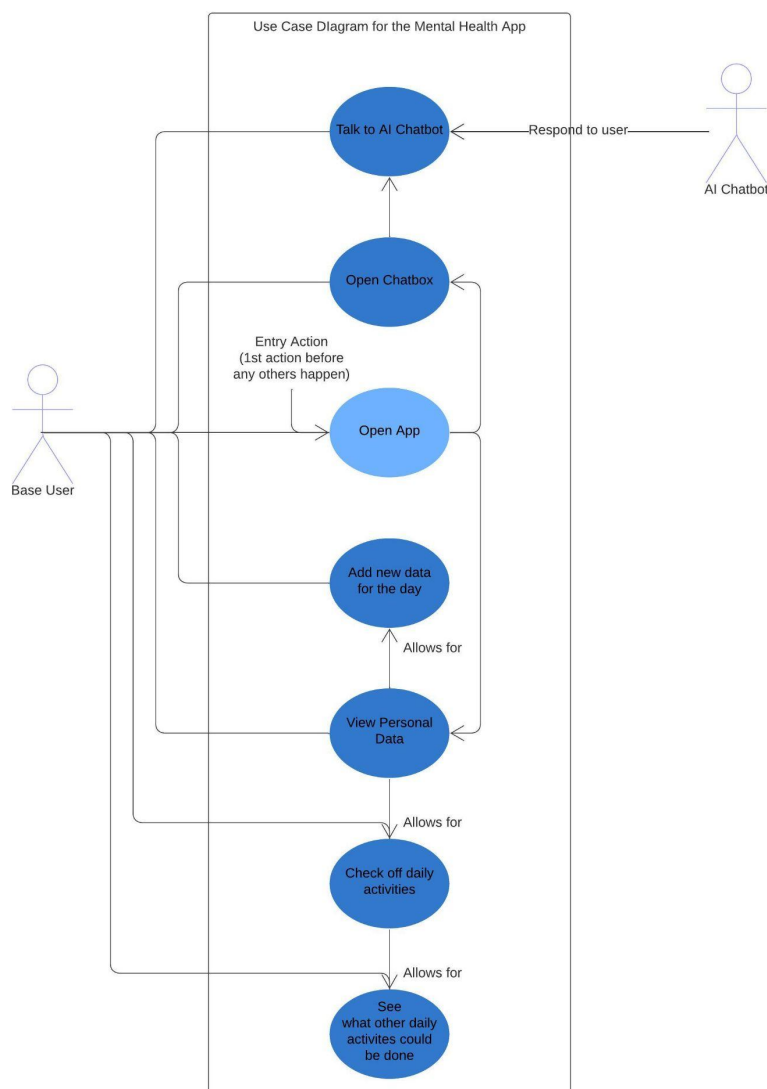# User Manual

The mental health app was originally created with the intention of helping the health and counseling departments at Bucknell (and any other place with similar support structures). This app is meant to allow students - or any user for that matter - to be able to help themselves when they are feeling stressed. The app does not act as the direct solution to most problems, instead opting as a tool to help manage issues and guide people towards improvement. With the department being as overworked as it is, this app is designed to act as a personal support tool so that users can figure out what they can do in order to stay well, or see if they need to seek help.

The main reason for requiring support for departments like Bucknell student health is that those departments have to deal with large groups of people all seeking differing levels of support. They deal with many different issues. Some students are struggling to even get by, where overworking and schedule issues or a lack of healthy activities causes nearly insurmountable stress. Others need advice or just a nudge in the right direction. All these different people seeking immediate help is untenable for such a small department, causing scheduling issues where students have to wait weeks just to get help when they need more immediate support. Students may even fail their classes if they cannot get immediate help in order to get themselves back on their feet. Thus, the mental health app comes into play. It is not a solution to the problems faced by most, but guides users in how they should address their problems. The mental health app is used to keep track of mental wellbeing over periods of time and see what daily activities could still be done to possibly help improve personal wellness. One can record daily mood, which is stored and later displayed in a chart that then shows the overall trend. This helps users see whether their more difficult days are recurring or just occasional.

