

Final Project Write-up:

Part I: Description of the Website

The purpose of the website is to provide a collection of information to CMU students who want to study the psychological disorders and how to cope with them. The website could be divided into three parts: 1. The individual disorder pages elaborate on the myth, symptoms, situation of the disorder among college students, self-care tips, and how to ask for help of 5 disorders, including: depression, stress disorders, eating disorders, sleep disorders, and anxiety disorders. 2. In the fun time section, the page includes jokes, funny video, and meditation video to help visitors to the website to alleviate their stress. 3. The page within the “ask for help” section gives users the opportunities to browse for the nearest mental health facilities. It is interesting as everyone cares about mental health issues, and research shows that college students are especially vulnerable to mental health disorders. It is engaging as the users would have the opportunity to connect what they read online with signing up for an offline therapy or reach out to on campus resources. It also offers they the opportunity to do a yoga challenge or have some fun when they are tired.

The website mainly targets three types of users. First, for people who are only interested in learning more information on the mental disorders, they are encouraged to browse through the website and focus on the “myth” and “in college students” sections. For users who suspect they are personally affected by the specific mental disorder, the information in section “symptoms” and “self-help” could be helpful and the “fun time” could help release the stress. For people who are suffering from the mental disorder but are afraid of seeking help, they could go to “ask for help” section to either locate on campus resources or find the nearest off-campus mental health facilities.

Final Project Write-up:

Part II: Possible Interactions on the website

Homepage

How to reproduce	Interaction
Click on “I’m depressed”	Lead to the page on “depression”
Click on “I can’t fall asleep”	Lead to the page on “sleeping disorder”
Click on “I’m stressed out”	Lead to the page on “stress”
Click on “I’m don’t want to eat anything”	Lead to the page on “eating disorder”
Click on “I’m anxious”	Lead to the page on “anxiety disorders”
Click on “Tell me a joke”	Lead to the page on “Fun time”
Click on “CMU Counseling and Psychological Services” in the footer	Lead to external page of CMU counseling services

Individual Disorders Page Header & Footer

How to reproduce	Interaction
Click on “depression” in header	Lead to the page on “depression”
Click on “sleep disorder” in header	Lead to the page on “sleep disorders”
Click on “stress” in header	Lead to the page on “stress”
Click on “eating disorder” in header	Lead to the page on “eating disorders”
Click on “anxiety disorders” in header	Lead to the page on “anxiety disorders”
Click on “fun time” in header	Lead to the page on “Fun time”
Click on “Back to Homepage” in footer	Lead to the homepage

Final Project Write-up:

Part II: Possible Interactions on the website [cont.]

Individual Disorders Page

How to reproduce	Interaction
Click the “Myth” circle	Showing myth information (scrollable)
Click the “Symptoms” circle	Showing symptoms information (scrollable)
Click the “In College Students” circle	Showing in relevant information (scrollable)
Click the “Self-help” circle	Showing self-help information (scrollable)
Click the “Ask for help” circle	Showing ask for help information (scrollable)
Under “Ask for help” information, click “here” in the second to last paragraph	Lead to the page on closest mental health facilities

