



CMSC 190-2

June 5, 2024

PRESENTED BY  
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# UPLB Muni

*A Mobile Mental Health  
Application for UPLB Students  
with Sentiment Analysis and  
Chat Features*

# Background of the Study

- The recent onslaught of the COVID-19 pandemic has brought numerous negative impacts to many individuals across the globe. More than the physical damages it has left on the health of the society, its mental and psychological effects also made its mark on a significant number of people.
- The prolonged period of isolation during the pandemic has left lasting impacts on the mental wellbeing of those part of the adolescent age, or more specifically those in Generation Z.

# Background of the Study

- In the Philippines, there is a significant lack of mental health services that can immediately attend to the needs of those who are suffering such mental health issues
- The need for more efficient mental health care services are increasing especially with the aftermath that the pandemic has caused.
- A recommendation from WHO includes mental health services that allow and encourage self-care interventions.
- Mobile applications were said to be a possible low-intensity intervention for those who have a less severe mental health issue.

# Significance of the Study

- This mobile mHealth application would enable the students of UPLB to monitor their daily moods and fluctuating emotions through mobile journaling with integrated sentiment analysis.
- In addition, the OCG would also have a way to communicate with the students of the university through sending supportive messages through the application.
- Students would also be able to schedule counseling sessions through the application and can speak to available staff through the chat features of the application.

# Objectives of the Study

- ◆ Create a mobile application that allows UPLB students to monitor their mental wellness through journaling and reflections with integrated semantics analysis.
- ◆ Provide the OCG a channel to constantly communicate with the student body through supportive messages.
- ◆ Allow UPLB students to notify the OCG for counseling schedules and services.
- ◆ Generate a report on overall wellness of the student body through collected data in the application.

# Scope and Limitations

Intended only with the use of the UPLB population in mind

Students would also have to manually book counselling services and will not be automated by the application.

An internet connection is needed when using the application.

# Methodology

Proposed Features	Classification of Users
<ul style="list-style-type: none"><li>• User Registration and Login</li><li>• Supportive Messages</li><li>• Journaling</li><li>• Chat Feature</li><li>• Counseling Requests</li><li>• Add Supportive Messages</li><li>• View App Reports</li></ul>	<ul style="list-style-type: none"><li>• Student User</li><li>• Staff user</li><li>• Admin</li></ul>

