

# **MENTAL HEALTH SUPPORT (WAR ON MENTAL HEALTH STIGMA)**



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# **CERTIFICATE OF APPROVAL**

This is to certify that the work presented in this thesis presented on “**Mental Health Support**” (**War against Mental Health Stigma**) is entirely designed, developed and written by the following students themselves.

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## **Dedication**

*Dedicated to our supporters who have supported us at every stage of this project.*

## **ABSTRACT**

“Mental Health Support” (War against Mental Health Stigma) is a website which is designed to end the problem of peoples who are suffering with Mental Health issues. We know that in the world the peoples who are mentally ill, community see them as a burden. Mental Health Support (War against Mental Health Stigma) is a website for mentally ill peoples and to end the Stigmatization of Mental Health Stigma. The project has been planned to be give awareness of Mental Health disorders, and to aware the peoples about Stigmatization that peoples are getting from community. We put our hard work to design this website for mentally ill peoples, and to give awareness to those peoples who have no knowledge about Mental Health. We also give awareness to peoples who have no knowledge about Mental Health, and support those peoples who are suffering from some Mental Health disorders. We trying to say peoples who are suffering from Mental Health disorders that don’t be ashamed to ask if you have any Mental Health disorders, it’s ok it’s also like a disease like physical health issues. We add videos of every Mental Health disorders and trying to explain peoples who are mentally ill that these peoples are also likes you who are mentally ill. And we try to end the Stigmatization of Mental Health Stigma.

## **ACKNOWLEDGEMENTS**

Before All, we would like to thank THE ALMIGHTY ALLAH, The Omnipresent, Who bestowed upon us the potentially and ability to accomplish this work and to provide us an opportunity to do our project work with great kindness and mighty blessings.

This whole project and thesis is carried out and made through the constant hard work, and we were capable to do this only because of the certain reasons and the personalities which gradually and constantly helped us in the certain steps of the development of this project and thesis.

In addition, we heartily thanks to our families for supporting at each of entire work and inspiring us to carry out work.

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## **LIST OF ABBREVIATIONS**

<b>HTML</b>	Hypertext Markup Language
<b>CSS</b>	Cascading Style sheet
<b>BOOTSTRAP</b>	Popular framework of CSS
<b>JAVASCRIPT</b>	Describe the behavior of web pages
<b>JQUERY</b>	JavaScript Library simplifies programming
<b>ADOBE PHOTOSHOP</b>	Software used for photo editing
<b>ADOBE AFTER EFFECTS</b>	Software used for video editing
<b>ADOBE ILLUSTRATOR</b>	Software used for logo designing

# **Chapter No 1**

## **Introduction**

### **1.1 OVERVIEW:**

**“Mental Health Support” (War on Mental Health Stigma).** Our website is designed to end the stigma of Mental Health and give awareness to people about Mental Health. The purpose of designing this website is to aware the peoples that Mental illness is also like a Physical illness. Peoples need to understand the peoples who are suffering from some Mental Health disorders and support them instead of laughing at them and making jokes on them.

This website is design for those peoples who don't have awareness about Mental Health. we design this website to explain those people who have no knowledge about mental health. that mental illness is also like a physical illness. We trying to explain peoples that you need to understand the peoples who are suffering from some Mental Health disorders and support them at every stage instead of laughing at them and making jokes on them.

We have to end the stigma on mental health. And spread awareness about Mental Health, and support peoples who are suffering from some Mental Health disorders and need to understand them.

### **1.2 BACKGROUND:**

**“Mental Health Support” (War on Mental Health Stigma)**

It is a website to end the stigma on Mental Health. And to spread social awareness about Mental Health, and trying to explain the peoples that please understand the peoples who are suffering from some Mental Health disorders and support them.

### **1.3 Problem Statement:**

People have no awareness about Mental Illness. Peoples have no such idea about Mental Health. And they don't understand the peoples who are suffering from some Mental Health disorders and peoples laugh at them and making jokes on them. So this website is designed to end the stigma about Mental Health and give social awareness to those peoples who have no such knowledge about Mental Health.

### **1.4 Project Aim and Objectives:**

The main aim of this project is to end the Stigma about Mental Health. And give awareness to people about Mental Health. In this regard following are the main objectives:

- To end the stigma on Mental Health.
- Spread social awareness about Mental Health.
- Support peoples who are suffering from some Mental Health disorders.

### **1.5 Scope of Project:**

This project scope is limited to end the Stigma about Mental Health and give awareness to peoples about Mental Health. It can be extended by making community for peoples who are suffering from Mental Health disorders.

### **1.6 Thesis Organization:**

The chapter 1 gives general introduction, in the chapter 2 we review the available literature; the chapter 3 gives the project design and methodology.

# Chapter No 2

## Literature Review

### 2.1 Online Mental Health Support Group by Kylie Verzosa:

Kylie established Mental Health Matters (MHM) in 2017 as an online and support group and is now a non-government organization. The organization aims to raise awareness and remove the Stigma surrounding mental health and mental illness. It continues to educate parents, schools, universities and corporate institutions.



Figure 2.1 Online Mental Health support group

## 2.2 UNICEF Child Mental Health Program:

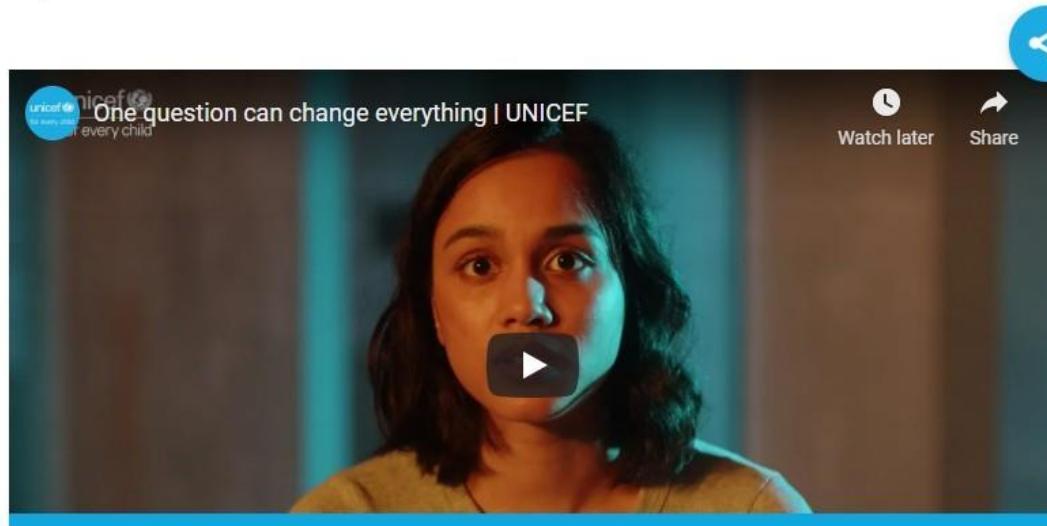
UNICEF works to help safeguard the mental health and psychological wellbeing of children, adolescents, parents, and caregivers.



Figure 2.2 UNICEF child Mental Health Program:

They are not alone. The UNICEF and Gallup survey shows that a majority of people in most countries believe that no one should have to deal with mental health challenges on their own and that the best solution is to share experiences and seek support.

And yet, for many millions around the world, there is no one to talk to, nowhere to turn for help.



WHAT WE DO

RESEARCH AND REPORTS

STORIES

TAKE ACTION

DONATE



These powerful emotions have enveloped the lives of many millions of children, young people and families. Children and young people could feel the impact of COVID-19 on their mental health and well-being for many years to come.



Figure 2.3 UNICEF child Mental Health Program:

# **Chapter No 3**

## **SYSTEM ANALYSIS & DESIGN**

### **3.1 Analysis:**

After working on this project we analyzed that other projects about mental health used gallery for videos of mental health awareness which cause distress hard to find topic related videos so we created some kind of difference in our website, we add videos in every web pages of website related to the topic.

We've created a separate web page for each mental health disorder and videos in web pages related to the particular mental health disorder.

This website has separate web page of each mental health disorders and videos in them. So peoples have easy to find solution of that mental health disorder from which he or she is suffering.

