TAYLOR'S UNIVERSITY

Wisdom · Integrity · Excellence

DEGREE PROGRAMMES

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WEB DEVELOPMENT TECHNOLOGIES

(ITS63904)

Assignment 3 – Individual (40%)

DUE DATE: 19th Oct 2024, via Times (11:59 pm)

Contents

https://github.com/anupagurung/Web-development.git

Overview:

MindFulConnect's main purpose is to advocate for mental health as well as create a platform where students and young adults search for help and find it with ease. It aims to help users in the detection of early warning signs of mental disturbance and implement means to either cope with or combat these issues. MindFulConnect is intended to be such a system regardless of whether a student is looking for professional advice, community help, or any self-help materials.

MindFulConnect's resources are rich and include self-tests, forums, professional counseling, and inter-participant help for a multitude of needs. Students can utilize self-assessment feedback forms that enable them to evaluate their mental health, and even suggest aspects that appear to be a problem. This particular capability makes the user's mental aspect more personal to them and encourages them to do something about it or ask for something about it to be done.

The platform offers one of the outstanding features that is the professional counseling service where users can make an appointment with a trained professional in mental health and give a helping hand in various situations such as anxiety, depression, and stress and so on. This makes sure that the students are able to reach and interact with professionals who are highly skilled and who will recommend strategies, therapies and assistance that are best suited for them, most especially when the student's condition is very unique. All the details of the available counselors, including their pictures and complicated compositions about their work can be found on the platform's Book a Counselor page which also has a convenient appointment scheduling function. All the details such as the specialty, experience, and area of focus of the counselor are well defined and this assists the user in making decisions.

Apart from clinical counselling, there are also peer support forums targeted at users who would like to interact with people whose circumstances may not be so different from theirs. This community can be extremely useful for students and others who may be feeling alone or hesitant to access professional support right away. In these forums, users can upload their own experiences, encourage others, and gather information from others who will appreciate the need for mental health awareness.

a. Introduce the homepage and at least two internal pages of the developed website and briefly describe the main components of these pages. (10 marks)

Homepage and internal pages

Home Page
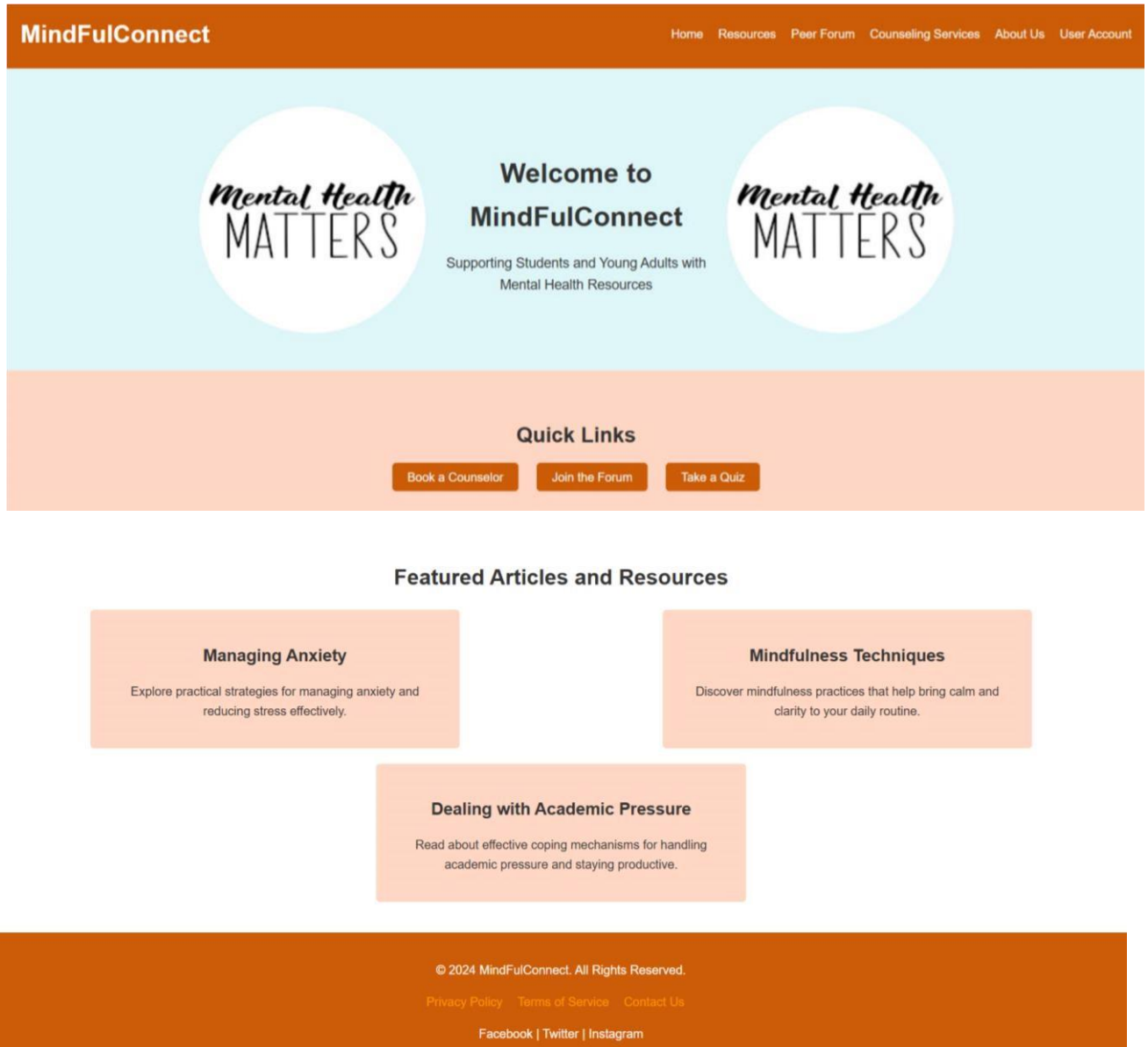
Key Features:

1. **Banner Section:**

This section shares a message of acknowledgement and appreciation with the new users and also calls for their support on the mental health challenges that are usually accorded.

