



# Mosa3da

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By

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## نموذج حقوق الملكية الفكرية لمشاريع التخرج في قسم علوم الحاسوب

يتم قراءة وتوقع هذا النموذج من قبل الطلاب المسجلين لمشاريع التخرج في قسم علوم الحاسوب

تعود حقوق الملكية الفكرية لمشاريع التخرج ونتائجها (مثل براءات الاختراع أو أي منتج قابل للتسويق) إلى جامعة العلوم والتكنولوجيا الأردنية، وتُخضع هذه الحقوق إلى قوانين وأنظمة وتعليمات الجامعة المتعلقة بالملكية الفكرية وبراءات الاختراع. بناءً على ما سبق أتفق على ما يلي:

- 1) أن أحفظ كافة حقوق الملكية الفكرية لجامعة العلوم والتكنولوجيا الأردنية في مشروع التخرج.
- 2) أن ألتزم بوضع اسم جامعة العلوم والتكنولوجيا الأردنية وأسماء جميع الباحثين المشاركين في المشروع على أي نشرة علمية للمشروع كاملاً أو لنتائجه. ويشمل ذلك النشر في المجلات و المؤتمرات العلمية عامة أو النشر على الواقع الإلكتروني أو براءات الاختراع أو المسابقات العلمية.
- 3) أن ألتزم بتأسيس حقوق التأليف المعتمدة في جامعة العلوم والتكنولوجيا الأردنية.
- 4) أن أقوم بإعلام الجهة المختصة في الجامعة عن أي اختراع أو اكتشاف قد ينتج عن هذا المشروع وأن ألتزم السرية التامة في ذلك وأن أعمل من خلال الجامعة على الحصول على براءة الاختراع التي قد تنتج عن هذا المشروع.
- 5) أن تكون جامعة العلوم والتكنولوجيا الأردنية هي المالك لأي براءة اختراع قد تنتج عن هذا المشروع وتشمل هذه الملكية حق الجامعة في إعطاء التراخيص و التسويق و البيع كمؤسسة راعية وداعمة لكافة الأنشطة البحثية. و يكون حق للطالب شمول اسمه على براءة الاختراع لأحد المخترعين، وفي حال تم إعطاء تراخيص أو تسويق و بيع لأي من منتجات المشروع يمنح المخترعون بما فيهم الطالب نسبة من الإيرادات حسب تعليمات البحث العلمي في جامعة العلوم والتكنولوجيا الأردنية.

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## **ACKNOWLEDGMENTS**

We would like to take this opportunity to thank everyone who helped us directly and indirectly during this project, and express our deep sense of gratitude and profound feeling of admiration of our supervisor Dr. Ahmad Al-Zubi, for his valuable assistance and guidance during the semester.

## **ABSTRACT**

We live in a time where mental health is neglected and not catered for, where it should be the exact opposite. Mental health is just as important as physical health, if not more. It affects our lives in every single aspect, whether it's at work, school or even at home. Our project aims towards helping people with mental illnesses, because we believe that everyone deserves to live and lead a happy life. We aim to execute that through online therapy, there is a lot of people who either don't have time to go to a clinic, or would rather not get out of their home or comfort zone to attend actual therapy, Mosa3da does that by making it easy for people to get help with their mental health while being comfortable at their homes. With our easy and flexible appointment booking, and wide selection of incredible therapists who are willing to help anyone in need, we hope that our project puts a smile on people's faces and in their heart as well.

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# **CHAPTER 1**

## **Introduction**

### **1.1. Overview**

Mental Health is the state of mind which determines how we feel, behave and act. It is an essential component of health that we should take care of as we look after our physical health. If we are physically healthy but mentally and emotionally tired we won't be able to do our day-to-day tasks.

Taking care of self mental health can dramatically increase a person's happiness and enjoyment of life. Being aware of the mental health state can make individuals focused on their life and development while enjoying life activities.

During Covid-19 pandemic, people's lives had significant changes such as working from home, temporary unemployment and lack of physical contact with others [1]. All these changes were overwhelming and it was too much to process which leads to individuals getting mentally vulnerable.

Some individuals can be mentally tired, still they wouldn't seek therapy due to mental illness stigma and discrimination. Nearly nine out of ten people who encounter mental health problems say that stigma and discrimination have a negative effect on their lives [2].

Our project aims at providing an online platform for those who are seeking therapy, its main goal is to facilitate the meeting between the customer and the therapist, it focuses on delivering private therapy sessions which the customer can make at the time and place they feel comfortable with. Also, the rates will be suitable to anyone who would like to start his healing journey. The focus is on individuals experiencing depression, anxiety and eating disorders alongside many other disorders that can be treated virtually.

## **1.2. Motivation**

As the current state of the world after Covid-19 pandemic, people's mental health was getting worse due to quarantine, working from home on daily bases and not socializing frequently, others losing their jobs. People were getting tired mentally and needed to talk with someone to help them through these difficult times. We thought of a way to help these individuals by providing a platform to connect them with experts online.

## **1.3. Problem Statement**

To this day there is still a strong stigma around mental health problems and the idea of seeking therapy is not very welcomed in our local community due to how society looks at the person who needs it as "crazy or mentally deranged", so people would rather hide their suffering than being called that, not counting the high price of the session at clinics. As well as the time consumed moving to and from the clinic and waiting for your appointment at the clinic.

## **1.4. Objectives**

We have brought forward a solution by providing a platform that gathers a wide selection of highly rated and trusted therapists who are willing to offer their services by making private online therapy sessions to anyone seeking help at an affordable price. Also, as we know time is the most valuable asset and this solution saves time and effort by making sessions remotely, so no time wasted at transportation or on waiting lists.

# **CHAPTER 2**

## **REVIEW OF RELATED LITERATURE**

### **2.1 Overview and Background**

Mental health matters the most when it comes to us humans, it affects our lives daily, whether it's at school, work, or home.

There are a lot of mental and other types of disorders that can be dealt with and worked on, here are some common mental health disorders:

- Depression:**

Major depression is a common illness that severely limits psychosocial functioning and diminishes quality of life [10], it's a disorder of the brain.

There are multiple reasons why someone would suffer from it, including genetic, biological, environmental, and psychological factors. Depression can happen at any given time, but it often begins manifesting in teens and young adults.

- Anxiety:**

Anxiety is a feeling of fear, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat.

There are several types of anxiety disorders such as generalized anxiety disorder, panic disorder and phobias.

The cause of anxiety is unknown till now. Factors such as genetics, brain biology and chemistry, stress, and the environment may play a role.

- Borderline Personality Disorders:**

Borderline personality disorder is characterized by a pervasive pattern of instability in affect regulation, impulse control, interpersonal relationships, and self-image.

The symptoms of every personality disorder are different. They can be mild or severe.

- Psychotic Disorders:**

Psychotic disorders are severe mental disorders that cause abnormal thinking and perceptions. People with psychoses lose touch with reality. Two of the main symptoms are delusions and hallucinations. Schizophrenia is the most common type of psychotic disorders.

Unfortunately, in the Middle East, it's common to ignore our mental health and not tend to it. This is where we come in and provide a viable solution, an online therapy site that will make it easier for people to cater towards their mental health.

The following section shows some sites that provide a similar idea.

## 2.2 Related Systems

### 2.2.1 Shezlong

**Shezlong** is a platform that provides online therapy sessions for those in need at affordable prices, it is the first of its kind in the Middle East and Africa. It lets you book sessions from anywhere at any time, it also provides a quick questionnaire to help you find a suitable therapist. And of course, it offers both voice and video calls. It lets the user have complete control on who their therapist is, providing filters such as age, language, duration, and fees.

Through the reviews of many users, we took notice that Shezlong provides poor customer service, as well as poor schedule management. [3]

### 2.2.2 Talkspace

**Talkspace** is the #1 rated online therapy site, not only does it provide individual therapy, but it provides therapy for couples and teens as well. It also offers psychiatry, which helps with evaluations and medication management. 80% of its customers found that Talkspace is as effective, if not more than traditional face-to-face therapy.

customers complained about the automatic therapist matching process, and how difficult it is to switch therapists, so it's clear to see that even the #1 rated online therapy site lacks in some aspects. [4]

### 2.2.3 Online-Therapy

**Online-Therapy** is considered by many to be one of the best online therapy sites. It was established in 2009. Their operation is based on **Cognitive Behavioral Therapy (CBT)**, which is the one of if not the most used psychotherapeutic approach for treating mental health problems. The owners claim that it's the most complete online therapy toolbox there is, providing services such as sections, worksheets, live sessions, journals, activity plans and many more.

While all of that sounds nice, the company still lacks some important services such as couple or group therapy, as well as medication management. [5]

# CHAPTER 3

## ANALYSIS AND DESIGN

This chapter will provide a description of the system and its users.

It will also showcase multiple charts, which we made by collecting data from surveys, which were filled in by two parties, the customers, and the therapists. Then it shows the functional and non-functional requirements. After figuring out the most important and vital requirements, requirement analysis will be outlined and drawn using tools like use-case diagram, class diagram, ER diagram.

### 3.1. Team Organization

The project was done by our team (Mohammad Al-Zoubi & Suhaib Maraqa) by the supervision of Dr. Ahmad Al-Zoubi, the work was done by the team in general shown in the table below:

**Table 3.1** Team Organization

Phase	Done by
Data Gathering and questionnaire	Mohammad, Suhaib
Collecting and analyzing requirements	Mohammad
System analysis and design	Suhaib
Implementation	Mohammad, Suhaib
Testing	Mohammad, Suhaib
Installation	Mohammad, Suhaib

## 3.2. Gantt Chart

Gantt charts help teams to plan work around deadlines and properly allocate resources. Projects planners also use Gantt charts to maintain a bird's eye view of projects.

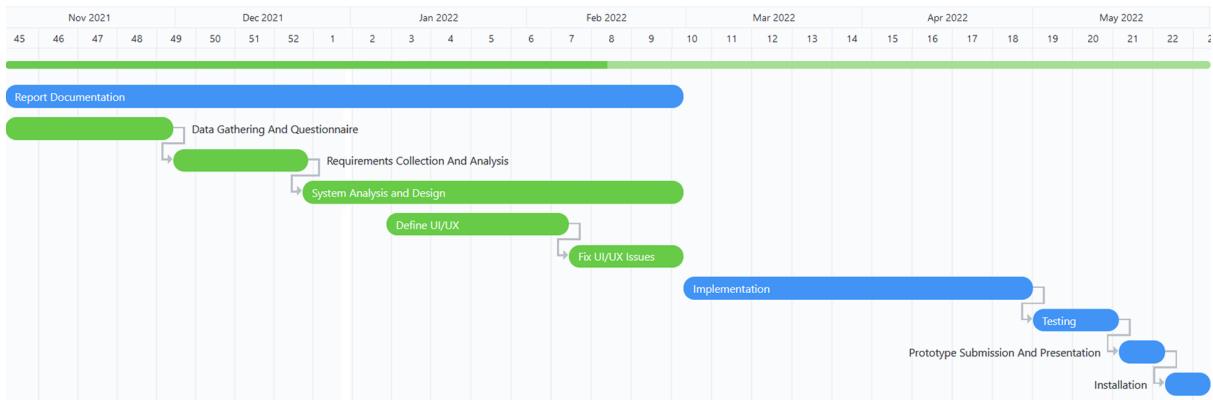


Figure 3.1 Gantt Chart

## 3.3. Requirements Analysis

### 3.3.1. Requirements Gathering

Students, Psychology students, and Professional Therapists and Psychiatrists were the main source of information that were needed for us to gather the needed data which would help us analyze and study the different aspects of our system.

The methods we used to gather the information are:

- Surveys
- Interviews
- Focus Groups

The main and most vital method was the surveys, our surveys had two targeted demographics, the public and the experts.

- Public Form

The Public Form was mainly answered by students, aged 18-25, here are some important questions they answered:

- Would an online support group therapy interest you?
- If you would like to do online therapy, would you prefer an audio or video session?
- Do you prefer to do online therapy alone, or would you like to attend some sessions at the clinic?

### • Therapist Form

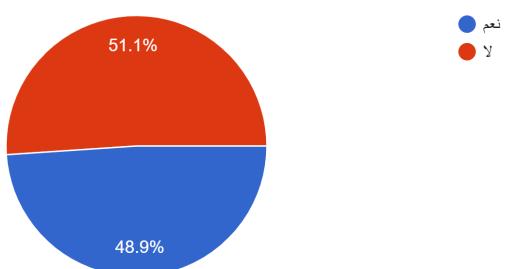
The Expert Form was mainly answered by Psychology students and some professional therapist and psychiatrists, here are some important questions they answered:

- Are you interested in delivering online therapy?
- Do you prefer to deliver online therapy alone, or would you like to make some sessions at the clinic?
- What group ages do you think are eligible to do online-therapy?

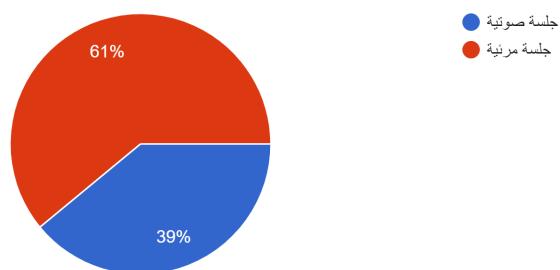
#### 3.3.2. Questionnaire Results

Here are the results of the questions that were introduced above:

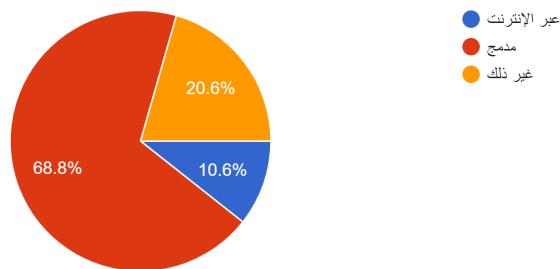
لو أتيحت لك الفرصة لتجربة جلسات العلاج الجماعي عن بعد فهل ستكون مهتماً؟  
141 responses



لو كنت تفضل القيام بجلسات العلاج عن بعد، هل تفضل أن تكون الجلسة صوتية أم مرئية (مكالمة فيديو)?  
141 responses

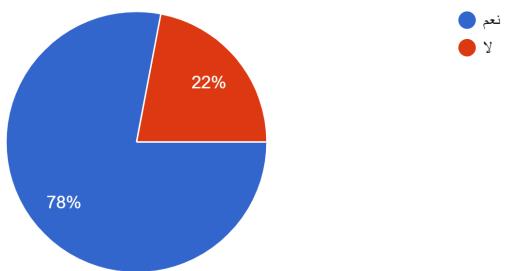


هل تود أن يكون العلاج مقتضراً على العلاج عبر الإنترن特 أم تفضل خيار العلاج عن بعد مدمجاً بالعلاج وجهاً لوجه؟  
141 responses



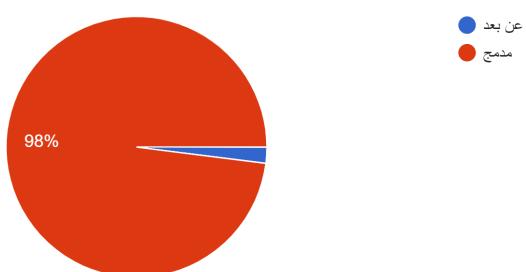
لو أتيحت لك الفرصة لتقديم العلاج النفسي عن بعد فهل ستكون مهتماً؟

50 responses



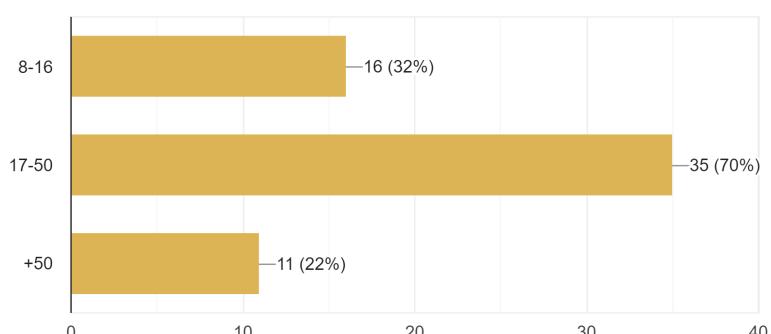
هل تود أن يكون العلاج مقتضراً على العلاج عن بعد أم تفضل خيار العلاج عن بعد مدمجاً بالعلاج وجهاً لوجه؟

50 responses



ما الفئات العمرية التي تعتقد أنها قابلة للتطبيق على العلاج عبر الإنترن特؟

50 responses



The above figures show that people are interested in the idea of online therapy and have the will to try it out, keeping in mind seeing the expert at the clinic every while and then, while others still prefer face-to-face therapy alone. Also, as the experts form states, the majority encouraged the idea and would offer their help to anyone in need. So, our vision is to deliver a system that enables the customer to reserve appointments, pick whatever time he likes and whichever therapist they prefer. And according to the results mentioned above and our thoughts of the system, the list of requirements we conclude will be detailed in the next subsection.