### 3.2 Home Snapshot Design:

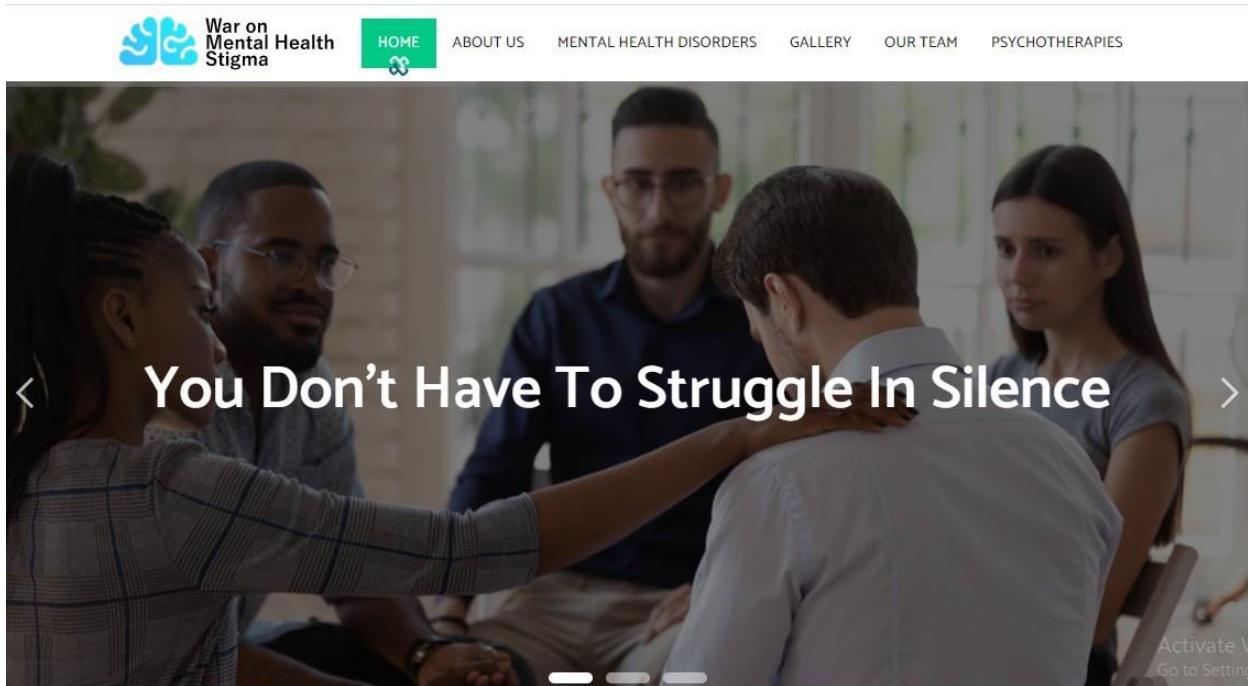


Figure 3.2 Home Snapshot

### 3.3 About Us Snapshot Design:

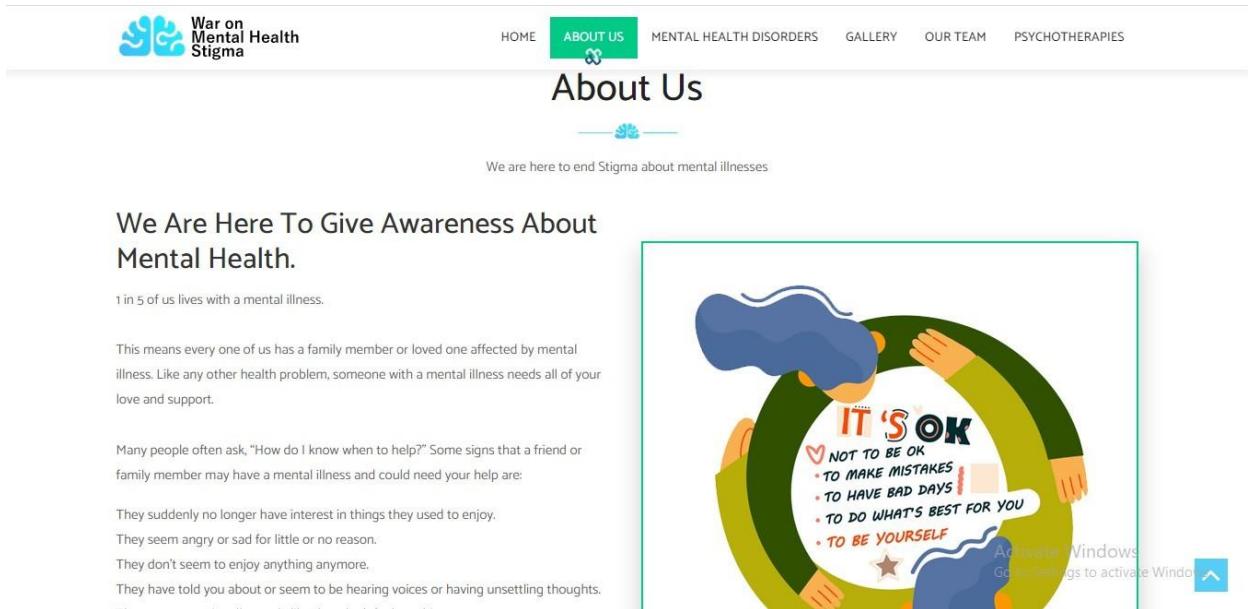


Figure 3.3 About Us Snapshot

### 3.4 Mental Health Disorders Snapshot Design:

The screenshot shows a grid of four cards, each representing a common mental health issue:

- Anxiety**: Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before taking a test, or making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can
- Depression**: Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at
- Obsessive-Compulsive Disorder (OCD)**: Obsessive-Compulsive Disorder (OCD) is a brain and behavior disorder that is categorized as an anxiety disorder in the Diagnostic and Statistical Manual of Mental Disorders. OCD causes severe anxiety in those affected and involves both obsessions and
- Post-Traumatic Stress Disorder (PTSD)**: Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that some people get after seeing or living through a dangerous event. When in danger, it's natural to feel afraid. This fear triggers many split-second changes in the body to prepare to defend against the

Figure 3.4 Mental Health Disorders Snapshot

### 3.5 Gallery Snapshot Design:

The screenshot shows a grid of eight video thumbnails, each representing a different mental health topic:

- WHAT ANXIETY FEELS LIKE**: Duration 0:05 / 3:01
- BIPOLAR**: Duration 0:05 / 6:04
- LIVING WITH BIPOLAR DISORDER**: Duration 0:03 / 2:37
- SCHIZOPHRENIA**: Duration 0:13 / 5:00
- Activate Windows**: Go to Settings to activate Windo

Figure 3.5 Gallery Snapshot

### 3.6 Our Team Snapshot Design:

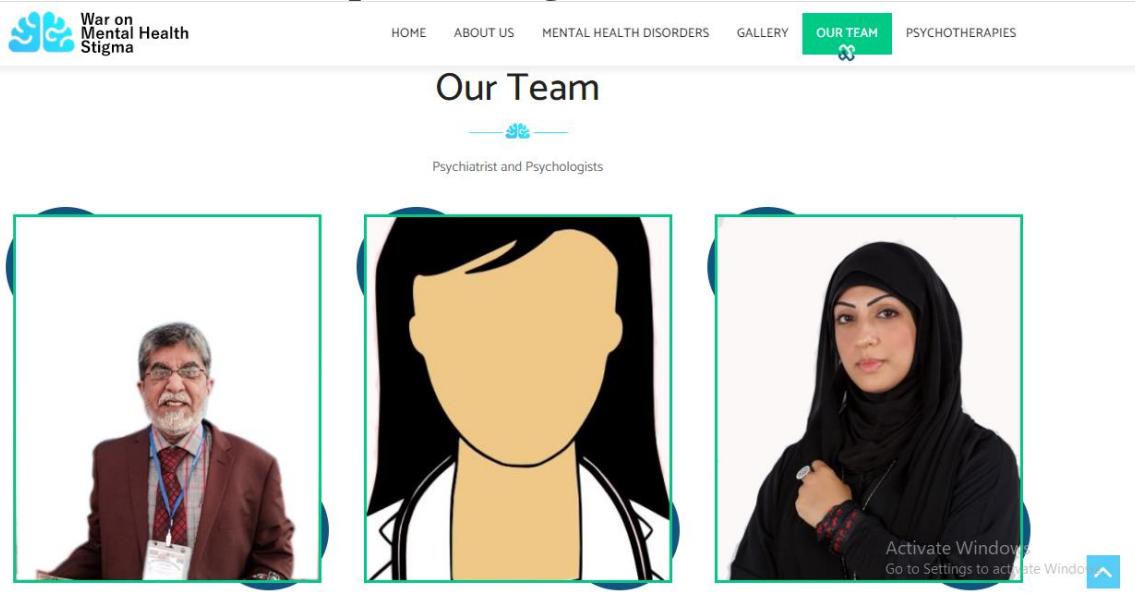


Figure 3.6 Our Team Snapshot

### 3.7 Psychotherapies Snapshot Design:

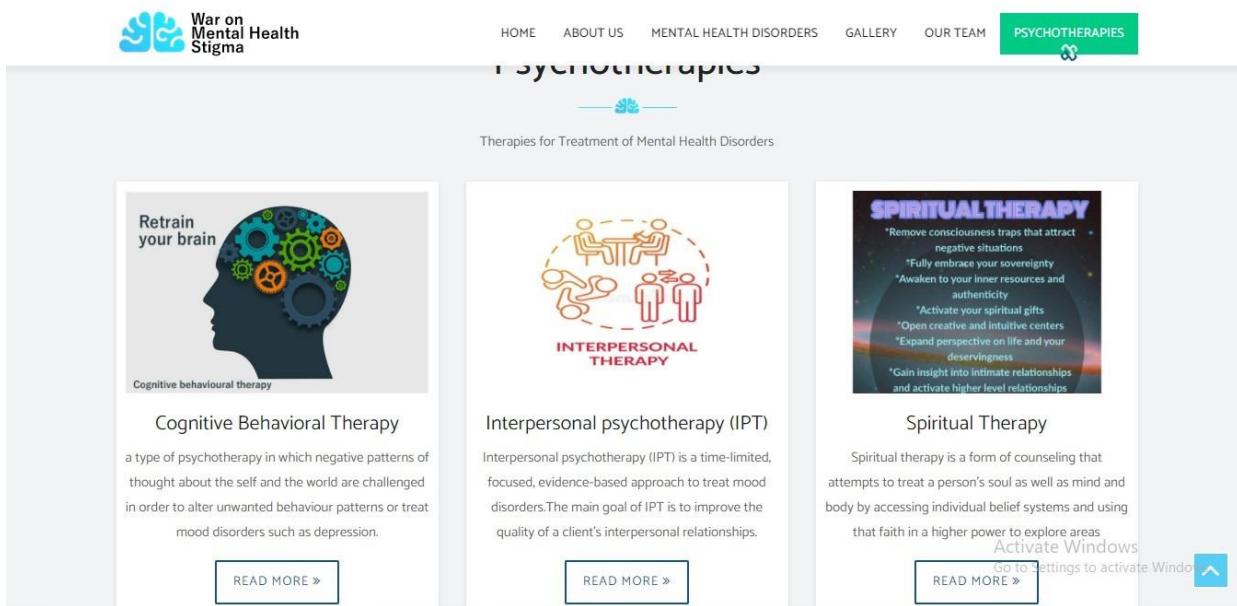


Figure 3.7 Psychotherapies Snapshot

### 3.8 Anxiety Web Page Snapshot Design:

The screenshot shows a web page with a dark background. At the top left is the logo 'War on Mental Health Stigma' with a blue stylized icon. At the top right are navigation links: HOME (highlighted in green), ABOUT ANXIETY, SYMPTOMS OF ANXIETY, ANXIETY ATTACK, and TREATMENT FOR ANXIETY. Below the navigation is a large image of a woman with long dark hair, looking distressed with her hand on her chest. Overlaid on the image is the text 'There Is Hope, Even Your Brain Tells You There isn't' with arrows pointing left and right. In the bottom right corner of the image area, there is a watermark: 'Activate Windows Go to Settings to activate Windows.' Below the main image, the page content begins with the heading 'What Is Anxiety?' followed by a paragraph about occasional anxiety being a normal part of life. To the right of this text is a video player showing a scenic view of a coastal town with houses and hills, with a play button and a progress bar showing 0:15 / 3:01. At the bottom right of the video player is another watermark: 'Activate Windows Go to Settings to activate Windo'.

We are here to end Stigma about mental illnesses

### What Is Anxiety?

Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before taking a test, or making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The feelings can interfere with daily activities such as job performance, school work, and relationships. There are several different types of anxiety disorders. Examples include generalized anxiety disorder, panic disorder, and social anxiety disorder.

### Types Of Anxiety Disorders

1.**Panic Disorder:** experiencing recurring panic attacks at unexpected times. A person with panic disorder may live in fear of the next panic attack.

2.**Social phobia:** excessive fear of a specific object, situation, or activity.

3.**social anxiety disorder:** extreme fear of being judged by others in social situations.

4.**obsessive-compulsive disorder:** recurring irrational thoughts that lead you to perform specific, repeated behaviors.