There are also checkboxes with example activities that can help keep users healthy. It also allows for the use of an AI chatbot in order to ask any questions users might have. Users can have conversations with this chatbot and ask it about almost anything, so if the user truly feels like they need more professional help this chatbot can point them in the right direction. Otherwise, the other functionalities of this app allow users to guide themselves.

A simple diagram showing interacting entities in the app and their potential actions.


Use Case Diagram for the Mental Health App

Talk to AI Chatbot

Respond to user

AI Chatbot

Open Chatbox

Entry Action
(1st action before
any others happen)

Open App

Base User

Add new data
for the day

Allows for

View Personal
Data

Allows for

Check off daily
activities

Allows for

See
what other daily
activites could
be done

How To Use:

Open the app. The home menu should pop up. This is where most of the app's functionality is contained. The top buttons that ask "How are you feeling today?" are the daily mood buttons. When you press one the selection is saved for that day's mood. If you already opened the app previously and recorded a mood, you do not need to select it again if you open it one the same day. Doing so will cause a recording error and will display both selections in the chart (this will be fixed in later updates). The "Today's Habit Tracker" section is the daily habits that one can check off, with a progress bar to the right that shows one's progress towards doing them all. Then there is the daily mood chart, which shows a record of the previously reported daily moods from the "How are you feeling today?" section. Finally, the bottom bar contains all the other tabs available in the app. The Chat button takes you to a chatbot where you can ask questions. Currently, only the Chat and Home button work. Future updates plan to expand app functionality to be more community based.
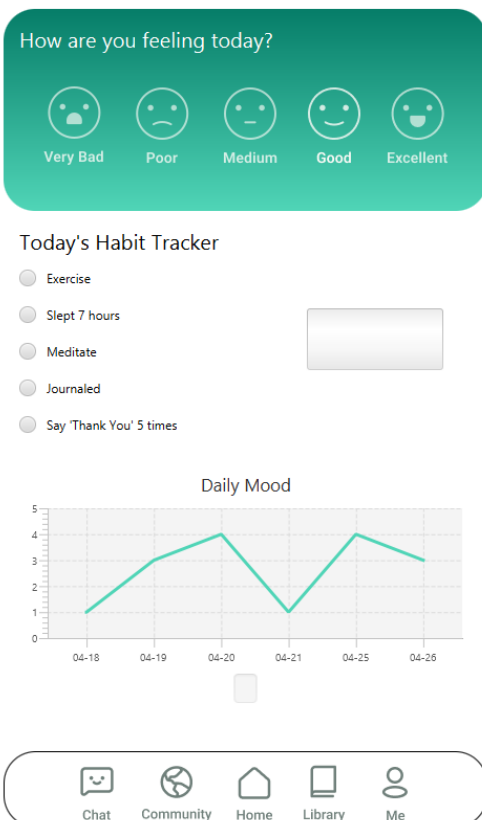
The rest of this manual is visual demonstrations and an in depth explanation of the different functionalities of the app.
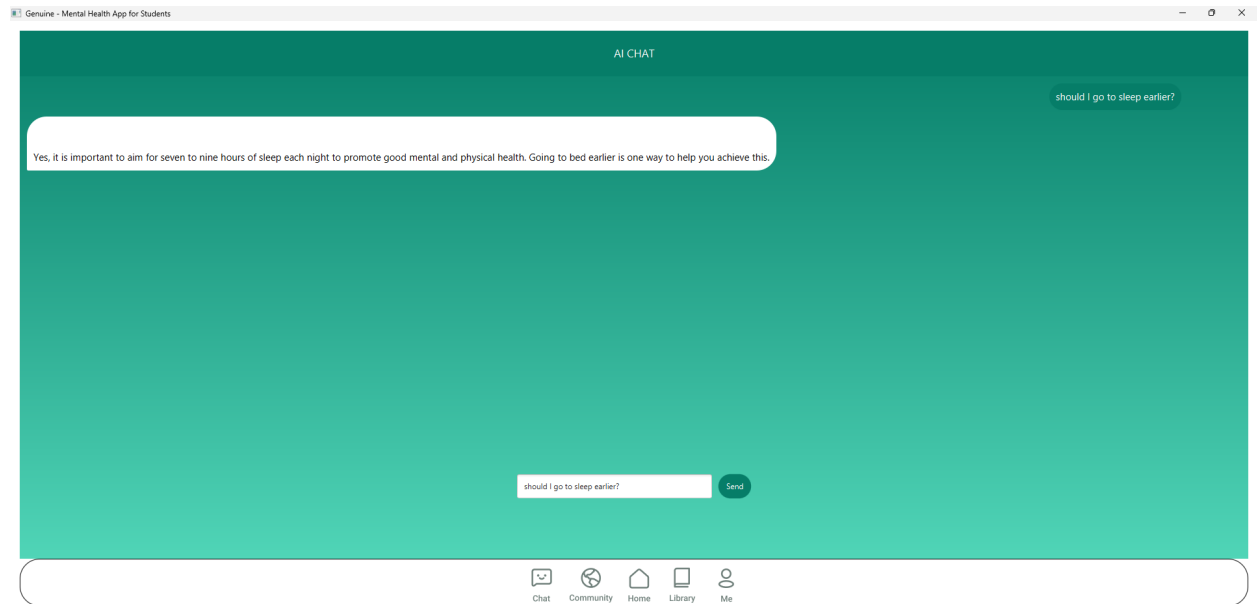
Here is an example of using the top section. Clicking one of the five moods will show that it is selected by highlighting the button green, as shown in the left image. The right image shows the results in the chart. After making a selection, closing the app, and later reopening it, the chart will show the added mood. A higher number in the chart represents a higher mood, with 0 "Very Bad" and 4 being "Excellent."
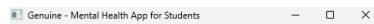