### **3.3.3. List of Requirements**

- **Functional Requirements:**

- The patient can reserve an appointment.
- The patient can pick the time and the therapist.
- The patient can view the therapist list and choose any of them
- The therapist can add an available appointment with date and duration
- The therapist can view their patient list and add notes about them.
- The admin can cancel group therapy appointments.
- The admin can add a therapist to the staff of employees.
- The admin can kick or ban a customer or a therapist if they were to violate the site's rules or code of conduct.
- Any user can cancel the appointment
- Any user can edit their profiles
- Any user can change their account password
- Both the patient and the therapist can cancel the appointment
- Both the patient and the therapist can report a problem
- The therapist and customer can voice call, video call, and send messages.

- **Non-functional Requirements:**

- **Usability**, the system must be easy to use and have a friendly user-interface.
- **Availability**, the system must be up and running all the time, it should also be portable, so moving from one operating system to another should not create problems.
- **Reliability**, the system must not have any bugs that would either ruin the user-experience or influence the code safety and the system's components.
- **Performance**, the system must provide very fast response time, and it should also be capable of handling a huge number of users without affecting its performance.
- **Security**, all communication of any sort must be encrypted

## **3.4. System Analysis and Modeling:**

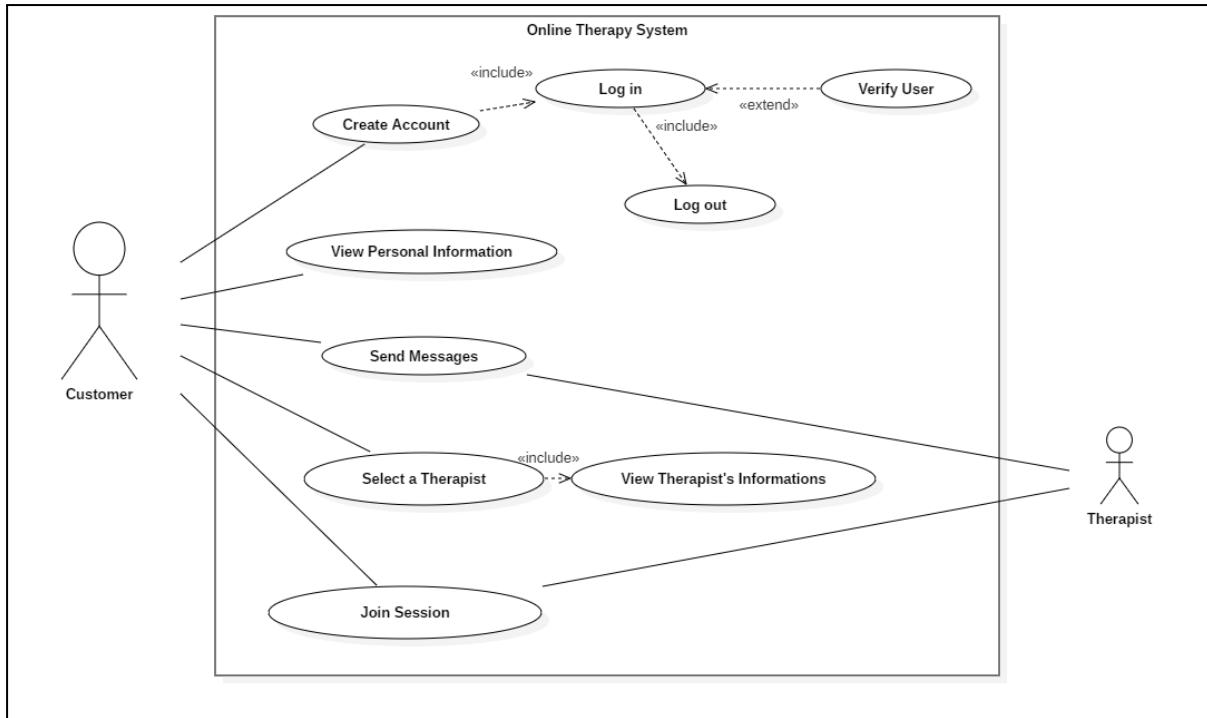
Analyzing the system and the actors involved is the most pivotal stage in structuring the system requirements, this section has the main diagrams for our system as the Use case diagram, Context diagram as an abstract level of Data-flow diagram and some other important ones.

### **3.4.1. Use Case Diagram**

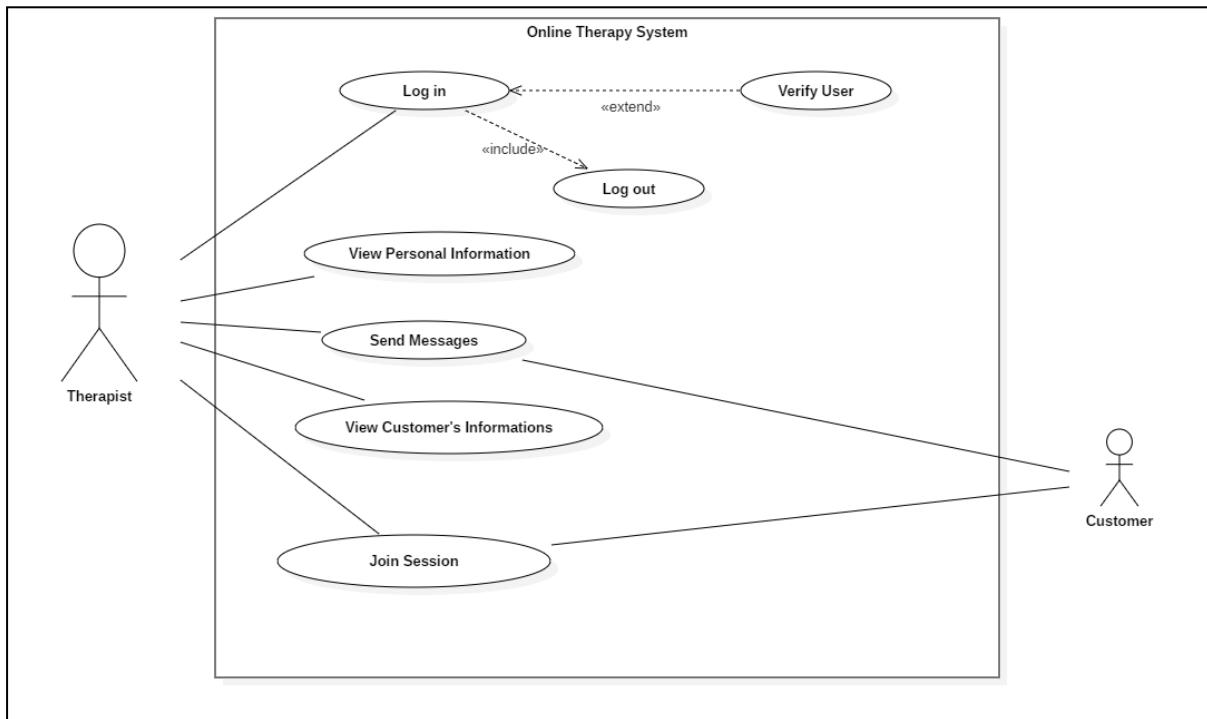
use-case diagrams model the behavior of a system and help to capture the requirements of the system. Use-case diagrams describe the high-level functions and scope of a system. These diagrams also identify the interactions between the system and its actors.

**Table 3.2** Use Case Table

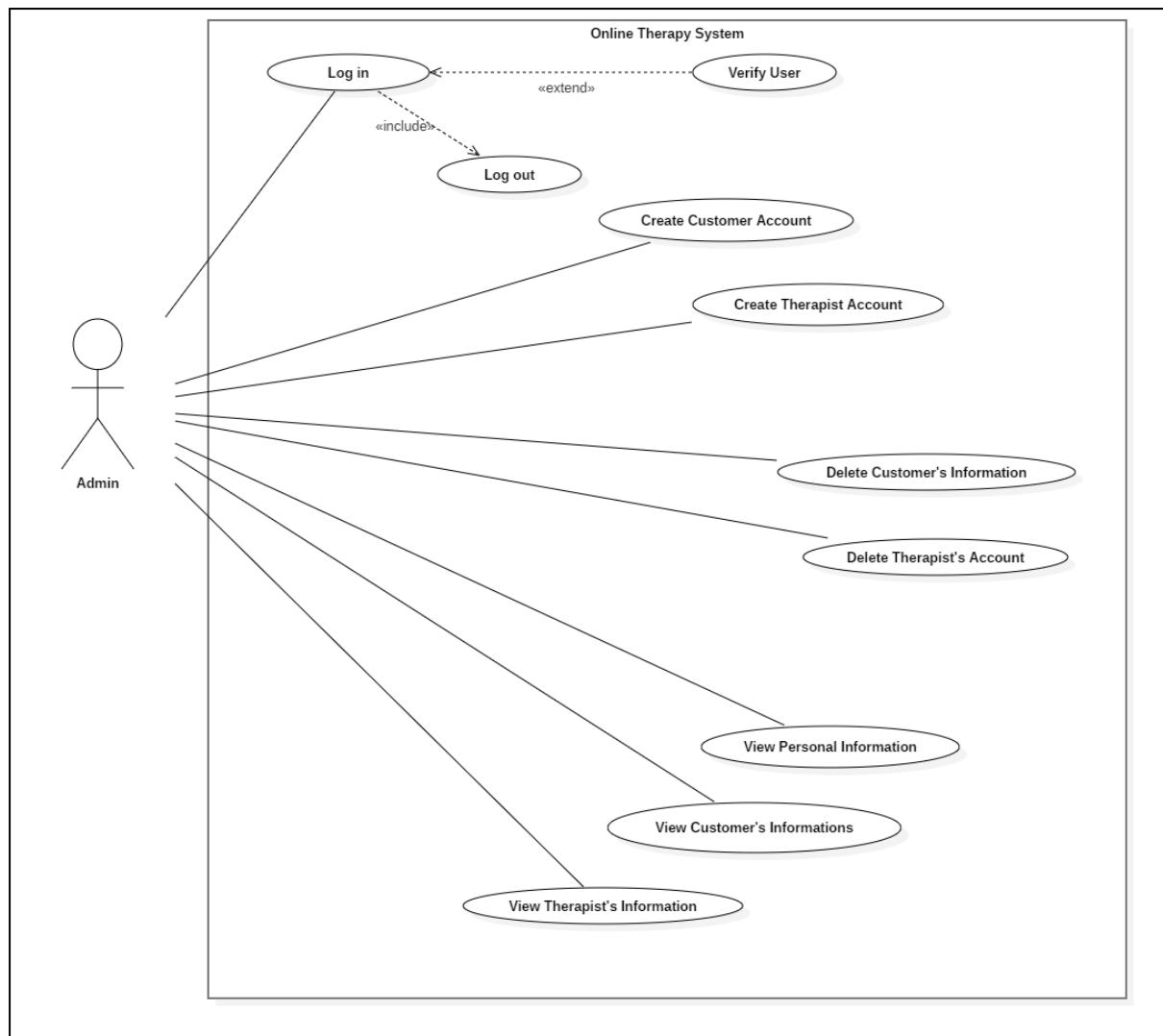
<b>Use Case:</b> Online Therapy Site <b>Actors:</b> [User “ID: Customer”], [User “ID: Therapist”], [User “ID: Admin”], [User “ID: Customer Support”] <b>Goal:</b> View the Responsibilities for each Actor	
Actor	Description
User “ID: Customer”	<ul style="list-style-type: none"><li>● Create Account</li><li>● Login And Logout from The Account (May need to verify user in some cases)</li><li>● View Personal Information</li><li>● Select A Therapist</li><li>● View Therapist’s Information</li><li>● Send Messages</li><li>● Join Sessions</li></ul>
User “ID: Therapist”	<ul style="list-style-type: none"><li>● Login And Logout from The Account (May need to verify user in some cases)</li><li>● View Personal Information</li><li>● View Customer’s Information</li><li>● Send Messages</li><li>● Join Sessions</li></ul>
User “ID: Admin”	<ul style="list-style-type: none"><li>● Login And Logout from The Account (May need to verify user in some cases)</li><li>● Create Therapist Account</li><li>● Create Customer Support Account</li><li>● Delete Therapist Account</li><li>● Delete Customer Account</li><li>● Delete Customer Support Account</li><li>● View Personal Information</li><li>● View Therapist Information</li><li>● View Customer Information</li><li>● View Customer Support Information</li></ul>



**Figure 3.2** Customer Use Case Diagram



**Figure 3.3** Therapist Use Case Diagram



**Figure 3.4** Admin Use Case Diagram

### 3.4.2. Context Diagram

Context diagrams show the interactions between a system and other actors (external factors) with which the system is designed to interface. System context diagrams can clarify the context which the system will be part of.

