**WELLNESS-CHECK**

**I**ntroduction – WELLNESS-CHECK is an internet based application to track one’s different being such as psychological well-being, social well-being etc.

WELLNESS-CHECK browser version and mobile app versions are available. Live browser version is deployed in the NIMHANS server and mobile app version is published in Google Play Store.

<https://echargementalhealth.nimhans.ac.in/wellness-check/>

***Technologies Used:***

Frontend (browser): HTML, bootstrap, angularJS, jQuery

Frontend (hybrid mobile app – no separate backend): HTML, Bootstrap, angularJS, jQuery

Backend: Java, JERSEY RESTFUL web services, MAVEN build, ORM (JDBC for connecting to the database)

Database: MySQL database

***Configuration files for browser version:***

AppWellness/org/project/IIITB/AppWellness/Globals/DataBase.java

AppWellness/org/project/IIITB/AppWellness/Globals/AppGlobals.java

AppWellness/webapp/config/config.js

***Configuration file for Cordova android mobile app version:***

AppWellness/webapp/config/config.js

Roles: User and admin

User - create account, login, do exercises, view the feedback

Admin – admin login, view the user details, view the responses of the user to different well-being questions, view the feedback obtained to the users

User Workflow:

In order to user the “wellness-check” application, user has to create account first. Click the “New user? Click here” button in the home page and enter valid email id. A link to set the user name and password is sent to that email and user has to fill the details in the pages which are displayed. “Registration Successful “message is displayed once it is done. And user can start using the application after login with the submitted user name and password.

After login, user is directed to a page with bulb diagram with five circles named, Psychological well-being, Emotional well-being, Social well-being, Your distress and Your activity pattern. The user has to visit each of the circles in a sequential manner in the first visit. That means, user has to visit Psychological well-being section first, after completing that, user is directed to Emotional well-being …If the user logs out without completing all 5 well-being pages in the above way, in the next login, user is directed to the unvisited well-being page.

Questions are available in English and Hindi languages. There is option on the right upper corner of the questions page to select the language. Default language is English.

After completing each of the 5 pages in the sequential order, in the next visits, the user can visit them in any order.

In each of the 5 pages, there are questions and options, all questions are mandatorily answered. The user has to select one option for each of the questions and click on the submit button which will direct to the next page. After completing all 5 pages, the user is directed to the feedback page for each well-being. Feedback is displayed as text data, graph and radial gauge. After the 5 feedback pages, there is a page for sending the feedback. All the above pages data are saved in the database.

If the user visits, any or all the questions page multiple times, then the feedback page for the corresponding well-being questions page, displays the last 2 feedback with dates.

In the My page(bulb diagram page) of browser application, there are 5 circles placed one below the other which is empty in the beginning and is filled with black color upon completing each of the 5 well-being questions pages. For mobile app version, there is no circle in “My page”, instead the well-being pages names are displayed inside long horizontal bars, next to be visited page will be highlighted.

There are links to the other useful resources and external links in “Mypage”.

Admin workflow:

URL to the admin page is:

<https://echargementalhealth.nimhans.ac.in/wellness-check/>positive

Username: admin

Password: @dmin$123

In the admin page, admin can see the user info, user registration info, user responses, user total score and user feedback details. From the above pages, admin can download as csv file for further use.