**UPLB Muni**

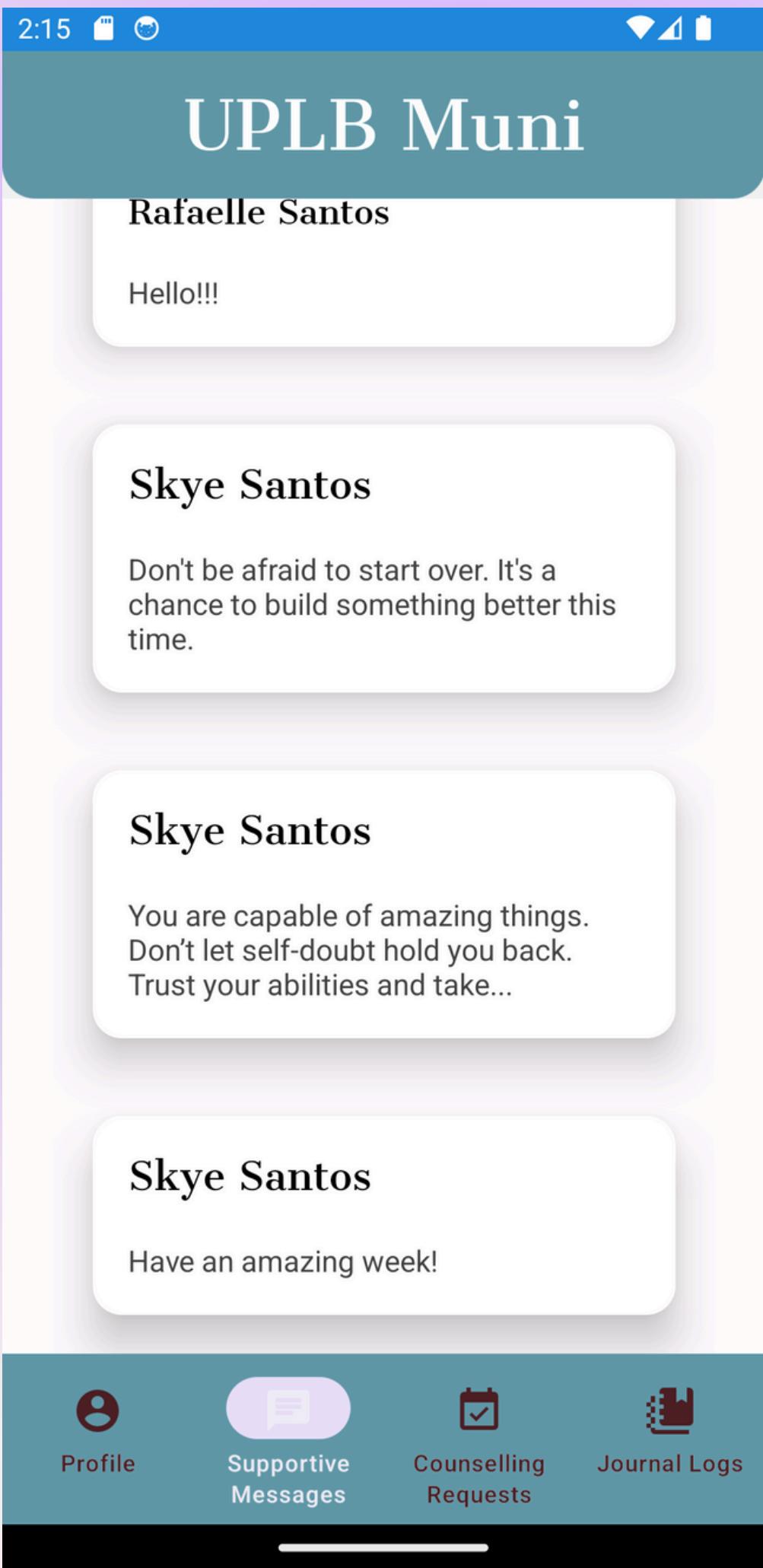
# UPLB Muni

Register as Staff

Sign in with Google Account

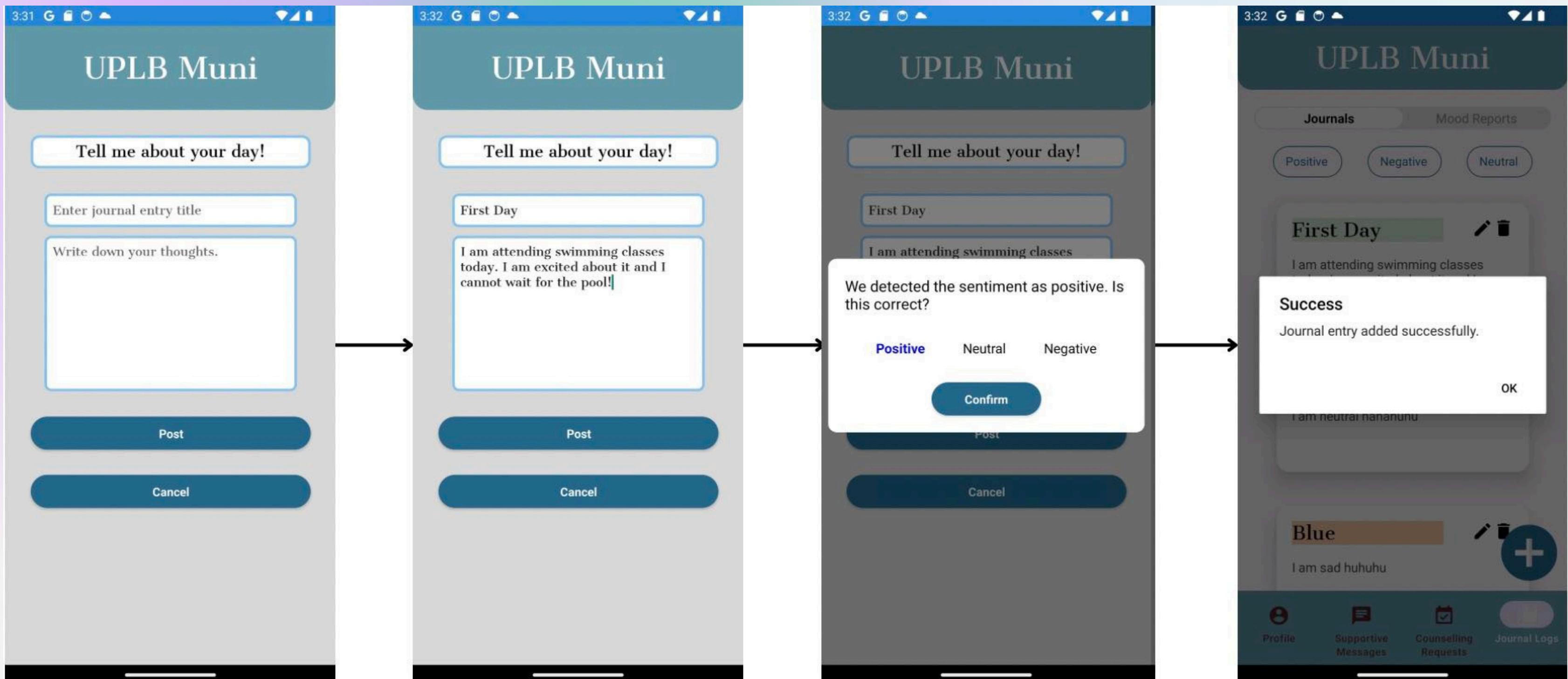


# Login

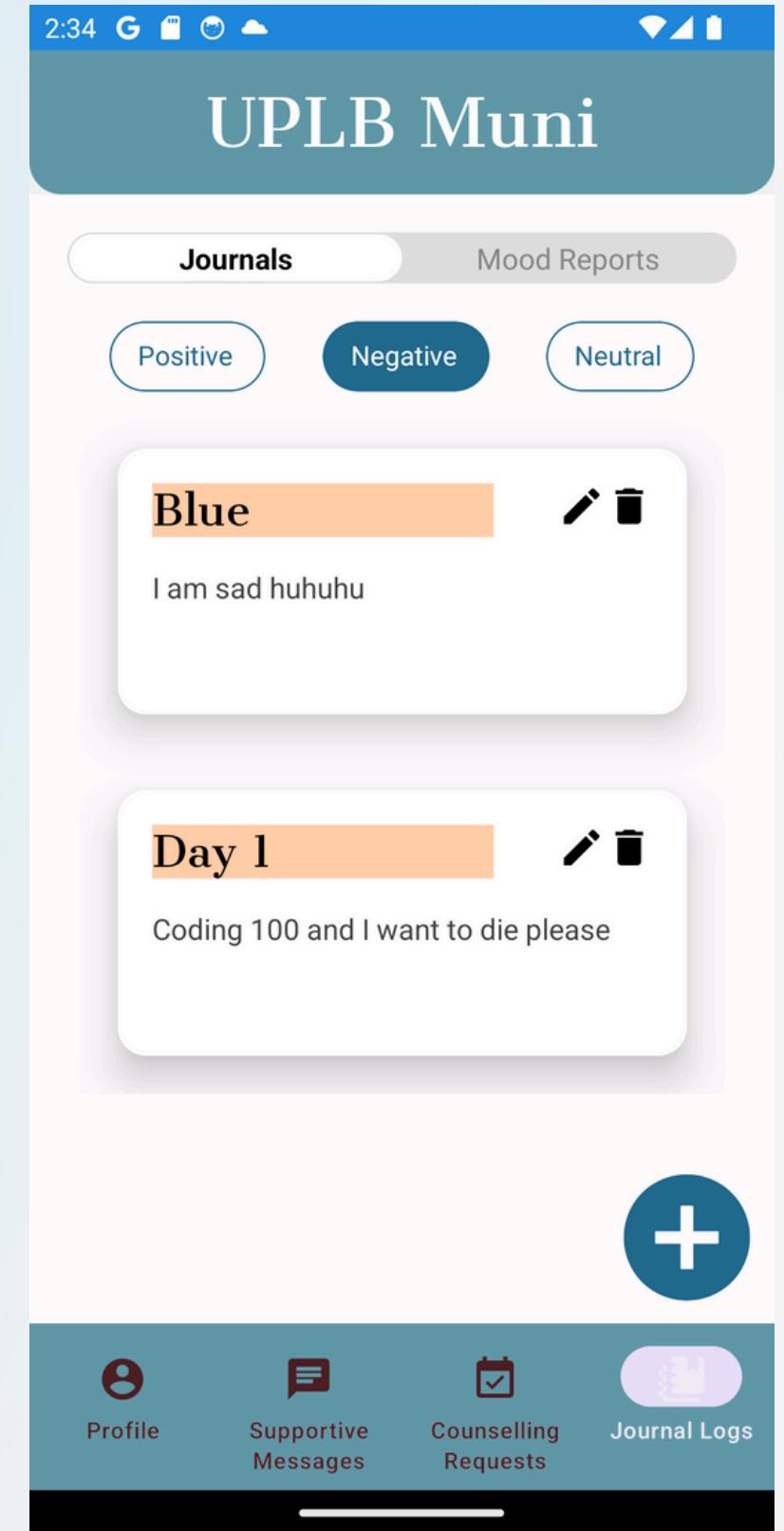
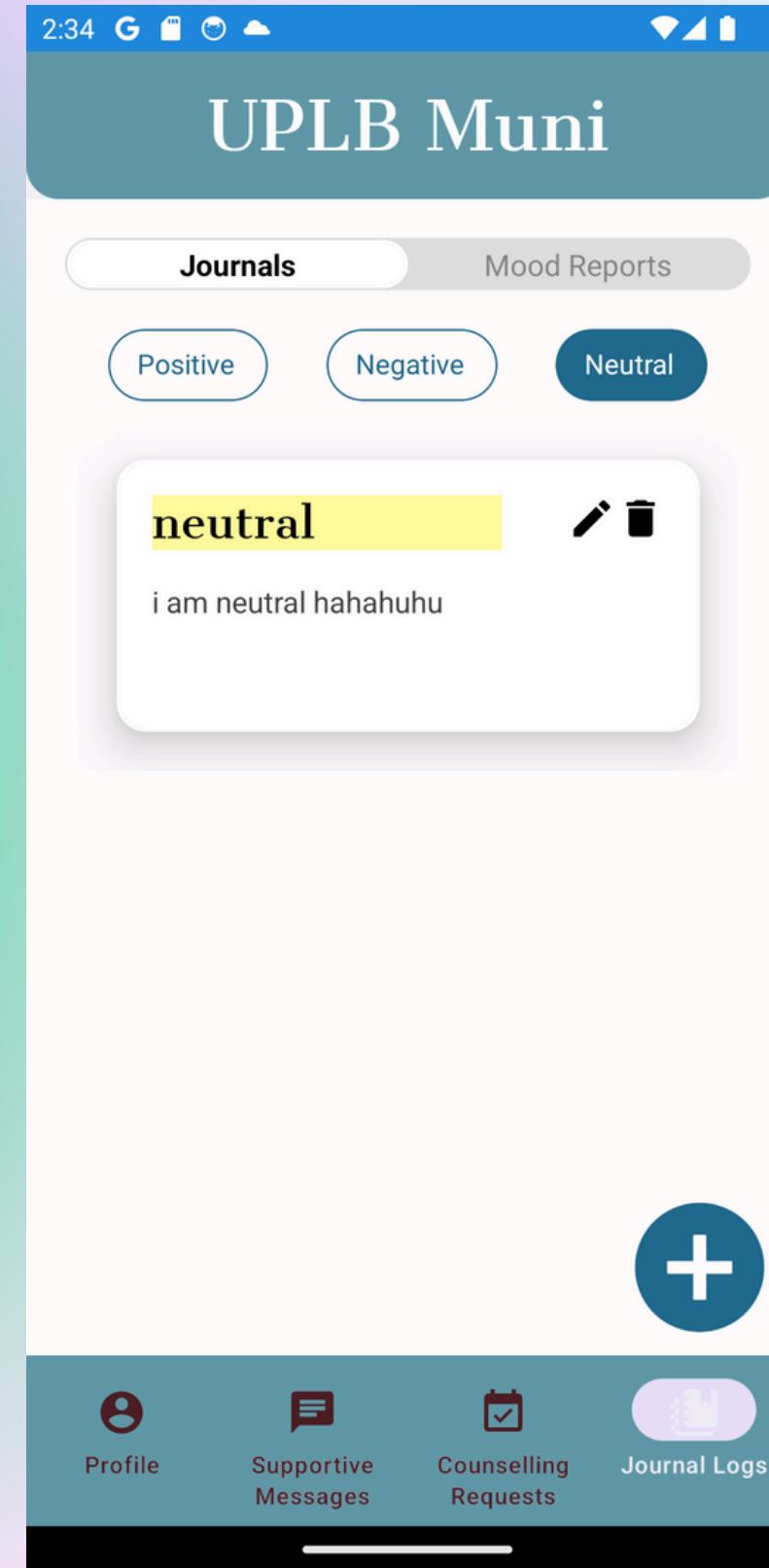
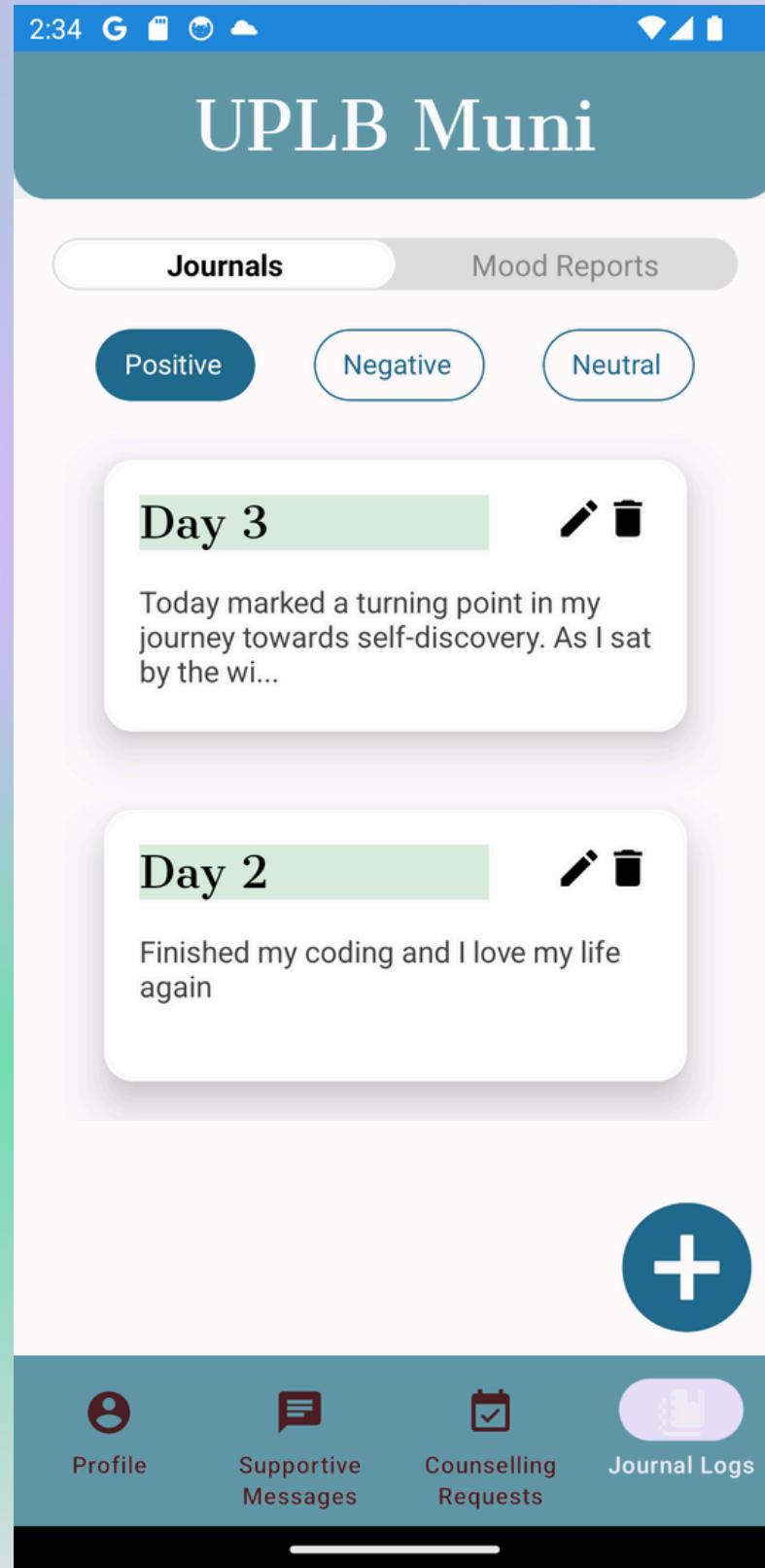
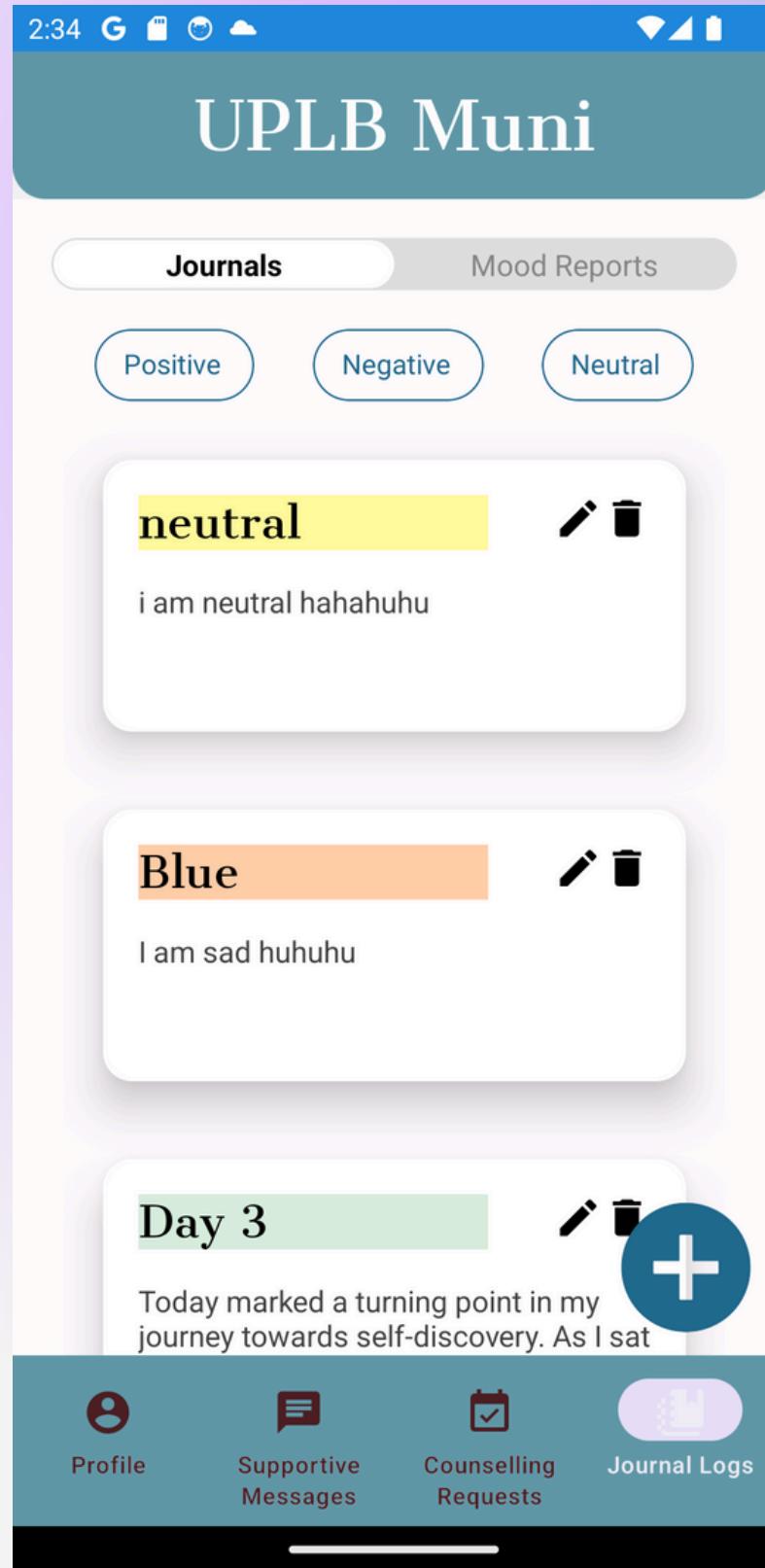


# Supportive Messages (Student User)

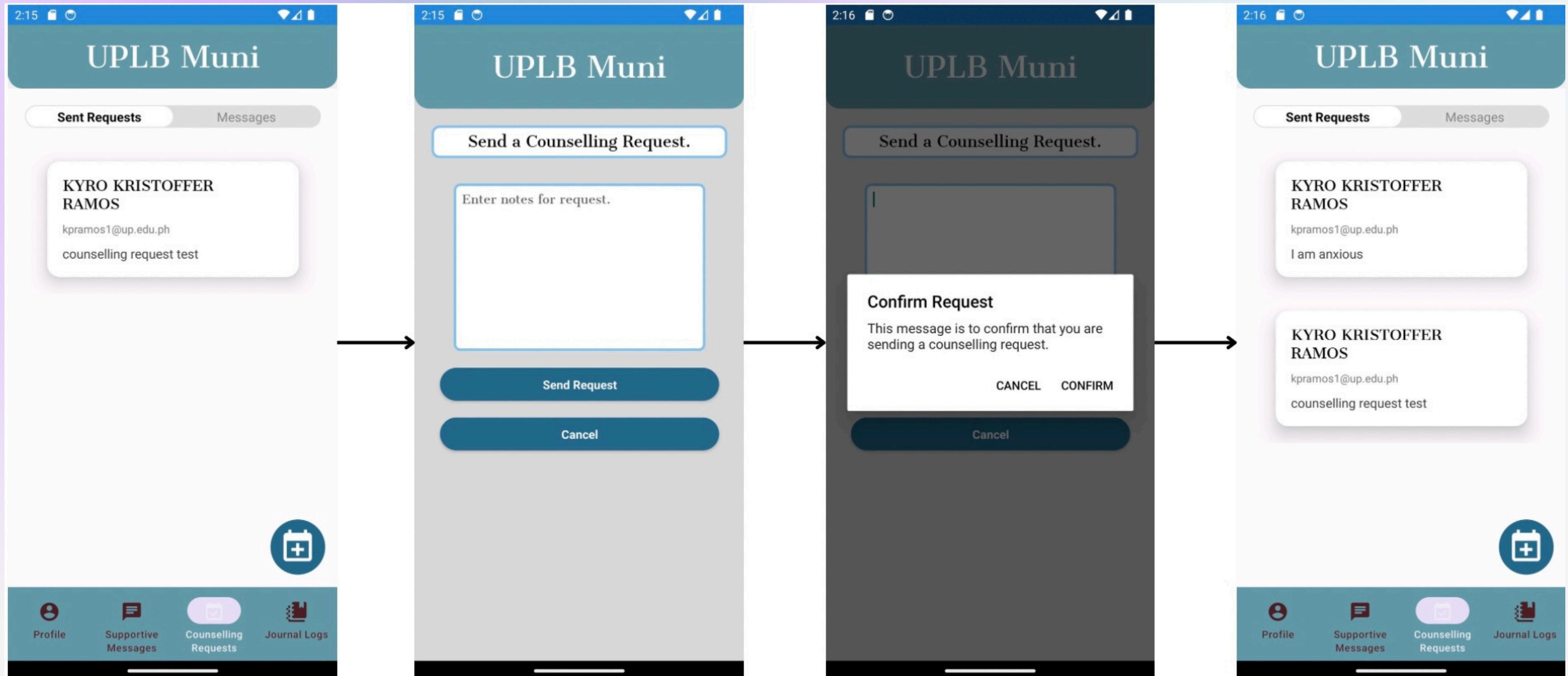
# Add Journal Entries (Student User)