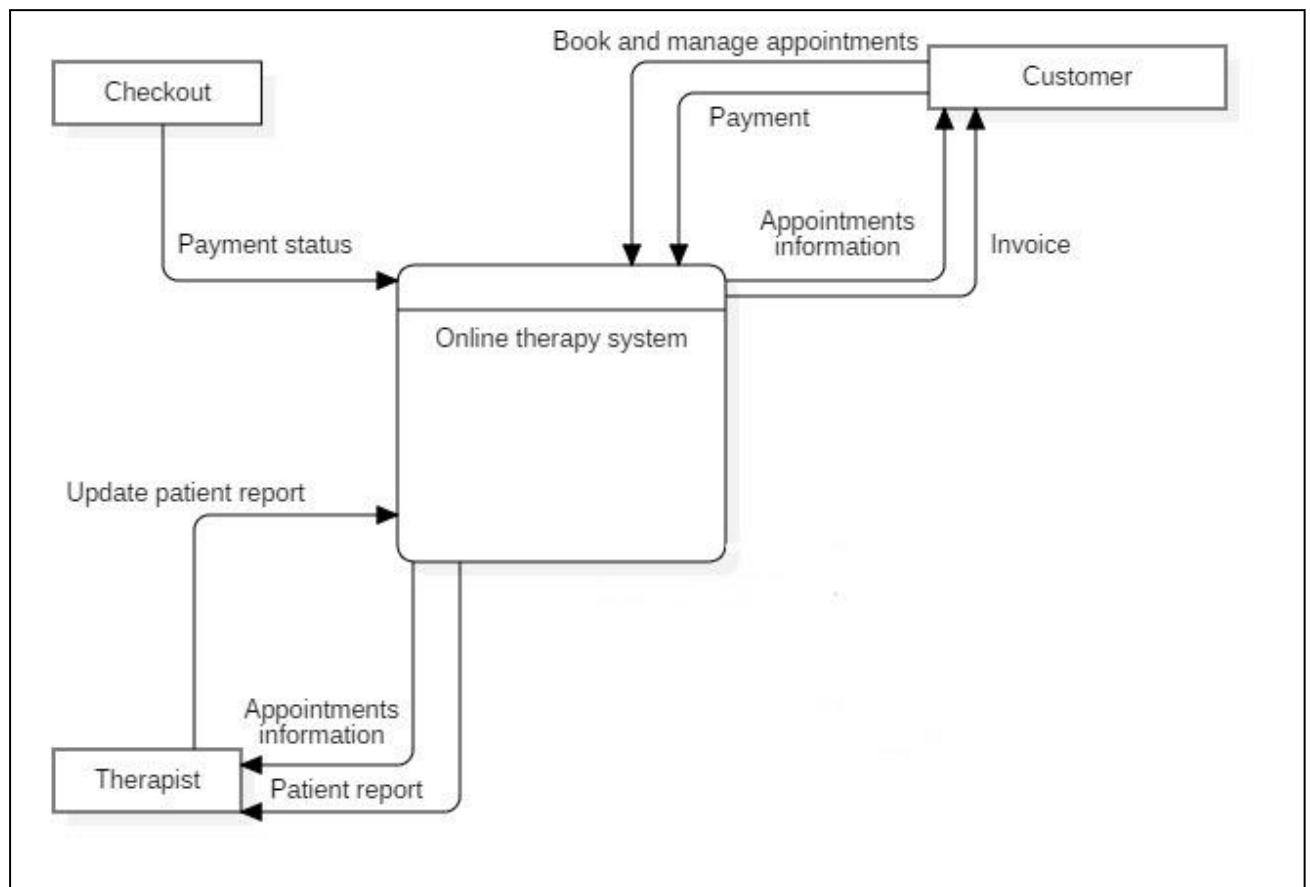
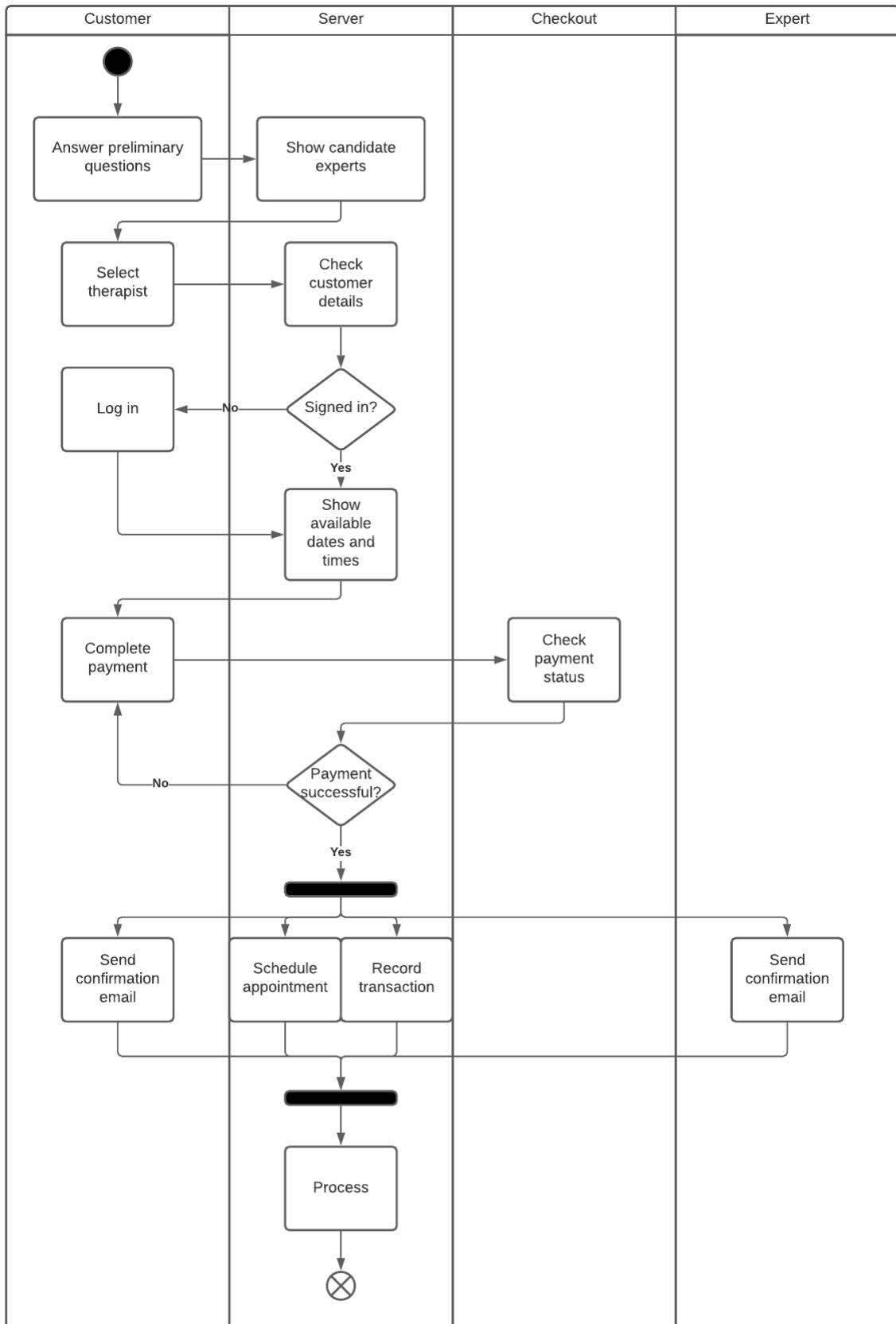


Figure 3.5 Context Diagram

### 3.4.3. Activity Diagram

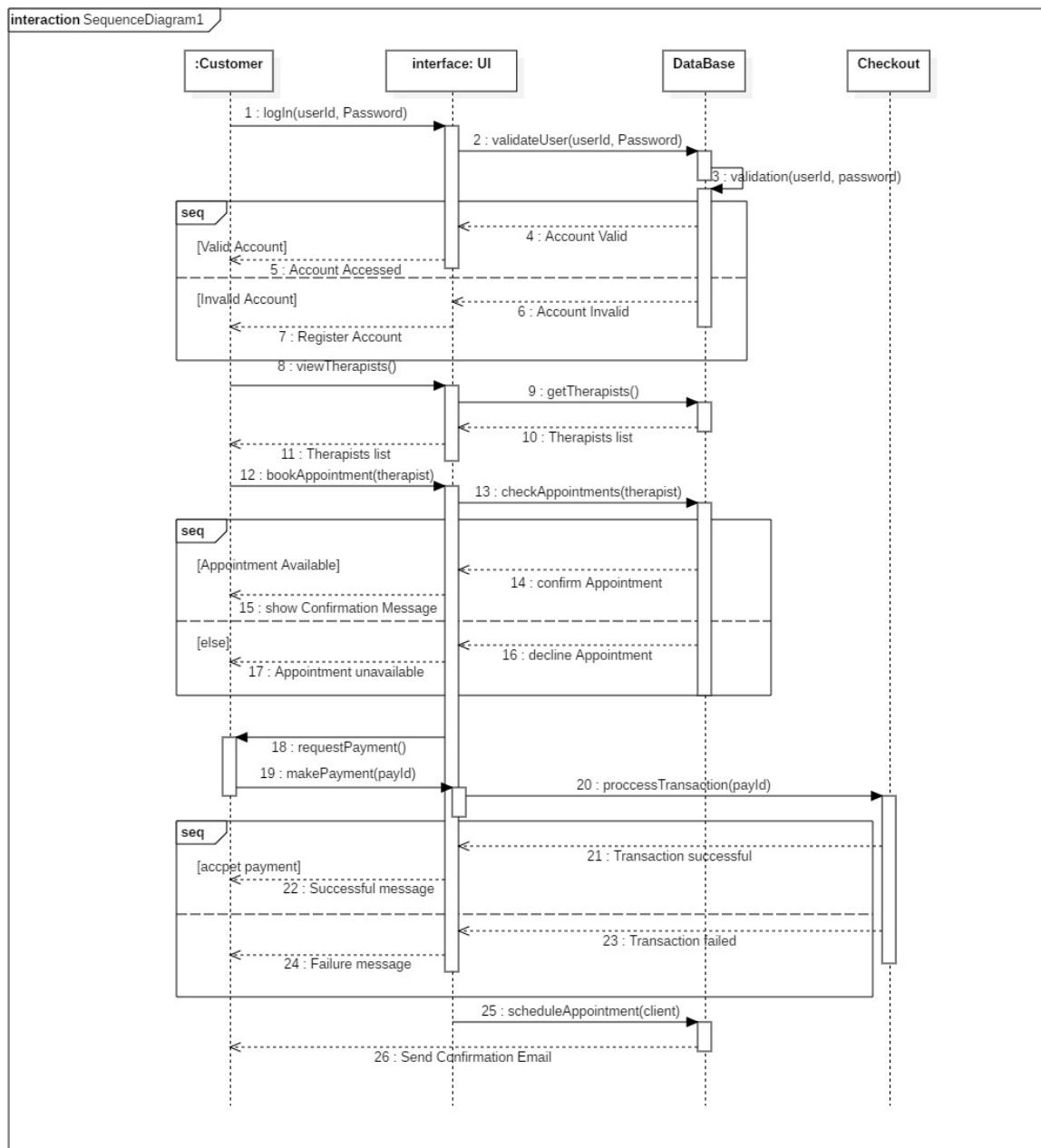
An activity diagram portrays the control flow from a start point to a finish point showing the various decision paths that exist while the activity is being executed. We can depict both sequential processing and concurrent processing of activities using an activity diagram. They are used in business and process modeling where their primary use is to depict the dynamic aspects of a system.



**Figure 3.6** Activity Diagram

### 3.4.4. Sequence Diagram

A sequence diagram or system sequence diagram shows object interactions arranged in time sequence in the field of software engineering. It depicts the objects involved in the scenario and the sequence of messages exchanged between the objects needed to carry out the functionality of the scenario.



**Figure 3.7 Sequence Diagram**

### 3.4.5. Entity Relationship Diagram

ERD is a diagram that displays the relationship of entity sets stored in a database. In other words, ER diagrams help to explain the logical structure of databases. ER diagrams are created based on three basic concepts: entities, attributes and relationships.

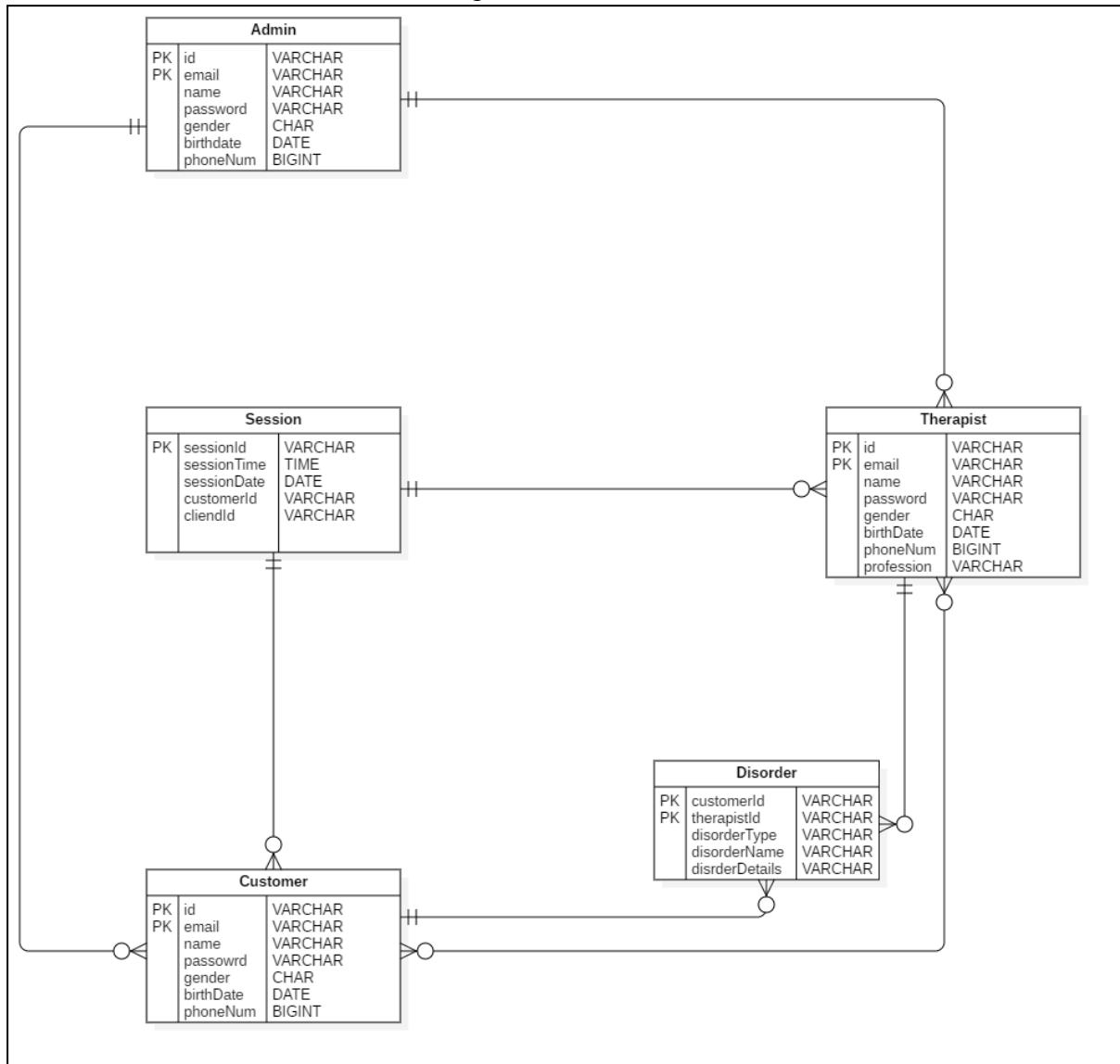


Figure 3.8 ER Diagram

### 3.4.6. Class Diagram

A class diagram is a diagram used in designing and modeling software to describe classes and their relationships. Class diagrams enable us to model software in a high level of abstraction and without having to look at the source code.

