

further domain research :

purpose :

Further explore our current domain. try to find some inspirations to solve issues from our first evaluation results.

Direction :

1 Mengfan yang: How to encourage people to share their emotions [Link to poster](#)

2 Jia Zhou : Exploring the connection between college students' behavioral performance and mental health

3 Liwen Jin: Causes, traits and strategies of improving mental health among different university student groups

4 Tianyi Liu: Applications for technologies using in mental health disorders treatment

Link:

https://drive.google.com/file/d/17XHKBuu4LY_KH14oqADwDSjuJ9tKkpJS/view?usp=sharing

Findings:

Mengfan Yang

Our app is to encourage college students to share their negative emotions and ultimately improve their mood. In the first evaluation process, we found that not everyone was willing to share their emotions. In order to explore how to encourage them to share emotions, I did research. Studies have shown that many factors influence sharing emotions, including privacy, intimacy, sense of humor, and professionalism of the platform. According to the research, I found that the anonymous feature we designed can ensure the privacy of users and it is useful to let users share their emotions. And also, we designed a professional emotion app. specifically, in the consulting function users can receive feedback from an expert, so the user can trust our professionalism, they may prefer to share emotions by using the app.

However, from the research, we found our app can continue to improve its functionality. For example, we can add group function to the community function to close the relationships among users, which makes users more willing to share emotions. In addition, we can encourage customers to share their emotions in a humorous way, which may increase their enthusiasm to share. These inspirations can continue to be explored in future projects.

Liwen

The team value high on meeting university students' needs for mental health. However, our target user -- university students, contains a large number of people with different ages, backgrounds and traits. It is found that stress and mental health differences exist between student groups. The cause of mental health difficulties includes academic pressure, poor economic status, interpersonal relationships and job hunting. In particular, the pressure of undergraduates is more focused on academic performance, the challenges in the transition to adulthood, while graduate students gain pressure from the academic load. Compared with local students, international students also face language barriers, cultural shocks and social factors, which can lead to mental health problems.

Many studies have reported that even universities provide free mental health support services, many students don't use the service. For undergraduates, they tend to communicate their difficulties to their peers or trusted acquaintances. In addition, social activities on campus for undergraduates play a positive role in improving their mental health. For graduate students, the

financial situation and the functional relationship with advisors are vital factors that affect their mental health and the use of counselling services. It is suggested that they need more knowledgeable staff to provide high-quality advice.

The use of mental health services for international students is the lowest. Although this student group often faces higher pressure and more difficulties, they cared less about mental health, or know little about mental health service on campus. These are largely due to cultural differences and language barriers. In some cultures, mental health stigma makes people care less about their emotions and feelings, which is harmful to address psychological health support. Therefore, it is necessary to respect and understand the cultural background of international students, help them adapt to new values and humanities, and provide high-quality mental health support. The assist from employees or peers who have similar cultural backgrounds may have a positive effect.

Due to the various condition of each student group, different guidance suggestions are also provided in the literature for reference. It is found that mental health stigma frequently appears in various research, which can be considered as the primary obstacle between students and mental health supports. The stigma mainly comes from individuals' misunderstanding of mental health problems and social impacts. In this regard, online consultation is a way to help avoid the effects of stigma. Most undergraduate students in the research case said that online counselling protects the privacy and reduces the tension of face-to-face consultation. Without considering others' views, they can express their real emotions during the counselling process.

The research inspired our app. In the future, we may provide customized contents to meet students' needs, such as some topic about overcoming homesick for international students, how to adapt to campus life for new students, etc. These topics may provide useful advice for different student group and improve their mental health status.

jia zhou

First, the project's design goal is to explore a comfortable, positive method to help student users focus on emotional changes and provide a platform for help. In the initial design process, we found that positive mental health is a key factor in maintaining a balance between students and healthy living, including academic achievement; social life; physical health; family safety and so on. But through interviews, I found that most students are not willing to share their privacy issues with others. Because they sometimes don't want to face but choose to hide. Although the importance of mental health has been widely publicized and disseminated in various research and campuses, it is worth noting that many students are still unable to face their mental health and are afraid to seek help from professionals. Therefore, we adjust our design direction helps encourage users to express their own problems.

First of all, the user's first consideration is privacy: they worry that they will be treated specially, and it is difficult to describe some difficult topics to others. The team agreed to add anonymity features. In addition, we focus on a few topics that students are more worried about: learning, socializing, work, and financial burden are some of the most worrying issues for them. We find that how users treat these things is directly fed back into their emotions. Therefore, we consider adding an anonymous way to encourage users to say their troubles in a community without any scruples. No one in this environment will know who you are. What everyone cares about is how to provide effective advice and help. Users will get a sense of identity in this area, they do not need to suppress their emotions, and do not need to resent their own state. Because mental health is not a disease but a state. Therefore, we hope that this shared feature can also help users to face what is mental health so that they are willing to solve this problem.

Tianyi Liu

The articles selected are mainly used to identify the features, functions implemented in the application, concerning their feasibility, practicability and effectiveness. The first articles are summaries of past studies about internet interventions, illustrate its effectiveness, efficacy and comparison with traditional therapies.

The third and fourth articles are technical attempts that using internet-based intervention for depression prevention and studies the effect on the participants. Specifically, the fourth article explore the possibility using contextual sensing based on machine learning to detect user's mental health states, which is similar to our earlier idea, proved to be premature due to technology limits. It led us to abandon this function.