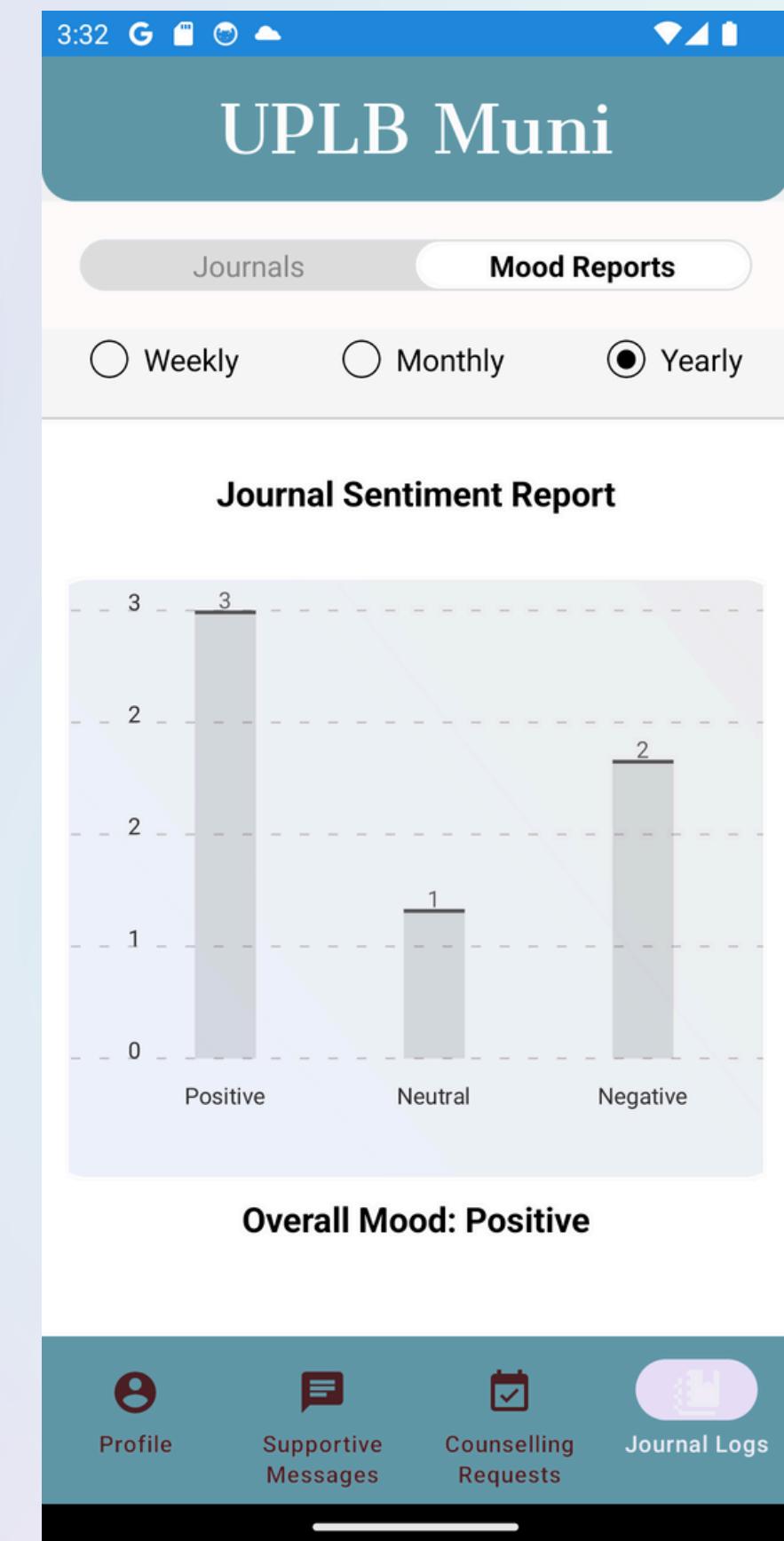
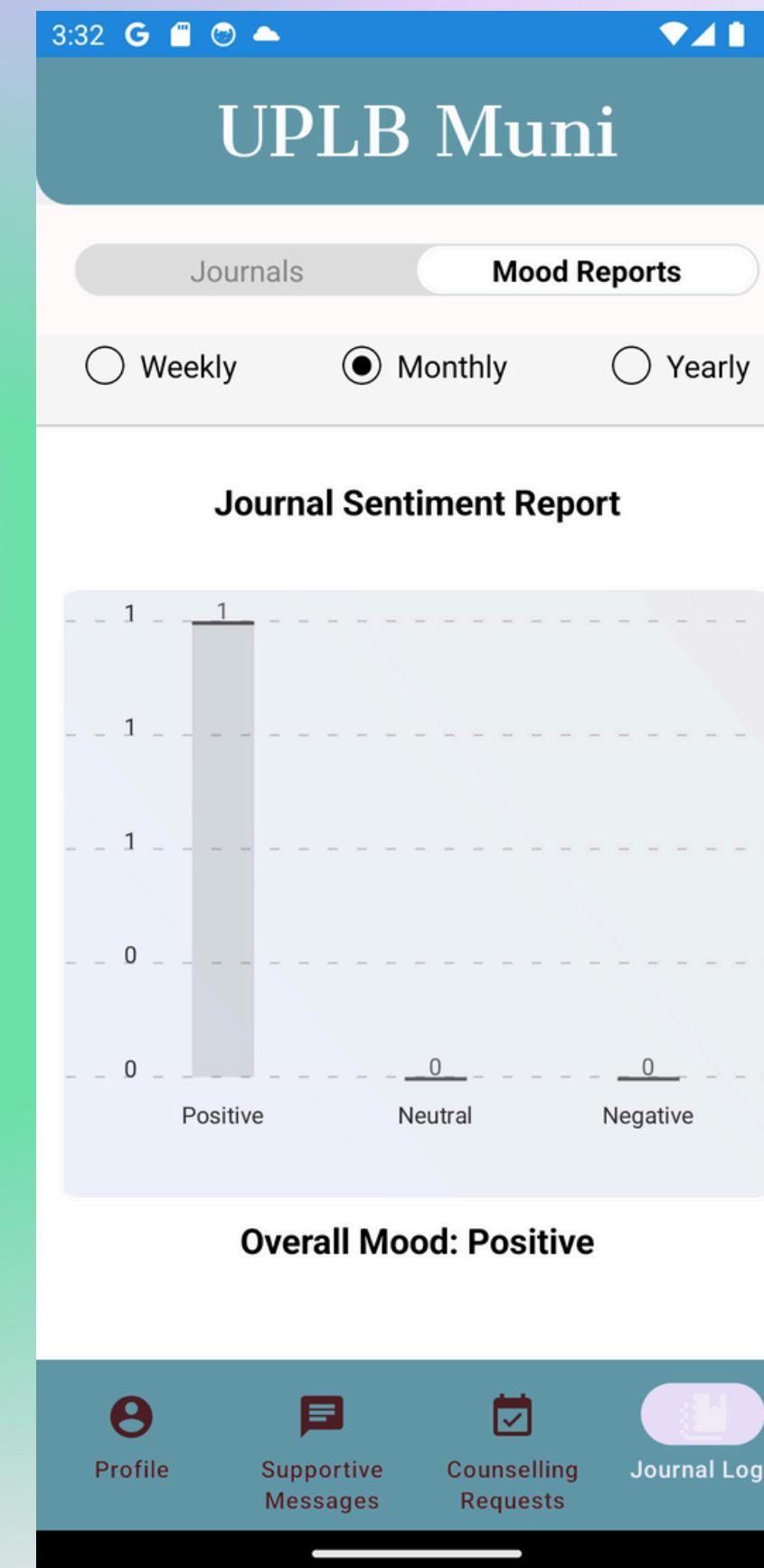
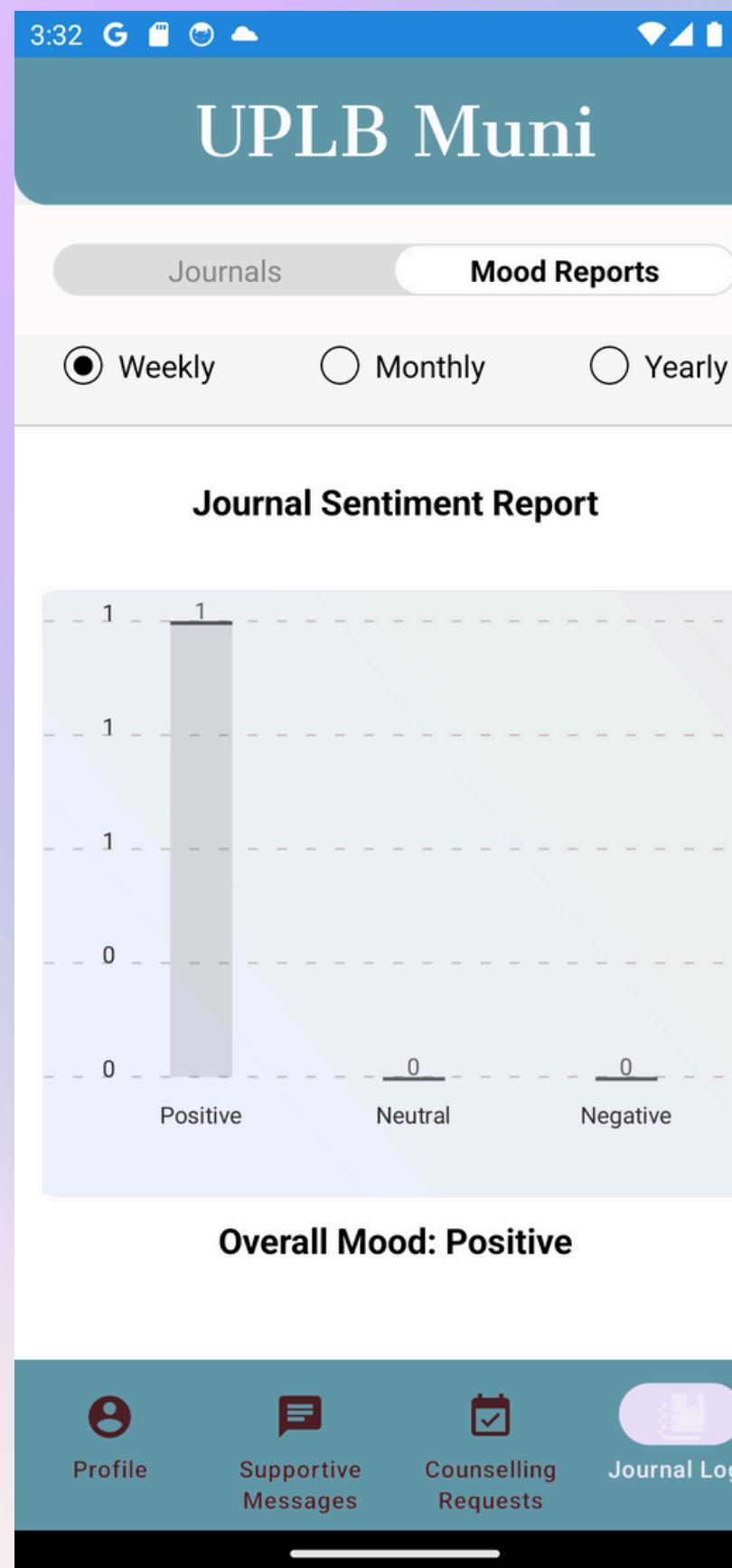
# Journal Entries Page