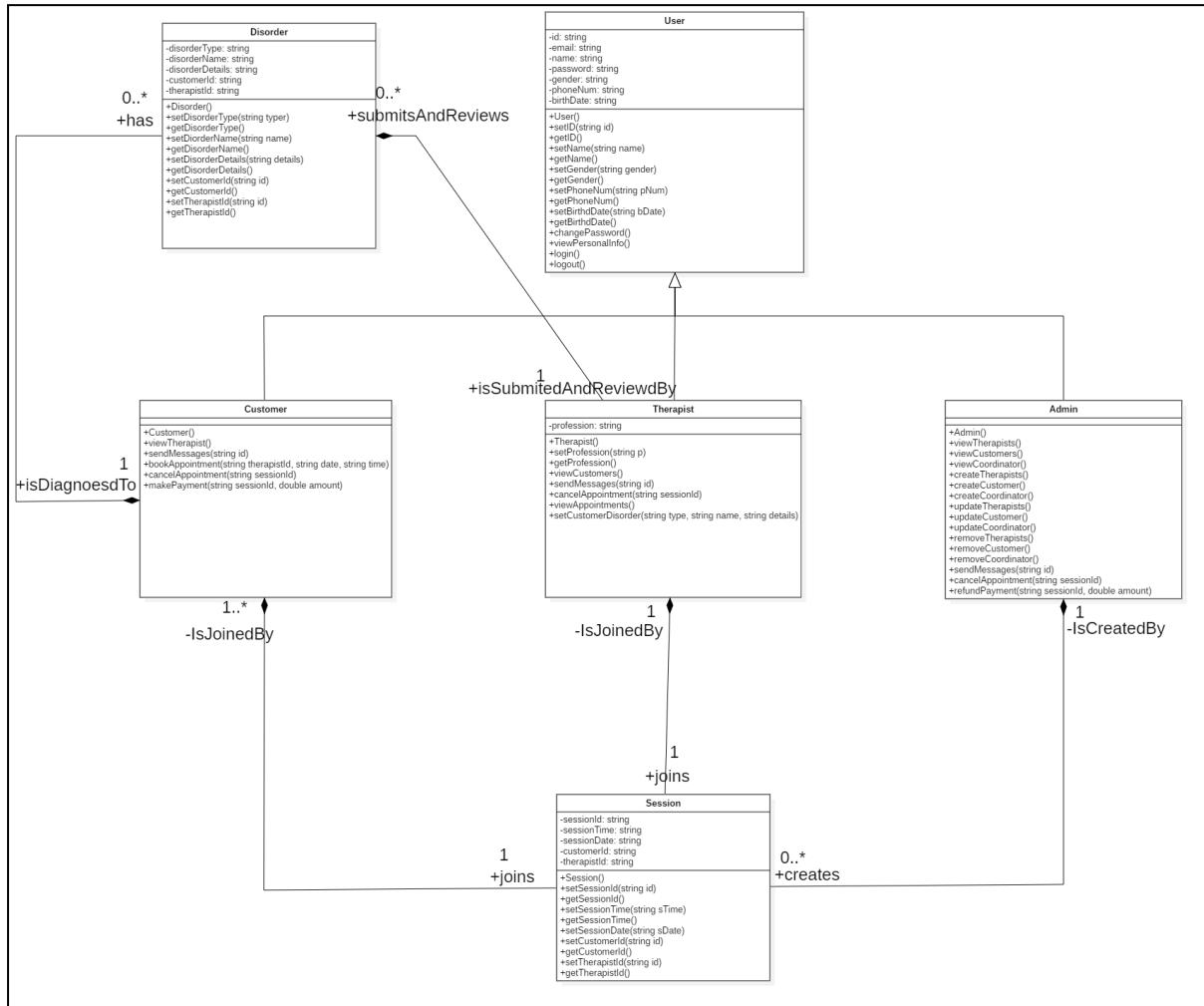
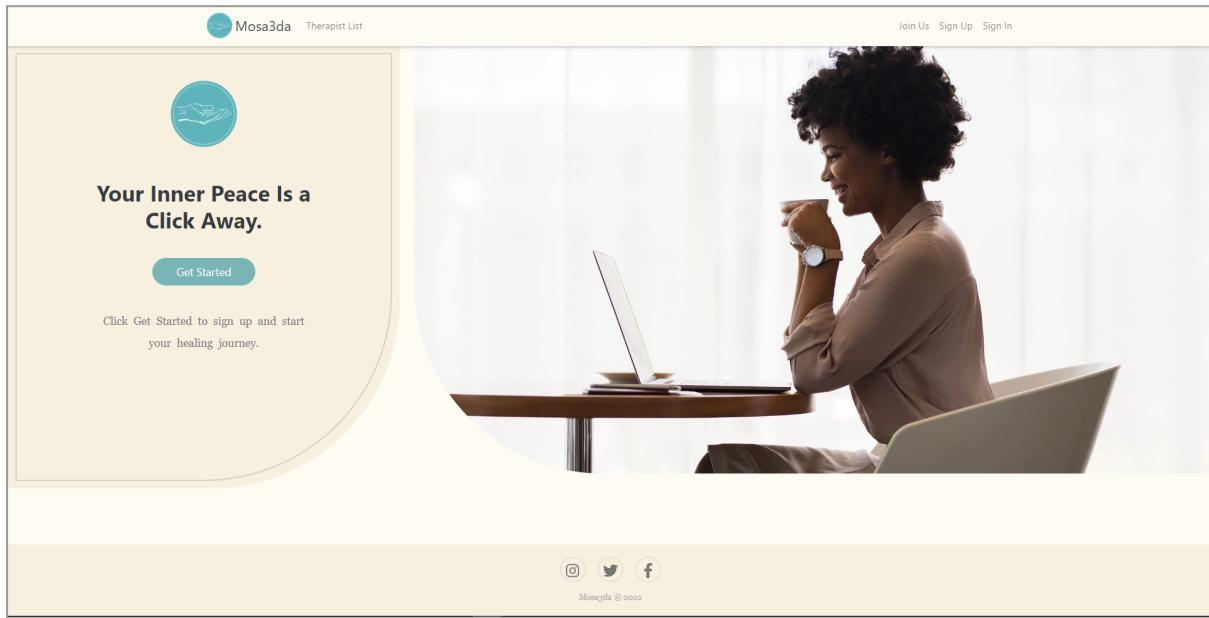


Figure 3.9 Class Diagram

### 3.5. User Interface Design

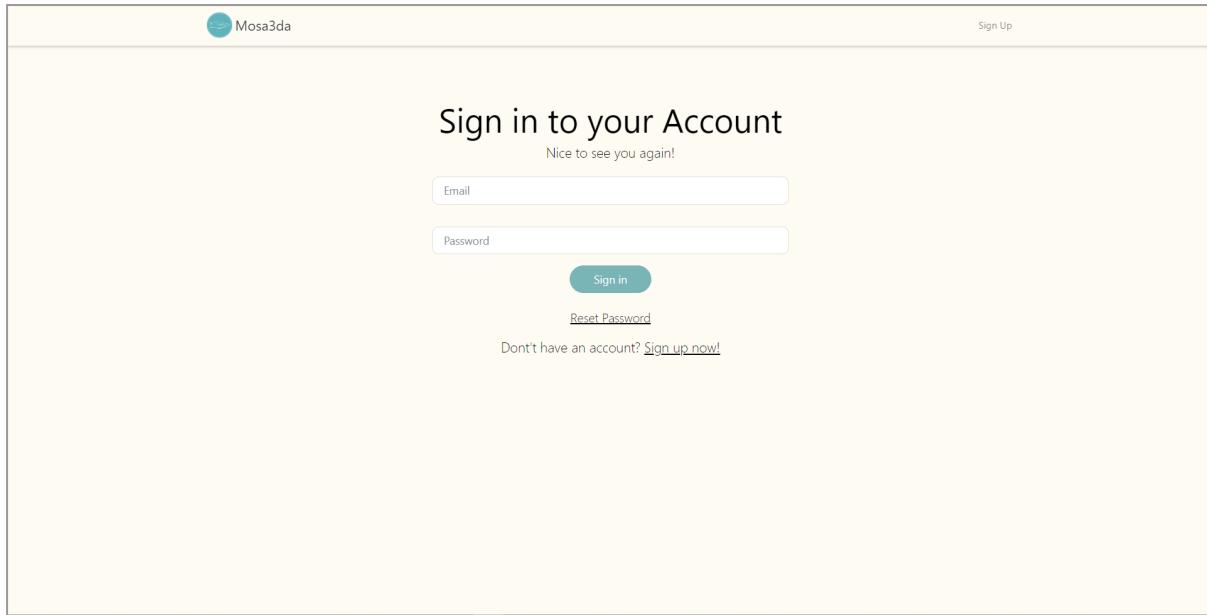
User interface design typically refers to the visual layout and style of the elements that a user may interact with when exploring a web site. Such as font styles, colors, and the control buttons. The interface design should not solely be engaging to potential users, however, should even be highly usable, that is easy to access and understand.



**Figure 3.11** Homepage Interface

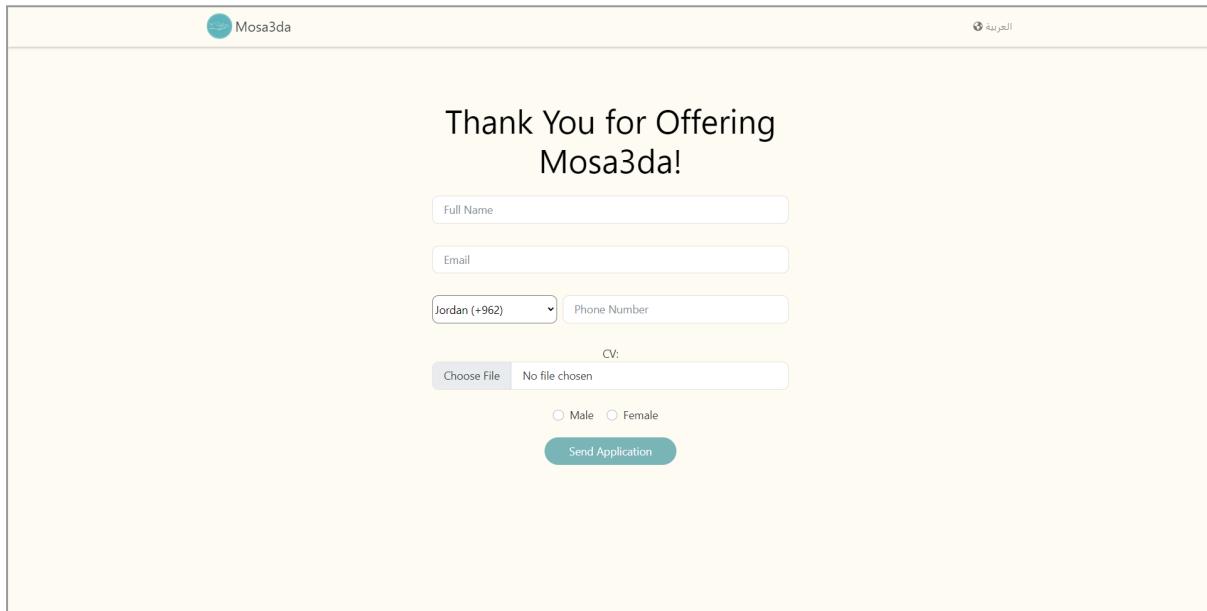
The screenshot shows the 'Create your account' page. At the top left is the 'Mosa3da' logo. To its right is a 'Sign In' link. The main heading 'Create your account' is centered above the sub-instruction 'Begin your journey now!'. Below this are five input fields: 'Full Name', 'Email', a dropdown menu showing 'Jordan (+962)' with a small arrow, and two adjacent input fields for 'Phone Number' and 'Password'. Below these is a 'Confirm Password' field. At the bottom of the form are gender selection radio buttons ('Male', 'Female') and a 'Create account' button. A note at the very bottom says 'Already have an account? [Sign in](#)'.

**Figure 3.12** Create account Interface



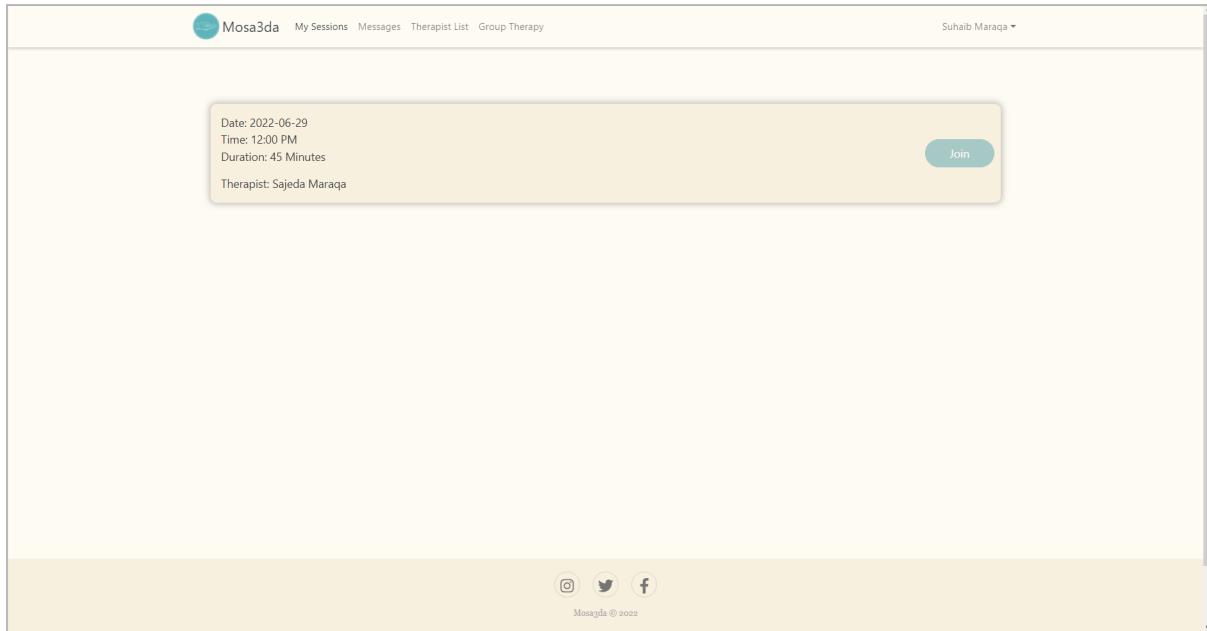
The screenshot shows the sign-in interface for the Mosa3da platform. At the top left is the Mosa3da logo and name. At the top right are 'Sign Up' and 'Sign In' buttons. The main heading 'Sign in to your Account' is centered above a sub-heading 'Nice to see you again!'. Below these are two input fields: 'Email' and 'Password'. A teal 'Sign in' button is positioned below the password field. To its right is a 'Forgot Password?' link. At the bottom is a note 'Don't have an account? [Sign up now!](#)'.