Funtime Page

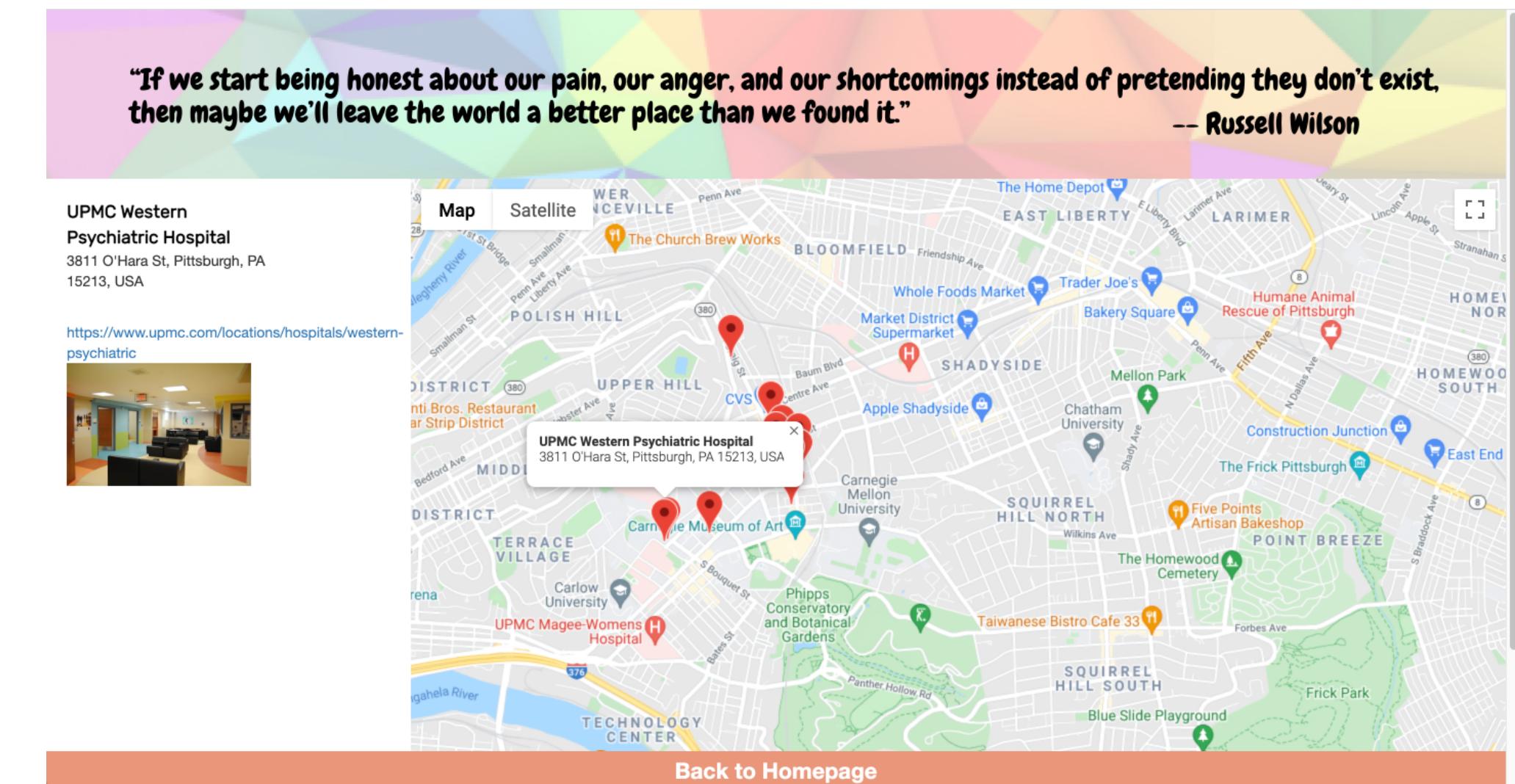
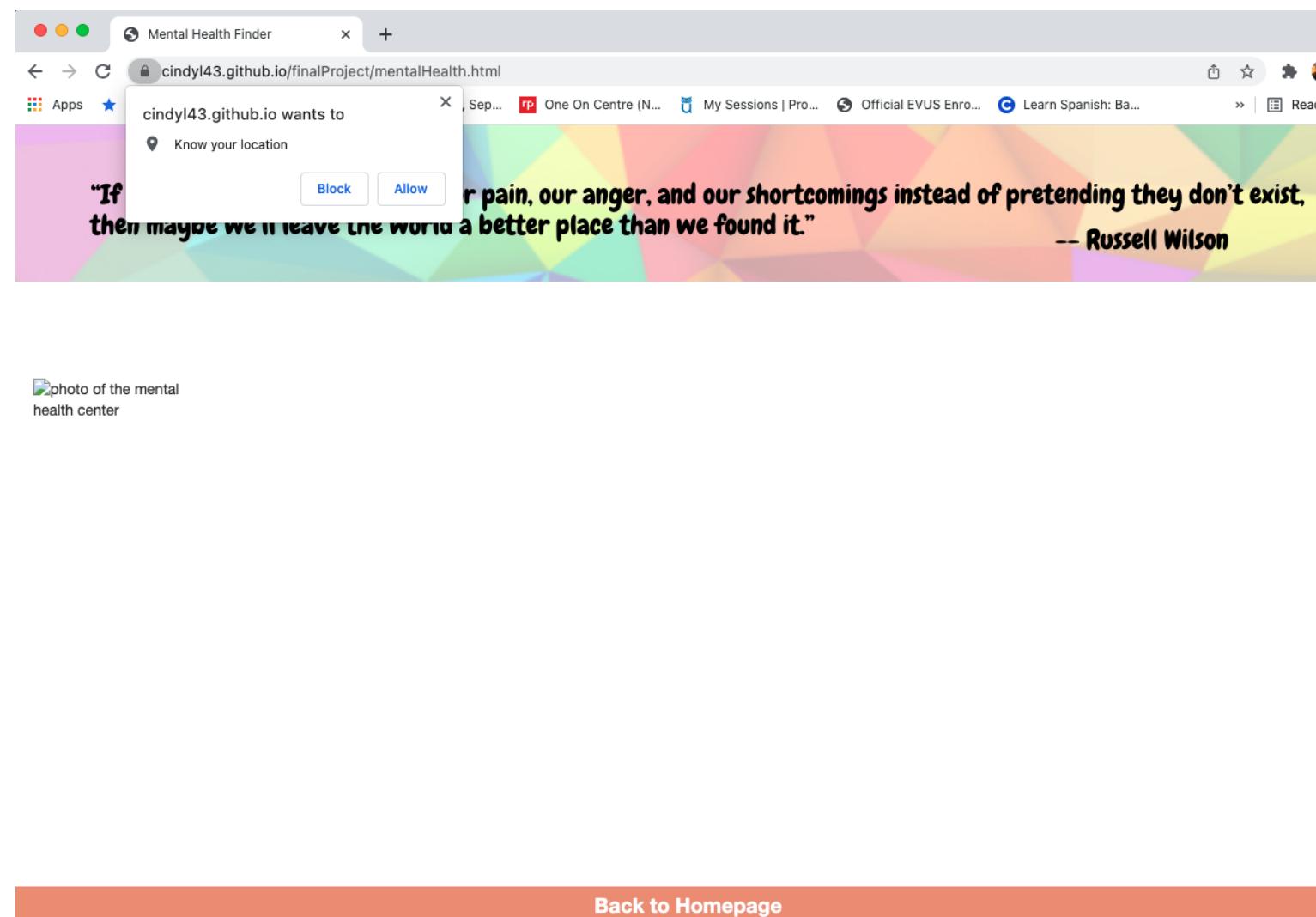
How to reproduce	Interaction
Click on “because”	Lead to the answer of the joke
Click on “one more”	Lead to another fun stuff

