on how to assist students with mental disorders. This project is a website for that organization as if it were real, and it is based on the proposal I wrote for it. I referenced the proposal and my other documents related to it. The site contains information on Adolescent Advice & Assistance, its resources, how to sign up, and how to contact them. The project was designed in hopes of bringing more visibility on the importance of mental health through a website.

Project Narrative

My goal for this project was to create a website that would educate users on mental health. Since I have a psychology minor, I wish to combine my knowledge on computer science and psychology. I want to show users that there could be resources that can be created to give more support to people who suffer from mental illnesses. Adolescent Advice & Assistance is supposed to be an organization where low-income high schools can apply for a program, Mentors for Mental Health, where school staff is taught how to handle students with mental illnesses. The website's main functionality is to allow school staff to learn more about the program and how to apply for it, but its audience is also for parents and students. It is important for parents to learn how to help their children with mental disorders, and it is important for youth to learn how to approach their friends with these topics.

In many instances, people are unaware of what to do when faced with mental disorders or people with mental disorders. The project contains much information on the organization, but I also included outside links because I want to put a lot of emphasis on creating a website that gives facts about mental health, psychology, and how to seek professional assistance. I want this website to be an example on how we can create communities where mental illness is something people know how to properly handle. Although this organization is fictional, I hope that one day there will be more organizations like it and for it to be accessible to many people.

Outline of Initial Research

Brief Summary of Outline

Adolescent Advice & Assistance is based on my proposal, and I want the website to be an informational website. I referenced my proposal and did some research on mental health so I would be able to create a proper website about mental illnesses. I reread the documents I wrote about Adolescent Advice & Assistance and then looked at some psychology websites to understand the format of an informational website. I learned that I need to know who the audience of my product is and which information would be important for them to know. In other words, I had to decide what features would be helpful to put on the website and if they would be relevant for my audience.

I had to design my website so it is user friendly and so it is able to portray the information in my proposal. I referenced my notes from my COMP 341 course, Human-Computer Interaction, so I can implement some design concepts. I created mockups based on how the audience of the website is school staff, parents, and students. All the pages are relevant for school staff, but the About page and Get Involved Page is particularly helpful for parents and students because it gives information on mental health and where to learn more about them. After planning the project's design, I decided that I would use HTML, CSS, and JavaScript to create the website.

Design Considerations

Gestalt Laws

I applied the *Gestalt Law of Proximity* when I made a separation among the navigation bar, page information, and the footer, since the navigation bar has space above the page and the footer has space below the page. I also divided the information in the Home Page and the About pages' Mission, Service, and Outcome sections. Within those pages, I placed an image at the top of each page and some paragraphs of information beneath it. I allowed enough space between the image and text so users will visually know that they are separate. In the About pages, there is some text at the right of the image. Since the text is directly at the right of the image, users will understand that it is information that is separate from the text below it.