**Figure 3.13** Sign in Interface

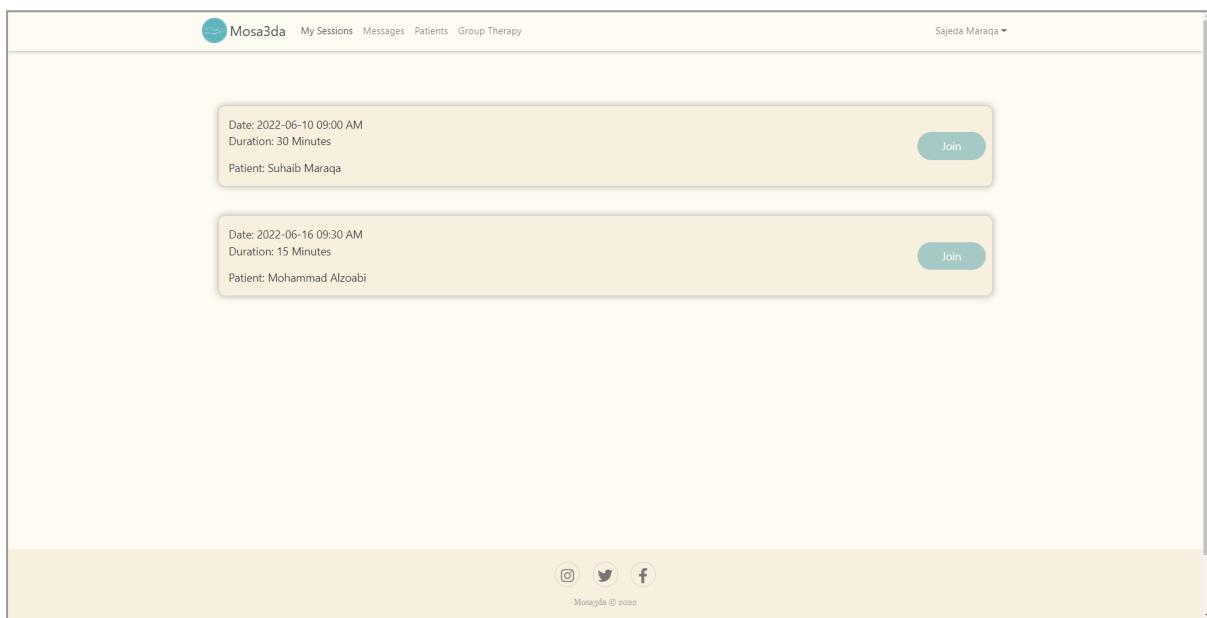


The screenshot shows the therapist application form. At the top left is the Mosa3da logo and name. At the top right is a language selection dropdown showing 'العربية' (Arabic). The main heading 'Thank You for Offering Mosa3da!' is centered. Below it are three input fields: 'Full Name', 'Email', and 'Phone Number'. A dropdown menu for 'Country' is set to 'Jordan (+962)'. Below these is a file upload section for 'CV' with a 'Choose File' button and a placeholder 'No file chosen'. At the bottom are gender selection radio buttons ('Male' and 'Female') and a teal 'Send Application' button.

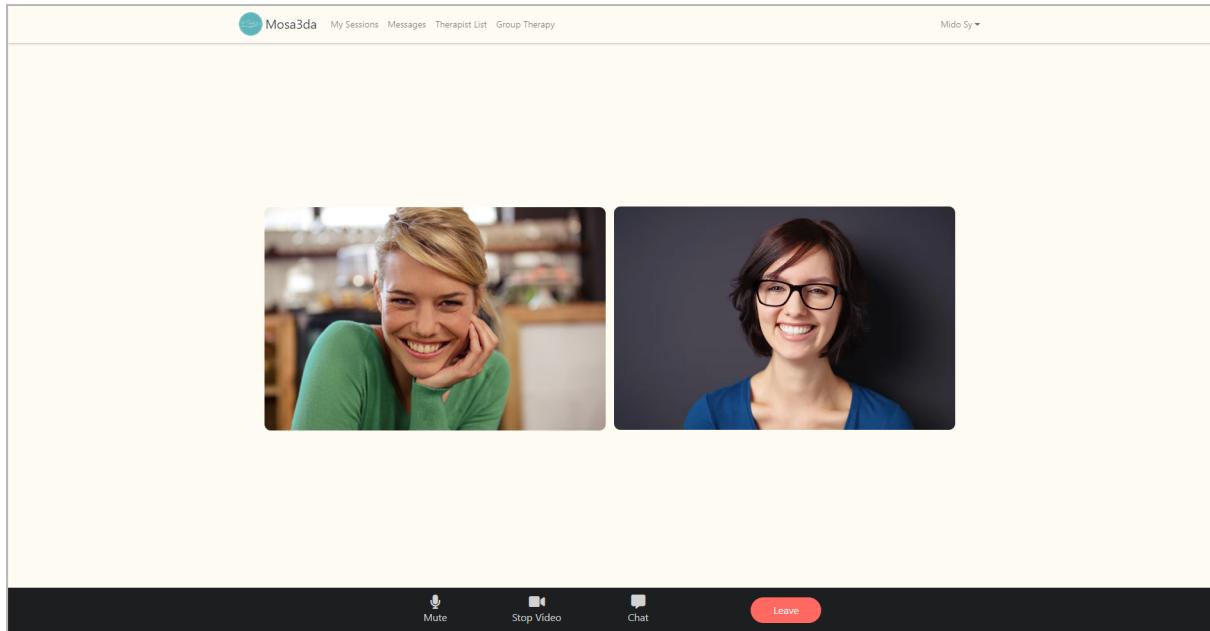
**Figure 3.14** Therapist join form Interface



**Figure 3.15** Customer View



**Figure 3.16** Therapist View



**Figure 3.17 Session View**

We chose beige as the primary color of the platform because it's a dependable color that refers to strength and sets the mood for the user towards the site as stable, trustworthy, and serenity.

# Chapter 4

## Implementation

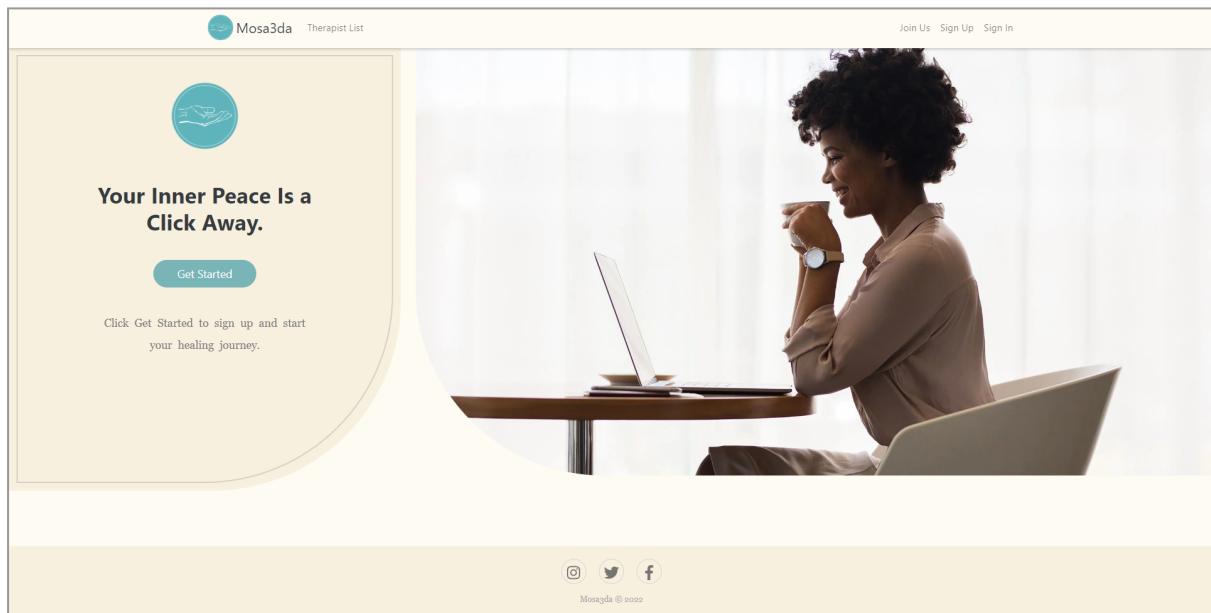
This chapter provides a general idea of how the website would look and how it would be navigated. Then, we show the screen mock-ups where the user can navigate the website, whether they are an admin, therapist, or a patient.

The technologies we used for the front-end are HTML, CSS, JavaScript, and EJS. EJS is a simple templating language that lets you generate HTML markup with plain JavaScript. We chose EJS because of the simple syntax and fast development time and execution. For the back end, we used Express, it's a minimal and flexible Node.js web application framework that provides a robust set of features for web and mobile applications. MongoDB was the database used which is classified as a NoSQL database program, to connect the Node.js app with the database we use a package called Mongoose which is a MongoDB object modeling for Node.js providing a straight-forward, schema-based solution to model your application data.

### 4.1. Mosa3da main pages

#### A. Homepage

We chose to make the homepage simple. The user can log in, sign up, check therapists list or join Mosa3da's team as a therapist.



## B. Sign up Page

The user can sign up to Mosa3da by providing the following information: Name, Email, Phone number and password. After the user signs up a welcome email is sent to the registered email.

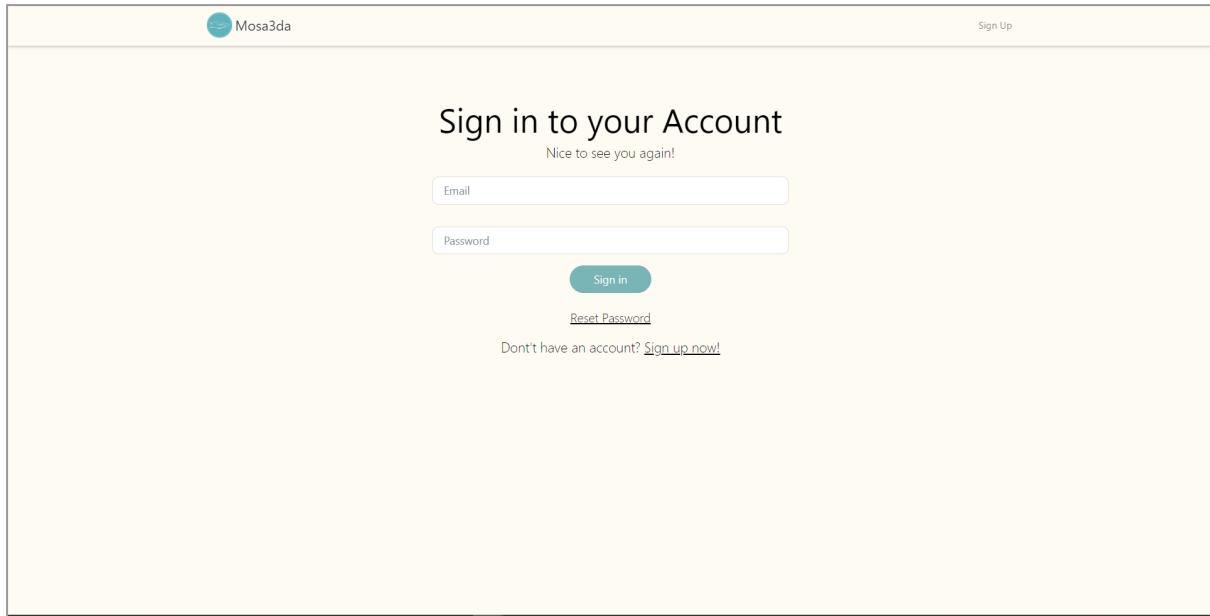
The screenshot shows the 'Create your account' form. At the top, there is a logo for 'Mosa3da' and a 'Sign In' link. Below the title 'Create your account' and the tagline 'Begin your journey now!', there are five input fields: 'Full Name', 'Email', 'Phone Number' (with a dropdown menu showing 'Jordan (+962)'), 'Password', and 'Confirm Password'. Below these fields are two radio buttons for gender ('Male' and 'Female') and a 'Create account' button. At the bottom, there is a link 'Already have an account? [Sign in](#)'.

If the user entered wrong information, then a proper failure message will appear and inform them what information is filled wrong.

The screenshot shows the same sign-up form as above, but with an orange error message box at the top containing the text 'Please fill the required info'. The 'Full Name' field is empty, while the other fields ('Email', 'Phone Number', 'Password', 'Confirm Password', 'Gender', and 'Create account' button) are present but not filled. The 'Sign in' link at the bottom is also visible.

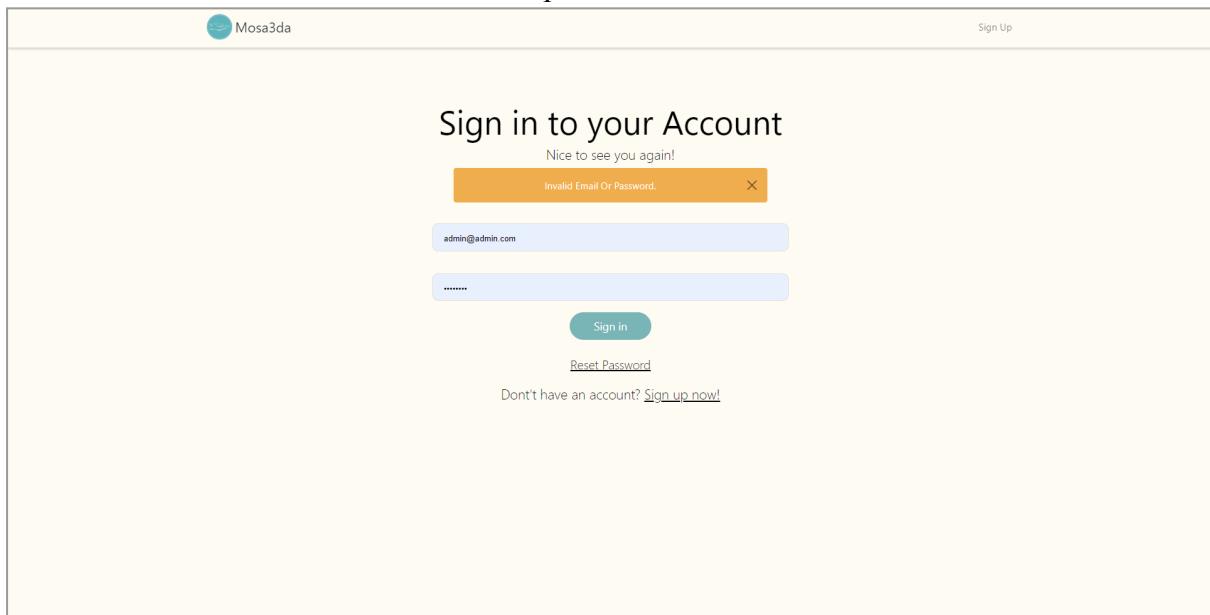
## C. Login page

The user will be able to log in to their account here by using the email and password which they provided once signed up. The user can reset the account password by clicking [Reset Password](#).



A screenshot of a web-based login form. At the top left is a logo with the text "Mosa3da". At the top right is a "Sign Up" link. The main title "Sign in to your Account" is centered above a sub-instruction "Nice to see you again!". Below this are two input fields: "Email" and "Password", both with placeholder text. A central "Sign in" button is below the fields. To its right is a "Reset Password" link. At the bottom is a note about new users with a "Sign up now!" link.

