Project Report

UpLiftU – A MENTAL HEALTH AND SELF-CARE APPLICATION

Submitted By-

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in partial fulfillment for the award of the degree of

Bachelor of Technology in ELECTRONICS AND TELECOMMUNICATION ENGINEERING of SAVITRIBAI PHULE PUNE UNIVERSITY,

Under the guidance of
Prof. Manasi Pathade

SPONSORED BY: - IN-HOUSE

MKSSS'S CUMMINS COLLEGE OF ENGINEERING FOR WOMEN, KARVE NAGAR, PUNE – 411052

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CERTIFICATE

This is to certify that

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have successfully completed the work on their PROJECT TOPIC
"UpLiftU"

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Internal Guide	Head of the Department	Principal
Prof. Manasi Pathade	Dr. Sharada Ohatkar	Dr. M. B. Khambete

Acknowledgement

We would like to express our sincere gratitude to all those who have contributed to the successful completion of this project. This endeavor would not have been possible without the support, encouragement, and expertise of numerous individuals.

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Abstract

In recent years, the importance of mental well-being has significantly increased amidst the unremitting demands of modern life. This prompted the development of a mobile application, which aims to create a user-friendly platform for self-care and mental health promotion. The main objective of this project is to enhance users' overall well-being by offering personalized tools and resources for managing emotional health and fostering mental resilience.

The main function of the app is to curate a library of tools, activities, and techniques meant to enhance mental wellness. By offering a full toolkit that supports coping with pressures, fostering mental health, and maximizing productivity, this platform aims to alter users' daily lives. The fundamental idea of the app is to provide a comprehensive strategy that integrates methods to reduce mental stress and useful measures for mental wellness. By tackling stress, anxiety, and the challenge of striking a balance between work and mental calm, this platform aims to improve users' emotional well-being.

With features including habit monitoring, writing, art therapy, music, meditation, mood tracking, fitness videos, and journaling, this app hopes to become a vital tool for those who want to improve their mental well-being and become more productive in their daily lives.

In addition, the software provides a profile page that shows all of the stored data in addition to the user's habit and mood monitoring graphs. Open-sharing circles are encouraged by this personalized platform, allowing users to express themselves freely. The self-care page also includes an area for users to provide updates about their activities and a section for tracking sleep.

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1. Introduction

1.1 Background

In today's rapid and interconnected society, achieving mental well-being and managing productivity have become a significant hurdle. The pressures of modern living often result in stress, making it difficult to strike a balance in life. This scenario prompts the creation of a new mobile app UpLiftU, aimed at blending mental health management and productivity enhancement.

Frequently, we observe individuals in our surroundings expressing feelings of dissatisfaction and a lack of productivity in their lives. According to our survey, a significant portion of students, including many within our social circles, report unhappiness and discontent, which can eventually evolve into a sense of depression. In our generation, there exists a misunderstanding surrounding depression; some individuals may not discern the difference between typical sadness and clinical depression.

Consequently, when people undergo prolonged or intense periods of sadness, they may misconstrue these emotions as signals of a mental health disorder. UpLiftU helps people improve their mental well-being and get more things done. Our app tries to make us self-sufficient, helps individuals build resilience, manage stress, and develop healthy habits that contribute to overall well-being in a cost-efficient manner.

1.2 Motivation

Our lives are often filled with stress, anxiety, and the pressure to do more. This app idea came about because we believe there's a need for a tool that can help people manage their mental well-being and be more effective in their lives. By bringing together helpful techniques and tools, UpLiftU would be a game-changer for anyone looking to feel better and accomplish their goals. Starting with a fresh perspective we created an app that tracks mood, sleep, and other relevant factors.

Helping users to identify patterns and trends in their mental health, enabling proactive self-care, and providing valuable information for discussions with mental health professionals. There are many more features we want to add. But our app helps us in improving. Studying and understanding the mental health of each individual is difficult for humans as well as for machines. Addressing mental health problems is particularly challenging because of Stigma and Misunderstanding, the Complexity of Mental Health, Lack of Awareness and Education.

1.3 Objective

The project's primary objective revolves around the development of a mobile application dedicated to enhancing mental health and promoting self-care in users. Its core purpose is to reduce mental stress by integrating methods that aid in striking a balance between work responsibilities and maintaining mental calmness. By curating a comprehensive library of tools, activities, and strategies tailored for enhancing mental wellness, the app seeks to transform users' daily lives.

Offering an array of features such as habit monitoring, expressive writing, art therapy, music, meditation, mood tracking, fitness content, and journaling, it aims to cater to diverse aspects of mental well-being and productivity. Moreover, the application encourages user expression through open sharing circles, fostering a supportive community within the platform.

Additionally, it provides functions enabling users to track their activities, monitor habits, and analyze sleep patterns, facilitating a holistic approach to self-care. Ultimately, this initiative strives to empower individuals by equipping them with the necessary resources and tools to proactively manage their emotional well-being, promoting a balanced and productive lifestyle.

1.4 Overview

Chapter 1 introduces the expanding domain of mental health apps, highlighting their significance. Chapter 2 reviews the existing literature comprehensively. Chapter 3 outlines the app's features based on this research. Chapter 4 explains the development methodology. Chapter 5 presents the app's interface and structure. Chapter 6 showcases results and implications. Lastly, Chapter 7 summarizes key findings. A References section lists all consulted sources.

2. Literature Survey

A literature review is an initial overview of the project's background. An overview of existing apps and research papers on self-care and mental health applications can be found in the list of articles below.

2.1 Research Papers

A Mental Health Tracker App using Flutter and Firebase

Sentiment analysis and lexicons are provided by the research paper's author to give readers insightful information about their feelings. It seeks to use these technologies to detect possible mental health issues early on and offer tailored advice to improve people's mental health. In order to assist users in their quest for improved mental well-being, the app's main goal is to promote proactive intervention and support for mental health. [1]

Research Trends on Mobile Mental Health Application for General Population: A Scoping Review

This study investigates the use of mobile applications for mental health in adult interventions. It examines the growing need for better mental health services and the incorporation of mobile technology into mental health offerings. The study intends to evaluate new trends and their efficacy by conducting a scoping analysis focused on therapies provided by adult mental health apps. The main study questions include the efficacy of apps and the patterns that appear again in these kinds of interventions. Using targeted keywords, a thorough search was performed from 2010 to 2019 across multiple databases and search engines to gather pertinent data, including papers published in both Korean and English. Studies with non-adult participants, trials without app interventions, qualitative studies, unrelated subjects, and research on mental drugs were all omitted from the review. [2].

Mobile Applications in Mood Disorders and Mental Health: Systematic Search in Apple App Store and Google Play Store and Review of the Literature

Researchers found 2,209 apps that address mood disorders and mental health after doing a thorough search of the Apple App Store and Google Play Store for this study. Sifting through 57 apps that addressed disorders including stress, anxiety, bipolar disorder, depression, and so forth, they focused their search based on particular parameters. These mobile apps may be useful for improving mental health, according to their studies. The authors do emphasize that additional study is needed to evaluate their efficacy and make sure the foundations of their design are user-centered and grounded in evidence. [3]

2.2 Existing Apps

Several existing mental health apps provide mood tracking, habit tracking, self-care, etc. Some of these popular apps are Wysa, Head Space, Calm, and many more. Some of these existing apps provide a few features which are mentioned in the table below. These mental health apps have received positive feedback from users. However, there can be more development in this area.

We can understand that most of the apps focus on self-care, meditation, and mood tracking but only 3 out of 8 have Habit tracker as a feature. Our app works on the idea of forming good habits and monitoring mood. Stoic provides the most common features of our app but excludes habit tracking. UpLiftU is a user-friendly app that tries to help users without passing any judgments, it provides analysis of our mood and its relation with our hobbies it provides us data through which we can understand our daily life every week. None of the apps available in the market provides all the above features.