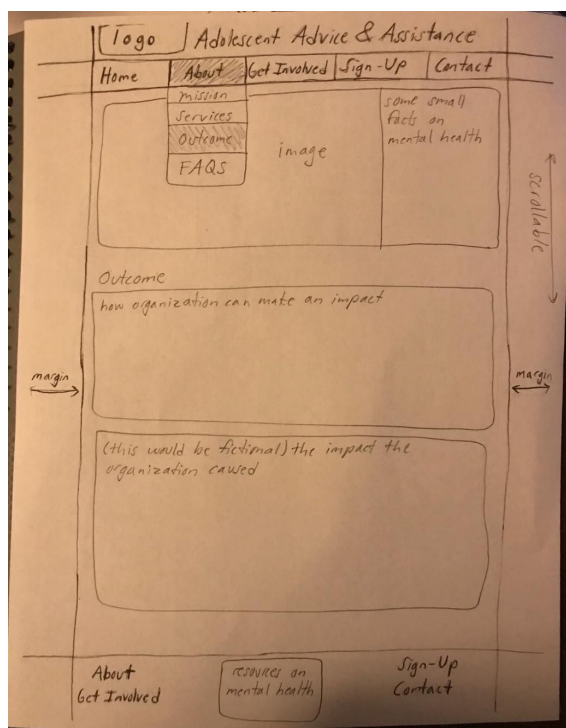
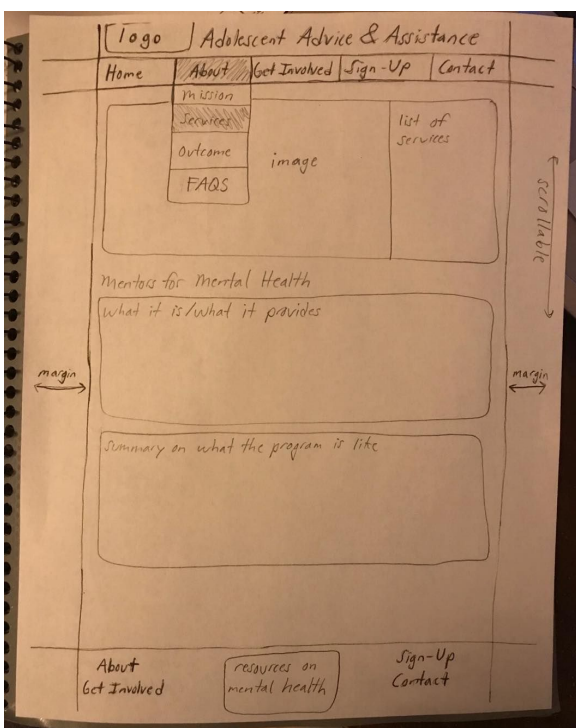
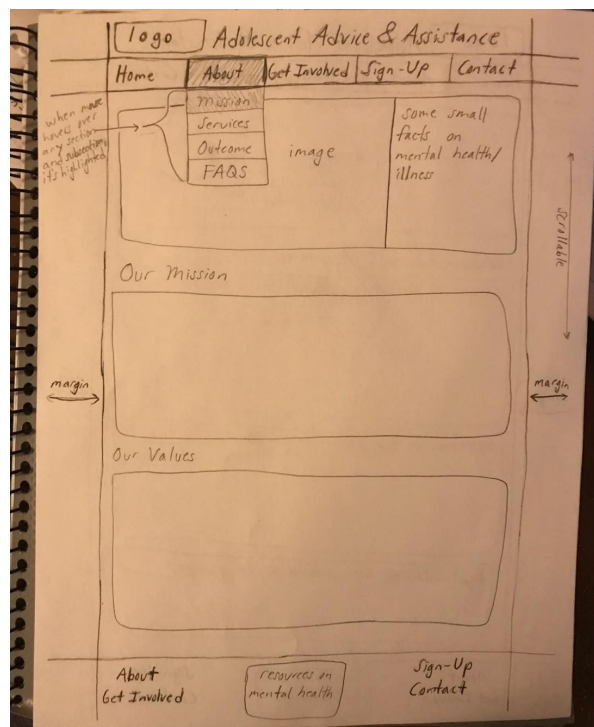
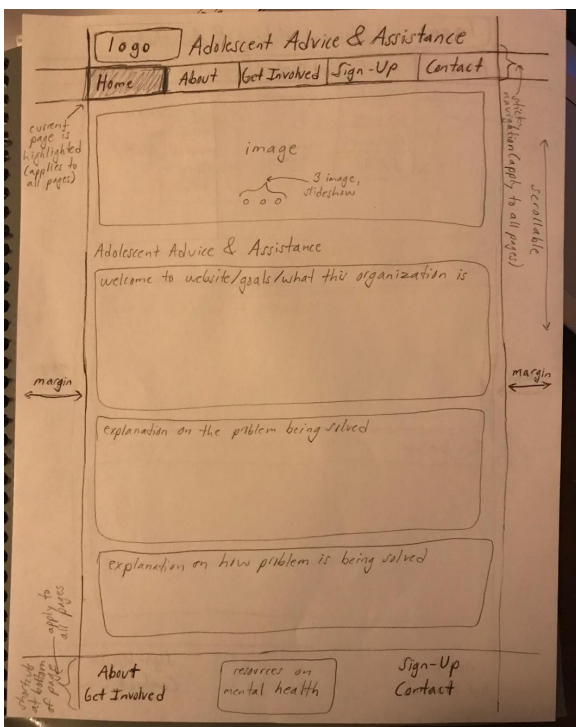
I applied the *Gestalt Law of Similarity* when designing the organization heading, navigation bar, footer, Sign-Up page, and Contact page. The organization heading, navigation bar, and footer each are different colors and text sizes so users can see that they are different from each other despite having the similar format of appearing on every page of the website. In the Sign-Up page, there is a Mentors for Mental Health paragraph and then the Apply section. Users will know the difference between them since the paragraph is text while the Apply section has the similarity of it all being input boxes. In the Contact page, there is a section at the top of the page for contact information and then numerous input boxes below it. Through the *Law of*