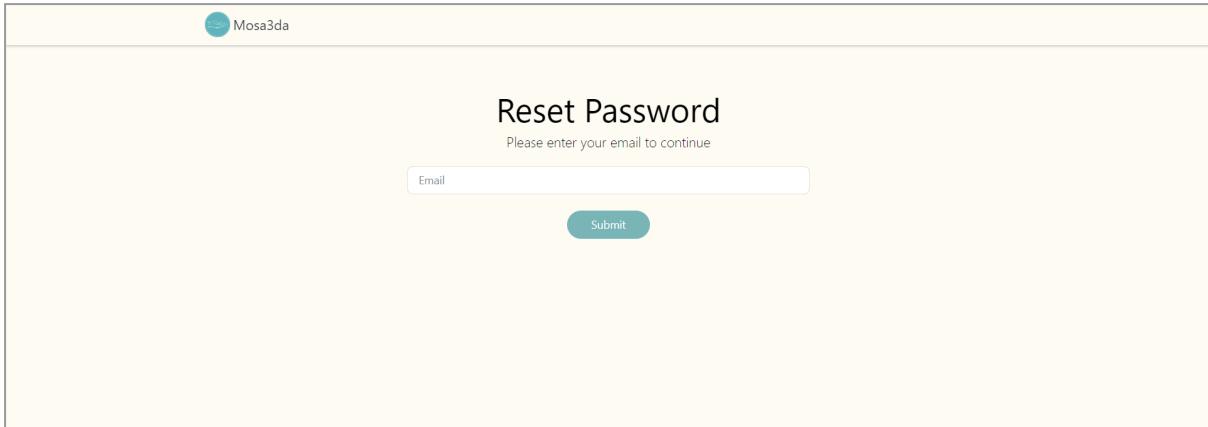
If the user entered a wrong email or password, then this failure message will appear and inform them that the email address or password is incorrect.



A screenshot of the same login form as above, but with an error message displayed. An orange box at the top center contains the text "Invalid Email Or Password." with a close button "X" to its right. The input fields for "Email" and "Password" are shown below, along with the "Sign in" button and supporting links.

## D. Reset password page

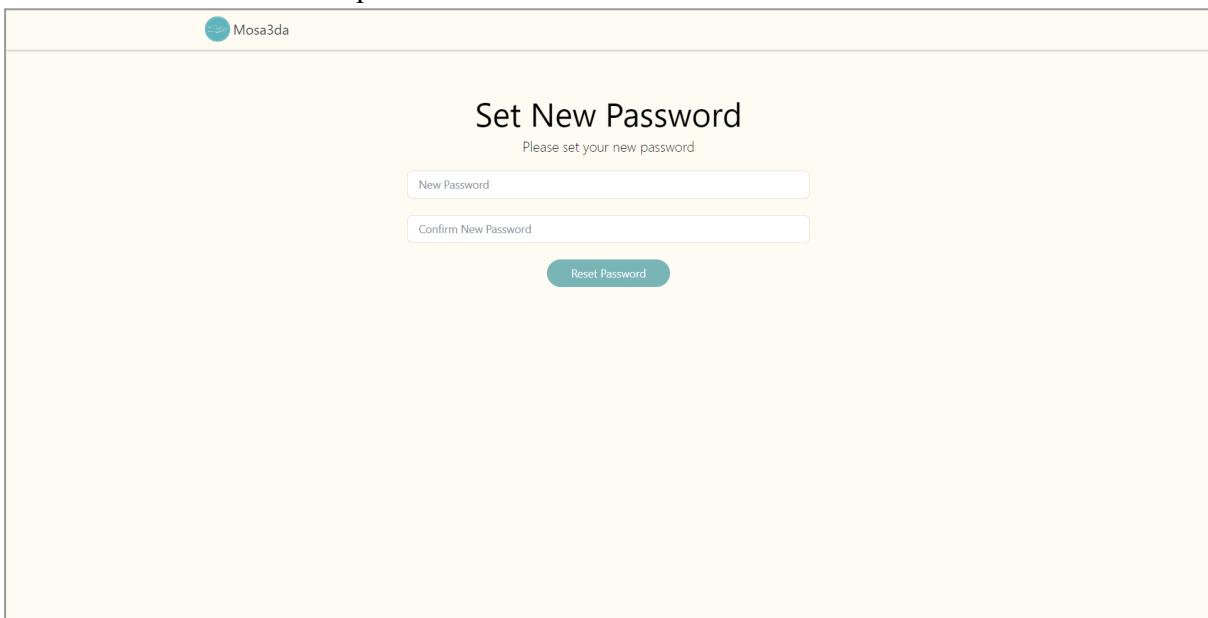
the user should enter their account email to send a reset password link to their email.



A screenshot of a web page titled "Reset Password". At the top left is a small teal circular icon with a white smiley face. To its right, the text "Mosa3da" is displayed. Below the title, a sub-instruction "Please enter your email to continue" is shown. A horizontal input field labeled "Email" is centered, followed by a teal "Submit" button with white text.

## E. Set new password page

Users can set a new password for their account.



A screenshot of a web page titled "Set New Password". At the top left is a small teal circular icon with a white smiley face. To its right, the text "Mosa3da" is displayed. Below the title, a sub-instruction "Please set your new password" is shown. There are two horizontal input fields: one labeled "New Password" and another labeled "Confirm New Password", both with placeholder text. Below these fields is a teal "Reset Password" button with white text.

## F. Join us page

Any therapist can fill out the join us form to join Mosa3da team after reviewing their application. An “under review application” email will be sent to the registered email.

The screenshot shows a web-based application form titled "Thank You for Offering Mosa3da!". The form includes fields for "Full Name", "Email", and "Phone Number". A dropdown menu shows "Jordan (+962)" and a placeholder "123456789". A file upload field is labeled "CV:" with a note "Choose File" and a message "No file chosen". Gender selection options "Male" and "Female" are available. A large teal button at the bottom right is labeled "Send Application". The top right corner features a language switcher with "العربية" (Arabic).

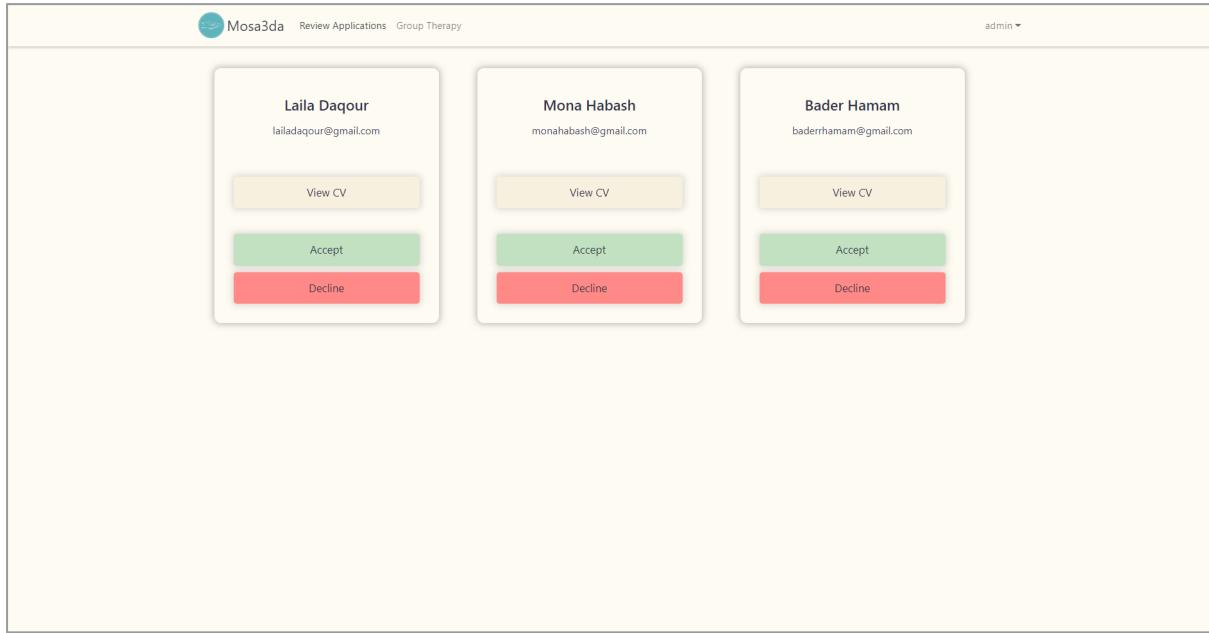
If the user entered wrong information, then a proper failure message will appear and inform them what information is filled wrong.

The screenshot shows the same application form as above, but with an orange error message box at the top stating "Please make sure to upload your CV, must be in PDF Format" with a close button "X". The rest of the form fields and layout are identical to the first screenshot.

## 4.2. Mosa3da admin pages

### A. Applications page

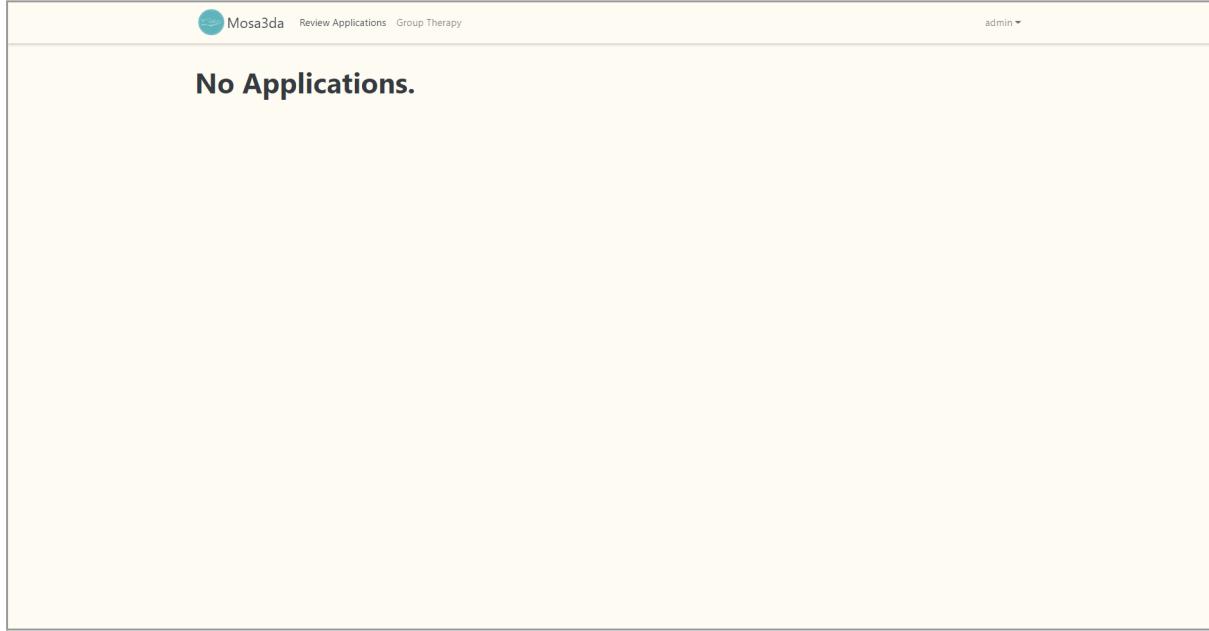
The applications sent by therapists can be viewed here by the admin, the admin can view the therapists' cvs', and can decide to either accept or decline them.



The screenshot shows the 'Review Applications' section of the Mosa3da admin dashboard. It displays three therapist profiles in separate cards:

- Laila Daqour** (lailadaqour@gmail.com)  
Buttons: View CV, Accept (green), Decline (red)
- Mona Habash** (monahabash@gmail.com)  
Buttons: View CV, Accept (green), Decline (red)
- Bader Hamam** (baderrhamam@gmail.com)  
Buttons: View CV, Accept (green), Decline (red)

if there were no applications, this page will be rendered:



The screenshot shows the 'Review Applications' section of the Mosa3da admin dashboard. It displays a single message: **No Applications.**

## B. Group Therapy page

The admin can create group therapy rooms or delete them.

This screenshot shows a list of group therapy rooms. Each room is represented by a card with its details and a red 'Delete' button. Room 1: Anxiety, Date: Every Thursday, Time: 10:00 PM, Duration: 45 Minutes, Therapist: Sajeda. Room 2: Depression, Date: Every Monday, Time: 6:00 PM, Duration: 45 Minutes, Therapist: Suhaib.

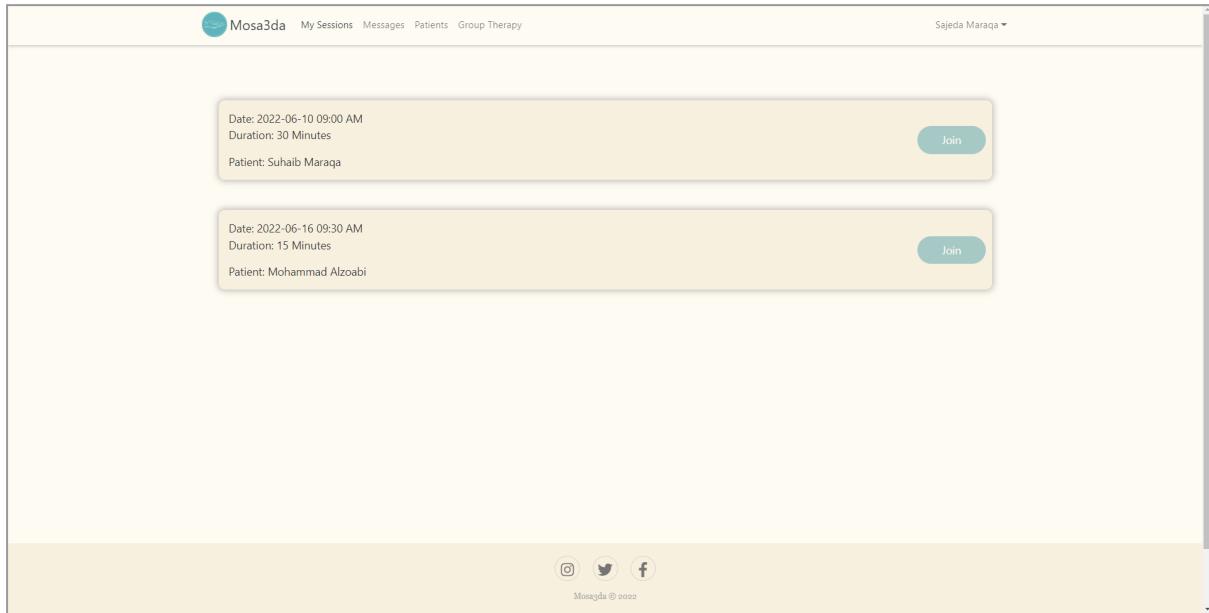
the add group therapy page lets the admin decide it's name, therapist, date, duration and time

This screenshot shows the 'Add New Group Therapy' form. It includes fields for Room Name, Room Therapist, Room Date, Room Duration, and Room Time, each with a dropdown menu. At the bottom is a green 'Add Room' button.