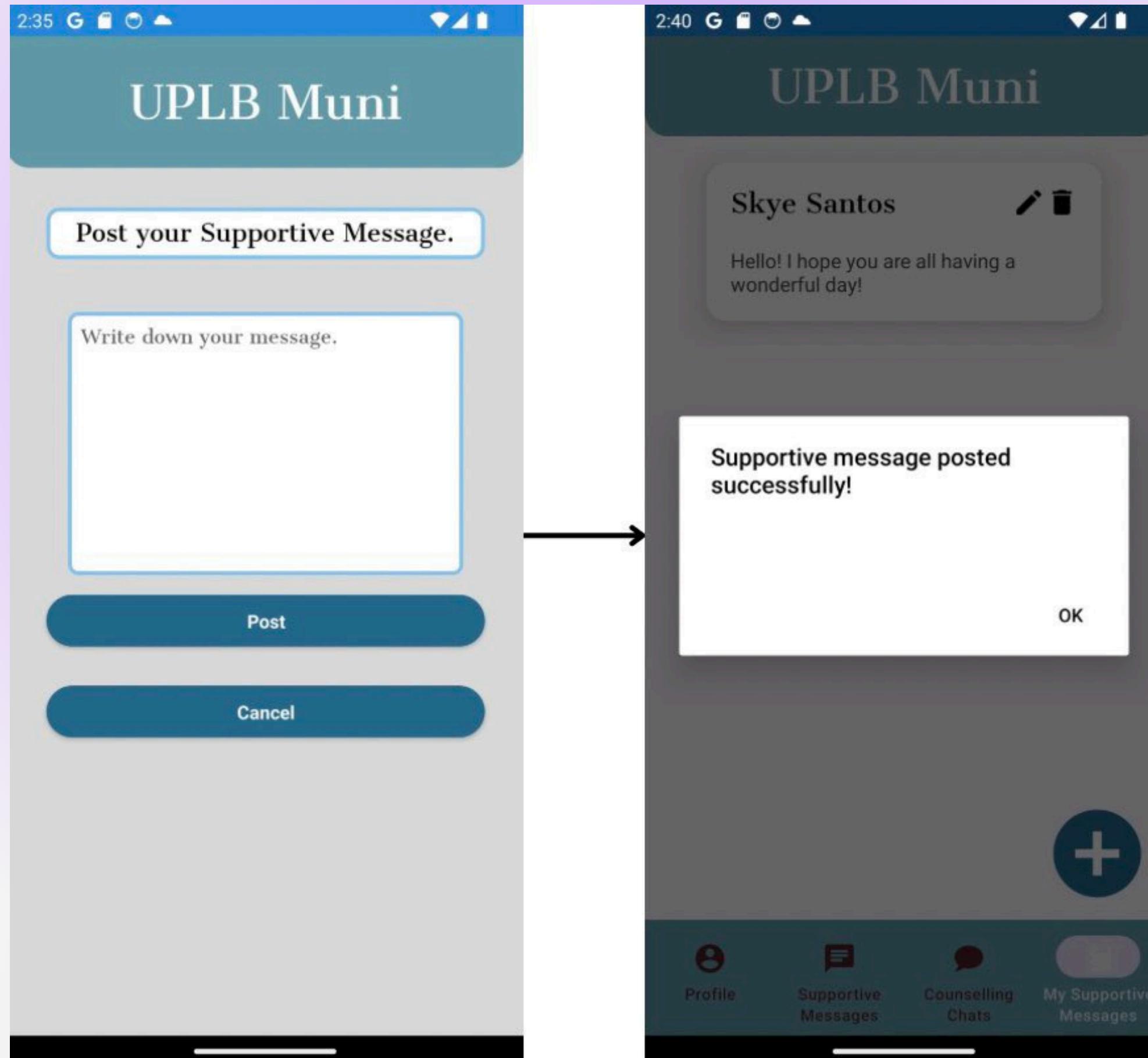


# Request Counselling

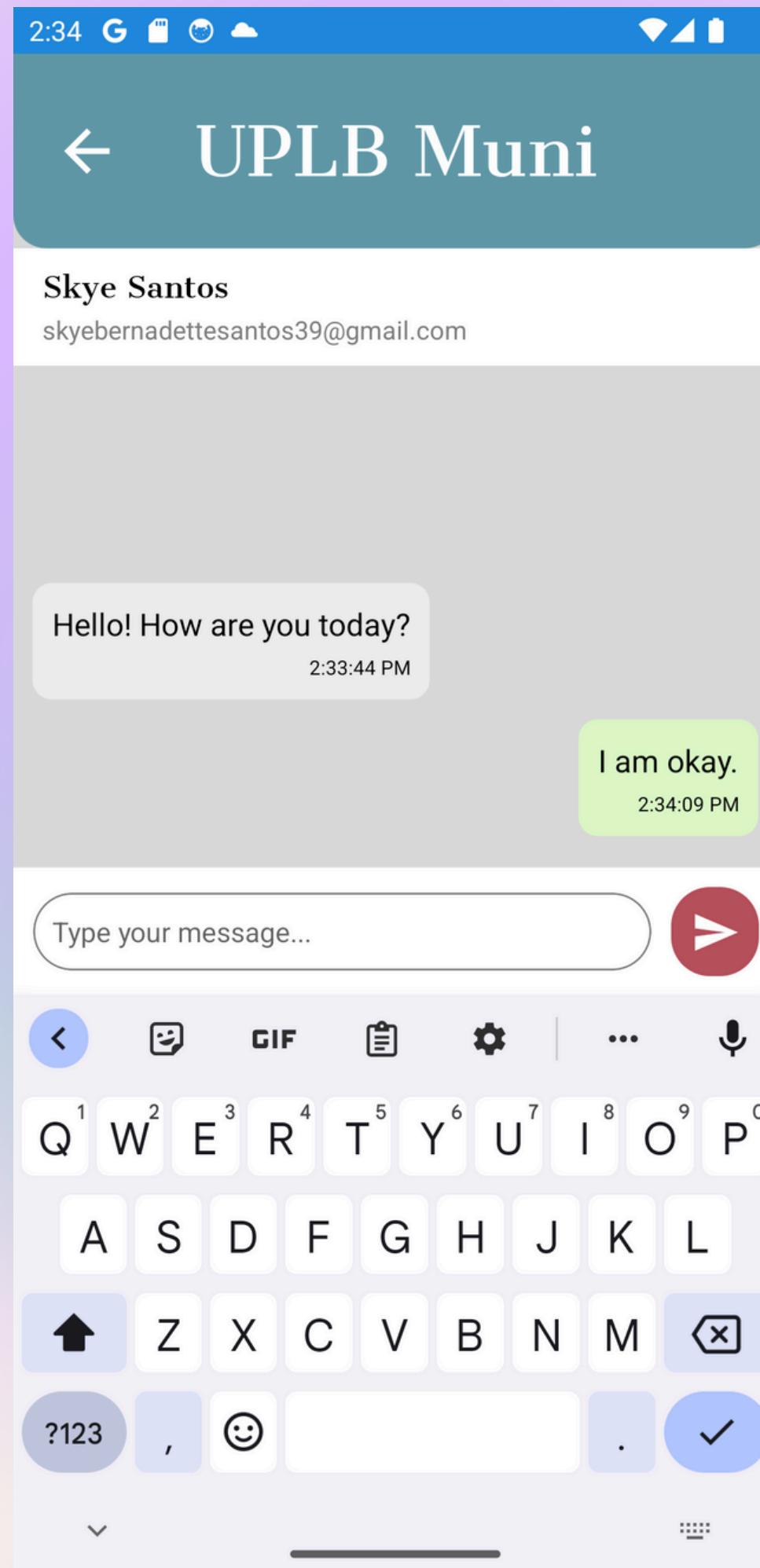


# Mood Reports (Student User)

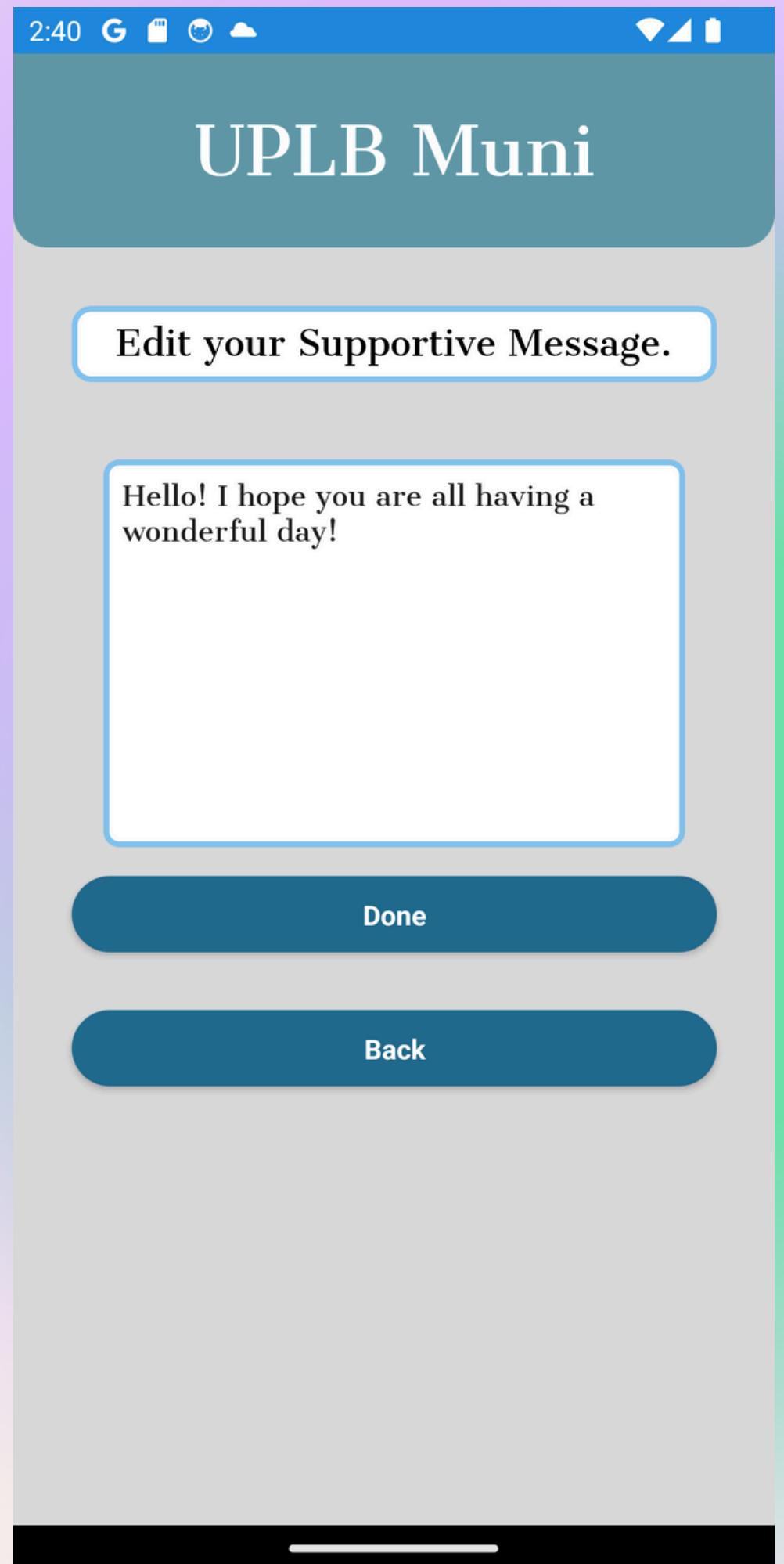




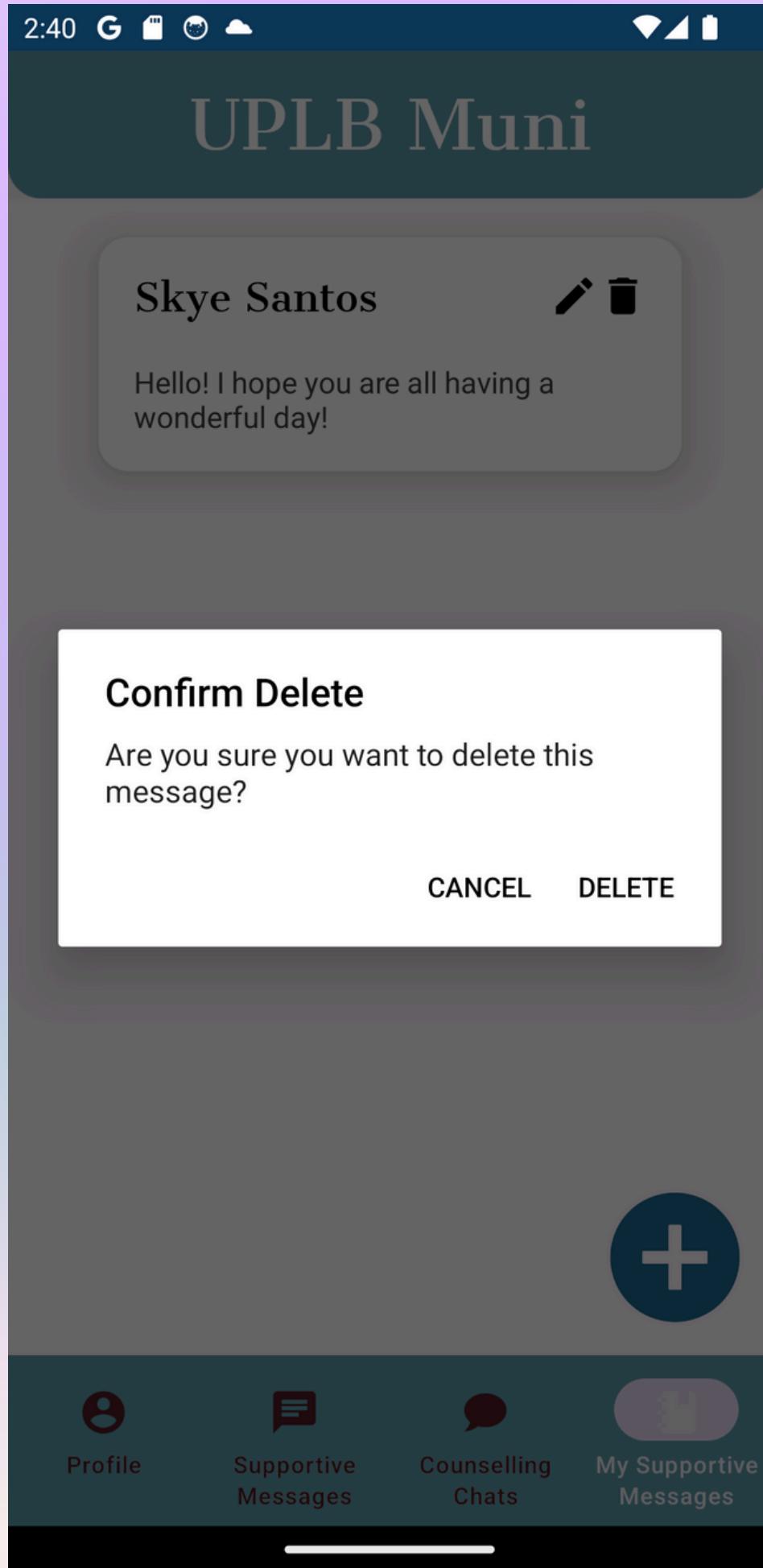
# Post Supportive Messages (Staff User)