Final Project Write-up:

Part II: Possible Interactions on the website [cont.]

Mental Health Center Page

How to reproduce	Interaction
Click on “Allow” in the popup	Allow access of your geolocation
Click on the red icon for each individual health center on map	Show its name, address, website, and photo on the left if such information is available; if not, leave the left side blank
Click on website link, if available	Lead to the external page of that health center



Final Project Write-up:

Part III: External tools used

i. Name of the tool

Google Geolocation API

ii. Why you chose to use it?

I use geolocation API here to provide off-campus resources as it would be able to show the users the closest mental health facilities to them. If they are unsatisfied with the information of on campus resources, this could be an alternative channel to receive professional help.

iii. How you used it?

I used it to first initialize and draw map based on current location. Then, I used it to search nearby mental health locations of given position and create markers at each nearby position on the map. Last, I get the place info and display them in the panel to the left.

iv. What it adds to your website?

There are two benefits of using geolocation API here: First, it helps create an interaction between the website and the user as they are given the option to explore what mental health facilities are around them. Second, it helps bring users' online learning experience to off-line actions, so that they could continue positivity in the real life.

Final Project Write-up:

Part IV: Iteration from Homework 7

There are two major changes I made from homework 7. First, I added the function to search for mental health facilities with geolocation API. Another change is that I added the hyperlink to the homepage on the footer of each page and the hyperlink to CMU CaPS on the footer of homepage.

Part V: Challenges encountered

One major challenge I experienced is to draw the interactive map of mental health rates in US colleges, but I failed to find a working dataset, so it is finally not included on the website. A second challenge is how to present the mental health centers that have missing information in the information panel on the left. I solved the problem by setting the mechanism that if all the information is available, it will be shown in the panel to the left, but if not, the information is shown as a popup on the map.

Part VI: Responsive Design

Although the design might not work well on mobile, it should work on most computer screens. It is a responsive design as most of the words are set to "2vw" or "1vw" which would change its size based on screen size. The images are also set to be responsive in the CSS files. Also, the text boxes are set to be responsive layout so that when the screen is less than certain width, it would shrink the size of the text box to fit to the screen.

Final Project Write-up:

Part VII: Accessibility Design

The website fits the requirement of accessible design as all the graphs are equipped with alter texts. The colors are also in different saturation so that even people who have color blindness could still tell the difference between different circles on the page.

Screen shots of the “Summary”, “Details”, and “Structure” sections on WAVE tool

Homepage

Summary

Details Reference Structure Contrast

0 Errors 0 Contrast Errors

0 Alerts 9 Features

3 Structural Elements 0 ARIA

Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

Summary Details Reference Structure Contrast

9 Features

- 2 X Alternative text
- 6 X Linked image with alternative text
- 1 X Language

3 Structural Elements

- 1 X Heading level 1
- 1 X Heading level 2
- 1 X Footer

13 Alerts

Summary Details Reference Structure Contrast

h1 "There is only one success; to be able to live your life in your own way."