Table 2.1. Competitive Analysis of Existing Apps

App Name	Exclusive Features	Self-care	Meditation	Journaling	Mood Tracker	Habit Tracker
Wysa	Voice support in chat	✓		✓		
Calm	Meditation Stories, Music, Soundscapes		✓		✓	
Head Space	Meditation and workout as per mood	✓	✓		✓	
Habit Now	Tracking habits, organizing tasks			✓		✓
Stoic	Mental Health journaling, Self Assignment	✓	✓	✓	✓	
Simple Habit	Meditation, Guide Sleep stories	✓	✓			✓
Inter Hour	Guided sleep stories	✓	✓		✓	
Done	Setting goals, Tracking progress	✓		✓		✓

UpLiftU will have a variety of useful features designed to help people feel better and work smarter. Users will find evidence-based strategies for handling stress and anxiety. There will be step-by-step mindfulness exercises and tools based on what science tells us works. The app will also help users get organized and focused by offering methods for managing time, setting priorities, and tracking goals**.**

3. Specifications

3.1 System Requirements

a. Memory Requirements:

The UpLiftU app is designed to be lightweight and efficient, requiring approximately 200 MB of storage space on the user's device. This ensures compatibility with a wide range of smartphones without imposing a significant memory burden.

b. Internet Connection Range:

UpLiftU functions seamlessly across a spectrum of internet connectivity. Certain features, such as real-time community engagement and content updates, benefit from a stable internet connection.

3.2 Platform Compatibility

UpLiftU is a cross-platform application compatible with both Android and iOS devices. Users can access the app on smartphones and tablets running Android and iOS.

3.3 Technology Stack

a. Programming Language:

The app is developed using the Flutter framework and Dart programming language. Flutter's versatility allows for a single codebase to be deployed on multiple platforms, optimizing development efficiency.

b. Development Environment:

Visual Studio is the preferred integrated development environment (IDE) for coding and debugging. Its robust features contribute to efficient development, and it supports the Flutter framework seamlessly.

c. Database Management:

The app utilizes a secure and scalable database system to manage user data. Firebase is employed for its reliability and compatibility with Flutter applications.

d. User Interface Design:

The user interface is designed using Flutter's native UI toolkit, providing a consistent and visually appealing experience across diverse devices. Figma prototypes and wireframes guided the design process to ensure a user-friendly

4. Methodology

4.1 Project Planning

The project commenced with meticulous planning to ensure a structured and organized development process. The team conducted extensive discussions and utilized Figma to create prototypes, providing a visual representation of the app's envisioned design. Wireframes were developed, serving as a reference throughout the subsequent stages. The planning phase also included defining project milestones, allocating resources, and establishing a clear timeline for each development stage.

4.2 Gathering Requirements & Analysis

In this stage, we embarked on a comprehensive analysis to understand the landscape of mental health and self-care apps. Leveraging existing research papers and studying various apps, both within and beyond our immediate domain, we identified critical features. By discerning gaps in available solutions and understanding user needs, we defined the functional and non-functional requirements crucial for our app's success. This thorough analysis informed subsequent design and development decisions.

4.3 Design

The design phase involved translating the insights gained from the requirements analysis into a coherent and user-friendly application. Utilizing Flutter Dart language and Visual Studio as our development platform, the team worked collaboratively to create an intuitive interface. The Figma prototypes and wireframes from the planning phase served as essential references during this stage, ensuring a seamless translation of conceptual design into the tangible user interface and experience.

4.4 Implementation

Armed with a well-defined design, the coding phase began using the Flutter Dart framework. Visual Studio provided a robust development environment, facilitating efficient coding and seamless integration of features. Regular code reviews and collaborative coding

sessions ensured a standardized and optimized codebase, enhancing the application's overall stability and performance.

4.5 Testing

A comprehensive testing strategy was employed to guarantee the reliability and effectiveness of the application. Rigorous testing, including unit testing, integration testing, and user acceptance testing, was conducted to identify and rectify potential bugs or usability issues. The app underwent real-world scenario testing to simulate diverse user interactions and ensure optimal performance across various devices.

4.6 Deployment

The deployment stage involved the release of the UpLiftU app to the intended user base. This phase included a strategic rollout plan, incorporating user feedback and iterative improvements. Continuous monitoring and quick response to user-reported issues contributed to a smooth deployment process.

4.7 App Workflow

The flow chart illustrates the sequential steps in our project. It begins with the creation of a welcome screen, functioning as a splash screen for our app. Upon reaching the login stage, users can either sign in or sign up. Subsequently, users are prompted to fill out a profile page, enhancing our understanding of their goals with the app. Once all details are provided, users gain access to the app, featuring four main components: a mood and habits tracker, a self-care page displaying sleep monitoring data, a mental health section offering positive reminders and relaxation activities, and a community support feature. The last section of the profile page showcases graphical data depicting progress over the past week or month

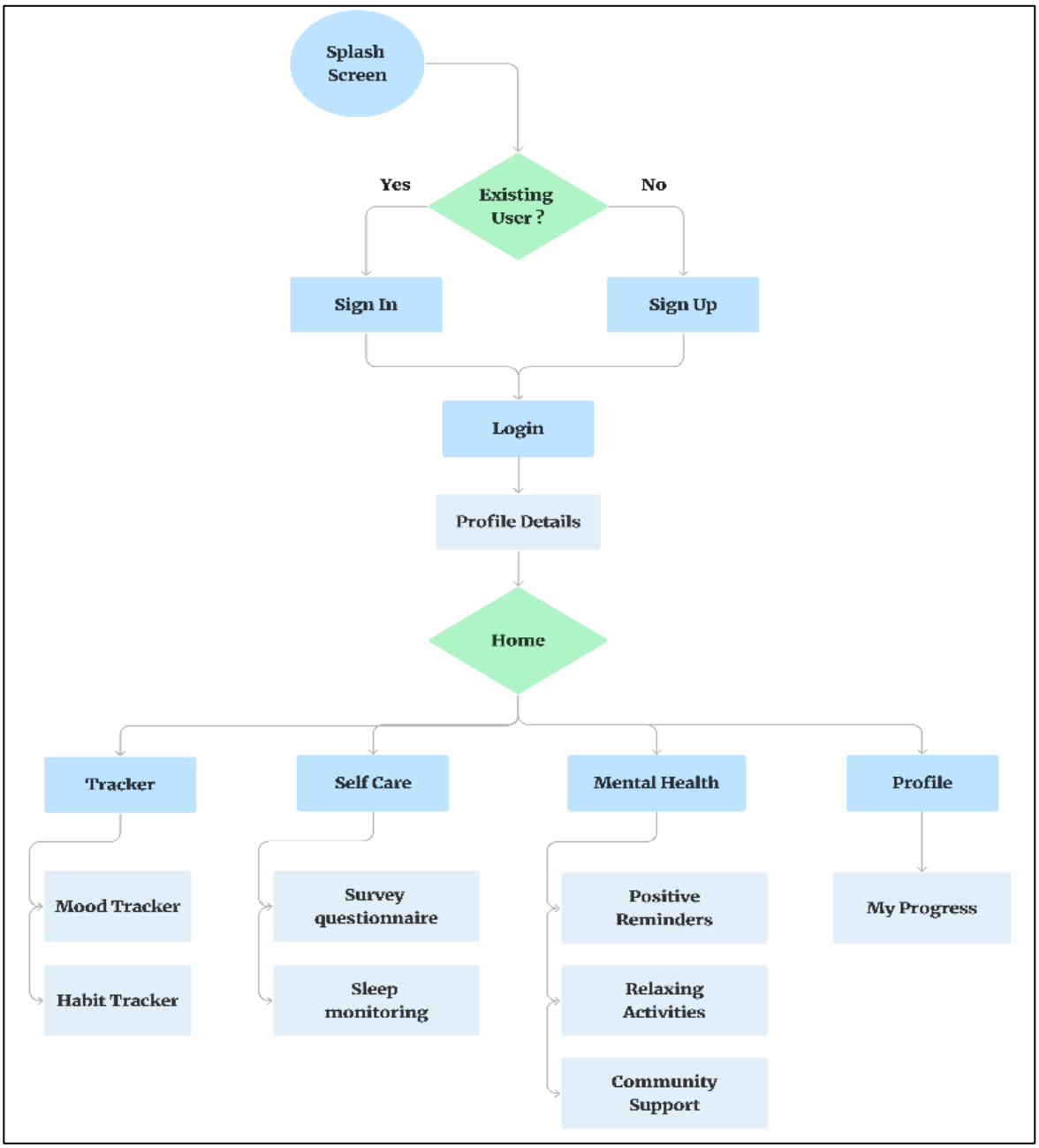

Figure 4.1 Flow Chart of App Work

5. Detail Design

(Software)

5.1 Design Principles, Fonts, and Colors

Design Principles:

1) Emphasis on a seamless user experience, readability, and accessibility.
2) Deliberate color selections to improve usefulness and aesthetic appeal.