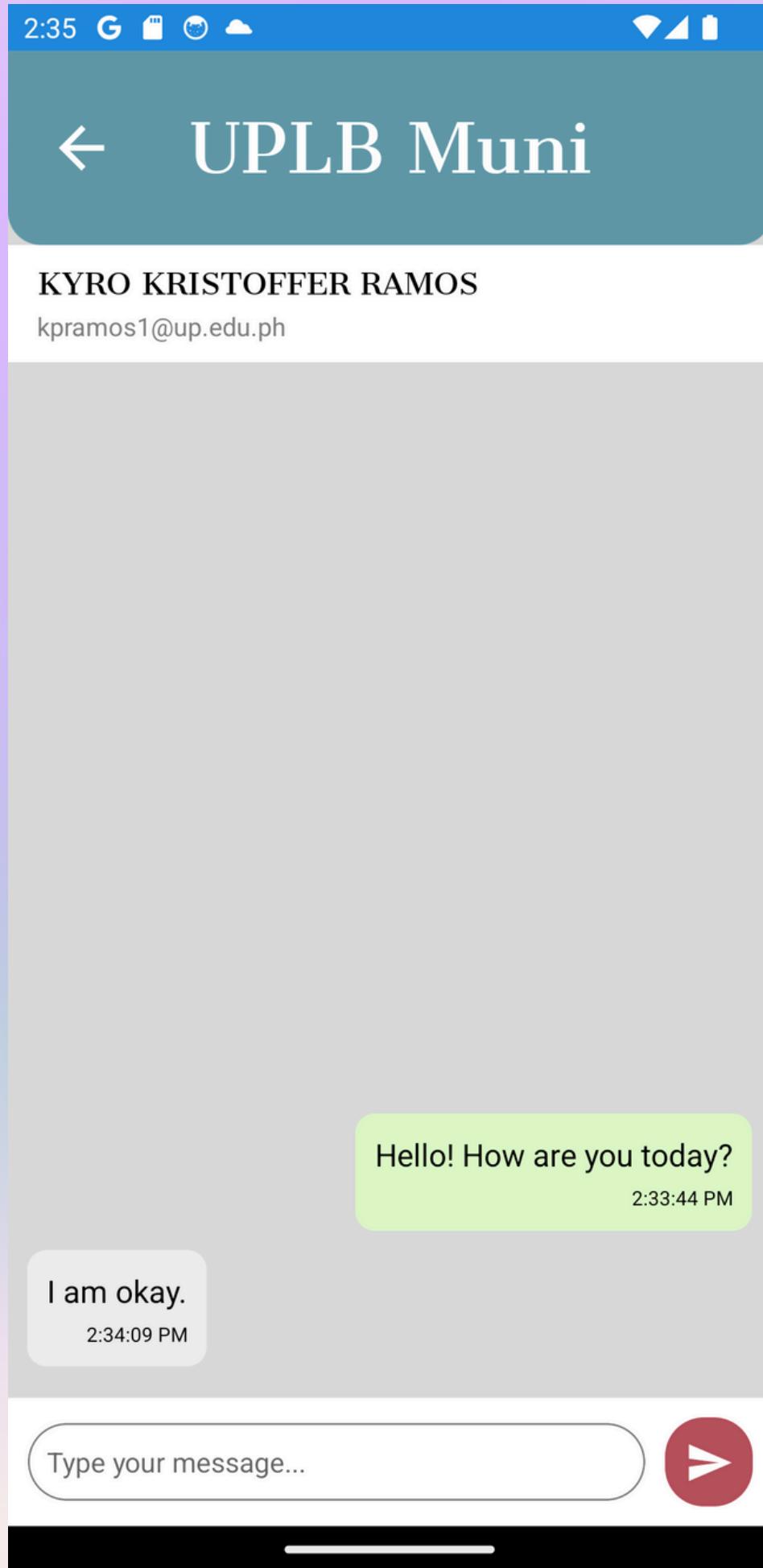
## Chat with Staff (Student User)



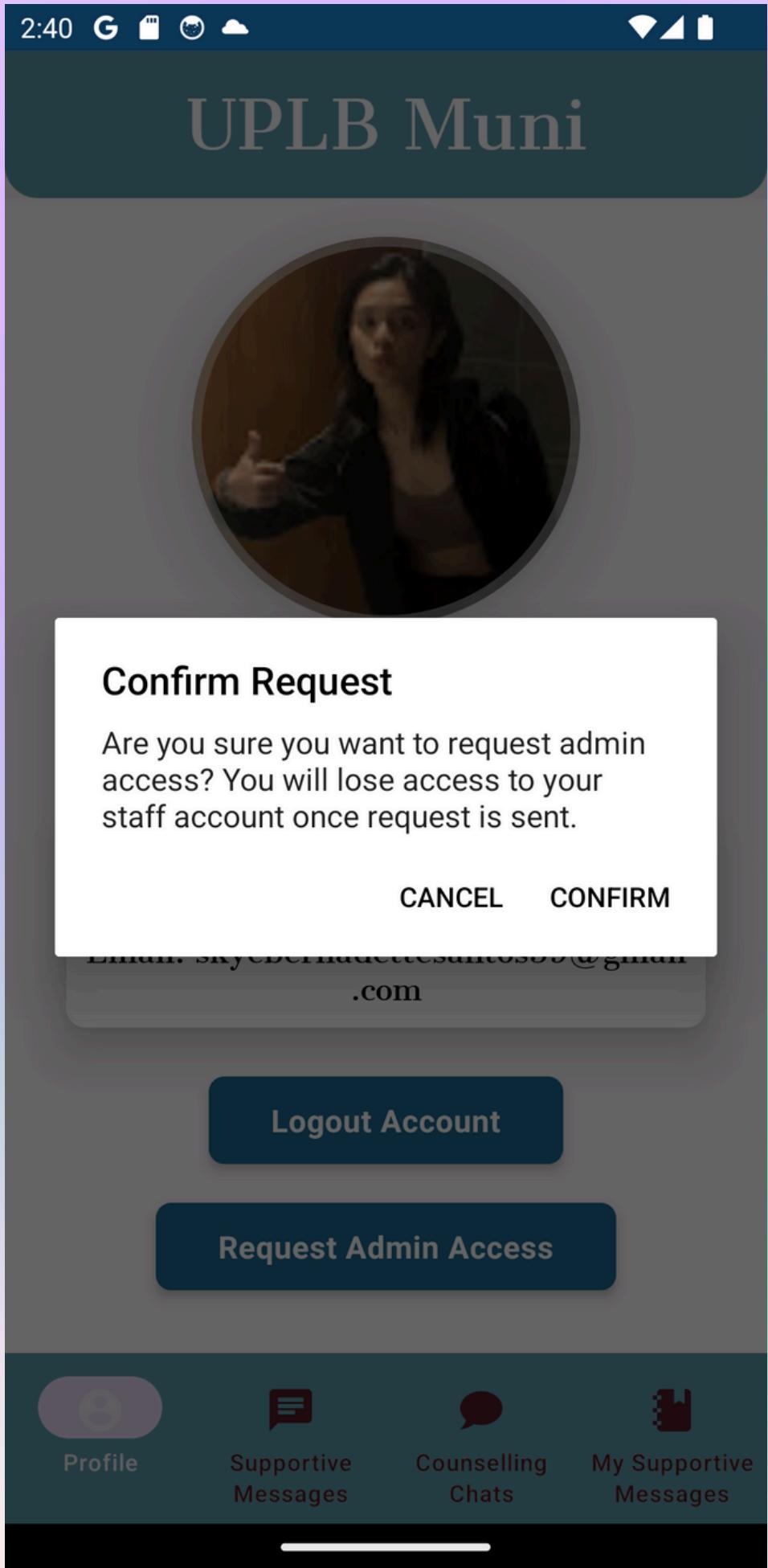
Edit Supportive  
Message (Staff User)



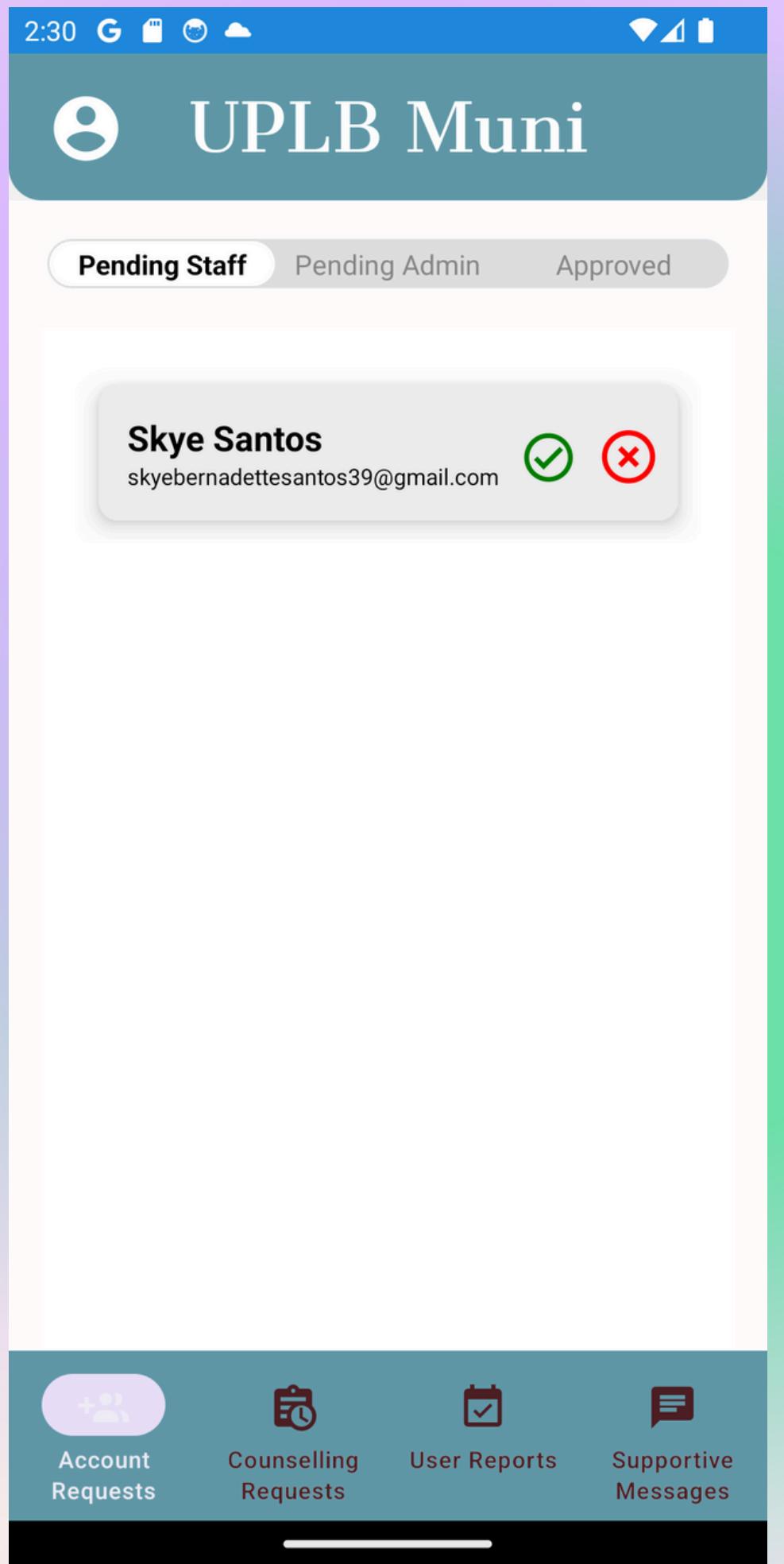
## Delete Supportive Message (Staff User)



