

Specifications for Final Year Project:

Work overview:

I am planning on making an app which aids with dealing and combatting mental health issues, the app allows users to communicate with people and expand their connections with those who have previously experienced and are currently experiencing mental health issues - in my findings of talking to people with mental health problems, they repeatedly mention opinions where they feel as though they can't share their hardships with others since they are unable to relate to them and that is exactly what my app would aim to combat as it connects people who know how it feels to go through things like anxiety, depression and panic attacks.

The aim is to provide users with a platform where they feel comfortable in expressing their thoughts and feelings, to hide the user's identity and to protect their reputation and image the users will be able to express their feelings anonymously. Different specialities and slots will be created for each and every mental health issue, for instance, people with depression be only allowed to communicate with others with depression experiences. The real reason behind this layout/blueprint is that it wouldn't be appropriate or suitable to have two different set of mental health users in the same department, this could only lead conflicts. Additionally, the audience will be able to achieve much needed help as the app would recommend specialists around them.

I will be using PhoneGap for the app development. PhoneGap is a framework which streamlines development process. PhoneGap uses HTML, CSS and JavaScript. PhoneGap allows me to connect my own smart phone to the development machine, this allows me to see the changes I make instantly. Testing is also made easier because after writing code and saving it, the app changes live on the phone and can be tested instantly. PhoneGap is a great platform for creating apps. It allows me to create an app for both android and IOS users which noticeably expands the target audience since more people will be able to get hold of the app and use it for their own need. It also offers third party tools, which can assist you with testing, debugging and managing the app.

Technologies and Materials:

The only piece of equipment the user would need is their smart phone to use the app. The app will be tested on an iPhone and Android to see if there are any differences within the two devices. In contrast, the user will need to be able to answer a few questions which will test to see if they need any therapeutic or not. Also, this will test to see if it is an actual patient or an internet troll. Going back to the questions, these will be simple questions such as asking the user if they have any previous medical history or have been taking any mental health related medicine.

There won't be any physical materials needed in creating the app. It will be a software-based project, which only involves user interaction on a smart phone. However, I will be handing out questionnaires where I will be seeking the audience's feedback on what features and any other technical facilities they would like the app to have. Likewise, I will be creating a few different prototypes to test out which one would suit the users best.

Motivation Research:

Having spoken to people with mental issues and seeing them deal with this, they do not have a go-to person or platform where they are able to express their hardships, whereby my application will be able to fill this gap and provide this platform to alleviate and share their feelings anonymously. I have also looked into existing NHS help app which information based. There a few apps like that, I looked into an app called 'Moodzone', this is an app that asks the user questions such as "How have you been feeling lately?" and provides understanding of mental health issues. These are a few of things which are inspiring me to create a mental health app. Besides, one of my close friend deals with anxiety and having seen him go through such pain, it made me realise how beneficial it would be for others to speak to people regarding their pain and share their feeling with.

Existing knowledge:

I will be using my past experience from web development, where I learnt how to use HTML and CSS, I will most likely be creating my app using HTML and CSS or JavaScript which I learnt during Introduction to Programming in my first year and Problem Solving. As well as that, I will be using the skills which I learnt during last year's Software project where in a group we went through a similar process in creating an AI app.

New knowledge:

I am looking forward to enhancing my researching skills and dealing with different set of audience in a range of different age groups. Likewise, this is going to be my first time using PhoneGap which is very exciting as it will test my skillsets from previous modules. Also, allows me to work independently and tactical each objective myself and keep up with the pace of each and every upcoming deadline from now on.

Timeline and Milestone:

My research for the app will be continuous throughout the whole year since there is so many different sections to mental health which I still need to research and learn about however the building of the app will be done in steps. The reason for this is that the app will be changing every time its test so in a way it will be a slow process. My minimum viable product will be having at least one department of mental health working properly, this means it should be able to connect users together.

Reference:

Moodzone: <https://www.nhs.uk/conditions/stress-anxiety-depression/>

My project repository address: <https://gitlab.doc.gold.ac.uk/akhar003/final-project>