To Satisfy the above Principles we have used the following fonts and colors:

Font: Roboto Medium

Chosen for modern appearance and readability.

Colors:

1) *Primary Color (#AA77FF):*

   Used for key accents and interactive elements.

2) *Secondary Color (#97DEFF):*

   Complementary to the primary color for visual contrast.

3) *Background Color for features (#FFFFFF):*

   Provides a clean and minimalist backdrop for content.

4) *Accent Color (#D8B4F8):*

   Used sparingly to draw attention to specific elements.

5.2 Level-wise Architecture

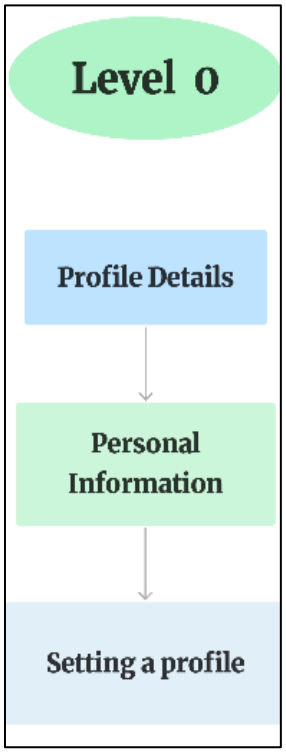

Figure 5.1 Level 0 Architecture

Level 0: The application focuses on the fundamental aspects of user interaction and personalization. Users engage with the app by creating their profiles, where they input personal information, including basic details such as name, age, gender, and contact information. This information is securely stored and forms the foundation for the user's engagement with the app's various features and functionalities. Additionally, users can access and manage their profile settings, enabling them to customize their app experience according to their preferences. This level ensures that users have a personalized and tailored experience within the app, setting the stage for further engagement with more advanced features.

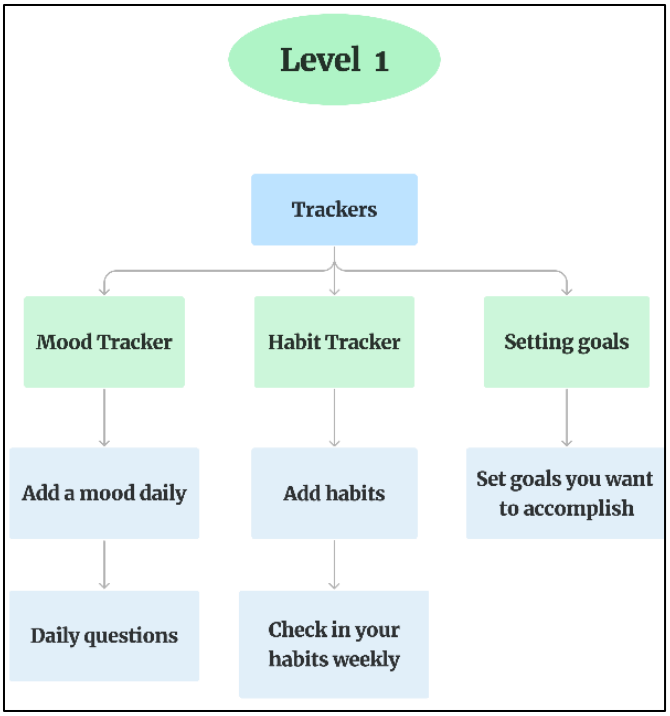

Figure 5.2 Level 1 Architecture

Level 1: The application delves deeper into enhancing user engagement and self-awareness by providing tools for mood tracking, habit formation, and goal setting.

1) **Mood Tracker:** This feature allows users to log their daily mood by selecting from a range of emotions or adding personalized descriptions. The app prompts users with daily questions related to their emotions, behaviors, or experiences, enabling them to reflect on their feelings and track their emotional state over time. Through consistent tracking, users gain insights into patterns affecting their mood, fostering self-awareness and emotional regulation.

2) **Habit Tracker:** Here, users can establish and monitor daily habits they aim to cultivate or change. They have the option to add new habits and check them off daily upon completion. The app provides a weekly summary of habit check-ins, allowing users to visualize their progress and cultivate a routine. By encouraging habit formation, this feature assists users in building positive behaviors and tracking their consistency.

3) **Setting Goals:** This feature empowers users to set actionable and achievable goals, whether related to personal growth, mental well-being, productivity, or any other aspect of life. Users can define specific goals, set deadlines, and outline steps needed to accomplish them. The goal-setting functionality assists users in maintaining focus, motivation, and direction in their endeavors.

By integrating these features at Level 1, the app facilitates self-reflection, habit formation, and goal-oriented behavior, empowering users to proactively manage their mental health and work towards personal growth and productivity.

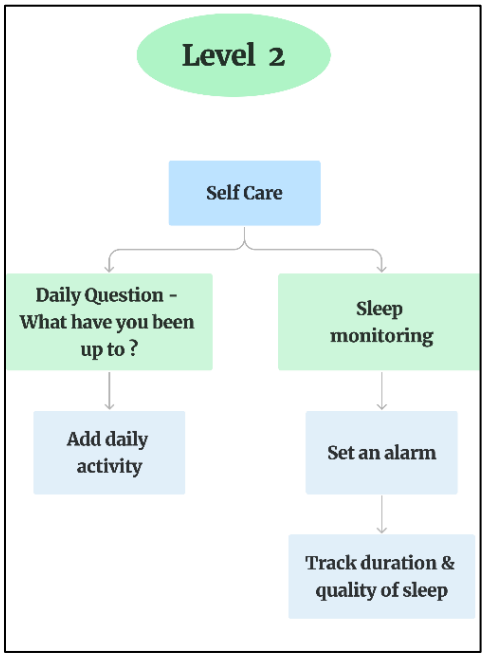

Figure 5.3 Level 2 Architecture

Level 2: The application extends its functionality to incorporate a dedicated Self-Care Section and a Sleep Monitoring feature, aiming to provide holistic support for users' well-being.

1) **Self-Care Section:** This section prompts users with daily reflection questions like "What have you been up to?" encouraging them to journal or record their daily activities, thoughts, or experiences. Users can input their daily activities, milestones, or noteworthy events, fostering introspection and mindfulness. By maintaining a log of their daily happenings,

users gain insights into their routines and emotions, aiding in self-awareness and personal growth.

2) **Sleep Monitoring:** This feature incorporates tools for tracking and enhancing sleep quality. Users can set alarms to regulate their sleep schedule and track the duration and quality of their sleep. The app records sleep patterns, including periods of deep sleep, restlessness, or wakefulness, presenting users with a comprehensive overview of their sleep habits. By analyzing sleep data, users can assess the quality of their rest, make adjustments, and work towards improving sleep hygiene for better overall health and well-being.

By introducing these functionalities in Level 2, the app offers users the means to engage in daily reflection, monitor their activities, and focus on optimizing their sleep patterns, contributing significantly to their overall mental and physical well-being.

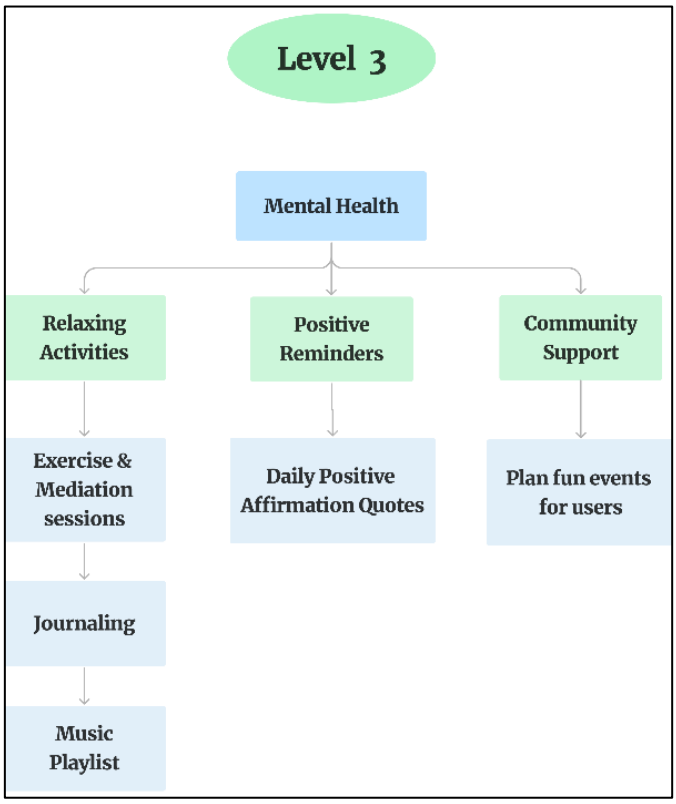

Figure 5.4 Level 3 Architecture

Level 3: The application expands its features to provide comprehensive mental health support and foster community interaction, encompassing various facets of mental well-being:

1) **Relaxing Activities Section:** This section offers users a range of relaxation exercises and meditation practices aimed at reducing stress and promoting mental calmness. It includes curated videos demonstrating exercises and meditation techniques that users can follow. By incorporating guided practices, the app aids users in cultivating mindfulness and relaxation techniques for managing stress and anxiety effectively.