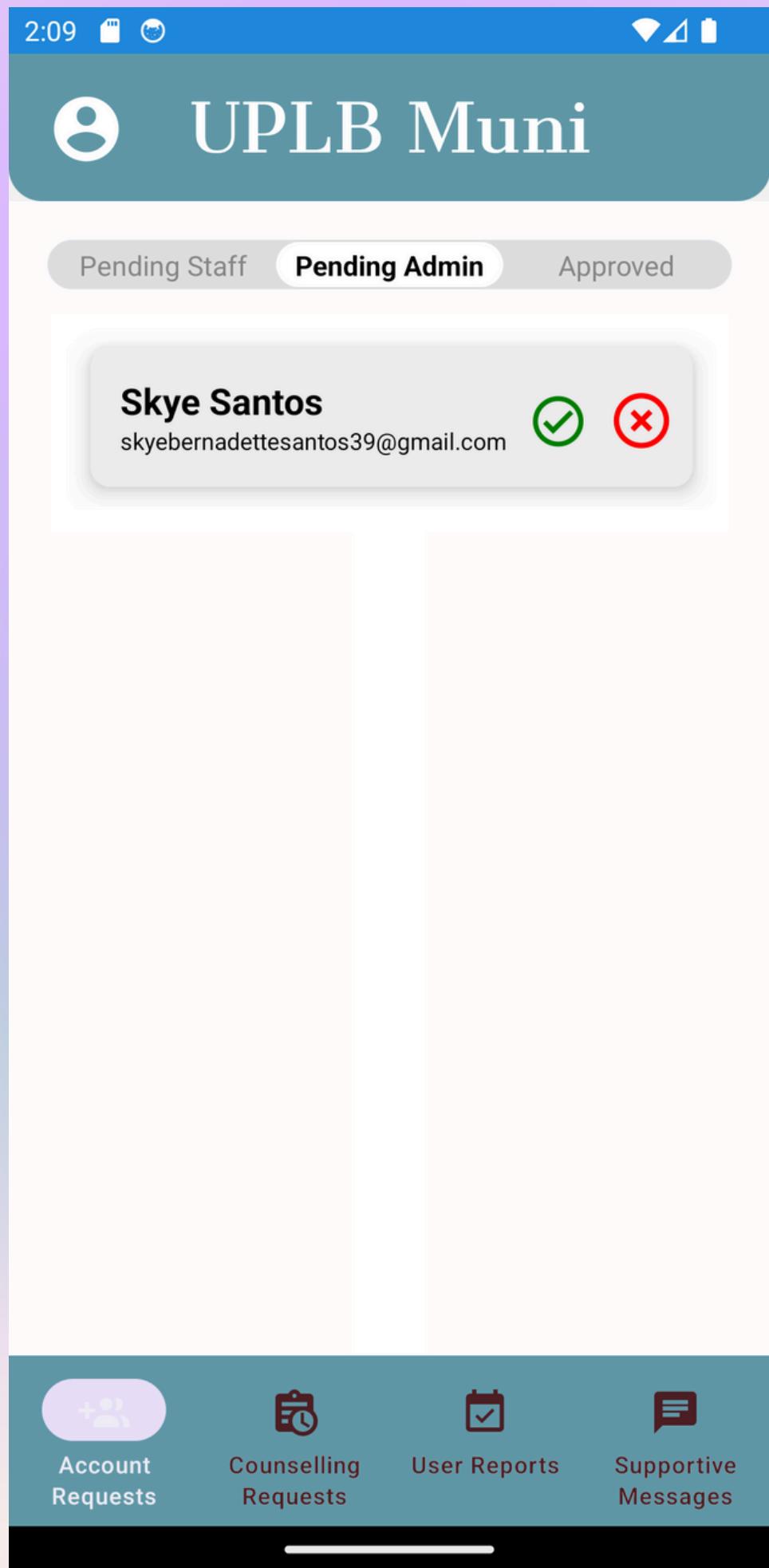
# Chat with Concerned Student (Staff User)



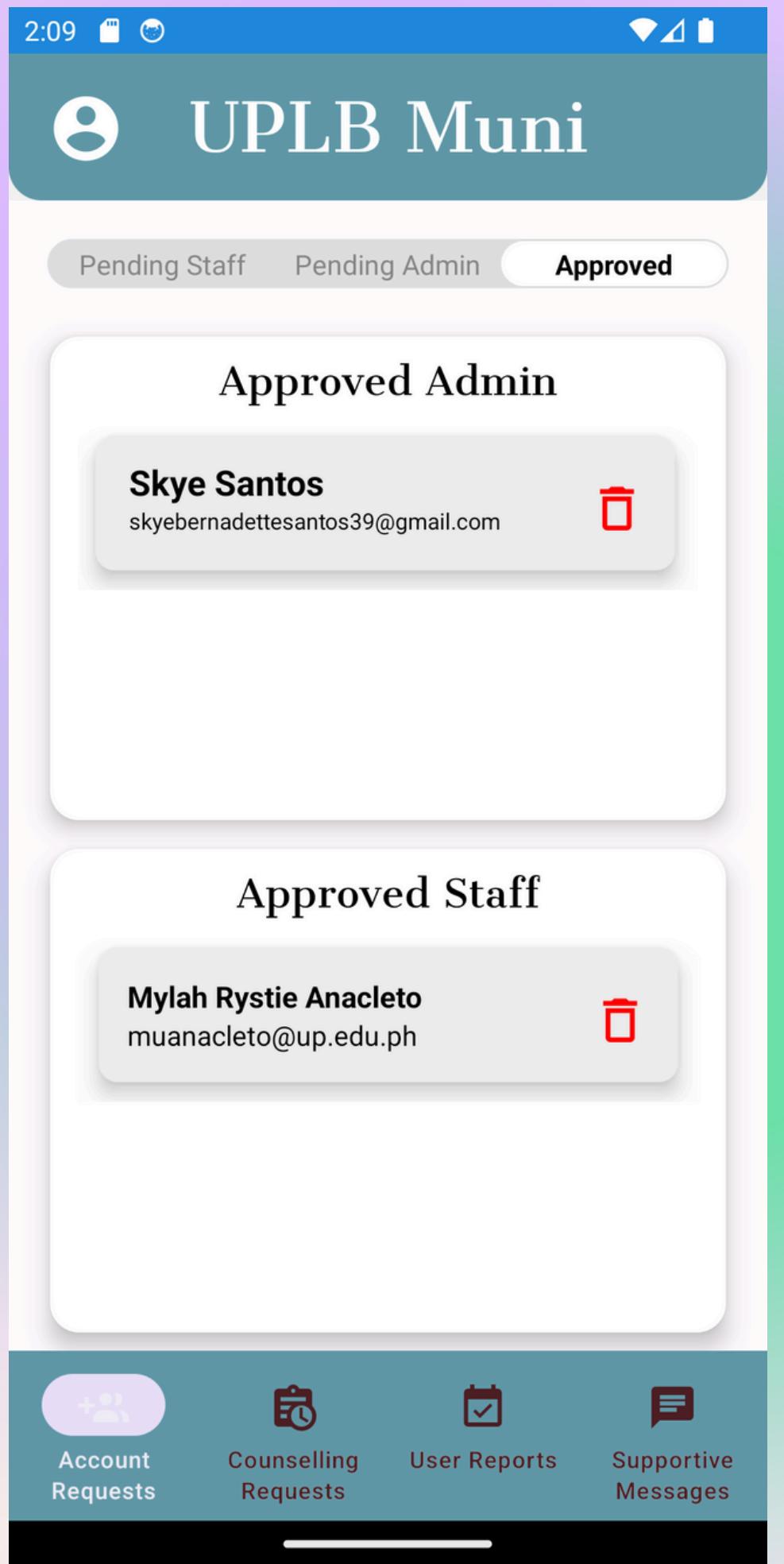
## Request Admin Access (Staff User)



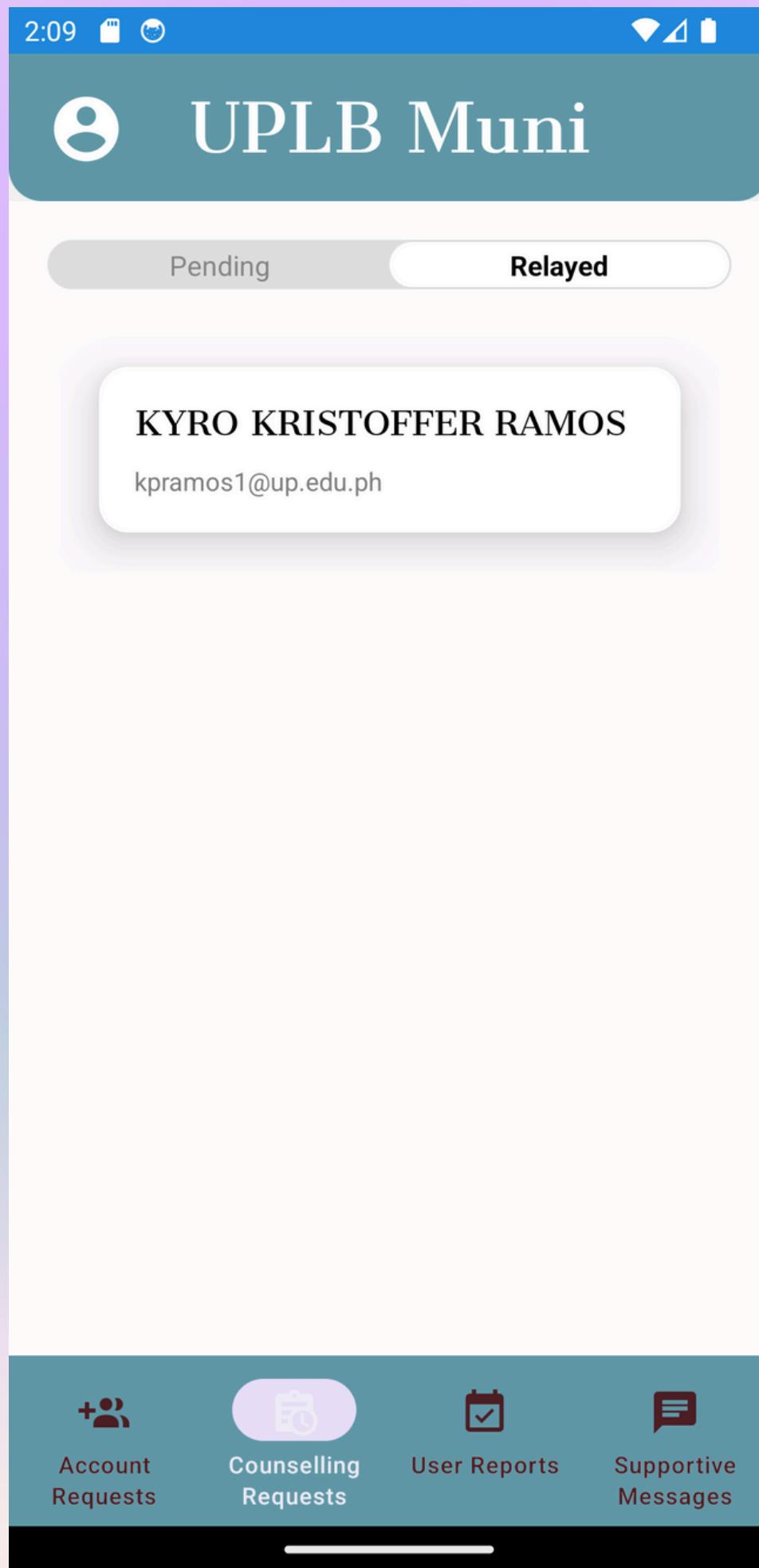
## Pending Staff (Admin)