- Contains images that portray on emotional balance and mental health.
- Provides an inspirational message to encourage the students as well as young adults about the importance of mental health support.

- Features images reflecting emotional well-being and mental health awareness.
- Displays an encouraging message for students and young adults.

2. **Quick Links:**

- Provides easy access to critical services:

- Book a Counselor: This provides direct link to schedule counseling sessions.
- Join the Forum: This is the Forum to make the community engagement through peer support forums.

- Take a Quiz: Offers quick self-assessment quizzes for mental health evaluation.

3. **Featured Articles and Resources:**

- Provides support and information, including tutorials about coping with anxiety and managing the days' time in mindfulness exercises and managing academic stress.

- Encourages users to stay mentally healthy by providing insightful personal development articles As we can see, the key is to make the language sound as human-sounding as possible, while still maintaining the necessary citations and quotes.

4. **Footer Section:**

- Contains links to important legal pages (Privacy Policy, Terms of Service).
- Social media handles to connect with the platform's social presence.

User Account Page:

The User Account Page is to allow the users to make changes to the personal details, document the mental health promotion plan and the record the mental health assessment. This page enhances the usage of the interface by the users since it registers their movements in the site.

Key Features:

- Account details: There are basic fields of the user registration where users can change their general information as a username, mail, password and the contact telephone number.

- There is an option to sign out is also available for safe exiting from the platform.

- Provides users' quiz results concerning anxiety, mindfulness, and depression. Contain a record of the user's mental health assessment, in which dates of the assessment, type of quiz, and the score acquired, and comments on the progress of the assessment are recorded.

- A progress chart is utilized to illustrate users' changes over time and Chart.js is used to graph data that can be easily interpreted as improvements to mental state.log out is provided for secure exit from the platform.

2. Mental Health History and Progress:

- Displays users' quiz scores related to anxiety, mindfulness, and depression.

- Includes a table that records the user's mental health assessment history, such as assessment dates, quiz type, score, and remarks on progress.

3. Health Improvement Graph:

- Uses Chart.js to visualize user progress over time, offering an easy-to understand graphical representation of mental health improvements.

Book a Counselor Page:

This page allows users to schedule counseling sessions with professionals. It empowers users to directly engage with mental health experts by allowing them to select a counselor based on their specialization and availability.

Book a Counseling Session

Select a counselor and schedule your session below.

Choose a Counselor:

Astha Joshi - Anxiety Specialist

Choose Date:

mm / dd / yyyy

Choose Time:

10:00 AM

Book Appointment

Your Upcoming Appointments

Date	Time	Counselor	Specialization

Counselor Details

Astha Joshi

Specialization: Anxiety Management

Experience: 8 years in mental health counseling, specializing in stress and anxiety.

Anupa Guurng

Specialization: Depression Treatment

Experience: 10 years in treating depression, with a focus on cognitive behavioral therapy (CBT).

Your Appointment History

Date	Time	Counselor	Status
2024-03-15	3:00 PM	Astha Joshi	Completed
2024-03-01	1:00 PM	Anupa Gurung	Completed

Key Features:

1. Counselor Selection:

    -   Users can choose from a list of qualified counselors, each specializing in areas such as anxiety management, depression treatment, or general therapy.

    -   A dropdown menu allows users to select their preferred counselor.

2. Appointment Scheduling:

    -   Users can schedule their counseling session by selecting an available date and time.

    -   Time slots are offered, allowing users to pick a time that suits their schedule.

3. Upcoming Appointments:

    -   Displays a table of scheduled appointments, showing details such as the date, time, counselor, and the specialization of the selected counselor.

    -   Ensures users are informed about their next sessions and can track their appointments conveniently.

4. Counselor Details:

    -   Provides detailed profiles for each counselor, outlining their specialization, years of experience, and area of focus (e.g., anxiety, depression, stress management).

    -   Helps users make informed decisions when booking a session.

Join Forum Pages

JoinForumPage for MindFulConnect website, is a wish to create peer support platform where users can start any forum on mental health, discuss and share experiences with others welcoming questions being asked or help provided. A supportive community for college students and young adults to talk about mental health in a stigma-free environment.

The JoinForum Page Main Components:

- Join Forum Form:

At the top of the page is a form for users to introduce a new topic. The fields in the form are for Username, Discussion Topic and Message (Username, de fato do bro…sorry!) The new the thread is then posted to forum dynamically for other users to see and comment on it.

- Current Discussions Section:

This section shows conversations in progress. Every conversation is shown as a topic, with the name of user who created it and a date. Users can simply read and comment on these discussions.

- Comments Section:

Users can comment below each of these posted topics. Threads — users can take part in discussing and replying to topics with one another through comments, the very comment section that is enabled on most discussion boards.

