



CS152

Human Computer Interaction

**NeuroPal**

(Mental Health Tracker)

[Part 1]

A Project Proposal By:  
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## **Overview:**

Since mental health is essential to overall wellbeing, there is a growing need for readily available mental health support due to the increasing demands of modern life. To address this need, our suggested application, NeuroPal, offers a whole range of tools and resources that people may use to manage their mental health, monitor their progress, and locate support. NeuroPal, created by Team Void, integrates a variety of features into a single, unified platform to provide a comprehensive approach to managing mental health.

NeuroPal is designed with accessibility and user-centric design in mind, ensuring that individuals from diverse backgrounds can benefit from its features. The app aims to provide a secure, supportive space where users can express their feelings, set personal goals, and access professional help when needed. With the rise in public awareness of mental health issues, NeuroPal is assured to be an essential tool for anyone looking to improve their mental well-being through regular tracking, mindfulness exercises, and community support.

## **Solving the Problem:**

Many existing mental health apps lack the integration of features that address different aspects of mental health comprehensively. Users often need to switch between multiple apps to track their mood, journal, and find support. NeuroPal will address these issues by consolidating these features into a single, user-friendly design, making it easier for users to manage their mental health effectively.

## **Application:**

**Application Name:** NeuroPal

### **Description:**

NeuroPal is designed to be an all-in-one mental health app that provides users with the tools and resources they need to track their mental health, manage stress, set goals, and find support. The app aims to enhance the user experience and promote mental well-being through its comprehensive feature set.

## Features:

- **Mental Health Metrics:**

A comprehensive view of your mental health metrics, including graphs that track positivity, mood, and negativity based on this month's records.

- **Mood Tracking and Journaling:**

Daily mood entries with options to describe feelings, add content and write about their day.

- **Void (For Ranting and Anger Management):**

A dedicated space for venting frustrations and managing anger.

- **Time Capsule:**

Writing messages to their future selves with delivery dates.

- **Goal Setting and Progress Tracking:**

Tools for setting and tracking academic and personal goals.

- **Community Support Group:**

Forums and groups where students can share experiences and support each other.

- **Teletherapy:**

Directory of licensed therapists and options for booking teletherapy sessions.

## Question about application:

- **Who are the potential users?**

NeuroPal users are those who are looking to take care of their mental health. This includes people dealing with stress, anxiety, depression, and other mental health challenges. The app is designed for everyone, regardless of their background or age, to provide the support they need.

- **What tasks do they seek to perform?**

Users try to keep a record of their ideas and experiences, log and monitor their mood, practice mindfulness, create and accomplish specific academic and personal goals, control their stress and anger, and obtain support from their

community. They could also search for expert assistance and instructional materials on mental health issues that are relevant to their personal and professional lives.

- **What functionality should any system provide to these users?**

NeuroPal should include features such as daily mood tracking with detailed logging options, secure journaling with student-specific prompts, and guided mindfulness exercises. It should also have a mood and activity log, a dedicated venting space (Void), and tools for goal setting and progress tracking. The app should offer community support groups and educational resources on mental health topics relevant to students.

- **What constraints will be placed on your eventual design?**

**Privacy and Security:** Ensuring user data is securely stored and handled with confidentiality.

**Accessibility:** Making the app usable for individuals with various disabilities.

**User Engagement:** Designing features that encourage consistent use without causing overwhelm.

**Scalability:** Ensuring the app can handle an increasing number of users and data over time.

**Device Compatibility:** Supporting a wide range of devices and operating systems.

- **What criteria should be used to judge if your design is a success or not?**

**User Satisfaction:** High levels of user satisfaction and positive feedback through surveys and app reviews.

**Engagement Metrics:** Regular and sustained usage of the app's features by users.

**Effectiveness:** Improvement in users' mental health metrics over time, as tracked by the app.

**Usability:** High scores in usability tests, indicating that users find the app easy to navigate and use.

**Community Building:** Active participation in community support groups and positive interactions within the app.

**Retention Rates:** High user retention rates, indicating that users continue to find value in the app over the long term.

**Approach:**