Similarity, the contact information will be one section because it is shown in the white box, while the section below are input boxes.

Mental Model

It is common that websites are formatted so their information is shown in an F-shape. I designed my website to resemble an F-shape so it would be easier for users to create a mental model. When users view the site, they will see the organization name and the navigation bar before looking at each pages' information.

If the application does not create cognitive overload, users will have a better mental model of it. In order to prevent cognitive overload in some sections of the website, I used accordions. The About's FAQS section and the Get Involved page contain a lot of different information. The FAQS section has five questions about Adolescent Advice & Assistance, and I used an accordion so users can hide or show the information they want to view. I also use an accordion in the Get Involved page. It has three sections where one section is dedicated to each of the three groups of people the audience consists of. I wanted to reduce cognitive overload with an accordion because it allows users to just see the section title without being overwhelmed by the information the entire page actually has.

Mockup

Logo		Adolescent Advice & Assistance			
Home	About	Get Involved	Sign-Up	Contact	
Community asked questions →	FAQS	Mission			(Richard) questions ↓ draws are so users click on it, and it expands to show answers
		Services			
		Outcome			
		FAQS			
About Get Involved		resources on mental health		Sign-Up Contact	

margin

scrollable

Logo		Adolescent Advice & Assistance			
Home	About	Get Involved	Sign-Up	Contact	
For Schools		click to expand → - Apply to member for mental health → linked to apply - Start a mental health awareness club/event expanded			
For Parents		- Tips on how to discuss mental health - Tips on how to approach kids on mental health			
For Youth		- How to notice if friend not acting like self - How to talk to your friends about mental illness - Know when to ask help from a professional			
About Get Involved		resources on mental health		Sign-Up Contact	

margin

scrollable

Logo		Adolescent Advice & Assistance			
Home	About	Get Involved	Sign-Up	Contact	
Member for mental Health					
Summary on what it is/what it does/how schools are chosen					
Apply					
Name					
Email					
Organization					
Organization Size					
user can type into it and it'll be stored					
About Get Involved		resources on mental health		Sign-Up Contact	

margin

scrollable

Logo		Adolescent Advice & Assistance			
Home	About	Get Involved	Sign-Up	Contact	
Organization Information (fictional)					
Phone Number: _____					
Email: _____					
Send an Email:					
Name					
Email					
Subject					
message:					
Send					
About Get Involved		resources on mental health		Sign-Up Contact	

margin

scrollable

Body of Research

HTML and CSS

In Update 3, I began creating the HTML and CSS files. I first created the organization heading, navigation bar, and the footer since they appear on all the pages. I had to do some research on the navigation bar and footer because I developed them through flexbox. I had some trouble having the sections in the navigation bar fully highlight when the user hovers over them until I adjusted the margins and padding of the sections. I also did some research on creating a dropdown menu for the About page, since I had some initial difficulty implementing it. For instance, the sections underneath About were visible. I was able to successfully develop the dropdown menu by adjusting the structure of the HTML and CSS files so it would know which sections were to be hidden,

For the Sign-Up page and Contact page, I looked for information on how to implement multiple input boxes, label them, and how to change the properties of the boxes. Originally, the boxes were more square until I was able to make the corners more round, and the boxes were shorter until I adjusted the length.