Therefore, The MindFulConnect platform is therefore a very balanced model that focuses on the accessibility of options for help from mental health professionals. As a result, the work with important functions such as User Accounts, Counselor Booking as well as the access to useful mental health resources enable the app to create a compassionate and helpful atmosphere for the people using it.This site is not only for speaking to practicing therapists but also has peer-to-peer support areas and articles about mental health in general. This design also enables people to get the assist they require without lots of fussing around in the interface.

a)   List all the developed features and functions of the website and explain how they can increase the value of your website.
        (10 marks)

Website's Features and Functionalities achieved during Implementation.

- User Signup and Sign-in: This involves creation of secure user accounts and logging in thereby enhancing personalization of the system. This feature is useful because users are able to follow their progress and get specific information that is relevant to them.

- Book a Counselor: Users can choose a particular counselor according to their area of expertise and schedule meetings. This feature makes it easier for users to access mental health professionals, thus increasing the usefulness of the platform.

- User Health Improvement Graph: This feature provides a graph which periodically shows changes in the mental wellbeing of a user through time. This feature demotivates sedentary users and supports them in trying to improve.

- Upcoming Appointments Management: In this interface, users are able to plan for and see their upcoming scheduled appointments in order to remain organized and informed in relation to the counselling sessions.

- Content and Resource Hub: Articles, videos, and other materials pertaining to the topic of mental health are available on the website. Contents of this nature assist the users in learning and providing assistance.

- User Account Management: Users are able to control their accounts, change profiles, change contact details and view his/her mental health information history providing a feeling of control over the changes.

- Dynamic Topic Posting: Users can make a new topic in a discussion by the filled out form. After submission, the topic of the selected category is inserted to the forum, and there is no need to refresh the page. This makes the page more interactive and thus more responsive to its visitors.

- Threaded Discussions: Each discussion topic is undertaken in a thread format of comments where users can provide comments or view the responses. It actually helps in the realization of one topic of discussion and hones users into the conversation under the topic.

- Form Validation: The input form featuring the submission of new topics and comments also contain validation to make the banned fields be uneditable hence avoiding creating of topics and comments without typing anything in them and also checking the quality of the topics and comments submitted.

- Real-Time Updates: Subscribed users can see the post of new topic and comment as soon as it is posted thus the possibility of having a real time update of the forum without having to refresh the page.

- Commenting on Discussions: Users in turn can add their commentary to each of the listed topics. Each discussion is followed by a comment section where participants can have prolonged discussions about the topic.

- Responsive Design: Not only is the forum's page layout has responsive features for users on mobile, tablet, and desktop, but it also has responsive features for the functional aspects of its forum setup.

These features contribute to the development of a rich, engaging and user-driven model of discourse concerning mental health, drawing both on other people's experiences and one's own.

c. Add and explain samples of HTML, CSS, JavaScript, and any other types of scripts and codes that you used in your website.   (10 marks)

HTML, CSS and JavaScript types of scripts and codes

HTML - Header Section

The Header section contains the navigation structure mostly of the site. It consists of the logo and a toolbar with links to the Home page, Resources, Peer Forum, Counseling Services, About Us and User Account. It assists users in site navigation easier since all the important sections are listed.

```html
    <!-- Header Section -->
<header>
  <div class="logo">
    <h1>MindFulConnect</h1>
  </div>
  <nav class="navbar">
    <ul>
      <li><a href="home.html">Home</a></li>
      <li><a href="resources.html">Resources</a></li>
      <li><a href="forum.html">Peer Forum</a></li>
      <li><a href="counseling.html">Counseling Services</a></li>
      <li><a href="about.html">About Us</a></li>
      <li><a href="User Account.html">User Account</a></li>
    </ul>
  </nav>
</header>
```

HTML - Banner Section

The Banner section contains the home page introduction to the website. On one side, it has the welcoming text and simple images, and on the other, there's the basic message of what the site is all about. For the users who open the homepage of the website, this banner ensures that the first impression that they have was developed instantly.

```html
<!-- Banner Section -->
<section class="banner">
  <div class="banner-wrapper">
    <!-- Left Image -->
    <div class="banner-image left">
      <img src="images/images.png" alt="Mental Health Support">
    </div>

    <!-- Text Content -->
    <div class="banner-content">
      <h2>Welcome to MindFulConnect</h2>
      <p>Supporting Students and Young Adults with Mental Health Resources</p>
    </div>

    <!-- Right Image -->
    <div class="banner-image right">
      <img src="images/images.png" alt="Mental Health Awareness">
    </div>
  </div>
</section>
```

HTML - Quick Links Section

The Quick Links section provides links to important aspects of the website including booking a counselor, registering to the forum, and taking a quiz. The link is designed behind each button making its identification and accessibility easier to each user.

```html
<!-- Quick Links Section -->
<section class="quick-links">
  <h2>Quick Links</h2>
  <div class="links">
    <a href="Book a counselor.html" class="button">Book a Counselor</a>
    <a href="JoinForum.html" class="button">Join the Forum</a>
    <a href="quiz.html" class="button">Take a Quiz</a>
  </div>
</section>
```