# Pending Admin (Admin)

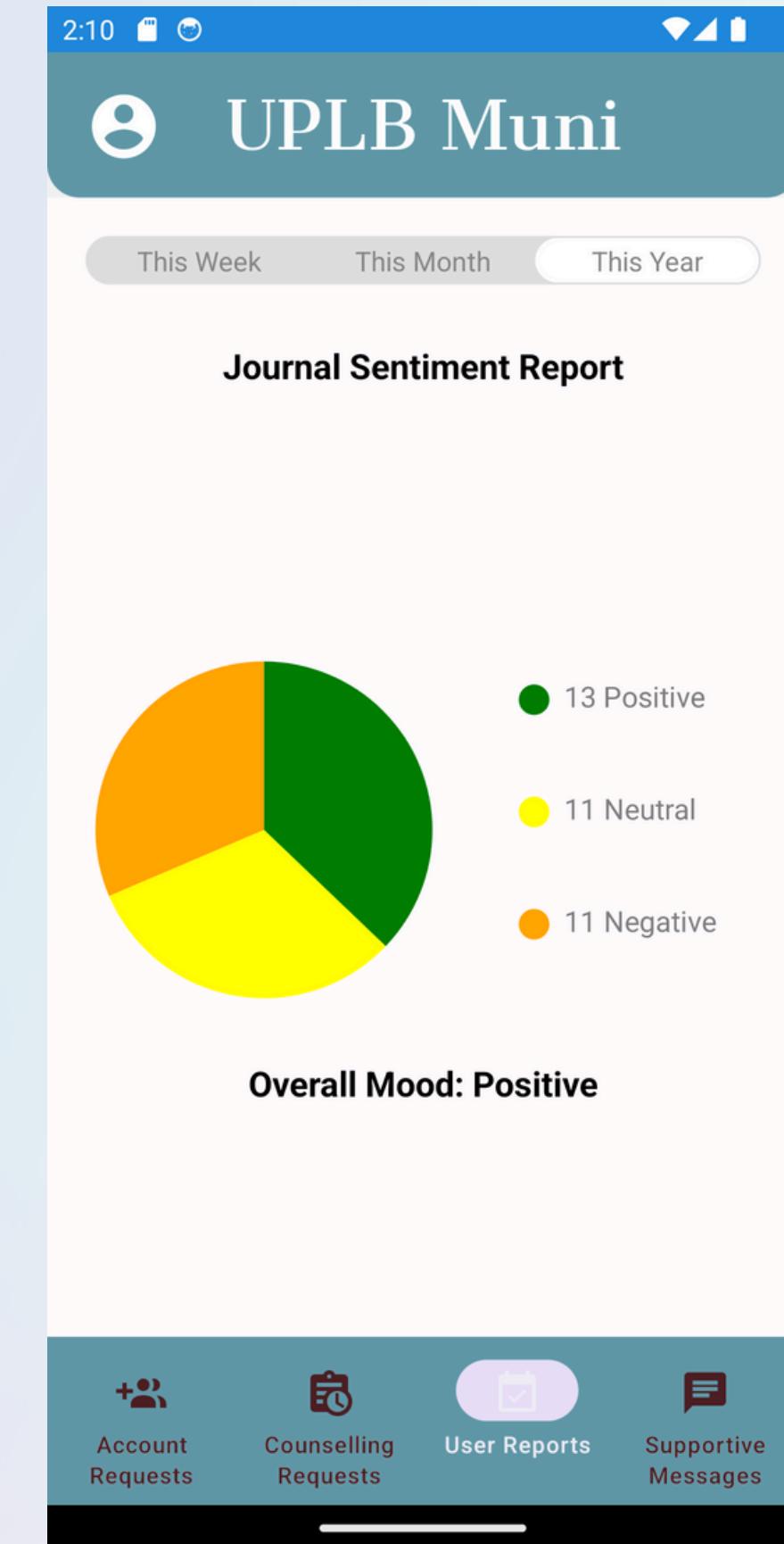
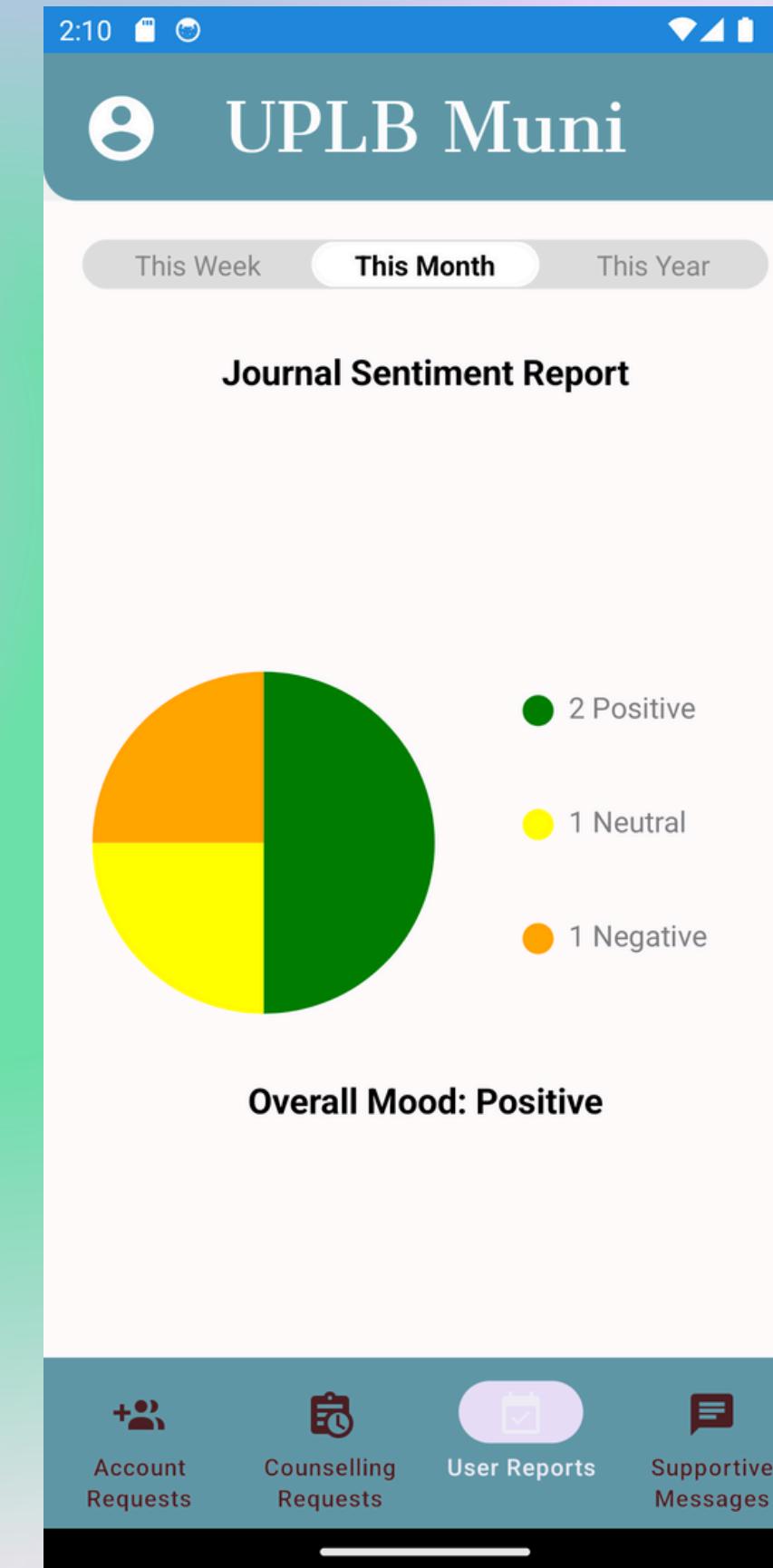
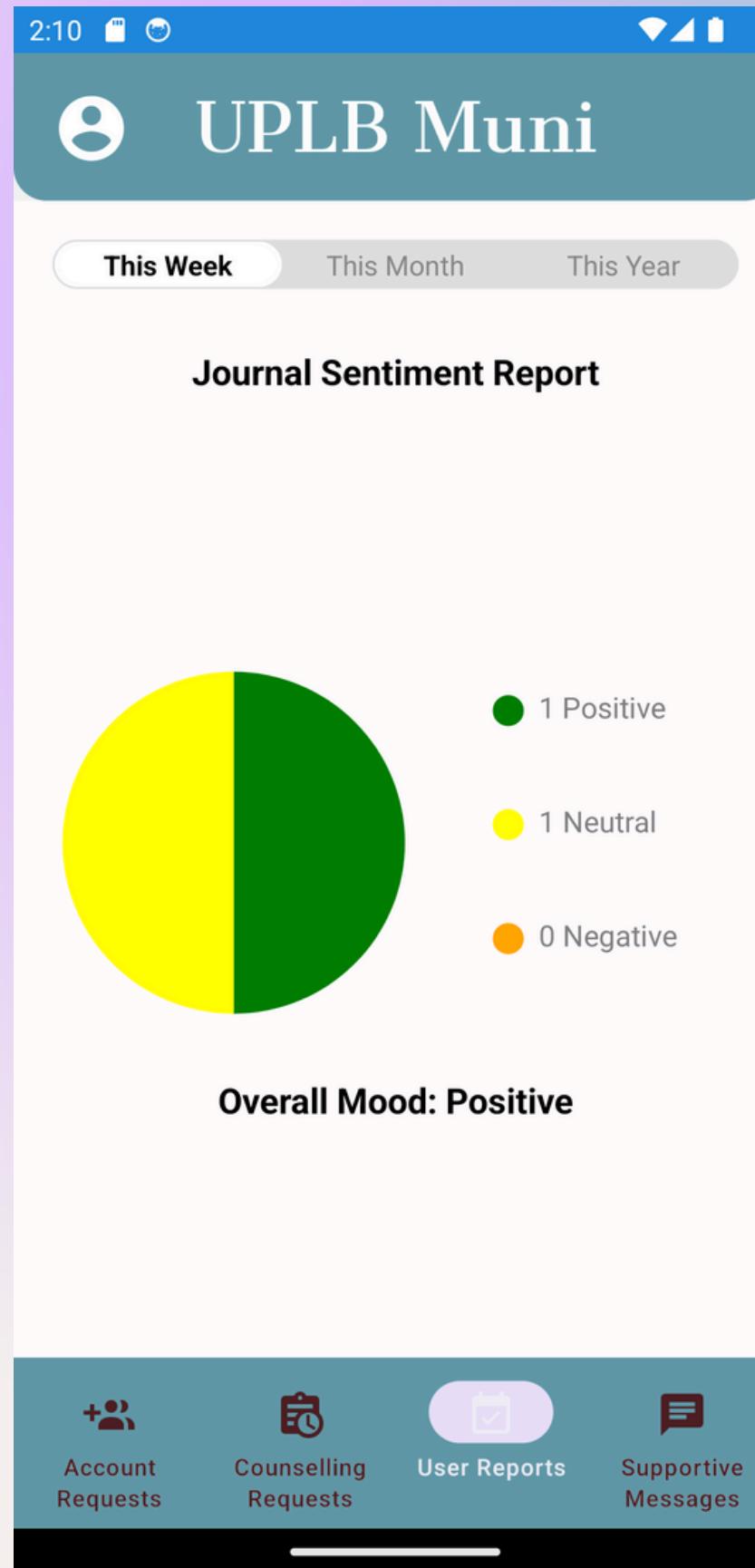