2) **Journaling Section**: Here, users can engage in daily journaling, allowing them to record their thoughts, feelings, and experiences. By facilitating a space for self-expression and reflection, the app encourages users to articulate their emotions, experiences, and aspirations, promoting emotional well-being and self-awareness.

3) **Positive Reminders:** This feature delivers timely positive affirmations or reminders to users, fostering a positive mindset and motivation throughout their day. Positive reinforcement can significantly impact users' mental outlook, enhancing resilience and promoting a more optimistic mindset.

4) **Community Support:** This section facilitates community engagement by enabling users to plan and participate in fun events or activities. Users can create, join, or participate in community-led events or discussions, fostering a sense of belonging and social interaction. Engaging with a supportive community can offer encouragement, motivation, and shared experiences, contributing to overall mental well-being.

Level 3 represents a substantial leap in the app's offerings, shifting the focus towards mental health enhancement through relaxation exercises, journaling, positive reinforcements, and community involvement. These features aim to create a supportive and inclusive space for users to engage in activities that promote mental wellness and build a sense of community.

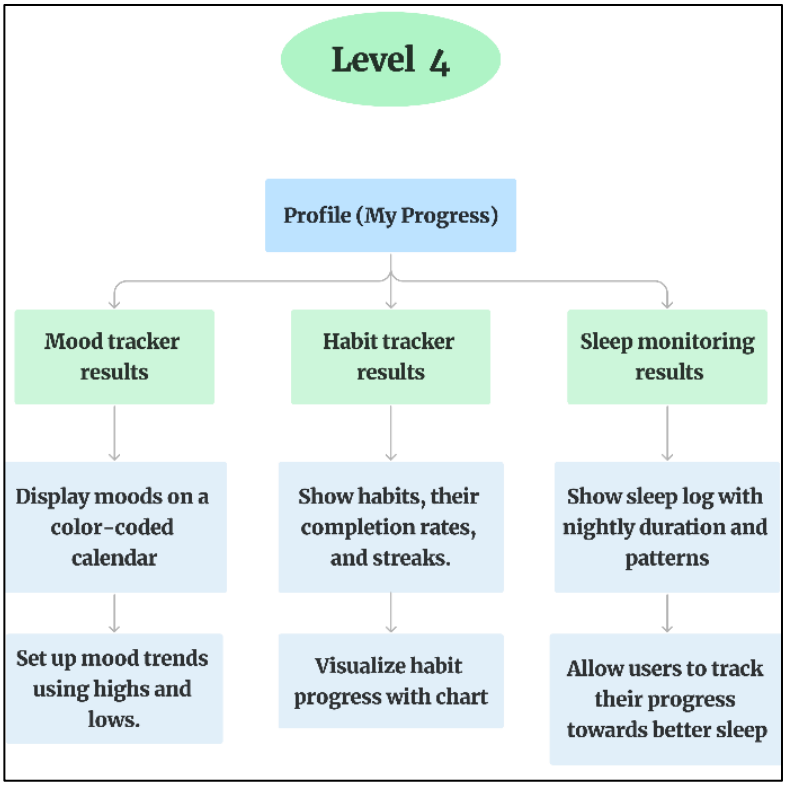

Figure 5.5 Level 4 Architecture

Level 4: It focuses on providing comprehensive insights into the user's profile, habits, and mood tracking, facilitating a deeper understanding of personal well-being and progress:

1) **User Profile Information:** This section contains essential user details and preferences, offering a snapshot of individual information relevant to the app. It includes personalized details, preferences, and settings, ensuring a tailored experience for each user within the application.

2) **Mood Tracking Dashboard:** This dashboard offers a graphical representation of the user's weekly mood variations. Users can input their daily moods, and the app compiles this data into a visual graph, depicting fluctuations and patterns in mood over time. This graphical representation aids users in recognizing trends and understanding emotional fluctuations, fostering self-awareness and enabling proactive management of emotions.

3) **Habit Tracking Dashboard:** In this section, users can list habits they wish to cultivate or maintain. The dashboard displays these habits along with checkboxes or symbols indicating their completion status. It provides a visual record of the habits users have successfully adhered to and those they may need to work on. This tracking mechanism encourages accountability and helps users monitor their progress toward building positive habits.

Level 4 signifies the culmination of user engagement and data visualization, presenting comprehensive insights into the user's mood patterns and habit adherence. The mood-tracking dashboard visualizes emotional trends, while the habit-tracking dashboard promotes accountability and assists in fostering positive behavioral changes. These features contribute to a more informed, introspective, and goal-oriented approach to personal well-being and development within the application.

5.3 Figma Prototype Design:

Figma is a collaborative online interface design tool that can also be used offline with the help of Windows and macOS desktop apps. The Figma wireframe and prototype look like this. To provide a smooth transition from conceptual design to the actual user interface and experience, it was from the planning phase that served as crucial references at this stage.

We designed this prototype on Figma to obtain a sense of the app's appearance before coding and implementation.

Figure 5.6 Figma Prototype

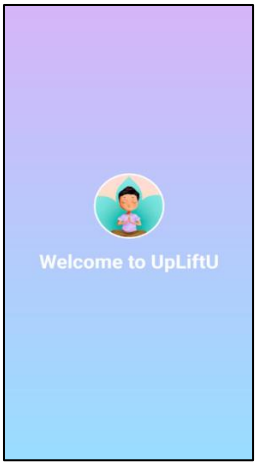

Figure 5.7 Splash Screen

Splash Page:

1. Introduces users to the application.
2. Establishes a serene and welcoming atmosphere from the logo and reflects the app's focus on mental well-being.

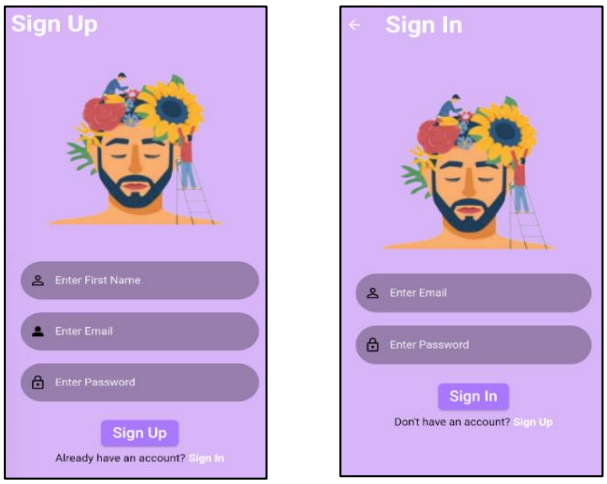

Figure 5.8 SignIn / SignUp Pages

Sign-Up / Sign-In Pages:

1. Sign-Up: Allows new users to register for the app by providing necessary details.
2. Sign-In: For registered users, enables direct access to their accounts.
3. Facilitates user registration and login process for personalized interaction.
4. Both “Sign Up” and “Sign In” buttons will navigate to the home page.