HTML - Featured Articles Section

The Essential Links section supports the content by calling attention to materials and articles, thus giving the users valuable information on how to deal with anxiety, learn mindfulness, or handle academic stress. This assists the users in the following in the easiest way possible, in finding mental health related content.

```html
<!-- Featured Articles and Resources Section -->
<section class="featured">
    <h2>Featured Articles and Resources</h2>
    <div class="featured-content">
        <div class="article">
            <h3>Managing Anxiety</h3>
            <p>Explore practical strategies for managing anxiety and reducing stress
effectively.</p>
        </div>
        <div class="article">
            <h3>Mindfulness Techniques</h3>
            <p>Discover mindfulness practices that help bring calm and clarity to your daily
routine.</p>
        </div>
        <div class="article">
            <h3>Dealing with Academic Pressure</h3>
            <p>Read about effective coping mechanisms for handling academic pressure and
staying productive.</p>
        </div>
    </div>
</section>
```

HTML - Footer Section

The legal information is presented in the Footer section: the copyright is given, and the user can find the privacy policy and terms of service links; there are also social networks accounts. This section provides information on its credibility, and enables users to link up through various social media platforms.

```html
<!-- Footer Section -->
<footer>
  <div class="footer-content">
    <p>&copy; 2024 MindFulConnect. All Rights Reserved.</p>
    <ul class="footer-links">
      <li><a href="privacy_policy.html">Privacy Policy</a></li>
      <li><a href="terms_of_service.html">Terms of Service</a></li>
      <li><a href="contact.html">Contact Us</a></li>
    </ul>
    <div class="social-links">
      <a href="#">Facebook</a> |
      <a href="#">Twitter</a> |
      <a href="#">Instagram</a>
    </div>
  </div>
</footer>
```

CSS - Banner Section Styling

```css
.banner {
  background: #e0f7fa;
  padding: 50px 20px;
  display: flex;
  justify-content: center;
  align-items: center;
}
```

CSS - General Styles

```css
/* General Styles */
body {
    font-family: Arial, sans-serif;
    background-color: #f0f4f8;
    margin: 0;
    padding: 0;
    color: #333;
    line-height: 1.6;
}
```

The General Styles define the overall appearance of the website, including font styles, background color, and text colors, ensuring a consistent look and feel.

CSS - Header Styling

```css
header {
    background:#CD5C08;
    padding: 20px;
    color: #fff;
    display: flex;
    align-items: center;
    justify-content: space-between;
}
```

The Header styles provide structure to the header, ensuring it's visually distinct with background color, padding, and flexible layout using Flexbox for alignment.

CSS - Banner Section Styling

```css
.banner {
    background: #e0f7fa;
    padding: 50px 20px;
    display: flex;
    justify-content: center;
    align-items: center;
}
```

CSS - Quick Links Section Styling

```css
.quick-links {
    text-align: center;
    padding: 40px 20px;
    background: #FFD7C4;
}
```

The Quick Links styles center the content, set padding for spacing, and use a distinct background color to differentiate the section, making it stand out.

CSS - Footer Styling

```css
footer {
    background:#CD5C08;
    color: #fff;
    padding: 20px;
    text-align: center;
}
```

The Footer section styles set the background color and text color, aligning the content centrally. This gives the footer a unified, professional appearance.

JavaScript - Button Interaction

```javascript
document.addEventListener("DOMContentLoaded", function() {
    // Alerting user on clicking "Book a Counselor"
    const buttons = document.querySelectorAll('.button');
    buttons.forEach(button => {
        button.addEventListener('click', function(event) {
            if (event.target.textContent.includes('Book a Counselor')) {
                alert('Redirecting to booking page...');
            }
        });
    });
});
```

This JavaScript functionality adds interactivity to the buttons. When a user clicks on the "Book a Counselor" button, an alert message is displayed, notifying them that they are being

redirected to the booking page. It enhances user experience by providing feedback when buttons are clicked.

HTML - Book a Counselor Section

```html
<!-- Book a Counselor Section -->
<section class="book-counselor">
  <div class="counselor-wrapper">
    <h2>Book a Counseling Session</h2>
    <p>Select a counselor and schedule your session below.</p>

    <form class="booking-form" id="bookingForm">
      <label for="counselor">Choose a Counselor:</label>
      <select id="counselor" name="counselor" required>
        <option value="John Doe">John Doe - Anxiety Specialist</option>
        <option value="Jane Smith">Jane Smith - Depression Specialist</option>
        <option value="Mike Jones">Mike Jones - General Therapist</option>
      </select>

      <label for="date">Choose Date:</label>
      <input type="date" id="date" name="date" required>

      <label for="time">Choose Time:</label>
      <select id="time" name="time" required>
        <option value="10:00 AM">10:00 AM</option>
        <option value="1:00 PM">1:00 PM</option>
        <option value="3:00 PM">3:00 PM</option>
      </select>

      <button type="submit" class="button">Book Appointment</button>
    </form>
  </div>
</section>
```

The Book a Counselor section provides a form where users can select a counselor, pick a session date, and choose a time for their appointment. It includes a dropdown menu for counselor selection, a date picker, and a time picker with fixed time slots for easy scheduling. Once the form is filled, the user can submit it to book the appointment.

HTML - Upcoming Appointments Section

```html
<!-- Upcoming Appointments Section -->
<section class="upcoming-appointments">
  <div class="appointments-wrapper">
    <h2>Your Upcoming Appointments</h2>
    <table class="appointments-table" id="appointmentsTable">
      <thead>
        <tr>
          <th>Date</th>
          <th>Time</th>
          <th>Counselor</th>
          <th>Specialization</th>
        </tr>
      </thead>
      <tbody id="appointmentsBody">
        <!-- Upcoming appointments will be dynamically added here -->
      </tbody>
    </table>
  </div>
</section>
```

The Upcoming Appointments section features a table displaying the user's booked counseling sessions. Once an appointment is scheduled, the counselor's name, date, and time are dynamically added to this table using JavaScript, ensuring the user can track their future sessions.