# Approved Staff and Admin (Admin)

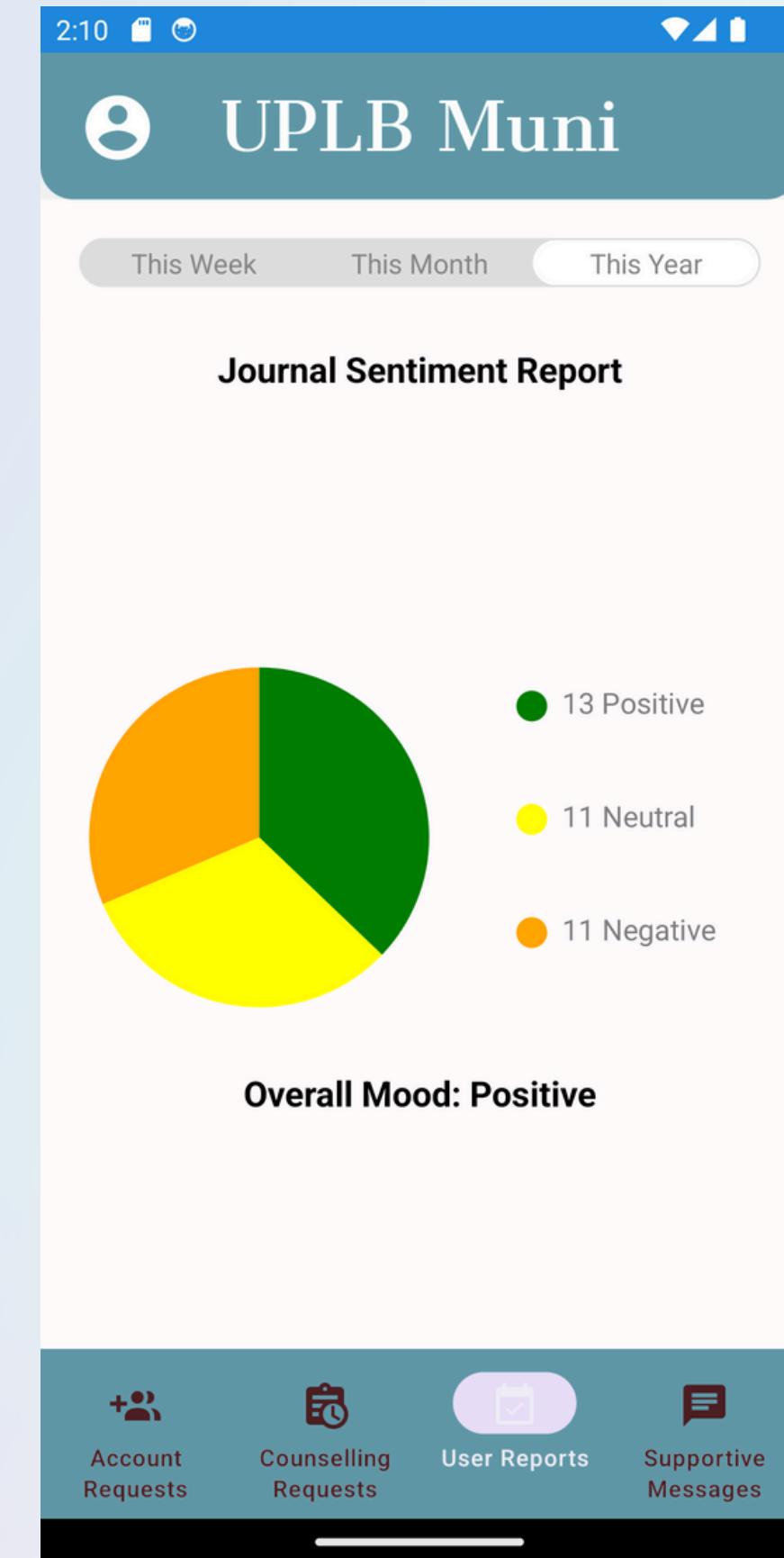
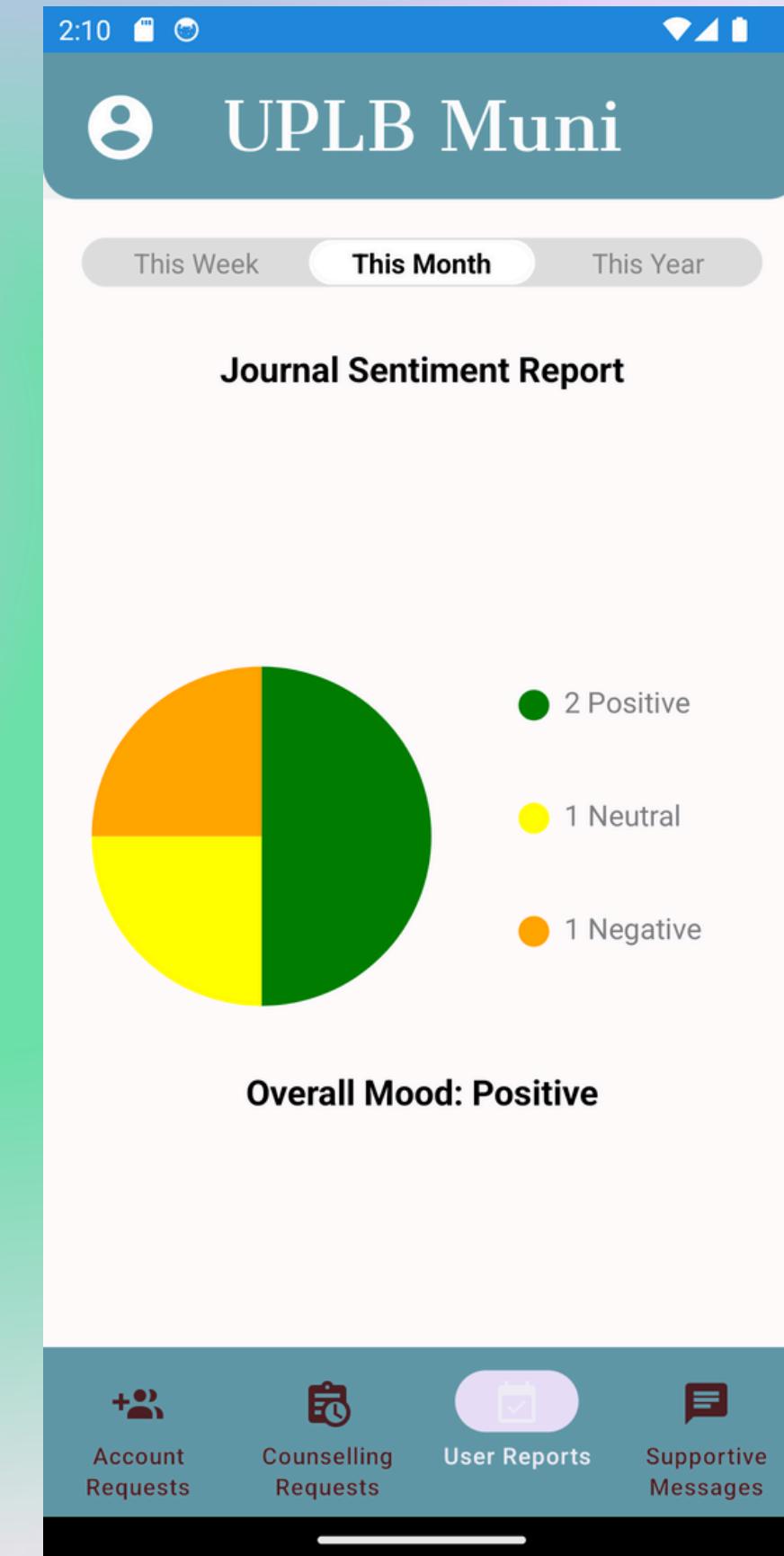
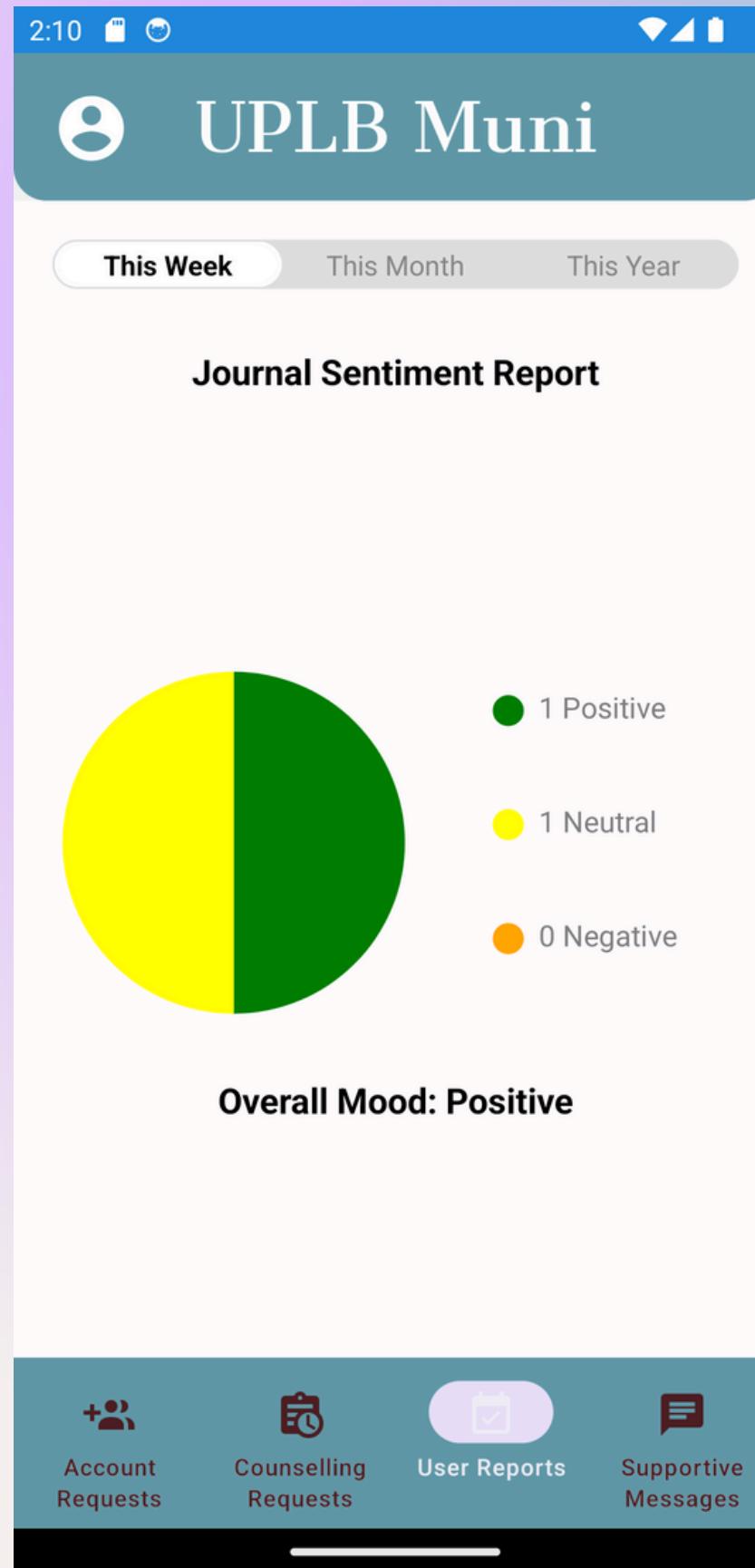


## Relayed Counselling Requests (Admin)

# Overall Mood Reports (Admin)



# Overall Mood Reports (Admin)



# Testing



**Primary Respondents: UPLB Students**

10-15 randomly selected individuals



**System Usability Scale**

10 questions with responses ranging from strongly agree to strongly disagree

# Results

# SUS Results

PARTICIPANTS	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	ODD	EVEN	TOTAL
P1	5	1	4	1	5	1	5	1	5	1	19	20	97.5
P2	5	1	5	1	5	1	5	1	5	1	20	20	100
P3	4	2	4	2	5	2	5	5	5	4	18	10	70
P4	4	1	5	1	5	1	5	1	4	1	18	20	95
P5	5	2	5	1	5	1	5	1	5	1	20	19	97.5
P6	5	1	5	1	5	1	5	1	5	5	20	16	90
P7	4	1	5	1	3	2	5	2	4	1	16	18	85
P8	4	1	4	1	5	2	5	2	5	1	18	18	90
P9	5	1	5	1	4	2	5	1	4	1	18	19	92.5
P10	5	1	5	1	4	1	5	1	5	1	19	20	97.5
P11	5	1	5	1	5	1	4	1	5	1	19	20	97.5
P12	5	1	5	1	4	1	5	1	5	1	19	20	97.5
P13	5	1	5	1	5	1	5	1	5	1	20	20	100
P14	3	2	5	2	5	2	4	2	5	2	17	15	80
P15	3	2	5	5	3	2	5	2	5	1	16	13	72.5
											MEAN	90.83333333	

# Feedback



"This app is really great for people who need to get things out of their system. Or just to document their day to day life. I find this app very helpful for my mental health because of the journalings but also the counselling request and encouraging messages. Would probably use this every day."



"Color theme of the app was so nice and calming! Nice features as well!"



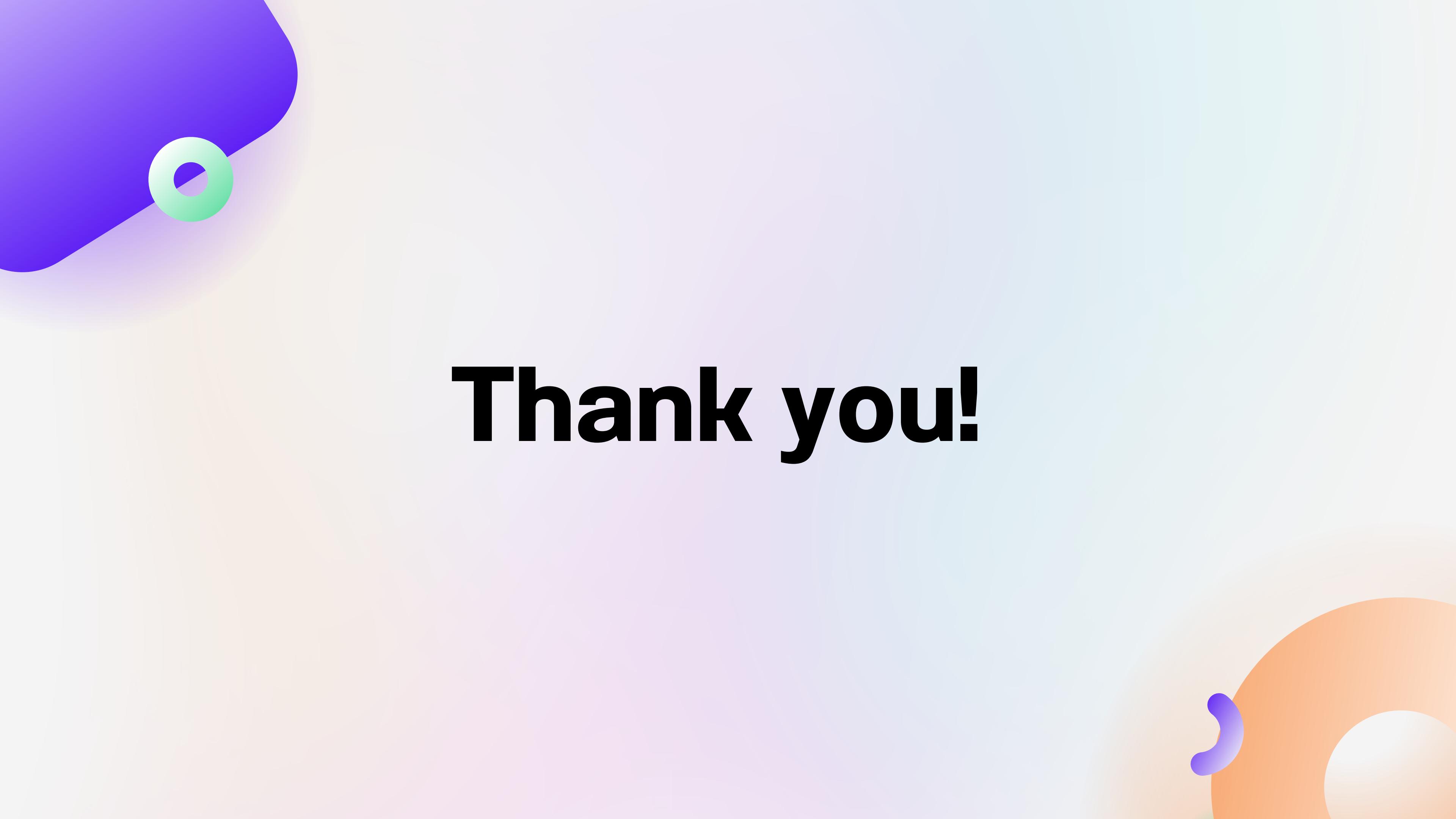
"I like how innovative it is to see that there are countless students who need something to rant about or journal about. When they are stressed or just wanting to put something in a journal it can be helpful because it is now in their very own phones. I found it easy to use, and having an app that can get counseling requests will make it easy for me to let out what I feel to counselors."



"I think everything's good! I really liked the sentiment analysis."



"Commend on the simplicity of the UI, easy to look at and navigate."



**Thank you!**