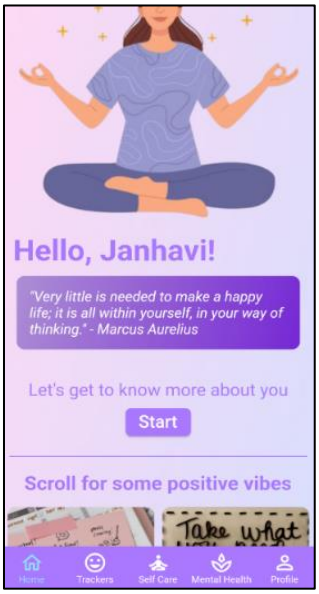

Figure 5.9 Home Page

Home Page:

1. Personalized greeting.
2. Greets users by name after signing in.
3. Displays positive thoughts/quotes for motivation daily.
4. A "Start" button to access the Personal information filling part is found below the image
5. Inspirational images and quotes at the top accentuate the benefits of using the mood and habit tracker.
6. A navigation bar at the top facilitates easy access to different pages within the app.

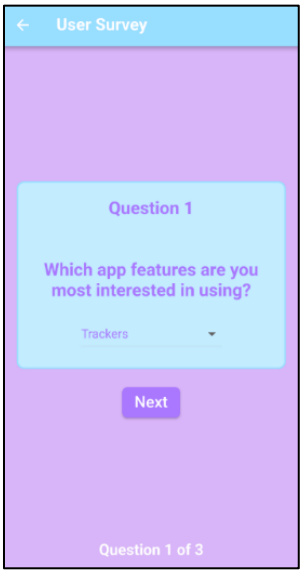

Figure 5.10 Survey Page

User Survey Page:

1. Gathering user feedback through surveys is to understand user preferences with three questions featuring dropdown answer menus.
2. "Next" button facilitates navigation to subsequent questions, and after the last question, it directs users to the "Personal Information" page.

Figure 5.11 Onboarding Page

Personal Information page:

1. This page is designed to collect essential personal information from users, including their name, username, age, marital status, and location.
2. The motive behind gathering this data is to better understand the users and tailor the application's suggestions and activities according to their preferences, needs, and demographics.
3. This information will be displayed on the user's profile and only will be visible to the user.
4. Users can go to the "Personality Survey Questionnaire" page by clicking the "Submit" button after filling out the details.

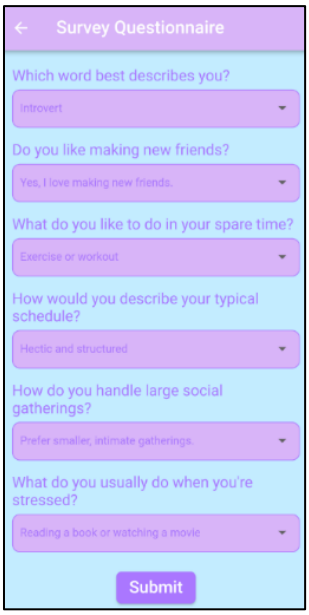

Figure 5.12 Survey Questionnaire Page

Personality Survey Questionnaire Page:

1. Conducting a user survey to gather basic information and preferences.
2. It will create a personalized experience and will understand the user from a better perspective.
3. The "Submit" button will navigate to the Profile page of the app.

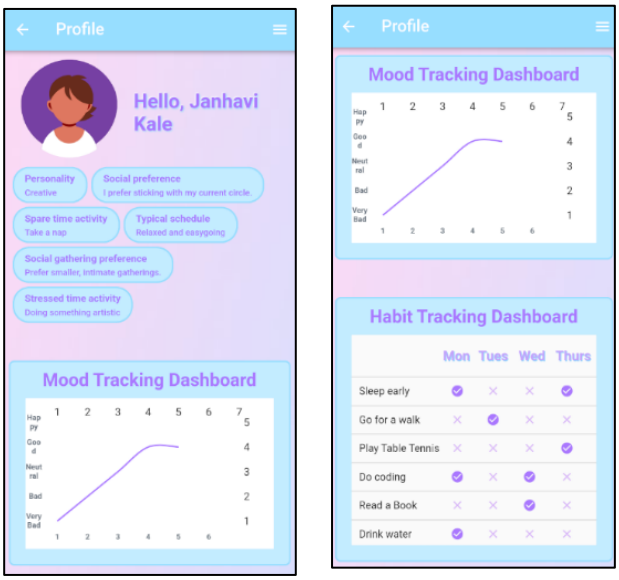

Figure 5.13 Profile Page

Profile Page:

1. User Profile Dashboard presents Personality Survey details.
2. Mood Tracking Dashboard: Displays weekly mood trends in a graph format.
3. Habit Tracking Dashboard: Visualizes user-set habits, indicating completed and pending tasks.
4. Offers visual representations of mood and habits for self-awareness and goal monitoring.

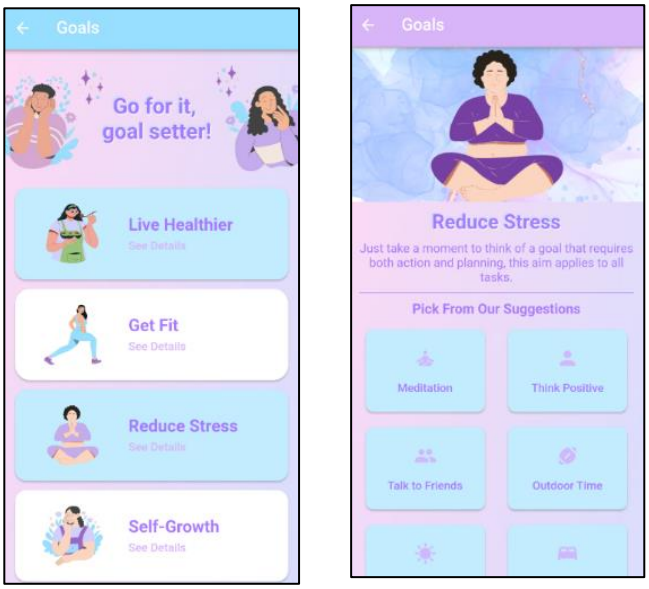

Figure 5.14 Goals Page

Goal Page:

1. Allows users to set and manage a variety of objectives, including stress relief, self-improvement, and better living.
2. For instance, the "Reduce Stress" aim suggests outdoor activities and meditation.
3. Enables users to customize the frequency of goals (e.g., daily, weekly, or every five days) and includes app reminders.
4. Helps individuals create and achieve personal objectives by offering customized advice for reducing stress and advancing personally.

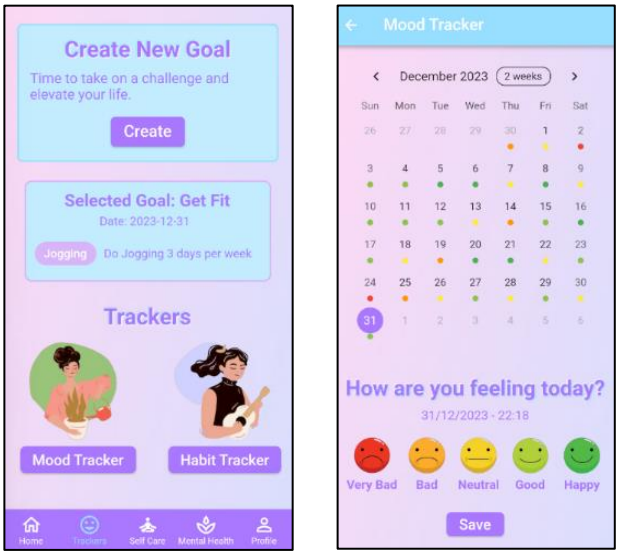

Figure 5.15 Tracker Page

Tracker Page:

1. Create goals with a top widget and a "Create" button leading to the dedicated "Goals Page."
2. Mood and habit trackers lead to their respective pages.
3. Mood tracker includes a calendar widget for daily mood tracking.
4. Text field prompts user feedback on feelings.
5. Date and time displayed for accurate recording.
6. Five clickable mood images simplify selection.
7. Five clickable images in a row represent the five main moods, simplifying the selection process.
8. A "Save" button ensures seamless storing of mood

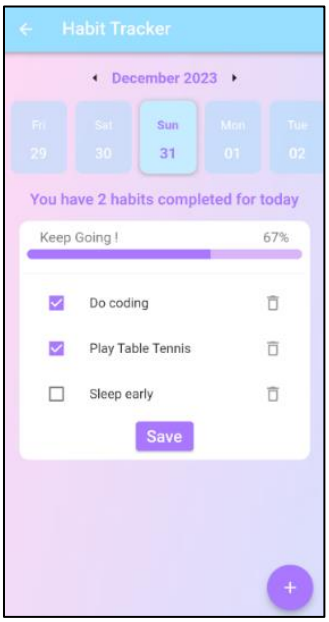

Figure 5.16 Habit Tracker Page

Habit Tracker Page:

1. Calendar widget tracks daily habits and stores their names.
2. Text below the calendar indicates the number of habits to complete.
3. A container displays a progress bar with completed and uncompleted habits in percentage.
4. New habits can be added via a + icon, and existing ones deleted using a dustbin icon.
5. "Save" button navigates to the profile page for storing the habit data.