HTML - Counselor Details Section

```html
<!-- Counselor Details Section -->
  <section class="counselor-details">
    <div class="details-wrapper">
      <h2>Counselor Details</h2>
      <div class="counselor-info">
        <div class="counselor">
          <h3>John Doe</h3>
          <p>Specialization: Anxiety Management</p>
          <p>Experience: 8 years in mental health counseling, specializing in stress and
anxiety.</p>
        </div>
        <div class="counselor">
          <h3>Jane Smith</h3>
          <p>Specialization: Depression Treatment</p>
          <p>Experience: 10 years in treating depression, with a focus on cognitive
behavioral therapy (CBT).</p>
```

```html
        </div>
        <div class="counselor">
          <h3>Mike Jones</h3>
          <p>Specialization: General Therapy</p>
          <p>Experience: 5 years providing general mental health support for young
adults.</p>
        </div>
      </div>
    </div>
```

The Counselor Details section showcases the counselors available for booking. Each card provides the counselor's name, specialization, and years of experience. This gives users an overview of the professionals they can select for their sessions.

HTML - Appointment History Section

```html
<!-- Appointment History Section -->
<section class="appointment-history">
    <div class="history-wrapper">
        <h2>Your Appointment History</h2>
        <table class="history-table">
            <thead>
                <tr>
                    <th>Date</th>
                    <th>Time</th>
                    <th>Counselor</th>
                    <th>Status</th>
                </tr>
            </thead>
            <tbody>
                <tr>
                    <td>2024-03-15</td>
                    <td>3:00 PM</td>
                    <td>Astha Joshi</td>
                    <td>Completed</td>
                </tr>
                <tr>
                    <td>2024-03-01</td>
                    <td>1:00 PM</td>
                    <td>Anupa Gurung</td>
                    <td>Completed</td>
                </tr>
            </tbody>
        </table>
    </div>
</section>
```

The Appointment History section lists the user's past counseling sessions, showing the counselor's name, the appointment date and time, and the status (e.g., completed or canceled).

This helps users track their past mental health support sessions.

CSS - Book a Counselor pages

```css
/* Book a Counselor Section */
.book-counselor {
    padding: 40px 20px;
    background: #CD5C08;
    max-width: 600px;
    margin: 0 auto;
    text-align: center;
    margin-top: 10px;
}

.counselor-wrapper {
    background: #FFD7C4;
    padding: 30px;
    border-radius: 5px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}

.booking-form label {
    display: block;
    margin-top: 10px;
}

.booking-form select,
.booking-form input {
    width: calc(100% - 20px);
    padding: 10px;
    margin-top: 5px;
    border: 1px solid #ccc;
    border-radius: 5px;
}

.booking-form button {
    margin-top: 20px;
}
/* Upcoming Appointments Section */
.upcoming-appointments, .appointment-history, .counselor-details {
    padding: 40px 20px;
    background: #e1701a;
    max-width: 800px;
}
```
```css
/* Mental Health History Section */
.mental-health-history {
    padding: 40px 20px;
    background: #f0f4f8;
    max-width: 800px;
    margin: 20px auto;
    text-align: center;
}

.history-wrapper {
    background: #fff;
    padding: 30px;
    border-radius: 5px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}

.history-table {
    width: 100%;
    margin-bottom: 30px;
    border-collapse: collapse;
}
```

The Book a Counselor section is styled with padding and a light background to make the form visually distinct. The form fields are styled to be user-friendly, with responsive sizing and spacing for ease of use. The submit button is styled to stand out with hover effects for interactivity. The Upcoming Appointments and Appointment History sections are styled with padding, a white background for a clean look, and bordered table cells for clarity. The table headers use a distinct color, matching the site's theme. The Counselor Details section uses a flexbox layout to arrange the counselor cards side by side. Each card is styled with padding, rounded corners, and a shadow effect to make them visually appealing and easy to differentiate

JavaScript - Booking Form Event Listener

```javascript
document.addEventListener("DOMContentLoaded", function() {
  // Select elements from the DOM
  const bookingForm = document.getElementById("bookingForm");
  const appointmentsBody = document.getElementById("appointmentsBody");

  // Event listener for form submission
  bookingForm.addEventListener("submit", function(event) {
    event.preventDefault(); // Prevent the form from actually submitting

    // Get form values
    const counselor = document.getElementById("counselor").value;
    const date = document.getElementById("date").value;
    const time = document.getElementById("time").value;

    // Define counselor specialization based on selection
    let specialization = "";
    if (counselor === "Astha Joshi") {
      specialization = "Anxiety Specialist";
    } else if (counselor === "Anupa Gurung") {

      specialization = "Depression Specialist";
    } else if (counselor === "sara Ghale") {
      specialization = "General Therapist";

    }

    // Create a new row for the upcoming appointment
    const newRow = document.createElement("tr");
    newRow.innerHTML = `
      <td>${date}</td>
      <td>${time}</td>
      <td>${counselor}</td>
      <td>${specialization}</td>
```

```javascript
    `;

    // Append the new row to the upcoming appointments table body
    appointmentsBody.appendChild(newRow);

    // Reset the form
    bookingForm.reset();

    // Alert user about successful booking (optional)
    alert("Your appointment has been successfully booked!");
  });
});
```

This JavaScript code handles the Book a Counselor form submission. When a user books an appointment, it dynamically adds the counselor, date, and time to the Upcoming Appointments table. The form is reset after submission, and a confirmation message is shown to the user. This structure sets up a fully functional Book a Counselor page, allowing users to easily schedule

appointments, view upcoming sessions, and track their appointment history, all while maintaining a consistent and user-friendly design.

