

# Mental health check-in interview

I want your opinions on mental health check-ins for creating my project. Please answer the following questions.

Email \*

rejulshevalkar@gmail.com

1. What challenges do you face in maintaining regular mental health check-ins?

Mostly I don't understand when my mental health is down and when it is good

2. Can you describe your current methods for monitoring your mental health or mood?

I engage in my favourite activity or a hobby. Go out for a drive or talk to a friend.

3. Have you used any mental health apps or tools before? If yes, how was your experience?

No i didn't

4. Are there specific mental health concerns or goals you would like the app to address?

If i need to get a check up done or not

5. What features would you find most helpful in a mental health check in app? Select as many you feel are helpful.

- ☐ Daily mood tracking
- ☐ Personalized wellness plans
- ☐ Educational resources
- ☐ Secure communication channels
- ☒ Reminders and Notifications for you to check in, take medications or engage in self care activities.

6. Would you find value in connecting with mental health professionals or accessing educational resources through the app?

- ☒ Yes
- ☐ No

6. How often would you prefer to use such an app?

- ☐ Often
- ☒ Rarely
- ☐ I would never use it.
- ☐ I would prefer it regularly

This form was created inside of Oriental Group of Institutes.

Google Forms