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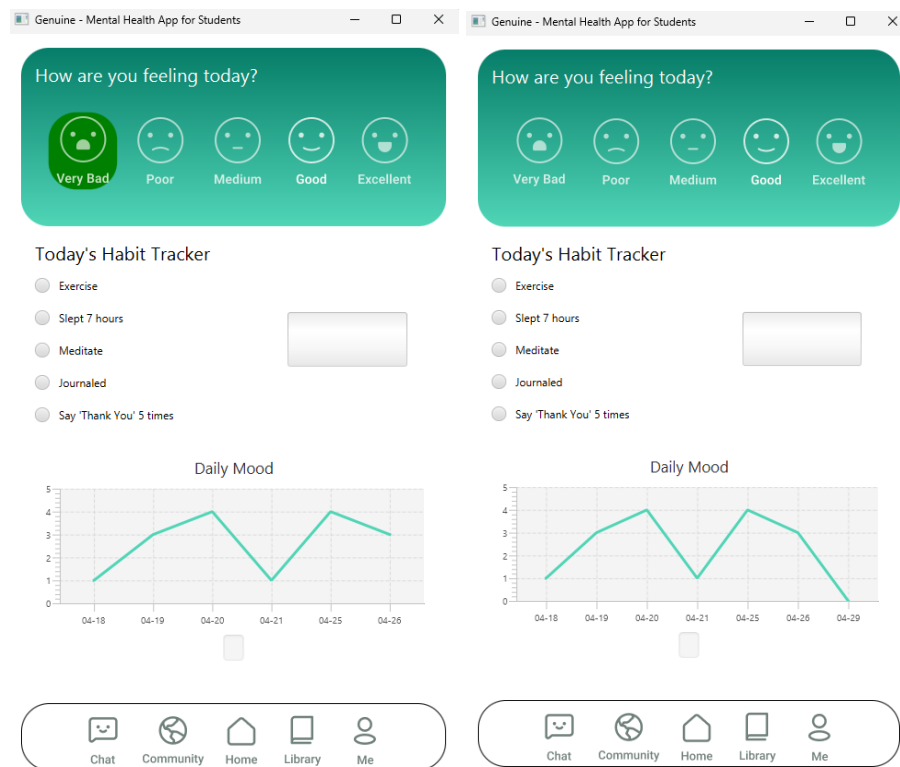
Here is an example of using the habit tracking section. When a user opens the app they can check off which activities they completed so that they can see what more they could do. As shown below, as one checks off activities, the bar fills and shows its completion level.
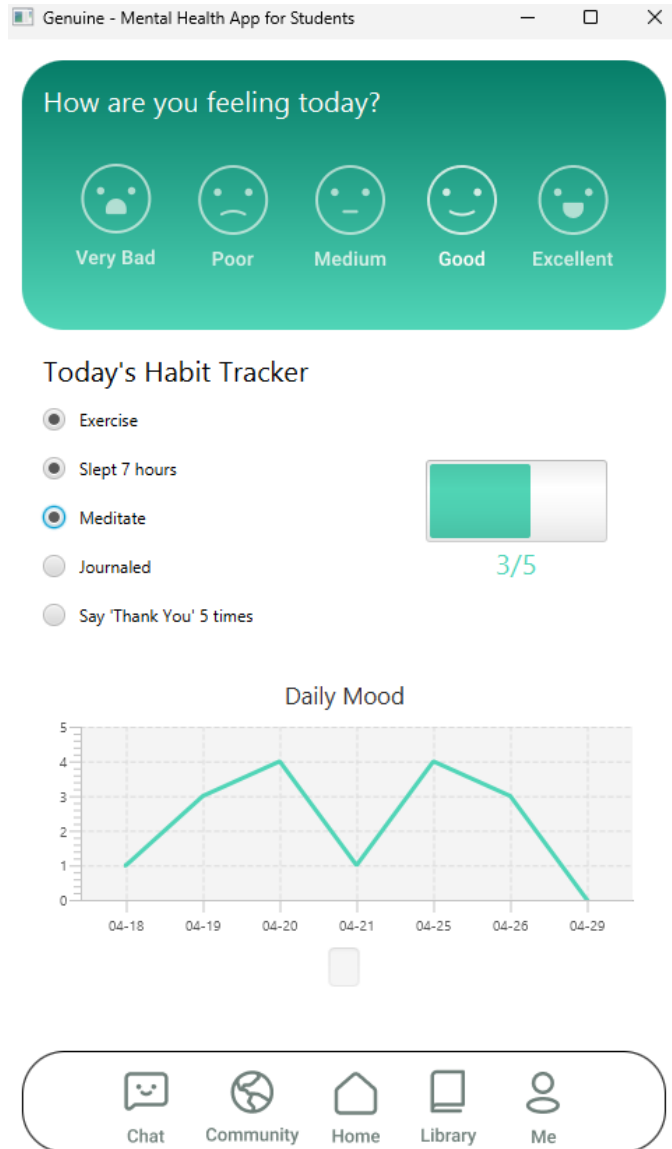
Finally, the chatbot. When one click the chat button on the bottom bar, they are brought to a new tab. They can enter text in the field at the bottom, then click send in order to send the message to the chatbot. The chatbot will respond appropriately. Note, when using this part of the app, one may need to resize the window as the text does not yet wrap in order to fit the screen proportions. This will be fixed in a future update.

AI CHAT

should I go to sleep earlier?

Yes, it is important to aim for seven to nine hours of sleep each night to promote good mental and physical health. Going to bed earlier is one way to help you achieve this.

should I go to sleep earlier?

Send

Chat   Community   Home   Library   Me

As for unfinished tabs, they look like this (for now).

Development in progress...

Chat   Community   Home   Library   Me