-- Christopher Morley

Footer

Individual Disorder Page

Summary

Details Reference Structure Contrast

0 Errors 0 Contrast Errors

33 Alerts 8 Features

13 Structural Elements 0 ARIA

Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

Summary Details Reference Structure Contrast

33 Alerts

- 1 X Suspicious link text
- 6 X Device dependent event handler
- 26 X Very small text

8 Features

- 7 X Alternative text
- 1 X Language

13 Structural Elements

- 1 X Heading level 1
- 6 X Heading level 2
- 4 X Ordered list
- 1 X Unordered list
- 1 X Footer

Summary Details Reference Structure Contrast

h1 DEPRESSION

h2 Depression (major depressive disorder):

h2 Common myths about depression:

h2 Symptoms of depression:

h2 Depression in college students:

h2 7 tips for self-help if you think you have a major depression:

h2 PLEASE ask for help immediately, if:

Footer

Fun Time Page

Summary

Details Reference Structure Contrast

0 Errors 0 Contrast Errors

2 Alerts 4 Features

4 Structural Elements 0 ARIA

Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

Summary Details Reference Structure Contrast

2 Alerts

- 2 X YouTube video

4 Features

- 3 X Alternative text
- 1 X Language

4 Structural Elements

- 1 X Heading level 1
- 2 X Inline frame
- 1 X Footer

Summary Details Reference Structure Contrast

h1 Why don't scientists trust atoms?

Footer

Mental Health Facility Page

Summary

Details Reference Structure Contrast

0 Errors 0 Contrast Errors

0 Alerts 3 Features

3 Structural Elements 0 ARIA

Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

Summary Details Reference Structure Contrast

3 Features

- 2 X Alternative text

3 Structural Elements

- 1 X Heading level 1
- 1 X Heading level 2
- 1 X Footer

Summary Details Reference Structure Contrast

h1 "If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don't exist, then maybe we'll leave the world a better place than we found it."

-- Russell Wilson

Footer

Final Project Write-up:

Citations:

Contents:

1. Dog: <https://www.thesprucepets.com/cute-teacup-dog-breeds-4587847>
2. colorful picture: <https://videohive.net/item/low-poly-colorful-background/19727365>
3. jokes: <https://www.rd.com/list/short-jokes/>
4. funny video link: <https://www.youtube.com/watch?v=FH2ZvErbQqQ>
5. depression: <https://www.psychiatry.org/patients-families/depression/what-is-depression>
6. depression myth: <https://www.unitypoint.org/desmoines/article.aspx?id=a655c7e2-fe37-4817-887b-c762ff455b23>
7. depression: <https://www.thezebra.com/resources/research/mental-health-statistics/>
8. <https://www.cmu.edu/news/stories/archives/2019/april/life-at-cmu-project.html>
9. <https://timely.md/blog/depression-in-college-students/#7-tips-for-managing-depression-in-college-students>
10. <https://www.intrepidmentalhealth.com/blog/9-self-help-solutions-for-reducing-symptoms-of-depression>
11. <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>
12. stress: <https://www.mayoclinic.org/diseases-conditions/sleep-disorders/symptoms-causes/syc-20354018>
13. stress: <https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>
14. <https://medlineplus.gov/anxiety.html>
15. <https://www.nimh.nih.gov/health/topics/eating-disorders>
16. <https://floridachest.com/pulmonary-blog/5-common-myths-about-sleep-disorders>
17. <https://www.mayoclinic.org/diseases-conditions/sleep-disorders/symptoms-causes/syc-20354018>
18. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5536318/>
19. <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide>
20. <https://www.premierhealth.com/your-health/articles/women-wisdom-wellness-/6-Stress-Myths-You-Might-Believe/>
21. <https://my.clevelandclinic.org/health/articles/11874-stress>
22. <https://www.usnews.com/education/best-colleges/articles/stress-in-college-students-what-to-know>
23. <https://timely.md/blog/stress-management-tips-for-college-students/>
24. <https://www.eatingrecoverycenter.com/resources/eating-disorder-facts-myths>
25. <https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders>
26. <https://www.mayoclinic.org/diseases-conditions/eating-disorders/symptoms-causes/syc-20353603>
27. <https://childmind.org/article/eating-disorders-and-college/>
28. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/recovery-self-care/#SelfCareForEatingProblems>
29. <https://www.therecoveryvillage.com/mental-health/anxiety/related/anxiety-myths/>
30. <https://www.nimh.nih.gov/health/topics/anxiety-disorders>
31. <https://www.health.harvard.edu/blog/anxiety-in-college-what-we-know-and-how-to-cope-2019052816729>
32. <https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/self-help/>

Code I learned from to apply google geolocation API:

<https://github.com/googlecodelabs/google-maps-nearby-search-js/blob/master/step4/index.html>