5.**separation anxiety disorder:** fear of being away from home or loved ones.

Figure 3.8 Anxiety Web Page Snapshot

## What are the symptoms of an anxiety disorder?

Everyone experiences feelings of anxiety, so it is difficult to say when it can be diagnosed as an anxiety disorder. If your feelings of worry and dread have a disabling effect on you over a period of time, you should seek advice from a mental health professional. There are many types of anxiety disorders but their most common symptoms are:

### Most Common Symptoms Are.

1. heart rate and heavy breathing
2. muscle tension
3. sensation in the chest
4. and growing worries, and restlessness
5. over needless things leading to compulsive behavior
6. breathing
7. concentrating
8. falling asleep



Activate Windows  
Go to Settings to activate Windo

## What is an anxiety attack?

An anxiety attack is a feeling of overwhelming apprehension, worry, distress, or fear. For many people, an anxiety attack builds slowly. It may worsen as a stressful event approaches.

Anxiety attacks can vary greatly, and symptoms may differ among individuals. That's because the many symptoms of anxiety don't happen to everyone, and they can change over time.

### Common symptoms of an anxiety attack include:

1. feeling faint or dizzy
2. shortness of breath
3. dry mouth
4. sweating
5. chills or hot flashes
6. apprehension and worry
7. restlessness
8. distress
9. fear



Activate Windows  
Go to Settings to activate Windo

Figure 3.8 Anxiety Web Page Snapshot

### 3.9 Depression Web Page Design:

The screenshot shows a web page with a dark background featuring a man sitting on a couch looking down. The main heading reads: < You Can't Tell Just By Looking At Someone When They Are Going Through

Navigation bar: War on Mental Health Stigma, HOME, ABOUT DEPRESSION, SYMPTOMS OF DEPRESSION, TYPES OF DEPRESSION, TREATMENT FOR DEPRESSION.

Text: Activate Windows, Go to Settings to activate Windows.

Section: What Is Depression?

Text: Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

Text: More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

Section: Common Types Of Depression

List: 1. Major Depressive Disorder (MDD); 2. Persistent Depressive Disorder (PDD); 3. Postpartum Depression (PPD); 4. Bipolar Disorder; 5. Premenstrual Dysphoric Disorder (PMDD);

Video player: A video player window showing a person lying down, with a play button, progress bar (1:03 / 14:47), and other video controls.

Text: Activate Windows, Go to Settings to activate Windows.

Figure 3.9 Depression Web Page Snapshot

## What are the types of depression?

Healthcare providers name depression types according to symptoms and causes. These episodes often have no obvious cause. In some people, they can linger much longer than in others for no clear reason.

### Types of depression include:

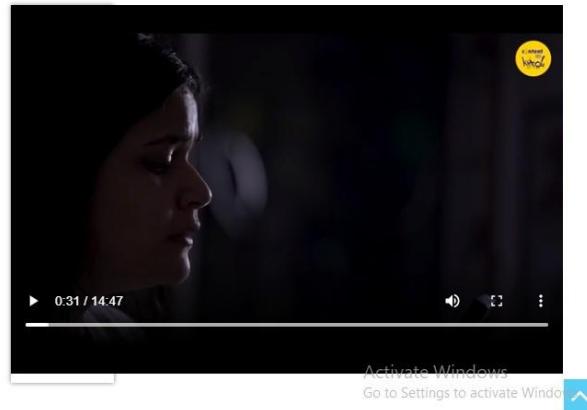
**1. Major depressive disorder (MDD):** Major depression (clinical depression) has intense or overwhelming symptoms that last longer than two weeks. These symptoms interfere with everyday life.

**2. Persistent depressive disorder (PDD):** PDD is also known as dysthymia. Symptoms of PDD are less severe than major depression. But people experience PDD symptoms for two years or longer.

**3. Perinatal and postpartum depression:** "Perinatal" means around birth. Many people refer to this type as postpartum depression. Perinatal depression can occur during pregnancy and up to one year after having a baby. Symptoms go beyond "the baby blues," which causes minor sadness, worry or stress.

**4. Bipolar depression:** People with bipolar disorder have alternating periods of low mood and extremely high-energy (manic) periods. During the low period, they may have depression symptoms such as feeling sad or hopeless or lacking energy.

**5. Premenstrual dysphoric disorder (PMDD):** Premenstrual dysphoric disorder is a severe form of premenstrual disorder (PMS). It affects



## Symptoms Of Depression.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:

### Most Common Symptoms Are.

1. Feelings of sadness, tearfulness, emptiness or hopelessness.
2. Angry outbursts, irritability or frustration, even over small matters.
3. Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports.
4. Sleep disturbances, including insomnia or sleeping too much.
5. Tiredness and lack of energy, so even small tasks take extra effort
6. Reduced appetite and weight loss or increased cravings for food and weight gain.
7. Anxiety, agitation or restlessness.
8. Slowed thinking, speaking or body movements.
9. Feelings of worthlessness or guilt, fixating on past failures or self-blame.
10. Trouble thinking, concentrating, making decisions and remembering things.

**11. Frequent or recurrent thoughts of death, suicidal thoughts, suicide**

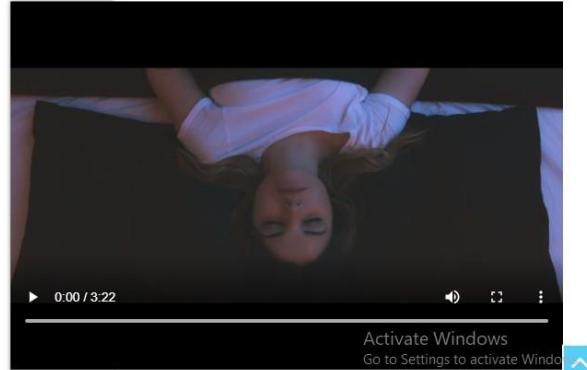
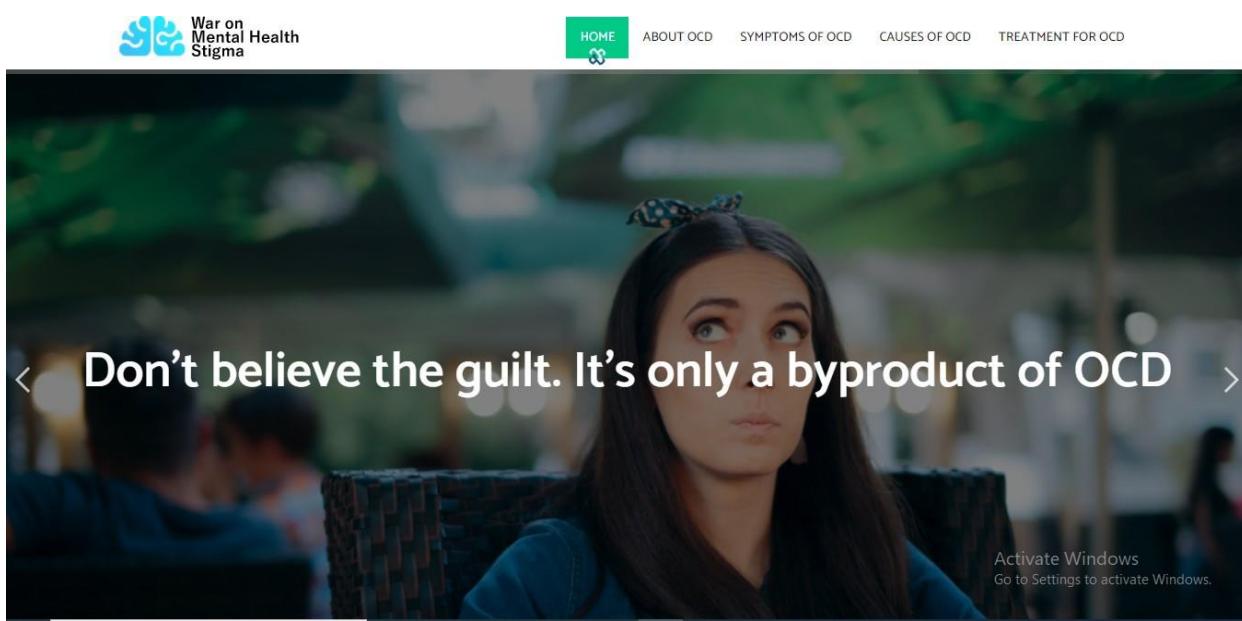


Figure 3.9 Depression Web Page Snapshot

### 3.10 (OCD) Web Page Snapshot Design:



#### What is obsessive compulsive disorder (OCD)?

You've had a long day and you decide to retire for the night, when suddenly you realize that you may have left the front door unlocked. You become anxious and go check if it is locked. Once you've ensured that it's locked, you relax and return to bed. This regular anxiety is good for you as it ensures that you're alert about your environment.

Sometimes, however, these thoughts can be recurring and intrusive. You may go check the door and ensure that it's locked but when you return to bed, you start to worry about it again. You go check the door again and return to bed but your worry still remains. These recurring thoughts, which make you feel anxious all the time and affect your daily life in the process, are known as obsessions.

Obsessions can vary; some people are obsessed with cleanliness and may worry that their hands are germ-infested even if they washed them less than a minute ago.

People with OCD experience severe anxiety and distress. To relieve this anxiety, they perform some repetitive acts known as compulsions.

Compulsions offer temporary relief to people suffering from OCD. In



Figure 3.10 OCD Web Page Snapshot

## What are the symptoms of OCD?

OCD can be detected by observing the compulsive behavior of a person. The most common types of symptoms are:

**Cleanliness:** People who have a constant fear of contamination; they repeatedly wash their hands and clean the house.

**Order:** Some people are obsessed with symmetry and order. To relieve their anxiety they can be seen rearranging books, cutlery, or aligning carpets, pillows and cushions, repeatedly.

**Hoarding:** People who find it impossible to dispose of anything. They collect old newspapers, clothes, mails, and other objects for no apparent reason.

**Counting:** Such people repeatedly count their belongings and other objects used in daily life, such as the number of steps on a staircase, or number of lights in a hallway. If they lose count, they go back and start again.

**Safety:** Some people have irrational fears about safety; they are constantly checking whether the doors and windows are secure, whether the stove has been turned off, and so on.



## Causes Of OCD

### What causes OCD?

Although it is not clear as to what causes OCD, some known factors are:

**Genetic factors:** OCD can sometimes be inherited from the parent.

**Biological/neurological factors:** Some research links the development of OCD to a chemical imbalance of serotonin in the brain.

**Life changes:** Sometimes, major life changes such as a new job or the birth of a child thrust more responsibility on a person. This can trigger OCD.