HTML - User Account Section

The User Account section allows users to manage their profile information such as username, email, password, and contact number. It contains a form where users can update this data.

Additionally, there's a Logout button that redirects the user to a login page.

HTML - Mental Health History and Improvement Section

```html
<!-- Mental Health History and Improvement Section -->
<section class="mental-health-history">
  <div class="history-wrapper">
    <h2>Your Mental Health History and Improvement</h2>

    <!-- History Table -->
    <table class="history-table">
      <thead>
        <tr>
          <th>Date</th>
          <th>Quiz Type</th>
          <th>Score</th>
          <th>Remarks</th>
        </tr>
      </thead>
      <tbody>
        <tr>
          <td>2024-01-15</td>
          <td>Anxiety Assessment</td>
          <td>45/100</td>
          <td>Moderate Anxiety</td>
        </tr>
        <tr>
          <td>2024-02-10</td>
          <td>Mindfulness Quiz</td>
          <td>70/100</td>
          <td>Good Progress</td>
        </tr>
        <tr>
          <td>2024-03-05</td>
          <td>Depression Self-Test</td>
          <td>30/100</td>
          <td>Mild Depression</td>
        </tr>
```

The Mental Health History and Improvement section consists of a table that shows the user's mental health quiz history, including the date of the quiz, quiz type (such as Anxiety Assessment or Mindfulness Quiz), the score, and remarks (e.g., "Moderate Anxiety" or "Good Progress"). It also includes a graph section where the user's progress over time is visually represented using a line chart.

CSS - User Account Styling, Mental Health History and Improvement Section

```css
/* User Account Section */
.user-account {
  padding: 40px 20px;
  background: #FFD7C4;
  max-width: 600px;
  margin: 0 auto;
  text-align: center;
}

.account-wrapper {
  background: #fff;
  padding: 30px;
  border-radius: 5px;
  box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}

.account-form label {
  display: block;
  margin-top: 10px;
}

.account-form input {
  width: calc(100% - 20px);
  padding: 10px;
  margin-top: 5px;
  border: 1px solid #ccc;
  border-radius: 5px;
```

```css
.logout {
    margin-top: 20px;
}
/* Mental Health History Section */
.mental-health-history {
    padding: 40px 20px;
    background: #f0f4f8;
    max-width: 800px;
    margin: 20px auto;
    text-align: center;
}

.history-wrapper {
    background: #fff;
    padding: 30px;
    border-radius: 5px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}

.history-table {
    width: 100%;
    margin-bottom: 30px;
    border-collapse: collapse;
}

.history-table th, .history-table td {
    border: 1px solid #ddd;
    padding: 12px;
}

.history-table th {
    background: #004d40;
    color: #fff;
}

.graph-wrapper {
    padding: 20px;
}
```
}

JavaScript - Mental Health Improvement Graph (Chart.js)

```javascript
document.addEventListener("DOMContentLoaded", function() {
  // User Health Improvement Graph using Chart.js
  const ctx = document.getElementById('healthChart').getContext('2d');
  const healthChart = new Chart(ctx, {
    type: 'line',
    data: {
      labels: ['January', 'February', 'March'], // Time labels
      datasets: [{
        label: 'Mental Health Improvement Score',
        data: [45, 70, 30], // Example user scores over time
        backgroundColor: 'rgba(0, 128, 128, 0.2)',
        borderColor: 'rgba(0, 128, 128, 1)',
        borderWidth: 2,
        fill: true
      }]
    },
    options: {
      responsive: true,
      scales: {
        y: {
          beginAtZero: true,
          max: 100
        }
      },
      plugins: {
        legend: {
          position: 'top'
        },
        title: {
          display: true,
          text: 'Your Mental Health Improvement Over Time'
        }
      }
    }
  });
});
```

This JavaScript code uses Chart.js to generate a line chart showing the user's mental health improvement scores over time. The chart is configured to display scores between 0 and 100, with the dataset representing different months. The graph is made responsive and includes a legend and title for better user understanding.

JoinForum Page

HTML - JoinForum Page

```
<!-- Join Forum Section -->
    <section class="join-forum">
        <div class="forum-wrapper">
            <h2>Join the Peer Support Forum</h2>
            <p>Share your thoughts, ask questions, and connect with others.</p>

            <form class="forum-form" id="forumForm">
                <label for="username">Username:</label>
                <input type="text" id="username" name="username" required>

                <label for="topic">New Discussion Topic:</label>
                <input type="text" id="topic" name="topic" required>

                <label for="message">Message:</label>
                <textarea id="message" name="message" rows="4"
required></textarea>

                <button type="submit" class="button">Post Topic</button>
            </form>

            <h3>Current Discussions</h3>
            <div id="discussionsContainer">
                <!-- Dynamic discussions will appear here -->
            </div>
        </div>
    </section>
```

The Join Forum Section is where users can contribute in writing by posting topics of discussion. This means that users are able to capture their username, define a certain topic of discussion and write a message. Below the form, the current forum discussions are automatically posted as a list. It enhances the user interaction and create a support base for other users

.