JavaScript

In Update 4, I began implementing JavaScript into my HTML and CSS files. Once the navigation bar was completed, I wanted to turn it into a sticky navigation bar. I had to search through tutorials to learn how to create a successful sticky navigation bar with the code that I had. I created a sticky function to apply to all the website's pages.

I had to do a lot of research on dropdown features like accordions for the About FAQs section and the Get Involved page. I had some difficulty creating the sections and having the information for each section be hidden. After looking at some examples, I refactored my HTML and CSS files so the JavaScript files corresponding to it understands which parts of the page is supposed to collapse or expand. I learned that the JavaScript file should have a function where it uses a for-loop to iterate through the sections of the accordion that need to be visible or not visible.

In the Sign-Up and Contact pages, there are input boxes, and I wanted to show the user through an alert that their submission was successful. Since the input boxes were previously implemented, I created the JavaScript files for a submission and alert function. They were then connected with the button so when users click on it, they will be shown an alert that their information has been submitted and when the alert is closed, their submitted information will appear as another confirmation.

Node.js and Express

I incorporated Node.js and Express in Update 5 once I achieved the Minimum Viable Product for the website. After the installations, I created the node modules, JSON package, and

the server JavaScript file so the website can run on a local host. I looked at Dr. Hayward's notes on incorporating Node.js and Express. I was able to run the local host, but I also looked at outside resources to learn how to run all my HTML, CSS, and JavaScript files through it. I learned that having a server for the website would be very helpful for any future plans including the use of a database.

Summary of Research

There are a few features I was unable to implement. I was not able to implement how to get the navigation bar to highlight the section of the navigation bar the user is currently viewing. I also did not implement the carousel of images for the Home page. In the Contact page, there is a Message input box, and I was planning for it to allow users to write in paragraphs of text, but it only allows the text to be in one continuous line. I would like to successfully implement these features in the future.

There are also some features that I would like to add for further research. I would like to have the website be more responsive, and I would have liked to add a proper logo for the website instead of just the organization name at the top of each page. I would also like to have the feature where users can send an email through the website and for the user to receive a confirmation email about their response. If I were to continue this project further, I would like to use Firebase and create a page where schools have an account and can log in to check their application status.

I was able to achieve the Minimum Viable Product, and it closely follows the mockup that was initially created. The website is able to successfully show that it is about mental health and being a resource for schools, parents, and students. This project allowed me to practice UI and UX concepts because I was able to design a website and implement it. I had some knowledge on HTML and CSS before developing the website, but I was able to learn more about JavaScript, Node.js, and Express.

Appendix

Referenced Psychology Websites

- <https://www.nami.org/>
- <https://www.mentalhealth.gov/>
- <https://www.apa.org/action/science/index>

Referenced Developmental Source Code

HTML/CSS

- https://www.w3schools.com/css/css_navbar.asp
- https://www.w3schools.com/css/css_dropdowns.asp
- https://www.w3schools.com/css/css_form.asp

JavaScript

- https://www.w3schools.com/howto/howto_js_navbar_sticky.asp
- https://www.w3schools.com/howto/howto_js_accordion.asp
- https://www.w3schools.com/js/js_popup.asp

Node.js/Express

- <https://expressjs.com/en/starter/hello-world.html>
- <https://scotch.io/tutorials/use-expressjs-to-deliver-html-files>
- <https://stackoverflow.com/questions/24582338/how-can-i-include-css-files-using-node-express-and-ejs>