**Behavioral factors:** People who are extremely organized, neat, meticulous and those who like to be in charge from a young age, sometimes run the risk of developing OCD.

**Personal experience:** A person who has experienced severe trauma is likely to be affected with OCD. For instance, contracting a severe rash by touching rat poison in the house, can lead to hand-washing compulsions.

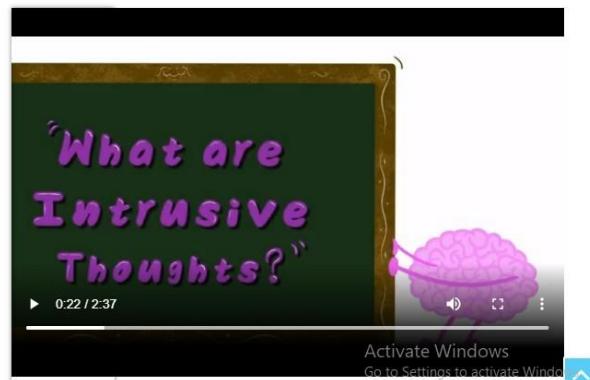


Figure 3.10 OCD Web Page Snapshot

### 3.11 (PTSD) Web Page Snapshot Design:

The screenshot shows a web page for "War on Mental Health Stigma". The header includes the logo and navigation links for HOME, ABOUT PTSD, SYMPTOMS OF PTSD, CAUSES OF PTSD, and TREATMENT FOR PTSD. The main content features a large image of a woman with her hands on her head, looking distressed. A quote is overlaid: "It's a war within yourself that never goes away." Navigation arrows are on either side of the quote. In the bottom right corner of the image, there is a watermark for "Activate Windows" with the instruction "Go to Settings to activate Windows". Below this, the page title "About PTSD" is displayed, along with a subtitle "What is Post-Traumatic Stress Disorder(PTSD)?". A paragraph explains PTSD symptoms and treatment. To the right, a video player window shows a woman identified as Dr. Aafia Malik, a Psychiatrist, speaking. The video progress bar shows 0:06 / 8:38. Another "Activate Windows" watermark is at the bottom right of the video player.

Figure 3.11 (PTSD) Web Page Snapshot

**4.**Severe emotional distress or physical reactions to something that reminds you of the traumatic event.

#### Avoidance

Symptoms of avoidance may include:

**1.**Trying to avoid thinking or talking about the traumatic event.

**Avoiding places, activities or people that remind you of the traumatic event.**

#### Negative changes in thinking and mood

Symptoms of negative changes in thinking and mood may include:

**1.**Negative thoughts about yourself, other people or the world.

**2.**Hopelessness about the future.

**3.**Memory problems, including not remembering important aspects of the traumatic event.

**4.**Difficulty maintaining close relationships.

**5.**Feeling detached from family and friends.

**6.**Lack of interest in activities you once enjoyed.

**7.**Difficulty experiencing positive emotions.

**8.**Feeling emotionally numb.

#### Changes in physical and emotional reactions.

"They carried all they could bear, and then some, including a silent awe for the terrible power of the things they carried."

- Tim O'Brien, *The Things They Carried*

▶ 0:04 / 5:12



Activate Windows  
Go to Settings to activate Windo

## Causes Of PTSD



We are here to end Stigma about mental illnesses

### Causes

You can develop post-traumatic stress disorder when you go through, see or learn about an event involving actual or threatened death, serious injury or sexual violation.

Doctors aren't sure why some people get PTSD. As with most mental health problems, PTSD is probably caused by a complex mix of:

**1.**Stressful experiences, including the amount and severity of trauma you've gone through in your life.

**2.**Inherited mental health risks, such as a family history of anxiety and depression.

**3.**Inherited features of your personality – often called your temperament.

**4.**The way your brain regulates the chemicals and hormones your body releases in response to stress.

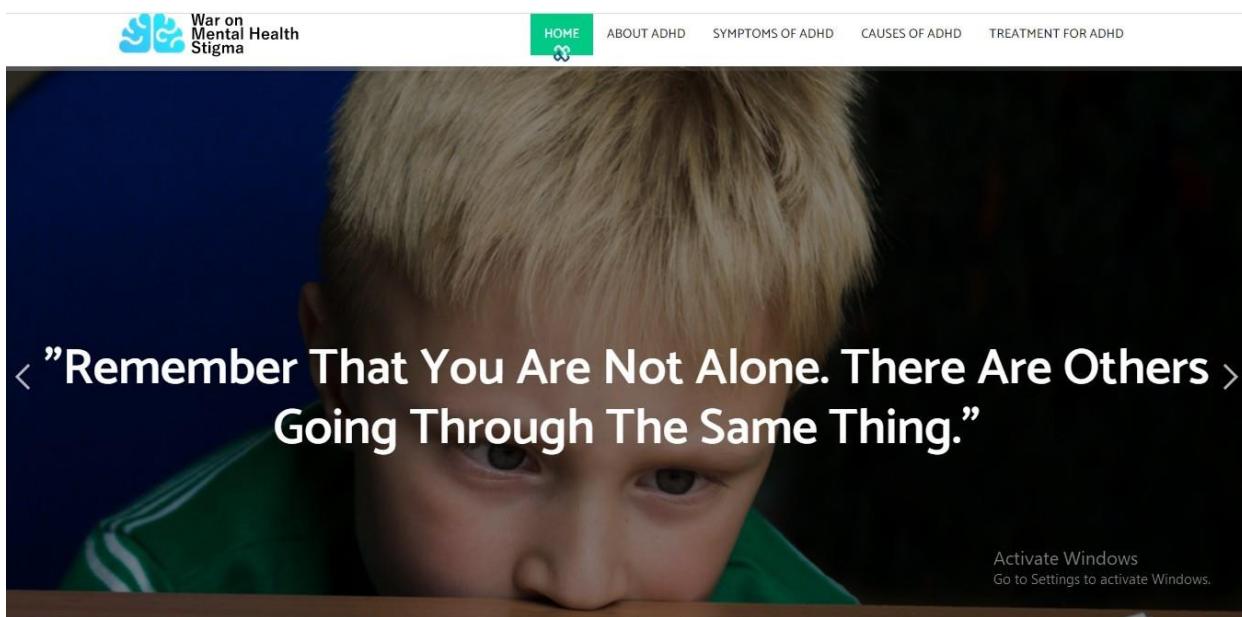
**POST-TRAUMATIC  
STRESS DISORDER**

▶ 0:26 / 5:12

Activate Windows  
Go to Settings to activate Windo

Figure 3.11 (PTSD) Web Page Snapshot

### 3.12 (ADHD) Web Page Snapshot Design:



#### About ADHD

We are here to end Stigma about mental illnesses

##### What is Attention-Deficit Hyperactivity Disorder(ADHD)?

Adult attention-deficit/hyperactivity disorder (ADHD) is a mental health disorder that includes a combination of persistent problems, such as difficulty paying attention, hyperactivity and impulsive behavior. Adult ADHD can lead to unstable relationships, poor work or school performance, low self-esteem, and other problems.

Though it's called adult ADHD, symptoms start in early childhood and continue into adulthood. In some cases, ADHD is not recognized or diagnosed until the person is an adult. Adult ADHD symptoms may not be as clear as ADHD symptoms in children. In adults, hyperactivity may decrease, but struggles with impulsiveness, restlessness and difficulty paying attention may continue.

Treatment for adult ADHD is similar to treatment for childhood ADHD. Adult ADHD treatment includes medications, psychological counseling (psychotherapy) and treatment for any mental health conditions that occur along with ADHD.



Figure 3.12 (ADHD) Web Page Snapshot

## What are the symptoms of ADHD?

Some people with ADHD have fewer symptoms as they age, but some adults continue to have major symptoms that interfere with daily functioning. In adults, the main features of ADHD may include difficulty paying attention, impulsiveness and restlessness. Symptoms can range from mild to severe.

Many adults with ADHD aren't aware they have it – they just know that everyday tasks can be a challenge. Adults with ADHD may find it difficult to focus and prioritize, leading to missed deadlines and forgotten meetings or social plans. The inability to control impulses can range from impatience waiting in line or driving in traffic to mood swings and outbursts of anger.

### Adult ADHD symptoms may include:

- 1.Impulsiveness.
- 2.Disorganization and problems prioritizing.
- 3.Poor time management skills.
- 4.Problems focusing on a task.
- 5.Trouble multitasking.
- 6.Excessive activity or restlessness.
- 7.Poor planning.



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## Treatment For ADHD

### Ways of Treatment for ADHD:

**Cognitive behavioral therapy:**Cognitive behavioral therapy (CBT) is a common type of talk therapy (**psychotherapy**). You work with a mental health counselor (**psychotherapist or therapist**) in a structured way, attending a limited number of sessions. CBT helps you become aware of inaccurate or negative thinking so you can view challenging situations more clearly and respond to them in a more effective way.

**CBT** can be a very helpful tool — either alone or in combination with other therapies — in treating mental health disorders, such as depression, **post-traumatic stress disorder (PTSD)** or an eating disorder. But not everyone who benefits from **CBT** has a mental health condition. **CBT** can be an effective tool to help anyone learn how to better manage stressful life situations.

**Family therapy:**Family therapy is a type of psychological counseling (**psychotherapy**) that can help family members improve communication and resolve conflicts.

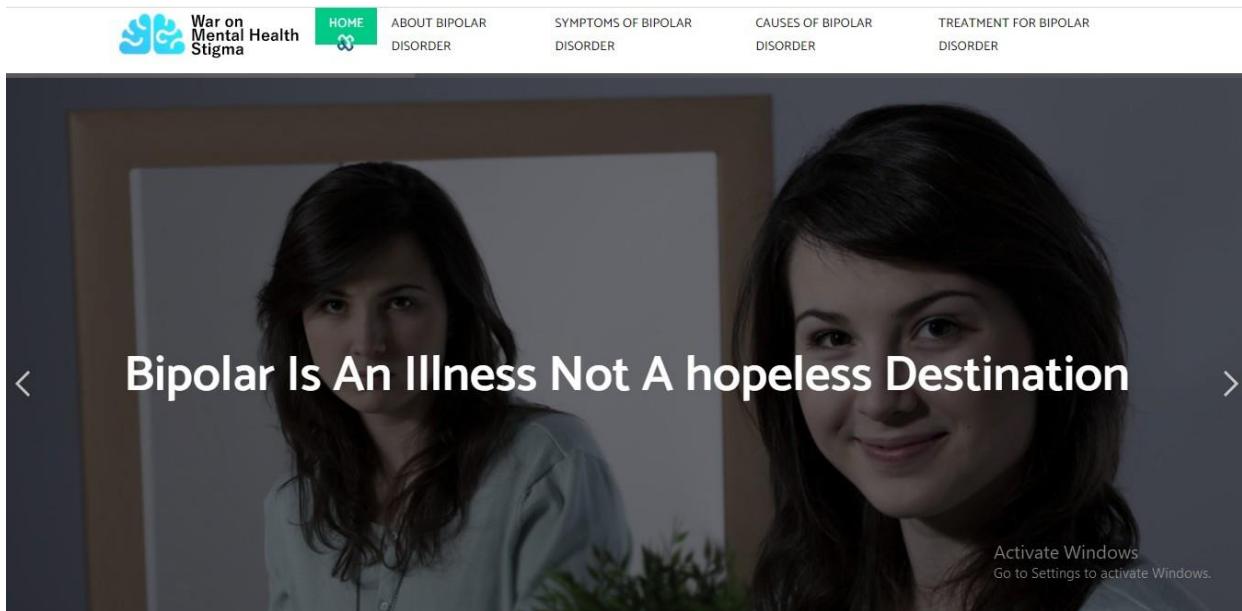
**Family therapy** is usually provided by a **psychologist**, clinical social worker or **licensed therapist**. These **therapists** have graduate or postgraduate degrees and may be credentialed by the **Association for Marriage and Family Therapy (AMFT)**.