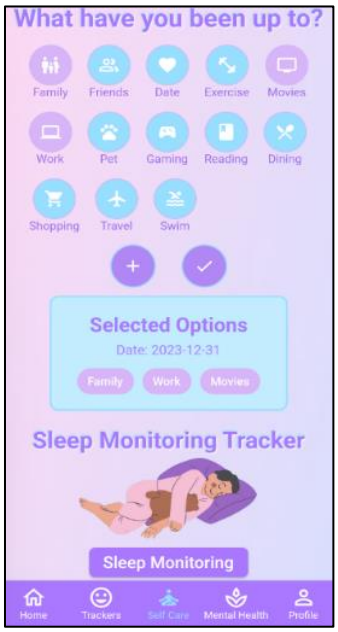

Figure 5.17 Self Care Page

Self-Care Page:

1. Daily reflection questions like "What have you been up to?" prompt users to journal their daily activities, thoughts, or experiences.
2. Users can input daily activities, milestones, or noteworthy events, promoting introspection and mindfulness.
3. To track the user's sleep, the "Sleep Monitoring" widget at the bottom is convenient to navigate to the next page.

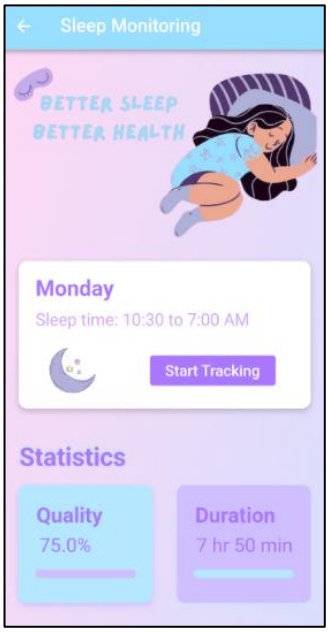

Figure 5.18 Sleep Monitoring Page

Sleep Monitoring Main Page:

1. Positioned at the top is an image.
2. Below the image, a container displays "Day," "Sleep time," and a "Start Tracking" button leading to the sleep tracking page.
3. Two elements beneath the container: "Quality" indicates the recorded sleep quality, while "Duration" reveals the user's sleep period.

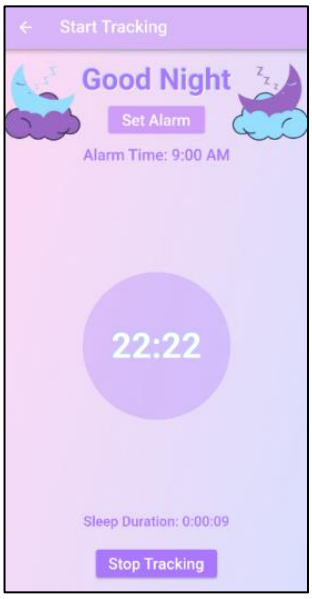

Figure 5.19 Sleep Tracking Page

Sleep Tracking Page:

1. The top widget has an "Alarm Time" display, a "Set Alarm" button for user alarm setup, and "Good Night" text.
2. Below is a digital clock with the time right now.
3. The "Stop Tracking" button at the bottom starts the timer, presenting the "Sleep Duration" text to track the user's sleep duration.
4. And in this manner we are likely to track the user's sleep routines and quality.

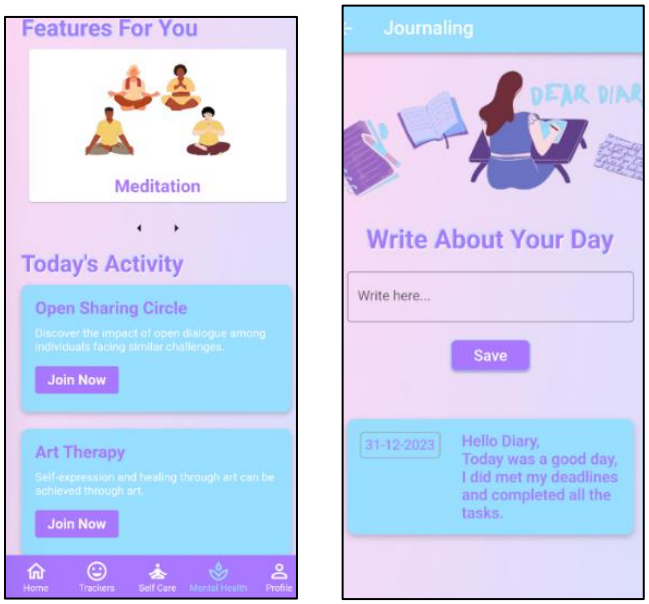

Figure 5.20 Mental Health Page

Mental Health Page:

1. Features include "Meditation," "Exercise," "Journaling," and a music “Playlist" to alleviate stress and anxiety.
2. Enables community engagement through planning and participation in events or discussions, fostering a sense of belonging and social interaction

Journaling Page:

1. Users can engage in daily journaling, fostering self-expression, reflection, and emotional well-being in the app.
2. The user can scribble down notes every day, and they will remain on the screen for that day.

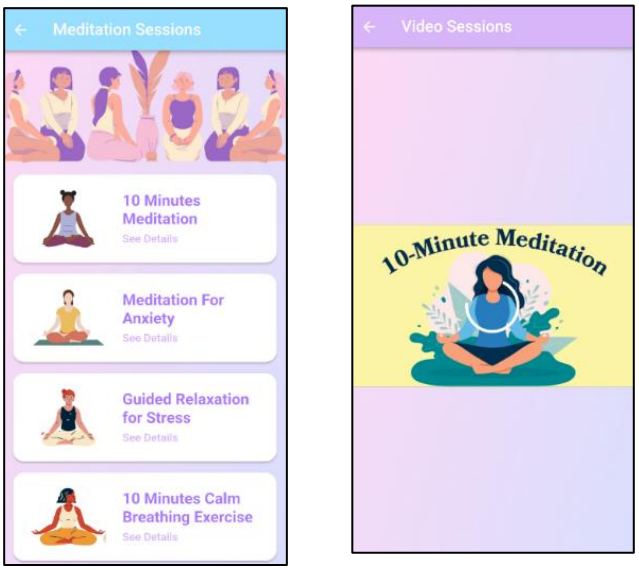

Figure 5.21 Meditation Page

Meditation Feature Page:

1. One image at the top.
2. Below are four widgets with pre-recorded YouTube videos of meditation to help users maintain their cool.
3. A video widget's click takes the user to the relevant meditation video page.

Meditation Video Page:

1. On this page, the chosen video from the previous page is playing.
2. The specified link shows the chosen video content by using a YouTube video library in Flutter.

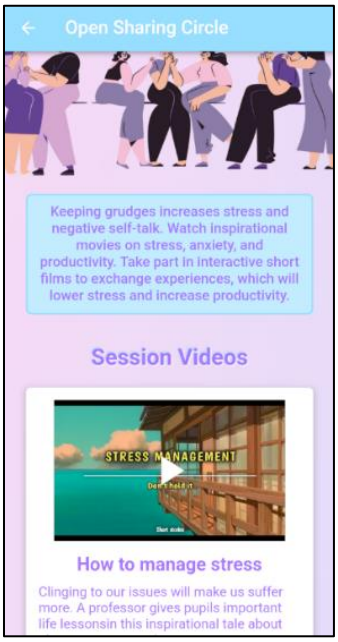

Figure 5.22 Open Sharing Circle Page

Open sharing circle page:

1. The introduction test at the top briefly explains the importance of managing stress and fostering community support.
2. There is a section of Session videos that provide Interactive videos on stress management and productivity enhancement available for users to watch and benefit from expert insights.
3. Users gain practical tips for stress reduction and productivity improvement, fostering a holistic approach to mental well-being.