CSS - Styling for JoinForum Page

```css
/* Join Forum Section */
.join-forum {
    padding: 40px 20px;
    background: #f0f4f8;
    max-width: 800px;
    margin: 20px auto;
    text-align: center;
}

.forum-wrapper {
```

```css
.forum-form textarea {
    width: calc(100% - 20px);
    padding: 10px;
    margin-top: 5px;
    border: 1px solid #ccc;
    border-radius: 5px;
}

.discussion-block {
    background: #e7f5ff;
    padding: 20px;
    margin-bottom: 20px;
    border-radius: 5px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}

.comments-section {
    margin-top: 20px;
    background: #f9f9f9;
    padding: 15px;
    border-radius: 5px;
}

.comments {
    margin-top: 10px;
}

.comment-form input {
    width: calc(100% - 20px);
    padding: 10px;
    margin-top: 5px;
    border: 1px solid #ccc;
    border-radius: 5px;
}
```

Like all other forums the Join Forum styling contains no cluttered graphics or enclosed designs, they are user friendly. This form along with the forum content is centrally synchronized with light colored background for better reading. Inputs and text areas used in forms are padded and rounded thus making it easy for the user to have an easy time with them. Shadows and rounded corners add to the professional theme of the layout. This Discussion and Comments style gives a specified background hue to differentiate the discussion based blocks from the rest of the web page. Looking at the comment sections of a website or blog, one has a more soothing color with slightly rounded edges which makes it even easier to follow any discussion that may be taking place. Interactive buttons are made for interactivity and hover effects are added on buttons for life like appearance.

JavaScript - Dynamic Forum Interaction

```javascript
document.addEventListener("DOMContentLoaded", function () {
    const forumForm = document.getElementById("forumForm");
    const discussionsContainer =
document.getElementById("discussionsContainer");

    // Event listener for forum form submission
    forumForm.addEventListener("submit", function (event) {
        event.preventDefault(); // Prevent form submission

        // Get form values
        const username = document.getElementById("username").value;
        const topic = document.getElementById("topic").value;
        const message = document.getElementById("message").value;

        // Create a new discussion topic block
        const discussionBlock = document.createElement("div");
        discussionBlock.classList.add("discussion-block");

        // Add topic, username, date, and message
        const currentDate = new Date().toLocaleDateString();
```

```javascript
        discussionBlock.innerHTML = `
            <h4>${topic}</h4>
            <p>Posted by <strong>${username}</strong> on ${currentDate}</p>
            <p>${message}</p>
            <div class="comments-section">
                <h5>Comments</h5>
                <div class="comments" id="comments-${username}-${topic}"></div>
                <form class="comment-form" onsubmit="postComment(event,
'${username}-${topic}')">
                    <label for="comment">Add a Comment:</label>
                    <input type="text" id="comment" name="comment" required>
                    <button type="submit">Post Comment</button>
                </form>
            </div>
        `;

        // Append the new discussion to the discussions container
        discussionsContainer.appendChild(discussionBlock);

        // Reset the form
        forumForm.reset();

        // Alert user about successful post
        alert("Your topic has been posted successfully!");
    });
});

// Function to handle comments submission
function postComment(event, discussionId) {
    event.preventDefault();
    const commentText = event.target.comment.value;

    // Create comment element
    const commentElement = document.createElement("p");
```

The forum using JavaScript allows the users to create new topics and new comments buttons that allow the creation of new topics and comments respectively without having to reload the page. The script awakes on form submissions and generates new discussion blocks. Every block specify the discussion topic, the name of the user who posted the discussion, the date of the post and comments where other users can post their comments. This makes it easy for users to interact as opposed to systems that do not support real time user interfaces.

b) How this website can be improved before being published. Explain what are the missing components and functions that can enhance the quality of the website. (10 marks)

Potential Improvements before Publishing

- Accessibility Features:

  Implement such conditions as ARIA attributes, keyboard navigation as well as screen reader usage and other accessibilities to the website in order that people with disabilities are able to access the website.

- Performance Optimization:

  Use appropriate size of images files during upload to avoid delays in loading the pages. Additionally, transferring useful quality scripts only should be a priority in order for the users to experience shorter downtimes at the time of using the website with reason attribution.

- Enhanced Security Measures:

  Use SSL in all cases where a normal communication is done where active sessions are used to transmit data in motion. Protect the users by taking good care of the admin level as much as possible if not at all allowing high permissions for all other users.

- Search Functionality:

  Provide users the ability to easily search for articles, resources and counselors by providing a search functionality.

- Mobile App Integration:

Optional but thoughtful embrace mobile app sister that improves accessibility and usability of the platform by allowing use, of the source within some reasonable distance.

- More Interactive Features:

More interactive options should be incorporated like quizzes for one to take a self-test, meditation videos, or even journal writings at the end of the course to keep the users interested.

- Feedback and Ratings:

Enable users of this platform to rate counselors and resources so as these users gain advantages from their ratings and impair quite a lot of incidences like lack of information on the best resource to use.

- Comprehensive FAQ Section:

Create a FAQ section since it is important in orienting unfamiliar users on how a site operates.

- Real-Time Chat Support:

Create a real time chatting system for the users of the outmost system.