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Figure 3.12 (ADHD) Web Page Snapshot

### 3.13 Bipolar Disorder Web Page snapshot Design:



### About Bipolar Disorder

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#### What is Bipolar Disorder?

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities. When your mood shifts to mania or hypomania (less extreme than mania), you may feel euphoric, full of energy or unusually irritable. These mood swings can affect sleep, energy, activity, judgment, behavior and the ability to think clearly.

Episodes of mood swings may occur rarely or multiple times a year. While most people will experience some emotional symptoms between episodes, some may not experience any.

Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, bipolar disorder is treated with medications and psychological counseling (psychotherapy).

Figure 3.13 Bipolar Disorder Web Page Snapshot

**Bipolar II disorder:** You've had at least one major depressive episode and at least one hypomanic episode, but you've never had a manic episode.

**Cyclothymic disorder:** You've had at least two years – or one year in children and teenagers – of many periods of hypomania symptoms and periods of depressive symptoms (though less severe than major depression).

**Other types:** These include, for example, bipolar and related disorders induced by certain drugs or alcohol or due to a medical condition, such as Cushing's disease, multiple sclerosis or stroke.

Bipolar II disorder is not a milder form of bipolar I disorder, but a separate diagnosis. While the manic episodes of bipolar I disorder can be severe and dangerous, individuals with bipolar II disorder can be depressed for longer periods, which can cause significant impairment.

Although bipolar disorder can occur at any age, typically it's diagnosed in the teenage years or early 20s. Symptoms can vary from person to person, and symptoms may vary over time.

## Mania and hypomania

Mania and hypomania are two distinct types of episodes, but they have the same symptoms. Mania is more severe than hypomania and causes more noticeable problems at work, school and social activities, as well as relationship difficulties. Mania may also trigger a break from reality



## Causes

The exact cause of bipolar disorder is unknown, but several factors may be involved, such as:

**Biological differences:** People with bipolar disorder appear to have physical changes in their brains. The significance of these changes is still uncertain but may eventually help pinpoint causes.

**Genetics:** Bipolar disorder is more common in people who have a first-degree relative, such as a sibling or parent, with the condition. Researchers are trying to find genes that may be involved in causing bipolar disorder.

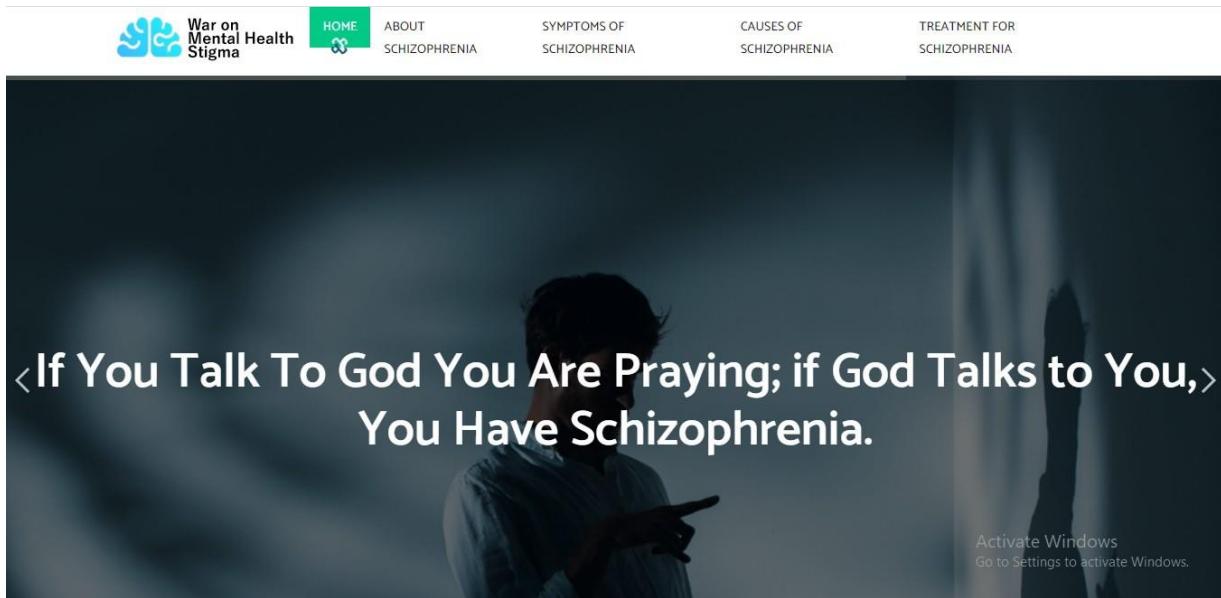
## Risk Factors

Factors that may increase the risk of developing bipolar disorder or act as a trigger for the first episode include:

- 1.Having a first-degree relative, such as a parent or sibling, with bipolar disorder.
- 2.Periods of high stress, such as the death of a loved one or other traumatic event.



### 3.14 Schizophrenia Web Page snapshot Design



#### What is Schizophrenia?

Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning, and can be disabling.

People with schizophrenia require lifelong treatment. Early treatment may help get symptoms under control before serious complications develop and may help improve the long-term outlook.

Most people with schizophrenia suffer from symptoms either continuously or intermittently throughout life and are often severely stigmatized by people who do not understand the disease. Contrary to popular perception, people with schizophrenia do not have "split" or multiple personalities and most pose no danger to others. However, the symptoms are terrifying to those afflicted and can make them unresponsive, agitated or withdrawn. People with schizophrenia attempt suicide more often than people in the general population, and estimates are that up to 10 percent of people with schizophrenia will complete a suicide in the first 10 years of the illness – particularly young men with schizophrenia.



Figure 3.14 Schizophrenia Web Page Snapshot

## What are the symptoms of Schizophrenia?

Schizophrenia involves a range of problems with thinking (cognition), behavior and emotions. Signs and symptoms may vary, but usually involve delusions, hallucinations or disorganized speech, and reflect an impaired ability to function. Symptoms may include:

**Delusions:** These are false beliefs that are not based in reality. For example, you think that you're being harmed or harassed; certain gestures or comments are directed at you; you have exceptional ability or fame; another person is in love with you; or a major catastrophe is about to occur. Delusions occur in most people with schizophrenia.

**Hallucinations:** These usually involve seeing or hearing things that don't exist. Yet for the person with schizophrenia, they have the full force and impact of a normal experience. Hallucinations can be in any of the senses, but hearing voices is the most common hallucination.

**Disorganized thinking (speech):** Disorganized thinking is inferred from disorganized speech. Effective communication can be impaired, and answers to questions may be partially or completely unrelated. Rarely, speech may include putting together meaningless words that can't be understood, sometimes known as word salad.

**Extremely disorganized or abnormal motor behavior:** This may show in a number of ways, from childlike silliness to unpredictable agitation. Behavior isn't focused on a goal, so it's hard to do tasks. Behavior can



## Causes

It's not known what causes schizophrenia, but researchers believe that a combination of genetics, brain chemistry and environment contributes to development of the disorder.

Problems with certain naturally occurring brain chemicals, including neurotransmitters called dopamine and glutamate, may contribute to schizophrenia. Neuroimaging studies show differences in the brain structure and central nervous system of people with schizophrenia. While researchers aren't certain about the significance of these changes, they indicate that schizophrenia is a brain disease.

## Risk Factors

Although the precise cause of schizophrenia isn't known, certain factors seem to increase the risk of developing or triggering schizophrenia, including:

- 1.Having a family history of schizophrenia.
- 2.Some pregnancy and birth complications, such as malnutrition or exposure to toxins or viruses that may impact brain development.



Figure 3.14 Schizophrenia Web Page Snapshot

### 3.15 (BPD) Web Page Snapshot design:

War on Mental Health Stigma

HOME ABOUT BPD SYMPTOMS OF BPD CAUSES OF BPD TREATMENT FOR BPD

I'm Trying My Hardest Not To Act How I Feel

BORDERLINE PERSONALITY DISORDER

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We are here to end Stigma about mental illnesses

#### What is Borderline Personality Disorder(BPD)?

Borderline personality disorder is a mental health disorder that impacts the way you think and feel about yourself and others, causing problems functioning in everyday life. It includes self-image issues, difficulty managing emotions and behavior, and a pattern of unstable relationships.

With borderline personality disorder, you have an intense fear of abandonment or instability, and you may have difficulty tolerating being alone. Yet inappropriate anger, impulsiveness and frequent mood swings may push others away, even though you want to have loving and lasting relationships.

Borderline personality disorder usually begins by early adulthood. The condition seems to be worse in young adulthood and may gradually get better with age.

If you have borderline personality disorder, don't get discouraged. Many people with this disorder get better over time with treatment and can learn to live satisfying lives.

0:03 / 2:45

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Figure 3.15 (BPD) Web Page Snapshot

## What are the symptoms of BPD?

Borderline personality disorder affects how you feel about yourself, how you relate to others and how you behave.

Signs and symptoms may include:

- 1.An intense fear of abandonment, even going to extreme measures to avoid real or imagined separation or rejection.
- 2.A pattern of unstable intense relationships, such as idealizing someone one moment and then suddenly believing the person doesn't care enough or is cruel.
- 3.Rapid changes in self-identity and self-image that include shifting goals and values, and seeing yourself as bad or as if you don't exist at all.
- 4.Periods of stress-related paranoia and loss of contact with reality, lasting from a few minutes to a few hours.
- 5.Impulsive and risky behavior, such as gambling, reckless driving, unsafe sex, spending sprees, binge eating or drug abuse, or sabotaging success by suddenly quitting a good job or ending a positive relationship.
- 6.Suicidal threats or behavior or self-injury, often in response to fear of separation or rejection.
- 7.Wide mood swings lasting from a few hours to a few days, which can include intense happiness, irritability, shame or anxiety.
- 8.Ongoing feelings of emptiness.