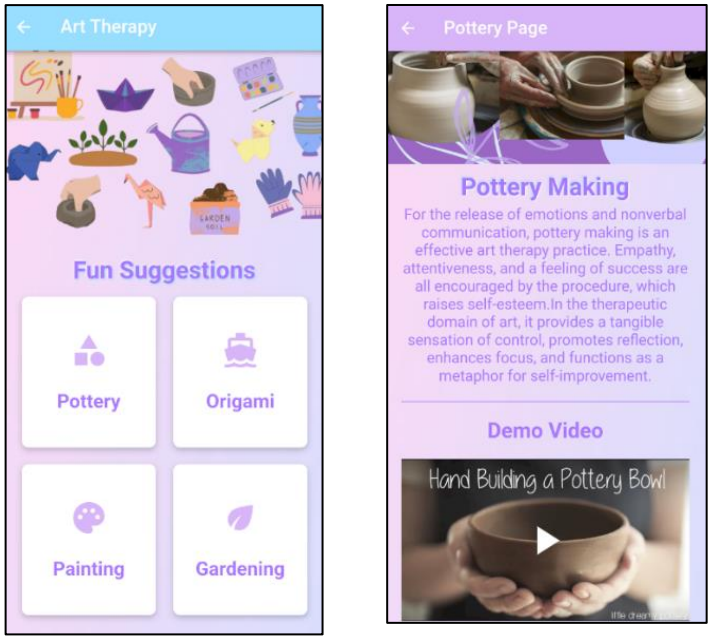

Figure 5.23 Art Therapy Page

Art Therapy page:

1. The Art Therapy Page in UpLiftU is dedicated to promoting positive feelings through engaging and creative activities.
2. The art therapy page offers creative suggestions at the top, including pottery, origami, painting, and gardening.
3. Each suggestion leads to a separate page with information on the therapeutic benefits of the activity and also provides details on how each activity contributes to positive feelings. Users can watch instructional videos to learn and practice the activities.

Users can simply do the following:

1. Choose a suggested art activity.
2. Explore the individual page for information.
3. Watch accompanying videos to learn and practice the chosen activity for a positive and uplifting experience.

6. Results

6.1 Analyzing dashboards and identifying result patterns

By entering their daily emotions, users can see a graphical depiction of their emotional changes over time on the Mood Tracking Dashboard. With the help of this visual graph, one can become more self-aware and effectively control their emotions. Listing habits is made easier by the Habit Tracking Dashboard, which uses checkboxes to indicate habit accomplishment.

Users can track their progress and promote beneficial behavioral changes with the support of this visual record that promotes accountability. When used in tandem, these dashboards offer thorough insights that promote a purposeful and knowledgeable approach to personal well-being.

These user data samples from mood and habit trackers allow us to assess the user's overall weekday behavior as well as whether or not they have completed daily habit streaks.

Sample User 1:

Mood Tracker Dashboard -

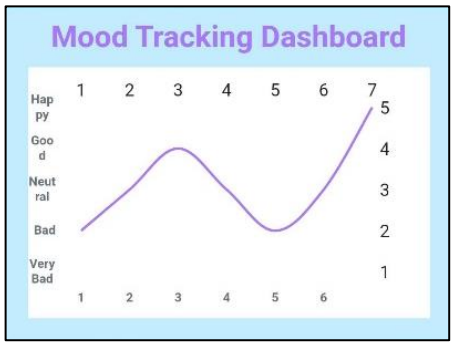

Figure 6.1 Mood Tracking Dashboard of User 1

This graph shows the mood of sample user 1 over the course of the week. We can observe how, over the course of a week, the user's mood fluctuated from bad to happy.

Habit Tracker Dashboard –

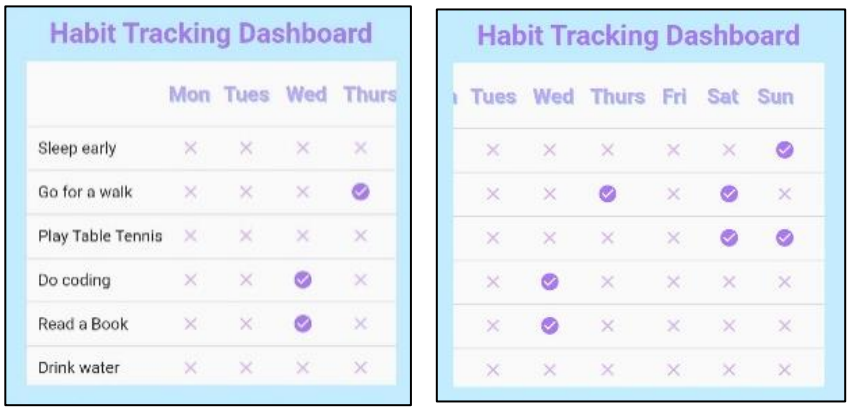

Figure 6.2 Habit Tracking Dashboard of User 1

The habit names list that sample user 1 recorded during the week is displayed in this graph. It's visible that sample user 1 completed the task on different days followed different routines and had missing streaks of habits during the week.

Sample User 2:

Mood Tracker Dashboard -

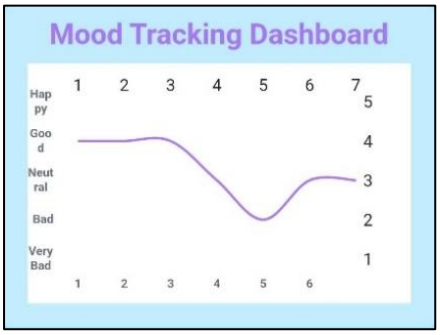

Figure 6.3 Mood Tracking Dashboard of User 2

This graph displays sample user 2's mood throughout the entire week. Over the course of a week, we can see how the user's mood changed from good to bad and how sample user 2 experienced a lot of ups and downs.

Habit Tracker Dashboard -

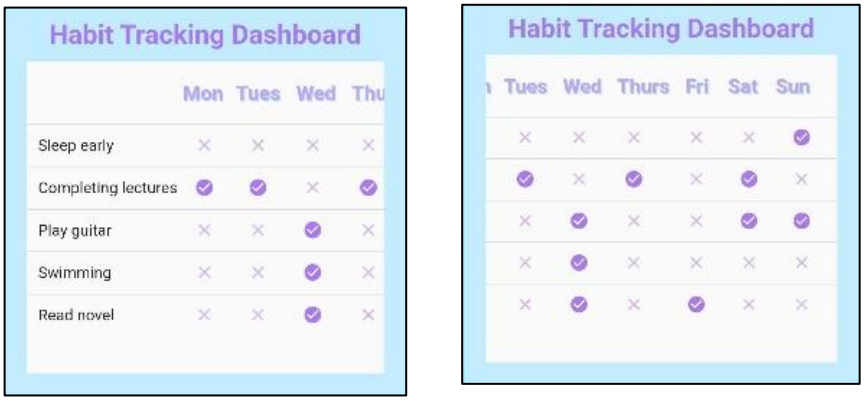

Figure 6.4 Habit Tracking Dashboard of User 2

The habit names list of sample user 2 is displayed on this graph for the duration of the week. By adhering to the daily routine, we can observe that sample user 2 has nearly finished all of the streaks and had a successful week.

Sample User 3:

Mood Tracker Dashboard -

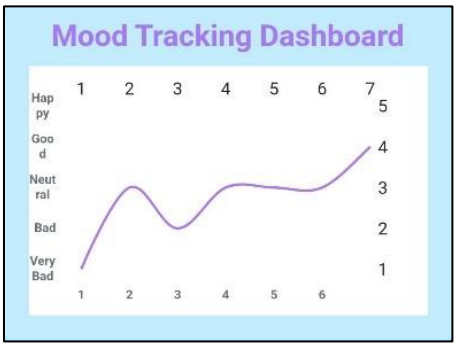

Figure 6.5 Mood Tracking Dashboard of User 3

The mood of sample user 3 is depicted in this graph throughout the week. Over the course of a week, we can observe how the user's mood has steadily improved from a very bad mood to a happy mood. We can observe how the user's mood has evolved.