Conclusion

MindFulConnect is a critical tool in raising awareness on mental health and providing support to students and young adults. It allows users to be able to take control of their minds by enabling them to access friendly platforms that have professional counselling and even peer support forums as well as self-assessment tools provided. The layout of the platform has been designed with the user's need for help in mind making it easier for them to approach necessary resources, professionals or community.

The key features of the website such as user registration and accounts management, booking counselors, tracking health improvements, content and resource hub as well appointment

management provide a comprehensive solution for supporting mental health. These characteristics develop an orderly personal efficient arena where users can manage their mental states. In addition, the digital stores availability caters for expert advice alongside peer support thereby enhancing connections among users' journeying through this process.

The site possesses enormous assets already, however, before its final launch, there are many usability improvements which are possible are made. Adding features like those mentioned above will also add value to the present users experience. There must also be easy to use features such as search options, the feedback option, and the FAQ explaining the platform.

There are already several improvements to these parameters that the platform has been improved upon making MindFulConnect a very powerful tool whenever the problem of mental health needs to be addressed, with every assistance being directed to those in dire need. There is a lot of potential in the platform for creating a shift in perceptions toward mental health and providing real answers to the issues that students and young people encounter regarding their mental health.

Reference:

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Saha, K., Torous, J., Ernala, S. K., Rizuto, C., Stafford, A., & De Choudhury, M. (2019). A computational study of mental health awareness campaigns on social media. Translational behavioral medicine, 9(6), 1197-1207.

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Rickwood, D., Kennedy, V., Miyazaki, K., Telford, N., Carbone, S., Hewitt, E., & Watts, C. (2021). An online platform to provide work and study support for young people with mental health challenges: observational and survey study. JMIR Mental Health, 8(2), e21872.

WEB DEVELOPMENT TECHNOLOGIES
ITS63904
Assignment 3 – Individual
Marking Rubrics (AUGUST 2023)

Criteria	Score			
	Excellent	**Good**	**Average**	**Poor**
	>= 90%	< 90% to >= 75%	< 75% to >= 40	< 40
Q1: Developing a website	A relevant website is developed to address the problem (or opportunity) that is identified and planned. All the required pages, including a homepage, and two internal pages are developed. All the components of the web pages are designed and developed completely. All the links and menus are linked to relevant sources properly.	A relevant website is developed to address the problem (or opportunity) that is identified and planned. Most of the required pages including a homepage and internal pages are developed. Most of the components of the web pages are designed and developed completely. Most of the links and menus are linked to relevant sources properly.	A website with some minor mistakes is developed to address the problem (or opportunity) that is identified and planned. The homepage is developed properly but one of the required internal web pages is missing. A few of the components of the web pages are not developed completely. Most of the links and menus are linked to relevant sources properly.	A website with some major mistakes is developed to address the problem (or opportunity) that is identified and planned. The homepage is not developed properly and/or one of the required internal web pages is missing. Most of the components of the web pages are not developed completely and/or Most of the links and menus are not linked to relevant sources properly.

Q2.a:	The homepage and at least two internal pages of the developed website are briefly introduced and described. All the main components of these pages are explained	The homepage and at least two internal pages of the developed website are briefly introduced and described. Most of the main components of these pages are	The homepage and one of the internal pages of the developed website are briefly introduced and described. Most of the main components of these pages are	The homepage and the internal pages of the developed website are not introduced and described properly. Most of the main components of these pages are

Introducing the website components	properly. The writing is completely understandable and clear. The similarity is less than 2%.	explained properly. The writing is completely understandable and clear. The similarity is less than 4%.	explained with minor mistakes. The writing is understandable and clear. The similarity is less than 5%.	not explained. There are major mistakes in the given answer. The writing is not understandable, and clear. The similarity is more than 5%.
Q2.b: Analysing features and functions of the website	All the developed features and functions of the website are listed and explained how they can increase the value of the website. The	All the developed features and functions of the website are listed and explained how they can increase the value of the website but there	Most of the developed features and functions of the website are listed and explained how they can increase the value of the	Most of the developed features and functions of the website are not listed, and they are not explained properly how they can increase the

Q2.d: Website improvement and quality	All the suggested features and functions are relevant. A proper explanation of how these features and functions can increase the value of the website is provided. The justifications are clear and valid. The similarity is less than 2%.	Most of the suggested features and functions are relevant. Proper explanations of how these features and functions can increase the value of the website are provided. The justifications are clear and valid. The similarity is less than 4%.	Some of the suggested features and functions are relevant. The explanations on how these features and functions can increase the value of the website are provided with a few major mistakes. The justifications are acceptable with minor mistakes. The similarity is less than 5%.	Most of the suggested features and functions are not relevant. The explanations on how some features and functions can increase the value of the website are provided with many major mistakes. The justifications are not acceptable and include major mistakes. The similarity is more than 5%.

Q2.c: Utilizing web technologies	The code/script for all the developed features and functions are added to the report and explained clearly. Screenshots related to each piece of code are provided and described properly. The similarity is less than 2%.	The code/script for all the developed features and functions are added to the report and explained with a few minor mistakes. Screenshots related to most of the pieces of code are provided and described. The similarity is less than 4%.	The code/script for most of the developed features and functions are added to the report and explained with a few major mistakes. Screenshots related to most of the pieces of code are provided and described with a few minor mistakes. The similarity is less than 5%.	The code/script for only a few of the developed features and functions are added to the report and explained with many major mistakes. Screenshots related to most of the pieces of code are not provided and described. The similarity is more than 5%.

- END -