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## Causes

As with other mental health disorders, the causes of borderline personality disorder aren't fully understood. In addition to environmental factors – such as a history of child abuse or neglect – borderline personality disorder may be linked to:

**Genetics:** Some studies of twins and families suggest that personality disorders may be inherited or strongly associated with other mental health disorders among family members.

**Brain abnormalities:** Some research has shown changes in certain areas of the brain involved in emotion regulation, impulsivity and aggression. In addition, certain brain chemicals that help regulate mood, such as serotonin, may not function properly.

## Risk Factors

Some factors related to personality development can increase the risk of developing borderline personality disorder. These include:

**Hereditary predisposition:** You may be at a higher risk if a close relative – your mother, father, brother or sister – has the same or a similar disorder.

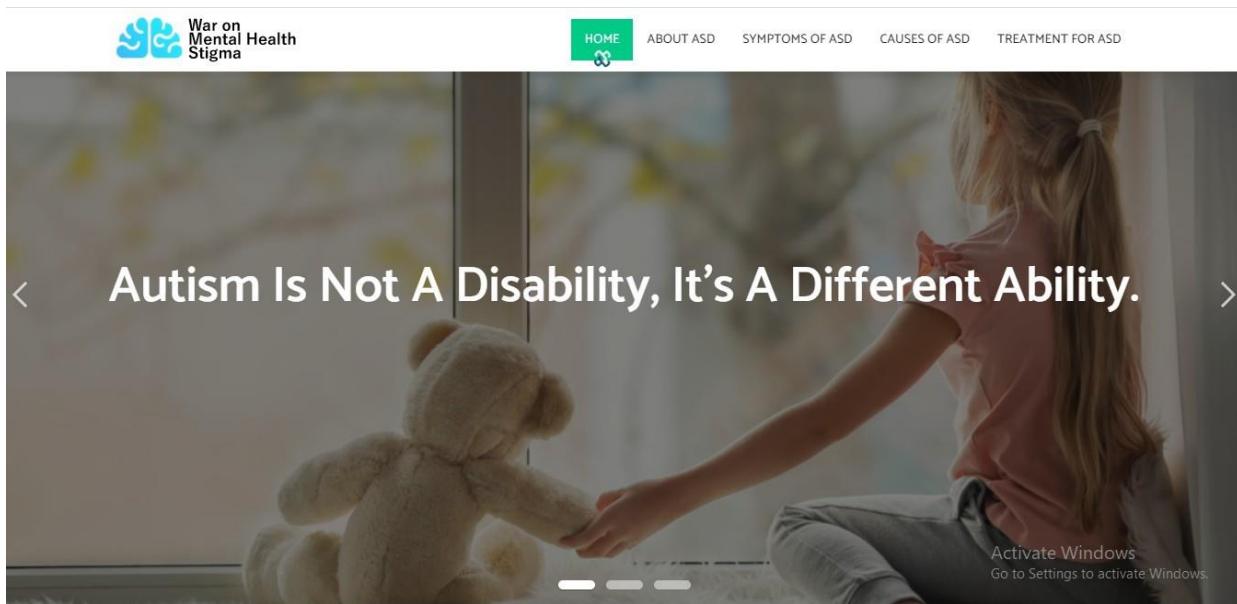
**Stressful childhood:** Many people with the disorder report being sexually or physically abused or neglected during childhood. Some people have lost or were separated from a parent or close caregiver when they were young or had parents or caregivers with substance misuse or other



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Figure 3.15 (BPD) Web Page Snapshot

### 3.16 (ASD) Web Page Snapshot Design:



#### What is Autism Spectrum Disorder(ASD)?

Autism spectrum disorder is a condition related to brain development that impacts how a person perceives and socializes with others, causing problems in social interaction and communication. The disorder also includes limited and repetitive patterns of behavior. The term "spectrum" in autism spectrum disorder refers to the wide range of symptoms and severity.

Autism spectrum disorder includes conditions that were previously considered separate – autism, Asperger's syndrome, childhood disintegrative disorder and an unspecified form of pervasive developmental disorder. Some people still use the term "Asperger's syndrome," which is generally thought to be at the mild end of autism spectrum disorder.

Autism spectrum disorder begins in early childhood and eventually causes problems functioning in society – socially, in school and at work, for example. Often children show symptoms of autism within the first year. A small number of children appear to develop normally in the first year, and then go through a period of regression between 18 and 24 months of age when they develop autism symptoms.

While there is no cure for autism spectrum disorder, intensive, early treatment can make a big difference in the lives of many children.



Figure 3.16 (ASD) Web Page Snapshot

pattern of behavior and level of severity – from low functioning to high functioning.

Some children with autism spectrum disorder have difficulty learning, and some have signs of lower than normal intelligence. Other children with the disorder have normal to high intelligence – they learn quickly, yet have trouble communicating and applying what they know in everyday life and adjusting to social situations.

Because of the unique mixture of symptoms in each child, severity can sometimes be difficult to determine. It's generally based on the level of impairments and how they impact the ability to function.

Below are some common signs shown by people who have autism spectrum disorder.

### Social communication and interaction

A child or adult with autism spectrum disorder may have problems with social interaction and communication skills, including any of these signs:

- 1.Fails to respond to his or her name or appears not to hear you at times.
- 2.Resists cuddling and holding, and seems to prefer playing alone, retreating into his or her own world.
- 3.Has poor eye contact and lacks facial expression.
- 4.Has poor eye contact and lacks facial expression.
- 5.Doesn't speak or has delayed speech, or loses previous ability to say

syndrome. For other children, genetic changes (mutations) may increase the risk of autism spectrum disorder. Still other genes may affect brain development or the way that brain cells communicate, or they may determine the severity of symptoms. Some genetic mutations seem to be inherited, while others occur spontaneously.

**Environmental factors:** Researchers are currently exploring whether factors such as viral infections, medications or complications during pregnancy, or air pollutants play a role in triggering autism spectrum disorder.

### Risk Factors

The number of children diagnosed with autism spectrum disorder is rising. It's not clear whether this is due to better detection and reporting or a real increase in the number of cases, or both.

Autism spectrum disorder affects children of all races and nationalities, but certain factors increase a child's risk. These may include:

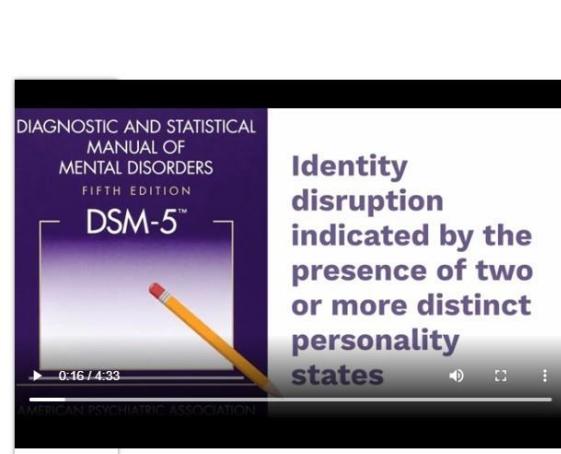
**Your child's sex:**Boys are about four times more likely to develop autism spectrum disorder than girls are.

**Family history:**Families who have one child with autism spectrum disorder have an increased risk of having another child with the disorder. It's also not uncommon for parents or relatives of a child with autism spectrum disorder to have minor problems with social or communication skills themselves or to engage in certain behaviors typical of the disorder.

**Other disorders:**Children with certain medical conditions have a higher



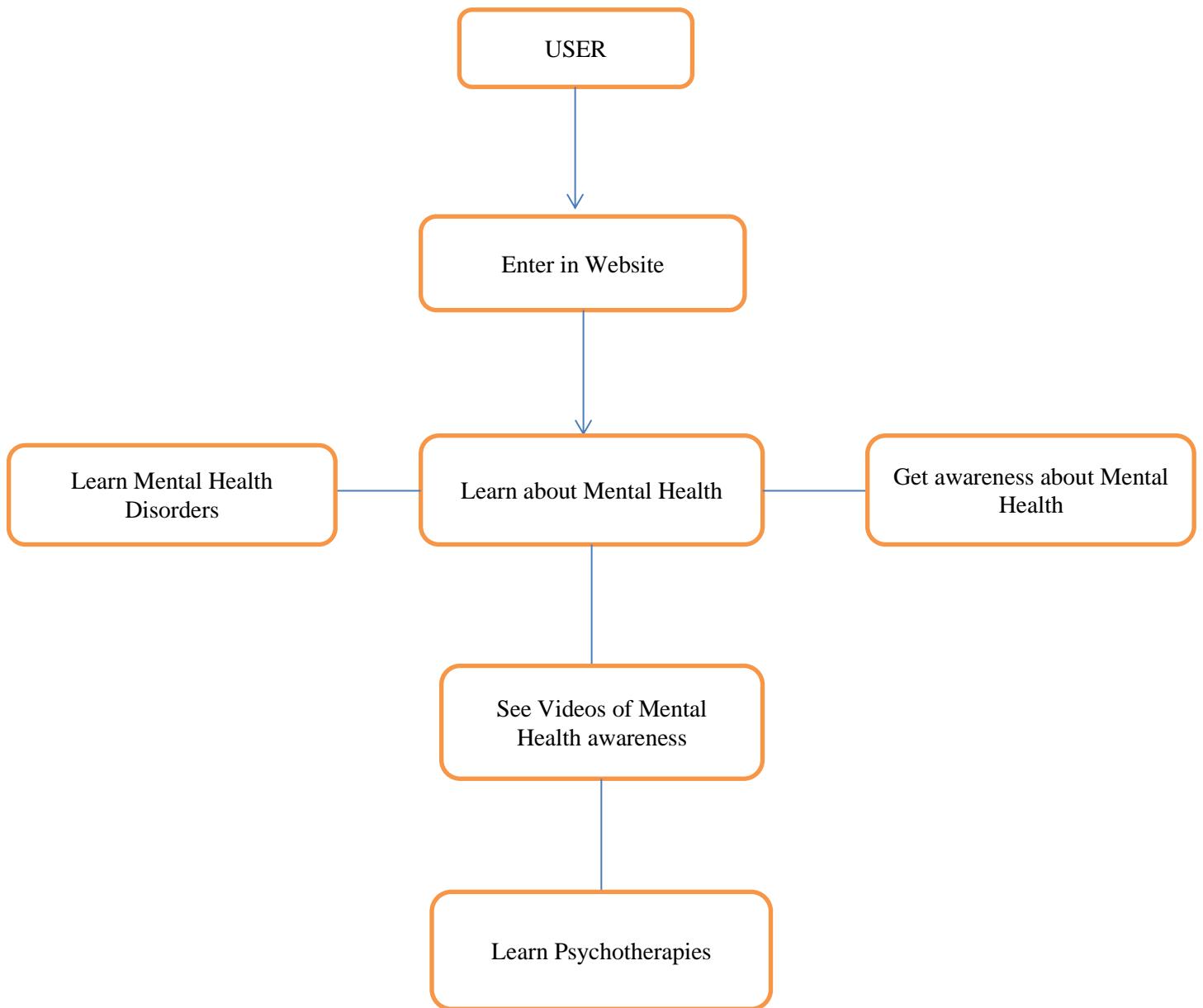
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Figure 3.16 (ASD) Web Page Snapshot

### 3.17 Use Case Diagram:



## **3.18 Tools and Technology:**

### **3.18.1 HTML:**

Hypertext Markup Language is the standard markup language for creating web pages and web applications. With Cascading Style Sheets and JavaScript, it forms a triad of cornerstone technologies for the World Wide Web.