## 4.3. Mosa3da therapist pages

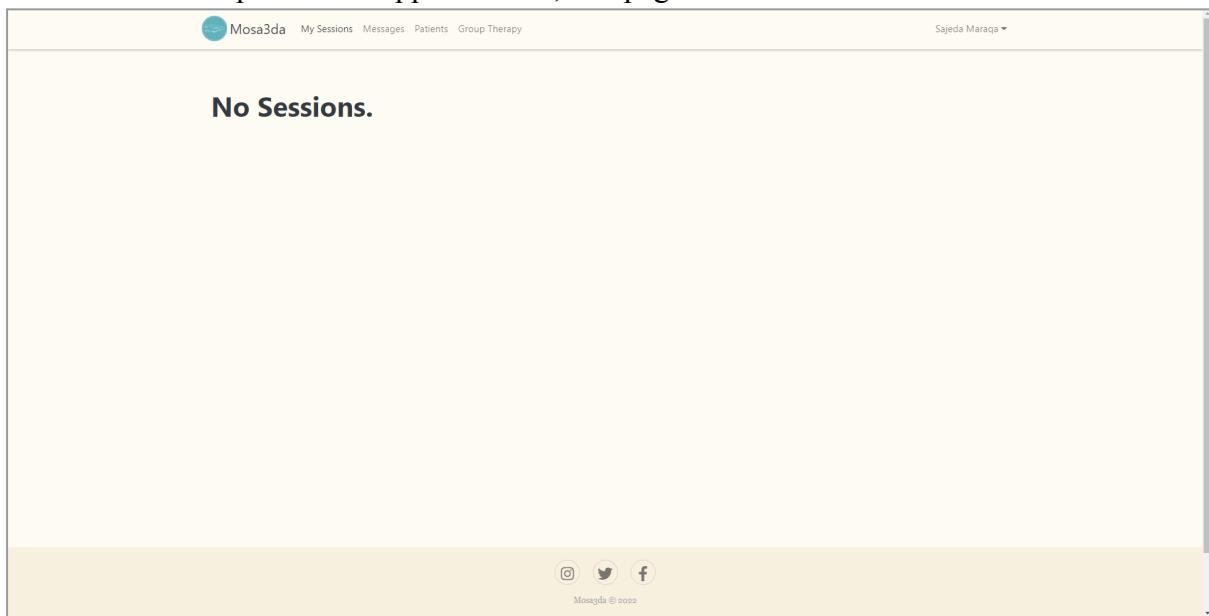
### A. Dashboard page

The therapist appointments are displayed once the therapist logs in with the appointment date, duration, and the patient name.



The screenshot shows the Mosa3da therapist dashboard. At the top, there is a navigation bar with the Mosa3da logo, "My Sessions", "Messages", "Patients", "Group Therapy", and a dropdown menu for "Sajeda Maraqa". Below the navigation bar, there are two appointment cards. The first card displays: "Date: 2022-06-10 09:00 AM", "Duration: 30 Minutes", and "Patient: Suhaib Maraqa", with a "Join" button. The second card displays: "Date: 2022-06-16 09:30 AM", "Duration: 15 Minutes", and "Patient: Mohammad Alzoabi", also with a "Join" button. At the bottom of the dashboard, there are social media sharing icons for Instagram, Twitter, and Facebook, followed by the text "Mosa3da © 2022".

if the therapist has no appointments, this page will be rendered:



The screenshot shows the Mosa3da therapist dashboard. At the top, there is a navigation bar with the Mosa3da logo, "My Sessions", "Messages", "Patients", "Group Therapy", and a dropdown menu for "Sajeda Maraqa". Below the navigation bar, the text "No Sessions." is centered on the page. At the bottom of the dashboard, there are social media sharing icons for Instagram, Twitter, and Facebook, followed by the text "Mosa3da © 2022".

if an appointment is due, the “Join” button is rendered as enabled and the therapist can join the session then.

The screenshot shows the Mosa3da platform interface. At the top, there is a navigation bar with the logo 'Mosa3da', followed by links for 'My Sessions', 'Messages', 'Patients', and 'Group Therapy'. On the right side of the top bar, there is a dropdown menu for 'Sajeda Maraqa'. Below the navigation bar, there are two card-like boxes representing upcoming sessions:

- The first card displays: Date: 2022-06-19 11:00 AM, Duration: 15 Minutes, Patient: Amal Rasas, and a green 'Join' button.
- The second card displays: Date: 2022-06-29 09:00 AM, Duration: 45 Minutes, Patient: Suhaib Maraqa, and a green 'Join' button.

A video call will start between the therapist and patient

The screenshot shows a video call interface. At the top, there is a navigation bar with the logo 'Mosa3da', followed by links for 'My Sessions', 'Messages', 'Therapist List', and 'Group Therapy'. On the right side of the top bar, there is a dropdown menu for 'Mido Sy'. Below the navigation bar, there are two video thumbnails of the participants:

- The left thumbnail shows a woman with blonde hair, smiling, wearing a green top.
- The right thumbnail shows a woman with dark hair and glasses, smiling, wearing a blue top.

At the bottom of the screen, there is a black control bar with the following buttons from left to right: 'Mute' (microphone icon), 'Stop Video' (camera icon), 'Chat' (speech bubble icon), and a red 'Leave' button.

## B. Messages page

A page with all of the therapist's patients displayed where the therapist can chat with their patients by clicking the “chat” button.

The screenshot shows a web-based application interface for 'Mosa3da'. At the top, there is a navigation bar with links for 'My Sessions', 'Messages', 'Patients', and 'Group Therapy'. On the right side of the header, there is a dropdown menu labeled 'Sajeda Maraqa'. Below the header, there are two entries, each consisting of a patient name and a 'Chat' button. The first entry is 'Patient: Amal Rasas' and the second is 'Patient: Suhaib Maraqa'. Both entries have a small circular icon to the left of the patient name.

## C. Chatting page

Users can type and send and receive messages in real-time

The screenshot shows a 'Chat' interface for 'Mosa3da'. The top navigation bar and user profile from the previous screen are visible. The main area is titled 'Suhaib Maraqa' and includes a 'Leave Room' button. The conversation log shows a message from 'Mosa3da Bot' at 8:23 pm: 'Welcome to Mosa3da Messages!'. A response from 'Sajeda Maraqa' at 8:23 pm follows: 'Hello Suhaib, How are you?'. At the bottom, there is an input field labeled 'Enter Message' and a 'Send' button with a microphone icon.

## D. Patients page

Therapists can view all of their patients to view their profiles or add notes about them.

The screenshot shows a web interface for a therapist named Sajeda Marqa. At the top, there is a navigation bar with the Mosa3da logo, 'My Sessions', 'Messages', 'Patients', 'Group Therapy', and a dropdown menu for 'Sajeda Marqa'. Below the navigation bar, there are two patient profiles displayed in separate boxes:

- Amal Rasas**: Includes a 'View Profile' button and an 'Add Note' button.
- Suhail Marqa**: Includes a 'View Profile' button and an 'Add Note' button.

## E. View patient profile and add notes page

Here the therapist can view the patient's information and add notes about their case

The screenshot shows a detailed view of a patient profile for Suhail Marqa. At the top, there is a navigation bar with the Mosa3da logo, 'My Sessions', 'Messages', 'Patients', 'Group Therapy', and a dropdown menu for 'Sajeda Marqa'. The main content area is divided into sections:

- Information**: Displays the patient's profile picture, name 'Suhail Marqa', email 'suhailmaraqaapple@gmail.com', gender 'Male', and member since '2022-06-19'.
- Add Note**: A form for adding a note, with a placeholder 'Patient: Suhail Marqa' and a text input field labeled 'Note'.
- Notes**: A section where notes can be listed.

## F. Group Therapy page

Here the therapist can view and join any ongoing session.

The screenshot shows a web interface for 'Mosa3da'. At the top, there's a navigation bar with links for 'My Sessions', 'Messages', 'Patients', and 'Group Therapy'. On the right, it says 'Sajeda Maraqa ▾'. Below the navigation, there are two cards representing group therapy sessions:

- Room: Anxiety**  
Date: Every Thursday  
Time: 10:00 PM  
Duration: 45 Minutes  
Therapist: Sajeda
- Room: Depression**  
Date: Every Monday  
Time: 6:00 PM  
Duration: 45 Minutes  
Therapist: Suhaib

Each card has a 'Join' button on the right side.

## G. Dashboard dropdown menu

A dropdown menu will appear when the user clicks on their name.

The screenshot shows a web interface for 'Mosa3da'. At the top, there's a navigation bar with links for 'My Sessions', 'Messages', 'Patients', and 'Group Therapy'. On the right, it says 'Sajeda Maraqa ▾'. A dropdown menu is open next to the user's name, containing the following options:

- Profile & Sessions
- Change Password
- Log out

Below the dropdown, there are two cards representing sessions:

- Date: 2022-06-20 11:00 AM  
Duration: 15 Minutes  
Patient: Amal Rasas
- Date: 2022-06-29 09:00 AM  
Duration: 45 Minutes  
Patient: Suhaib Maraqa

Each card has a 'Join' button on the right side.

## H. Profile & Sessions page

A page including therapist information and adding new available sessions is displayed, here the therapist can add a new session by choosing the date and time that suits them.

The screenshot shows the 'Profile' section of the Mosa3da platform. At the top, there's a user profile picture of a woman named Sajeda Maraqqa. Below the profile, her name is displayed. To the right, there's a 'Information' card containing her email (mr.sting472@gmail.com), phone number (+962123456789), gender (Female), and member since date (2022-06-19). Below this card is a link to 'Edit Profile'. Underneath the profile section is a 'Add New Available Session' form. This form includes a 'Select Time and Date' dropdown set to '15 Minutes' and a 'Add Available Session' button.

## I. Edit profile page

When clicking edit profile, A new page where the user can update their information and add their specialties is rendered.

The screenshot shows the 'Editing Profile' page. It features a profile picture of Sajeda Maraqqa and a file input field showing 'No file chosen'. Below the profile is a 'Name' field containing 'Sajeda Maraqqa'. To the right is an 'Information' card with fields for Email (mr.sting472@gmail.com), Phone Number (set to 'Jordan (+962)'), Gender (Female selected), and Specialties (a dropdown menu showing 'Nothing selected'). At the bottom is a 'Save Changes' button.

Mosa3da My Sessions Messages Patients Group Therapy Sajeda Maraqa ▾

**Editing Profile**

**Information**

Email: mr.sting472@gmail.com Phone Number: Jordan (+962) ▾ Phone Number

Gender: Male Female

Specialties: Nothing selected

Depression  
Addiction  
Relations  
Separation Anxiety Disorder  
Generalized Anxiety Disorder  
Adolescence problems  
Mood Disorders  
Anxiety Disorders  
Personality disorders  
Sexual disorders

Choose File No file chosen

Name: Sajeda Maraqa

Save Changes

## J. Change password

The user can change their account's password by entering the old and new passwords.

Mosa3da My Sessions Messages Patients Group Therapy Sajeda Maraqa ▾

**Change Password**

Old Password

New Password

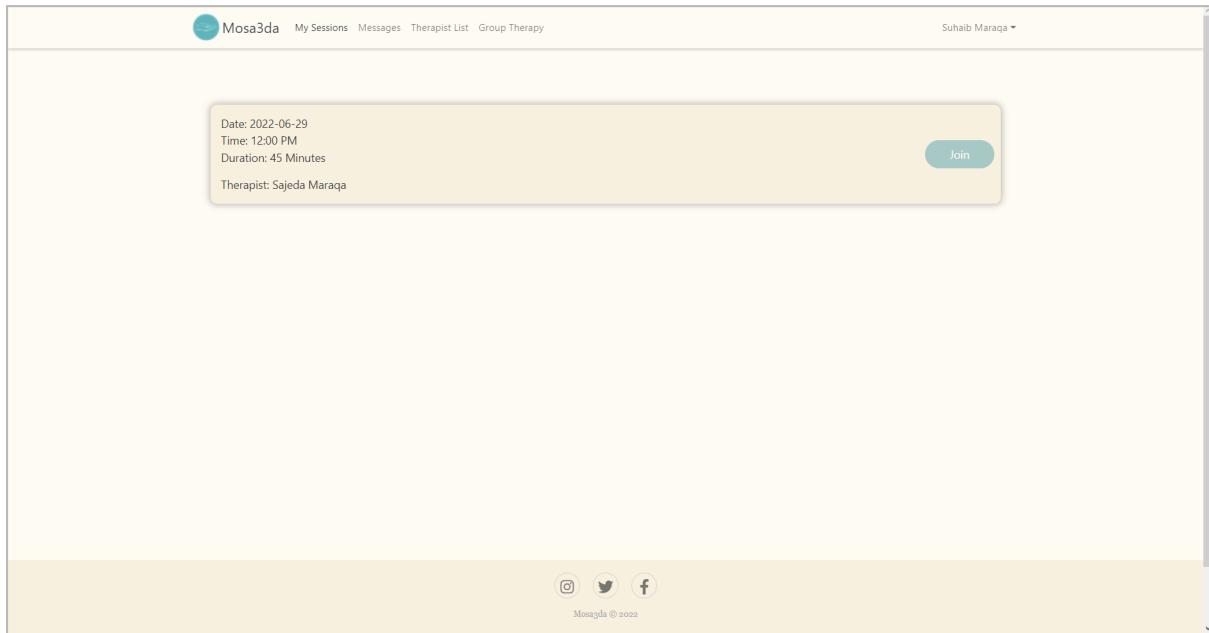
Confirm New Password

Change Password

## 4.4. Mosa3da customer pages

### A. Dashboard page

The patient appointments are displayed once the patient logs in with the appointment's date, duration, and the therapist's name.