Habit Tracker Dashboard -

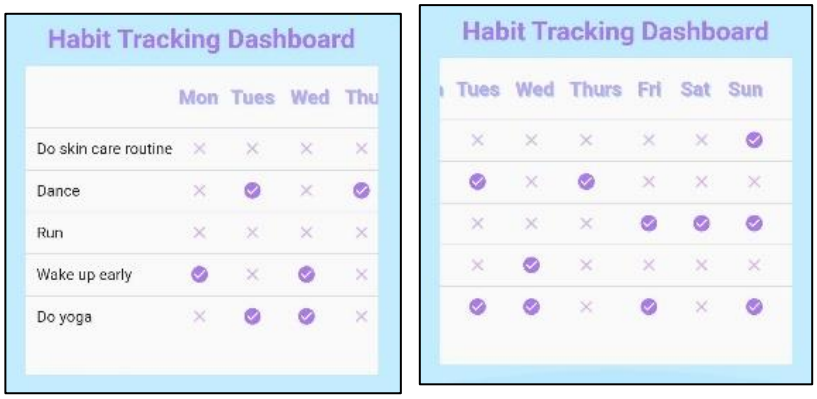

Figure 6.6 Habit Tracking Dashboard of User 3

This graph shows sample user 3's habit names list every week for the course of the week. Following the daily schedule, sample user 3 has accomplished a three-day streak of running, dancing, getting up early, and completing a four-day streak of yoga. Thus, it can be concluded that sample user 3 had a very productive week.

Sample User 4:

Mood Tracker Dashboard -

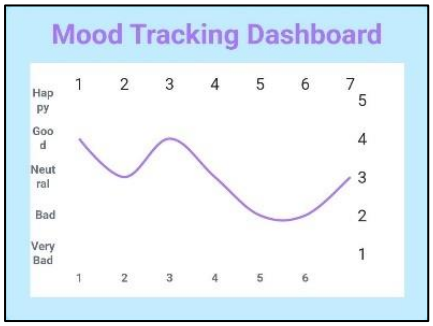

Figure 6.7 Mood Tracking Dashboard of User 4

This graph shows an example of user 4's mood over the course of the week. Over the course of a week, we can see that the user's mood fluctuated between good and Bad and was mostly neutral.

Habit Tracker Dashboard -

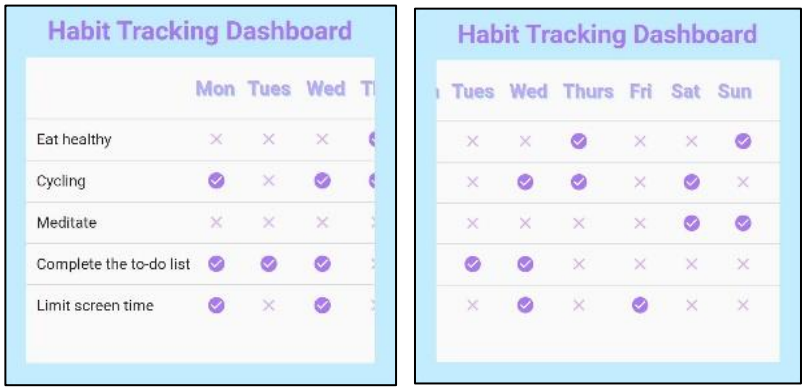

Figure 6.8 Habit Tracking Dashboard of User 4

The habit names list for sample user 4 is displayed on this graph each week as it occurs. Sample User 4 completed a three-day to-do list streak and a four-day cycling habit by adhering to the daily schedule, indicating that the sample user had a productive week.

On the dashboards, mood swings and habit adherence are visible to all of the sampled users. Sample User 1 showed a range of habit completion patterns and experienced mood swings from unhappy to pleased. Sample User 2 demonstrated how her effective habit streaks might change her attitude from good to bad. Sample User 3 showed streaks of successful habit completion and a constant improvement in mood. Finally, Sample User 4 completed particular behavior streaks and exhibited pleasant and poor mood oscillations with neutral phases. By highlighting the various emotional and behavioral patterns that the mood and habit dashboards were able to record, this collective data provides insightful information on the productivity and general well-being of users.

6.2 Result Analysis

Analyzing the application's integrated components that promote mental health and productivity is the main goal of the evaluation. The app's efficiency in managing a variety of user profiles, stress reduction, and work organization are important factors to take into account. To determine the app's strengths and shortcomings, comparing its design and algorithm to those of other apps of a similar nature is essential.

Quantification will be used to perform measures such as goal achievement, stress reduction, user engagement, and simplicity of use. The research ensures inclusion by incorporating a range of participant factors, such as demographics, usage trends, and customization choices. The influence of the app on productivity and mental health will be demonstrated through the presentation of results using tables, graphs, and statistics.

User happiness, objective achievement, stress reduction, and engagement will all be quantified. Study factors include customization options, usage patterns, and user demographics. Evaluations that are inclusive and thorough are guaranteed by a diverse participant pool and modified parameters that stay within predefined bounds. The efficacy of the app's design, personalization, usability, and user engagement will be demonstrated through tables, graphs, and statistics. The habit graph shows patterns in task completion, and the mood graph shows changes in mood over the course of a week. These insights provide insight into the effects on productivity and mental health.

7. Conclusion

7.1 Features:

Our project has developed a comprehensive and user-friendly mobile application that prioritizes self-care and mental health promotion. The application's diverse toolkit includes features such as habit monitoring, expressive writing, art, music, meditation, mood tracking, fitness content, and journaling. These central features aim to alleviate stress, nurture mental health, and enhance productivity. The software also offers personalized profiles, safe sharing spaces, and self-care pages with activity updates and sleep tracking. By integrating methods to tackle stress, anxiety, and work-life balance, our application promotes emotional health and mental resilience. This comprehensive mobile solution empowers users in their daily lives, fostering improved mental health and enhanced productivity.

7.2 Limitations:

However, there are also limitations to consider. The effectiveness of the application may vary depending on the user's willingness and ability to engage with the features regularly. Additionally, while the application offers personalized profiles, it may not be able to fully capture the complexity of an individual's mental health needs. It is important to note that the application is not a substitute for professional mental health services and should be used as a complementary tool for mental health promotion.

7.3 Future Scope:

Looking ahead, the future scope of UpLiftU is promising and multifaceted. One of the key areas of expansion involves leveraging machine learning (ML) to harness the wealth of data accumulated from users' interactions with the app. The ML model can be trained to analyze patterns in user behavior, mood, and habit tracking. By understanding the unique needs of each user, the app can evolve into a personalized, user-defined platform. The machine learning component holds the potential to provide tailored suggestions and interventions based on an individual's historical data. For instance, if a user expresses sadness, the model can recommend activities or interactions that have historically proven beneficial for users exhibiting similar traits.

This adaptive approach transforms UpLiftU from a general mental health app to a personalized guide, catering to the unique needs of each user.

Beyond ML integration, the future scope of UpLiftU extends to continual innovation. New features, such as advanced meditation techniques, interactive virtual communities, and gamified elements to enhance habit formation, can be explored. Collaborations with mental health professionals and researchers could lead to evidence-based interventions and further solidify UpLiftU's role in the mental health landscape.

The app's scope encompasses a broad spectrum of opportunities and potentials in the realm of mental health and self-care. It extends beyond being a conventional mobile application, aiming to serve as a comprehensive platform offering personalized tools and resources for managing emotional health. With features spanning habit monitoring, expressive writing, art therapy, music, meditation, mood tracking, fitness content, and journaling, the app's scope lies in addressing various facets of mental wellness.

Additionally, it provides avenues for community engagement through open-sharing circles and supports users in monitoring activities and sleep patterns. The app's potential scope expands into empowering individuals by promoting proactive management of emotional well-being, fostering a balanced lifestyle, and becoming a pivotal tool for those seeking mental health improvement and enhanced productivity. Furthermore, it can evolve continually, integrating new features, advancing user engagement, and catering to the diverse needs of individuals striving for better mental health and overall well-being.

Crucially, in a world increasingly aware of the significance of mental health, this app becomes a catalyst for positive change. Its utility extends beyond just managing stress; it endeavors to create a lifestyle that nurtures mental resilience, thereby enhancing users' overall quality of life. As mental health conversations gain prominence globally, this app's ability to offer a diverse range of tools and resources becomes not only relevant but imperative for fostering a healthier society. By providing accessible, effective, and personalized mental health support, this application assumes a pivotal role in promoting a culture of self-care, emotional awareness, and overall well-being worldwide.

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Reference App Links:

Daylio App : https://daylio.net/

HabitNow: HabitNow Daily Routine Planner – Apps on Google Play

Wysa: https://www.wysa.com/

HeadSpace: https://www.headspace.com/

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