### **3.18.2 CSS:**

CSS is the latest evolution of the Cascading Style Sheets language and aims at extending CSS2.1. It brings a lot of long-awaited novelties, like rounded corners, shadows, gradients, transitions or animations, as well as new layouts like multi-columns, flexible box or grid layouts.

### **3.18.3 Bootstrap:**

Bootstrap is a free and open-source front-end framework for designing websites and web applications. It contains HTML- and CSS-based design templates for typography, forms, buttons, navigation and other interface components, as well as optional JavaScript extensions.

### **3.18.4 JavaScript:**

JavaScript is a text-based programming language used both on the client-side and server-side that allows you to make web pages interactive.

### **3.18.5 Visual Studio Code:**

Visual Studio Code is a streamlined code editor with support for development operations like debugging, task running, and version control. It aims to provide just the tools a developer needs for a quick code-build-debug cycle and leaves more complex workflows to fuller featured IDEs, such as Visual Studio IDE.

### **3.18.6 Adobe Photoshop:**

Adobe Photoshop is an image-editing program. It's designed to help you edit images—digital or digitized images, photographs, and otherwise.

### **3.18.7 Adobe After Effects:**

Adobe After Effects is the industry standard tool for motion graphics and visual effects. Artists and post production professionals rely on After Effects to generate visually stunning work for film, TV, video, and web.

### **3.18.8 Adobe Illustrator:**

Adobe Illustrator is a professional vector-based design and drawing program. Used as part of a larger design workflow, Illustrator allows for the creation of everything from single design elements to entire compositions. Designers use Illustrator to create posters, symbols, logos, patterns, icons, etc.

# **Chapter No 4**

## **Methodology**

### **4.1 Agile (Methodology)**

#### **4.1.1 What is agile?**

“Agile Development” is an umbrella term for several iterative and incremental Software Development Methodologies [4]. The most popular agile methodologies include extreme programming (XP), Scrum, Crystal, Dynamic Systems Development Method (DSDM), Lean Development, and feature-Driven



Figure 4.1 Agile Methodology

Development (FDD).

While each of the agile methodologies is unique in its specific approach, they all share a common vision and core values (see the agile Manifesto). They all fundamentally incorporate iteration and the continuous feedback that it provides to successively refine and deliver a software system.

#### **4.1.2 The Evolution of the Agile Development Methodology**

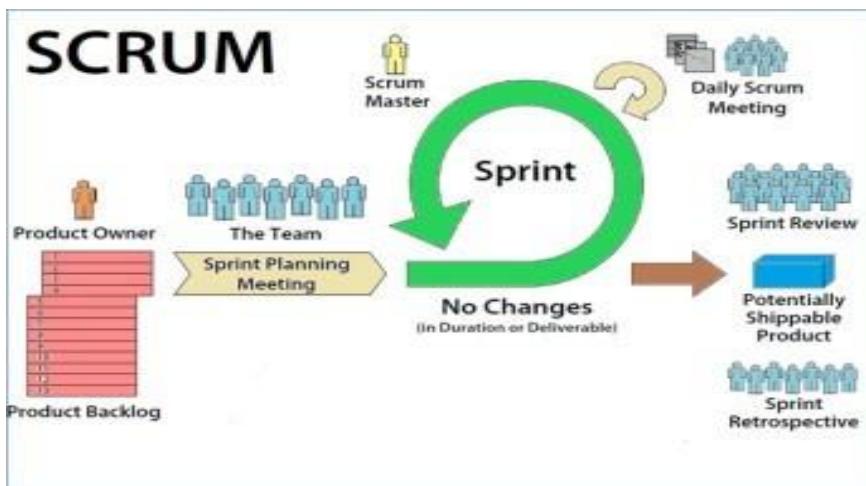
Many of the individual principles and practices that are promoted by agile development have been around for years, even decades. As opposed to implementing these best practices piecemeal, agile methodologies have “packaged” various customers, management, and in some cases, Agile Software Development is an approach to software Development under which requirements and solutions evolve through the collaborative effort of self-organizing and cross-functional teams and their (customers) s /end user (s).

#### **4.1.3 What is Scrum?**

Scrum is part of the agile movement. Agile is a response to the failure of the dominant software development project management paradigms (including waterfall) and borrows many principles from lean manufacturing. In 2001, 17 pioneers of similar methods met at the snowbird ski Resort in Utah and wrote the agile manifesto, a declaration of four values and twelve principles. These Values and principles stand in stark contrast to the traditional project Manager’s Body of Knowledge (PMBOK). The Agile Manifesto placed a new emphasis on communication and collaboration, functioning software, team self-organization, and the flexibility to adapt to emerging business realities.

#### 4.1.4 How Does Scrum Fit With Agile?

The Agile Manifesto doesn't provide concrete steps. Organizations usually seek more specific methods within the agile movement. These include Crystal Clear, Extreme Programming, Feature Driven Development, Dynamic Systems Development Method (DSDM).Scrum, and others. While I like all the Agile Approaches, for my own team Scrum was the one that enabled our initial breakthroughs. Scrum's simple definitions gave our team the autonomy we needed to do our best work while helping our boss (who became our product owner) gets the business results he wanted. Scrum opened our door to other useful agile practices such as test-driven development (TDD). Since then we've helped businesses around the world use scrum to become more Agile. A truly agile enterprise would not have a "business side" and a "technical side." It would have teams working directly on delivering business value. We get the best results when we involve the whole business in this, so those are types of engagements I'm personally the most interested in.



## **4.1.5 What's The Philosophy behind Scrum?**

Scrum's early advocates were inspired by empirical inspect and adapt feedback loops to cope with complexity and risk. Scrum emphasizes decision making from real-world results rather than speculation. Time is divided into short work cadences, known as sprints, typically one week or two weeks long. The product is kept in a potentially shippable (properly integrated and tested) state at all times. At the end of each sprint, stakeholders and team members meet to see a demonstrated potentially shippable product increment and plan its next step.

Scrum is a simple set of roles, responsibilities, and meetings that never change. By removing unnecessary unpredictability. We're better able to cope with necessary unpredictability of continuous discovery and learning.

## **4.1.6 Scrum Roles?**

Scrum has three roles: Product Owner, Scrum Master, and Team.

### **4.1.6.1 Product Owner**

The Product Owner should be a person with vision, authority, and availability. The Product Owner is responsible for continuously communicating the vision and priorities to the development team.

It's sometimes hard for product owners to strike the right balance of involvement. Because Scrum Values self-organization among teams. A Product Owner must fight the urge to micro-manage. At the same time, Product Owners must be available to answer questions from the team.

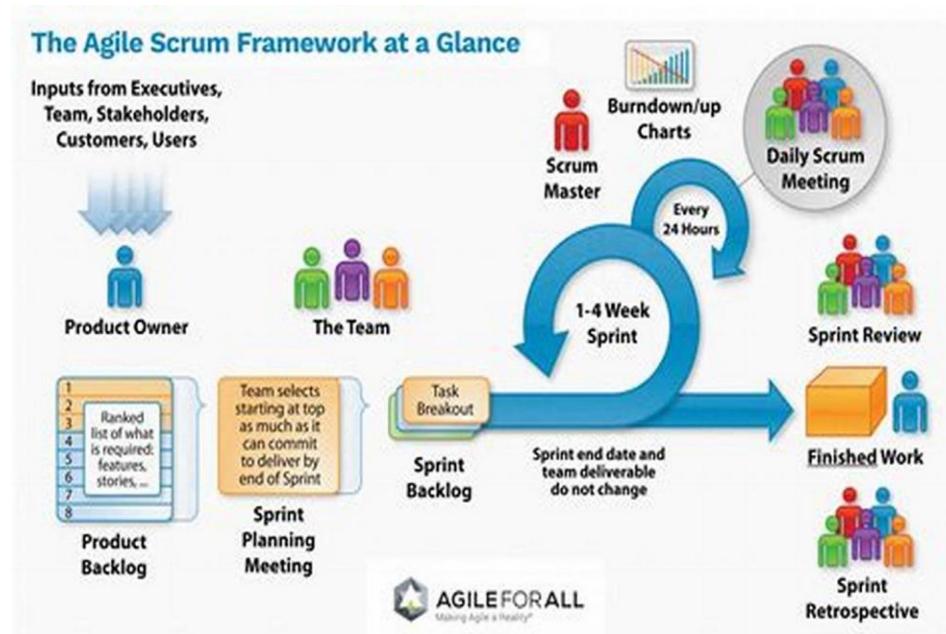
### **4.1.6.2 Scrum Master**

The Scrum Master acts as a facilitator for the Product Owner and the team. The Scrum Master does not manage the team. The Scrum Master works to remove any impediments that are obstructing the team from achieving its sprint goals. This helps the team remain

creative and productive while making sure its successes are visible to the Product Owner. The Scrum Master also works to advise the Product Owner about how to maximize ROI for the team.

### 4.1.6.3 Team

According to Scrum's founder, "the team is utterly self-managing." The development team is responsible for self-organizing to complete work. A Scrum development team contains about seven fully dedicated members (officially 3-9), ideally in one team room protected from outside distractions. For software projects, a typical team includes a mix of software engineers, architects, programmers, analysts, QA experts, testers, and UI designers. Each sprint, the team is responsible



For determining how it will accomplish the work to be completed. The team has autonomy and responsibility to meet the goals of the sprint.

