**TOPIC PROPOSAL DOCUMENT**

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| **Surname, First Name MI.** | **Program/Specialization** | August 19, 2025 | |
| **Section** | **Signature** |
| Alonzo, Kyle Stephen I. | BSIT Mobile and Web Application | INF 232 |  |

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| **TITLE OF THE PROPOSED PROJECT**  *MindMate: A Mobile Self-Assessment App for Mental Health Awareness and Support* | | | | | |
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| **PROJECT DISCIPLINE:** | BSIT - Mobile and Web Application | | | | |
| **PROJECT CATEGORY:** | BSIT - Technology Development | | | | |
| **SDGs:** | SDG 3: Good Health and Well-Being | | | | |
| **PROJECT PRIORITY** | 1st | 2nd | 3rd | 4th | 5th |

**Background of the Study**

Mental health is becoming an increasingly significant concern in today’s society, as people are recognizing its direct impact on overall well-being. According to the World Health Organization (WHO), mental health is defined as a state in which individuals can realize their potential, cope with normal life stresses, work productively, and contribute to their communities [1]. In recent years, conditions such as anxiety, depression, and stress-related disorders have risen, particularly among young people and working adults. These mental health challenges not only affect personal health but also influence productivity, quality of life, and social interactions. Addressing mental health aligns closely with the United Nations Sustainable Development Goal 3 (SDG 3), which promotes good health and well-being for all [2].

Despite growing awareness, many individuals are still hesitant to seek professional help. Stigma, limited access to services, and high consultation costs often prevent early intervention [3]. In countries like the Philippines, mental health professionals are scarce and mostly concentrated in urban areas, leaving many people without timely support. This gap underscores the need for accessible tools that help individuals recognize early signs of mental health issues and take proactive steps to manage their well-being.

Digital technology has become a practical solution to this challenge. Mobile health applications (mHealth apps) are increasingly used for self-help, education, and monitoring of mental health. Research shows that these apps can track mood changes, provide basic support, and guide users in managing stress and anxiety [4]. However, many existing apps have limitations: they may lack scientific validation, have limited cultural relevance, or focus narrowly on specific conditions, reducing their overall effectiveness [5].

To address these gaps, the proposed project, MindMate: A Mobile and Web Self-Assessment App for Mental Health Awareness and Support, will provide both mobile and web platforms. This system will allow users to privately evaluate their well-being, recognize early symptoms of mental health problems, and access guidance or referrals for professional help. Unlike many existing apps, this project targets young people and urban workers, where early intervention can have a meaningful impact. By providing accessible, private, and culturally relevant tools, the project empowers individuals to take control of their mental health while reducing barriers caused by stigma and limited access to professionals.

**Project Context, Purpose and Description**

Young adults and working individuals, especially in urban areas, are particularly vulnerable to mental health challenges due to fast-paced lifestyles, long working hours, and constant social and academic pressures. The main problem is the lack of accessible and private tools for people who may not yet be ready to seek professional help. Often, individuals delay addressing their mental health issues until conditions worsen, which can lead to more severe consequences.

The purpose of this project is to develop a self-assessment application that encourages early recognition of mental health symptoms. Users will respond to guided questionnaires, receive immediate feedback about their well-being, and access educational resources or referral options as needed. The application will integrate features such as self-assessment modules, mood tracking, educational content, and referral support to professional help. By combining these elements, the project aims to raise awareness while lowering barriers to early intervention.

The project aligns with SDG 3: Good Health and Well-Being by promoting preventive care and mental health awareness. The app also provides a private, judgment-free platform, encouraging users who may hesitate to openly discuss their struggles. For the intended users, the system can serve as an initial step in understanding their mental state, making informed decisions, and eventually seeking professional support if necessary.

**Objectives of the Project**

**General Objective**

To develop a mobile and web self-assessment application that promotes mental health awareness, encourages early detection of mental health concerns, and provides guidance for further support.

**Specific Objectives**

1. To design and develop a self-assessment module that allows users to privately evaluate their mental well-being.
2. To integrate educational resources that provide basic information on common mental health issues such as anxiety, depression, and stress.
3. To include tracking features that help users monitor their emotional state over time.
4. To develop a secure and user-friendly interface that ensures data privacy and accessibility.
5. To evaluate the app’s usability and effectiveness using ISO 25010 standards in terms of functionality, usability, and reliability.

**Scope and Limitations**

This project focuses on creating a mobile and web application for mental health self-assessment. The mobile app will be built using Java in Android Studio, while the web version will be developed using HTML, CSS, and JavaScript. A PHP backend with MySQL will handle user authentication, store assessment results, and track user data online. Core features include self-assessment questionnaires, mood tracking, educational resources, and referral links to mental health services. The mobile app will use SQLite and SharedPreferences for offline data storage, while the web platform allows users to access their data online through a browser.

Limitations include the absence of cloud storage or real-time syncing in the initial version. Authentication will be limited to local login systems, without advanced security features such as multi-factor authentication. The system is designed for self-assessment and awareness purposes only and will not provide clinical diagnosis or professional therapy. The mobile app will initially support Android devices only, and the web version will offer basic online functionality.

**Proposed Project Features and Functionalities**

The *MindMate* platform will include:

* **Self-Assessment Module:** Guided questionnaires to help users identify potential symptoms of stress, anxiety, or depression.
* **Mood Tracking:** Daily logs and visualizations to monitor emotional patterns over time.
* **Educational Resources:** Articles, tips, and awareness materials about mental health.
* **Referral Support:** Links to hotlines, online counseling platforms, and nearby mental health facilities.
* **Secure Login and Data Privacy:** Ensures user information is confidential and accessible only to the user.

**Proposed Technologies and Tools**

* **Mobile Front-End:** Java with Android Studio [6][7].
* **Web Front-End:** HTML, CSS, JavaScript for a responsive website.
* **Web Back-End:** PHP with MySQL for authentication, assessment storage, and user data management.
* **Data Storage:** SQLite and SharedPreferences for the mobile app (offline), MySQL for the web platform (online).
* **Hosting/Deployment:** Android devices/emulators for the app; local server (XAMPP) or free hosting for the website.
* **Authentication & Security:** Local login for the mobile app; database-driven login for the website, with basic data protection.
* **Development Methodology:** Agile Scrum for iterative development, testing, and improvements.

These technologies are chosen for their accessibility, student-level feasibility, and compatibility with both mobile and web platforms [6][7].

**References**

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