## **4.1.7 Why Scrum?**

### **4.1.7.1 Managing risk and change effectively**

By using small steps and quick feedback (tests, customers) errors from misunderstandings are quickly addressed. Focusing on the most valuable and most risky aspect of the project up front reduce the cost of failure and therefore give a greater understanding of risk in the project. Leaving options open until the last Responsible moment (Avoiding big up front design) reduces the risk of wasted work and helps facilitate change in line with the business goal. Architecture evolves instead of being fixed ridged.

### **4.1.7.2 A light touch of order to the chaos**

Defines principles to aim for rather than cold dogma. Defining a flow of work and the roles and responsibilities to manage and maintain that flow. Organizing without stifling the creativity or variation that increases value of the work.

### **4.1.7.3 Faster time to market**

By releasing functionality early and often, feedback is greatly increased and real understanding of what is needed is quicker to arrive as work is done in small self-contained pieces it can be created and delivered quickly.

### **4.1.7.4 Improved quality**

Defects are discovered and tackled early by including testing aspects and only software needed by the customer is developed.

### **4.1.7.5 Improved stakeholder satisfaction**

Stakeholder (customers, testers, developers, etc.) have greater involvement and influence in the product development and therefore have more affinity to the project.

#### **4.1.7.6 Higher Productivity and lower costs**

Only building what's immediately needed reduces the waste of developing things that are not wanted smaller code bases should on average have fewer bugs, so writing less code is more productive. This is by no means an exhaustive list of reasons to start agile adoption (with Scrum or similar approaches) but give you a flavor as to the aims and benefits of an agile way of working.

# **Chapter No 5**

## **Implementation and Evaluation**

Evaluation plays a critical role for quality assurance and for ensuring the reliability of the software. Its basic function is to detect the errors. After the coding phase, testing is done to test the proper working of the new system. Testing is the process of executing a program with the intention of finding errors. It is a complete verification to determine whether the objectives are met and the user requirements are satisfied. The testing phase involves testing of a system using various test data. Preparation of the test data plays a vital role in the system testing.

The test data, the system under study is testing using those test data. Errors were found and corrected by using the following testing steps and corrections are recorded for future references. Thus, a series of testing is performed on the system before it is ready for coding. Since code is the only product that can be executed frequently whose actual behavior can be observed, this phase is so important for the successful implementation of the software product. Thus, the goal of testing is to cover the requirements, design and coding errors in the program.

### **5.1 Unit Testing:**

is a software testing technique by means of which individual units of software i.e. group of computer program modules, usage procedures and operating procedures are tested to determine whether they are suitable for use or not. It is a testing method using which every independent module are tested to determine if there are any issue by the developer himself. It is correlated with functional correctness of the independent modules.

Unit testing is defined as a type of software testing where individual components of a software testing are Unit testing of software product is carried out during the development of an application. An individual component may be either an individual function or a procedure. Unit testing is typically performed by the developer. All the modules developed are

independent. Even the whole process of approval for all. Each module is integrated well with other modules. And all the interfaces are tested successfully.

## **5.2 Functional Testing:**

In this type of software testing that validates the software system against the functional requirements/specifications. It works on functional requirements of project that the project works according to the user or not like student can fill exam for or not, slips will be generated or not, any incorrect data not should be involved. The purpose of Functional tests is to test each function of the software application, by providing appropriate input, verifying the output against the Functional requirements.

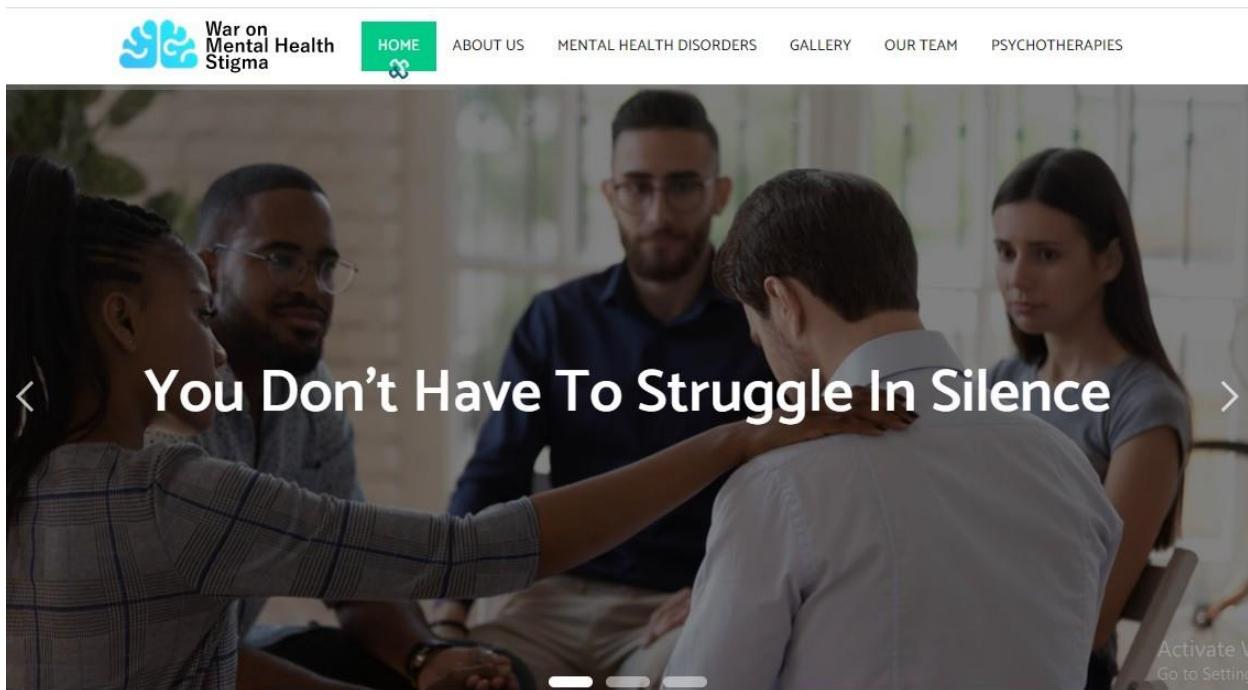
## **5.3 System Testing:**

In system testing, we test whole system, check the performance of system functionalities. Like how the application performs in low-end devices and, how secure is the system etc.

# Chapter No 6

## Results and Discussion

### 6.1 Website Snapshot:



A screenshot of the 'About Us' page from the same website. The header includes the logo and navigation bar. The main heading is 'About Us', with a subtitle 'We are here to end Stigma about mental illnesses'. Below this is a section titled 'We Are Here To Give Awareness About Mental Health.' It contains text about mental health awareness and signs of mental illness, along with a graphic of a hand holding a heart with the text 'IT'S OK' and a list of things it's okay to do. A watermark for 'Activate Windows' is visible in the bottom right corner.

Figure 6.1 Website Snapshot

The screenshot displays two main sections of the website:

**Mental Health Disorders**

This section features four cards representing common mental health issues:

- Anxiety**: Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before taking a test, or making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can
- Depression**: Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at
- Obsessive-Compulsive Disorder (OCD)**: Obsessive-Compulsive Disorder (OCD) is a brain and behavior disorder that is categorized as an anxiety disorder in the Diagnostic and Statistical Manual of Mental Disorders. OCD causes severe anxiety in those affected and involves both obsessions and
- Post-Traumatic Stress Disorder (PTSD)**: Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that some people get after seeing or living through a dangerous event. When in danger, it's natural to feel afraid. This fear triggers many split-second changes in the body to prepare to defend against the

**Videos For Mental Health Awareness**

This section displays eight video thumbnails:

- WHAT ANXIETY FEELS LIKE**: 0:05 / 3:01
- SCHIZOPHRENIA**: 0:13 / 5:00
- BIPOLAR**: 0:05 / 6:04
- LIVING WITH BIPOLAR DISORDER**: 0:03 / 2:37
- Activate Windows**: Go to Settings to activate Windo

Figure 6.1 Website Snapshot

**War on Mental Health Stigma**

HOME ABOUT US MENTAL HEALTH DISORDERS GALLERY **OUR TEAM** PSYCHOTHERAPIES

## Our Team

Psychiatrist and Psychologists

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**War on Mental Health Stigma**

HOME ABOUT US MENTAL HEALTH DISORDERS GALLERY OUR TEAM **PSYCHOTHERAPIES**

## Psychotherapies

Therapies for Treatment of Mental Health Disorders

**Retrain your brain**  
Cognitive behavioural therapy

Cognitive Behavioral Therapy

a type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behaviour patterns or treat mood disorders such as depression.

[READ MORE »](#)

**INTERPERSONAL THERAPY**

Interpersonal psychotherapy (IPT)

Interpersonal psychotherapy (IPT) is a time-limited, focused, evidence-based approach to treat mood disorders. The main goal of IPT is to improve the quality of a client's interpersonal relationships.

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**SPIRITUAL THERAPY**

- \*Remove consciousness traps that attract negative situations
- \*Fully embrace your sovereignty
- \*Awaken to your inner resources and authenticity
- \*Activate your spiritual gifts
- \*Open creative and intuitive centers
- \*Expand perspective on life and your deservingness
- \*Gain insight into intimate relationships and activate higher level relationships

Spiritual Therapy

Spiritual therapy is a form of counseling that attempts to treat a person's soul as well as mind and body by accessing individual belief systems and using that faith in a higher power to explore areas

Activate Windows  
Go to Settings to activate Windows 8

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Figure 6.1 Website Snapshot

# **Chapter No 7**

## **Conclusion and Future Work**

### **7.1 Conclusion:**

**“Mental Health Support” (War against Mental Health Stigma).** Is a website designed to end the stigma of Mental Health and give awareness to people about Mental Health. The purpose of designing this website is to aware the peoples that Mental illness is also like a Physical illness. Peoples need to understand the peoples who are suffering from some Mental Health disorders and support them instead of laughing at them and making jokes on them.

This website is design for those peoples who don't have awareness about Mental Health. We design this website to explain those people who have no knowledge about mental health. That mental illness is also like a physical illness. We trying to explain peoples that you need to understand the peoples who are suffering from some Mental Health disorders and support them at every stage instead of laughing at them and making jokes on them.

We have to end the stigma on mental health. And spread awareness about Mental Health, and support peoples who are suffering from some Mental Health disorders and need to understand them.

### **7.2 Future Work:**

In this website there are few things which we add in it like to make community for those peoples who are suffering from some mental health disorders, and can make online appointment by the clinical psychiatrists and psychologists.

### **7.3 Limitations:**

This project is limited to end the stigma on mental health and spread social awareness about mental health.

## REFERENCES

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- [2] CSS - [https://en.wikipedia.org/wiki/Style\\_sheet\\_language](https://en.wikipedia.org/wiki/Style_sheet_language)
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