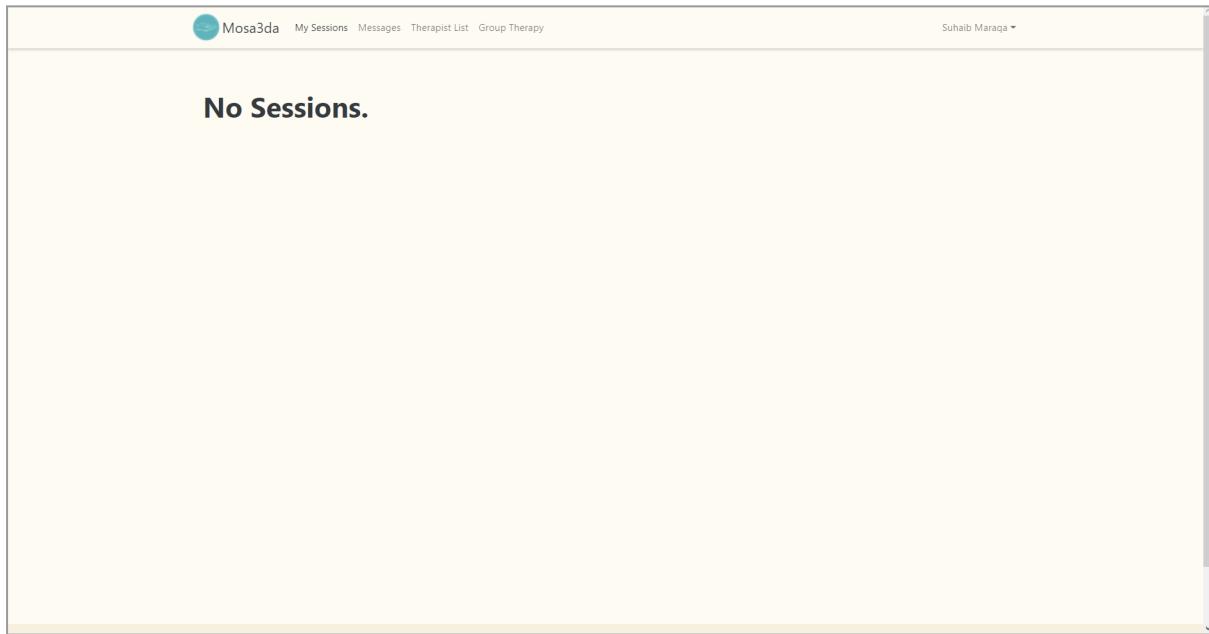


The screenshot shows a dashboard interface for a patient named Suhail Maraqqa. At the top, there is a navigation bar with links for 'My Sessions', 'Messages', 'Therapist List', and 'Group Therapy'. Below the navigation bar, a session summary is displayed in a box:

- Date: 2022-06-29
- Time: 12:00 PM
- Duration: 45 Minutes
- Therapist: Sajeda Maraqqa

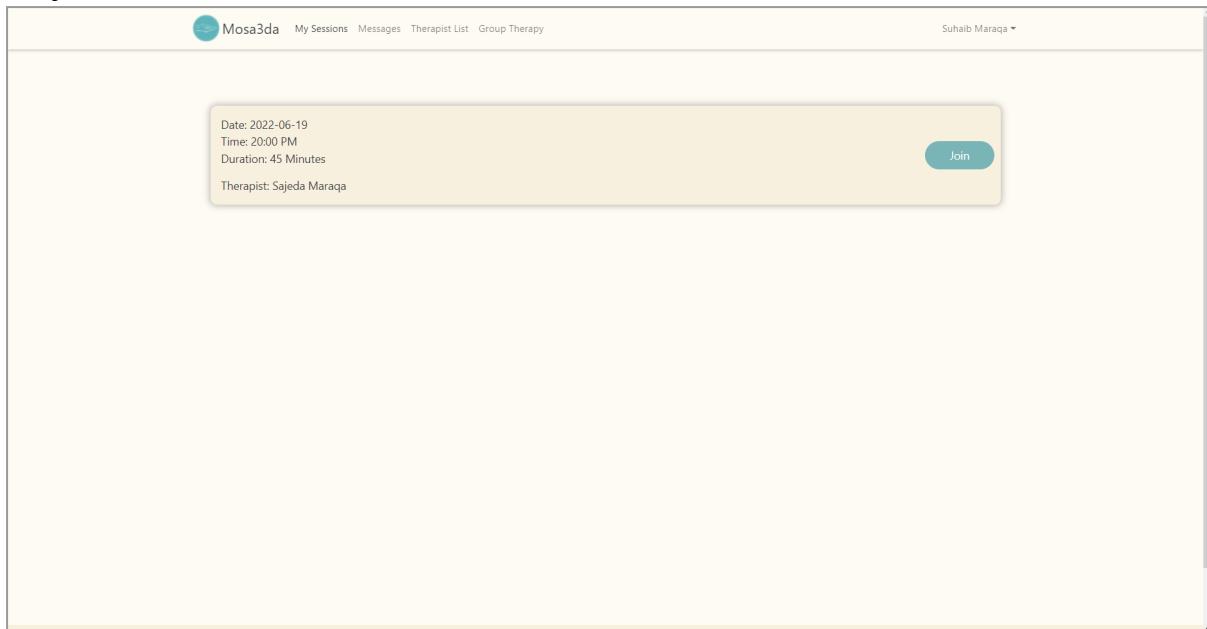
Next to the session details is a green 'Join' button. At the bottom of the dashboard, there are social media icons for Instagram, Twitter, and Facebook, followed by the text 'Mosa3da © 2022'.

if the patient has no appointments, this page will be rendered:

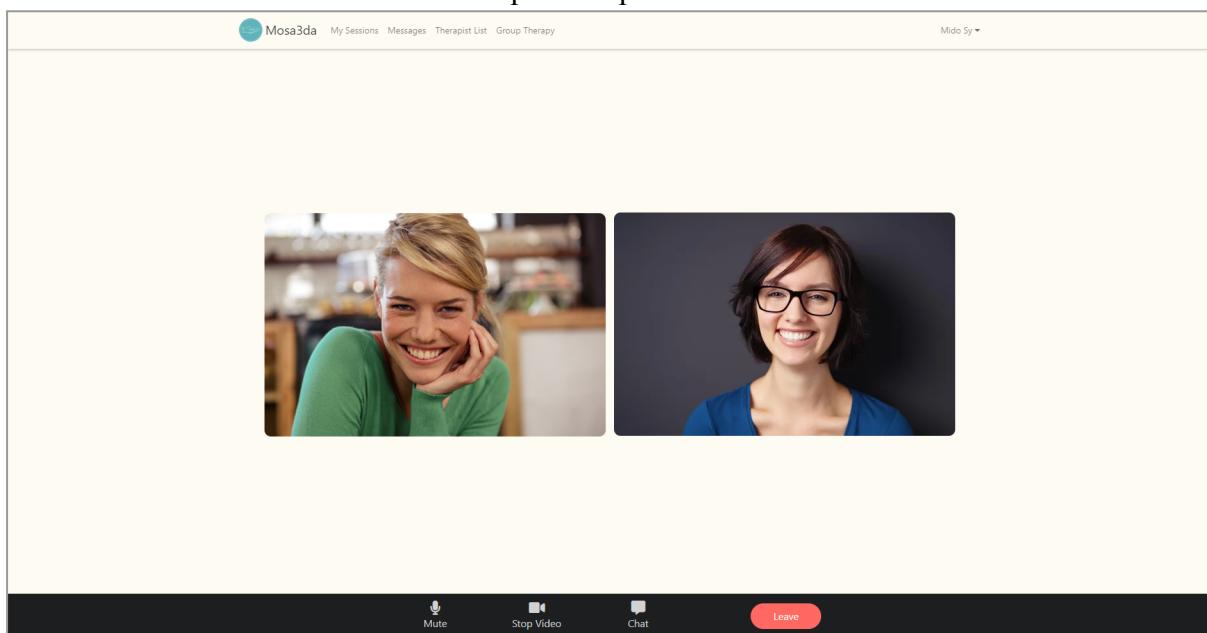


The screenshot shows the same dashboard interface, but this time it displays a message indicating 'No Sessions.' This message is centered on the page below the navigation bar and session summary box.

If an appointment is due, the “Join” button is rendered as enabled and the therapist can join the session then.

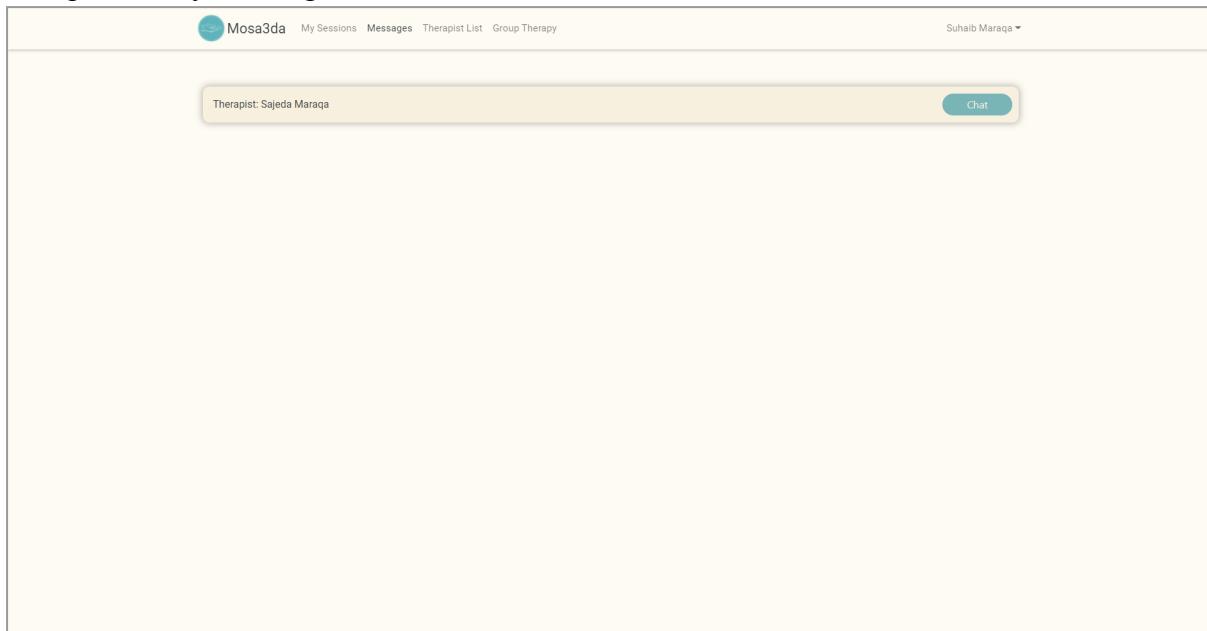


A video call will start between the therapist and patient



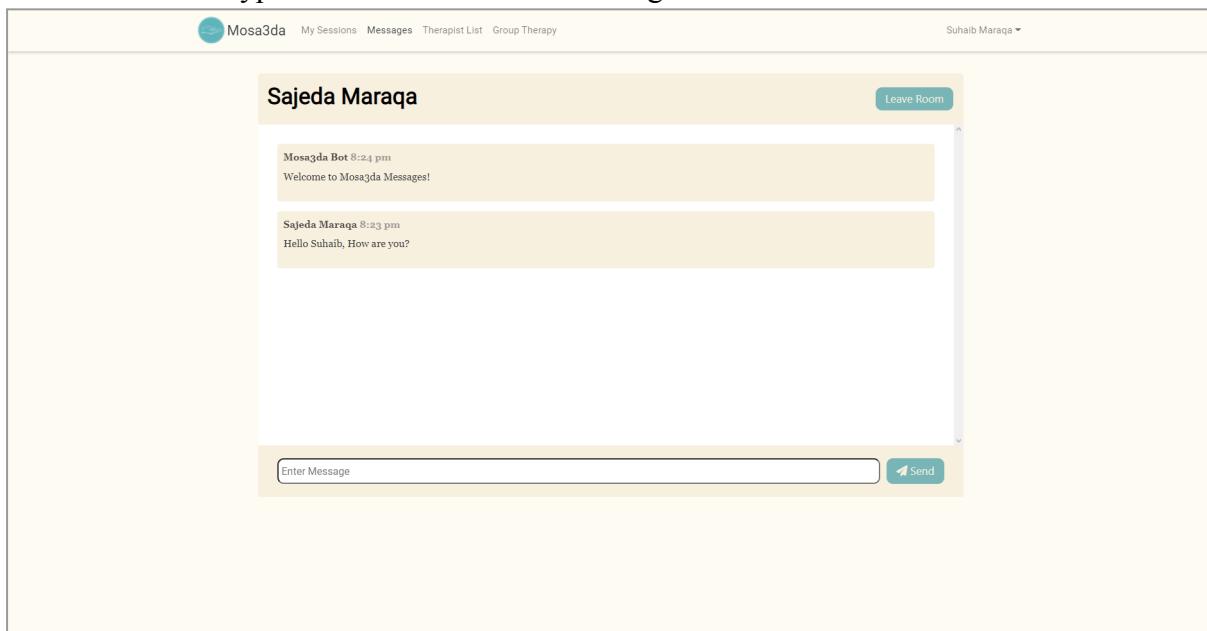
## B. Messages page

A page with all of the therapist's patients displayed where the therapist can chat with their patients by clicking the "chat" button.



## C. Chatting page

Users can type and send and receive messages in real-time



## D. Therapists list page

Patients can view therapists to view their profiles or book appointments.

The screenshot shows a web interface for a therapy platform. At the top, there is a navigation bar with the logo 'Mosa3da' and links for 'My Sessions', 'Messages', 'Therapist List', and 'Group Therapy'. On the right side of the header, there is a user profile for 'Suhaib Maraqa'. Below the header, there is a section titled 'Therapist List' displaying three therapist profiles in cards:

- Laith Masri**: Specialized in: Depression, Addiction, Relations. Buttons: 'View Profile' and 'Book'.
- Sandra Daqour**: Specialized in: Generalized Anxiety Disorder. Buttons: 'View Profile' and 'Book'.
- Sajeda Maraqa**: Specialized in: Mood Disorders, Anxiety Disorders. Buttons: 'View Profile' and 'Book'.

## E. Group Therapy page

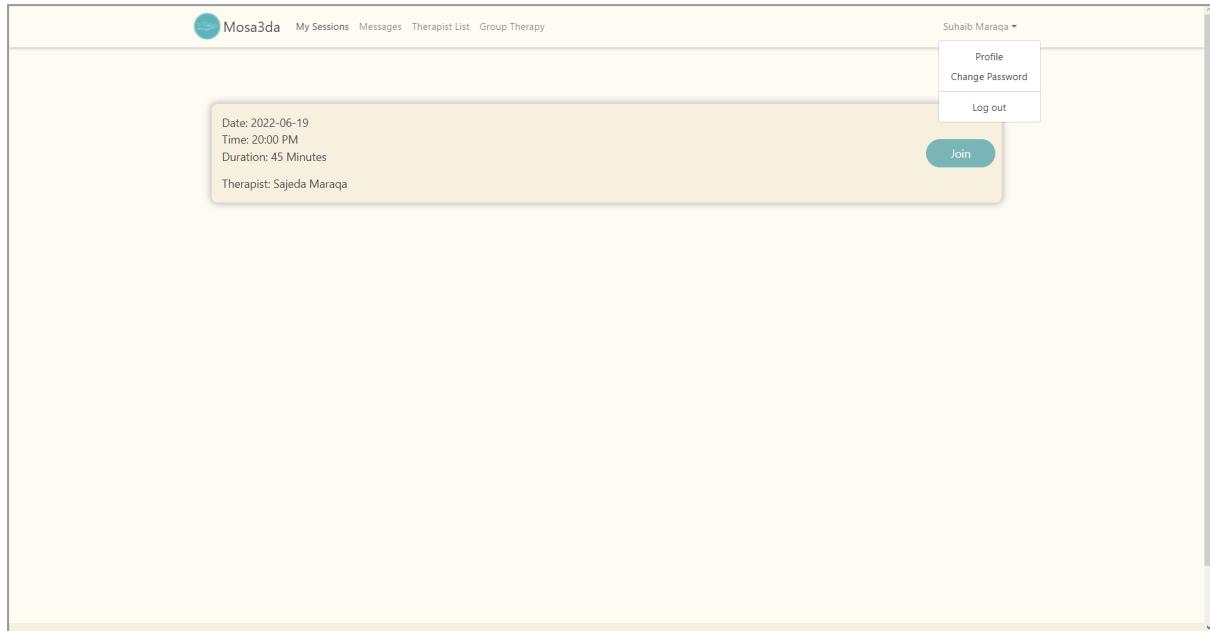
Here the patient can view and join any ongoing session.

The screenshot shows a web interface for a group therapy section. At the top, there is a navigation bar with the logo 'Mosa3da' and links for 'My Sessions', 'Messages', 'Therapist List', and 'Group Therapy'. On the right side of the header, there is a user profile for 'Suhaib Maraqa'. Below the header, there is a section titled 'Group Therapy' displaying two ongoing sessions in cards:

- Anxiety**: Room: Anxiety, Date: Every Thursday, Time: 10:00 PM, Duration: 45 Minutes, Therapist: Sajeda. A 'Join' button is located to the right of the session details.
- Depression**: Room: Depression, Date: Every Monday, Time: 6:00 PM, Duration: 45 Minutes, Therapist: Suhaib. A 'Join' button is located to the right of the session details.

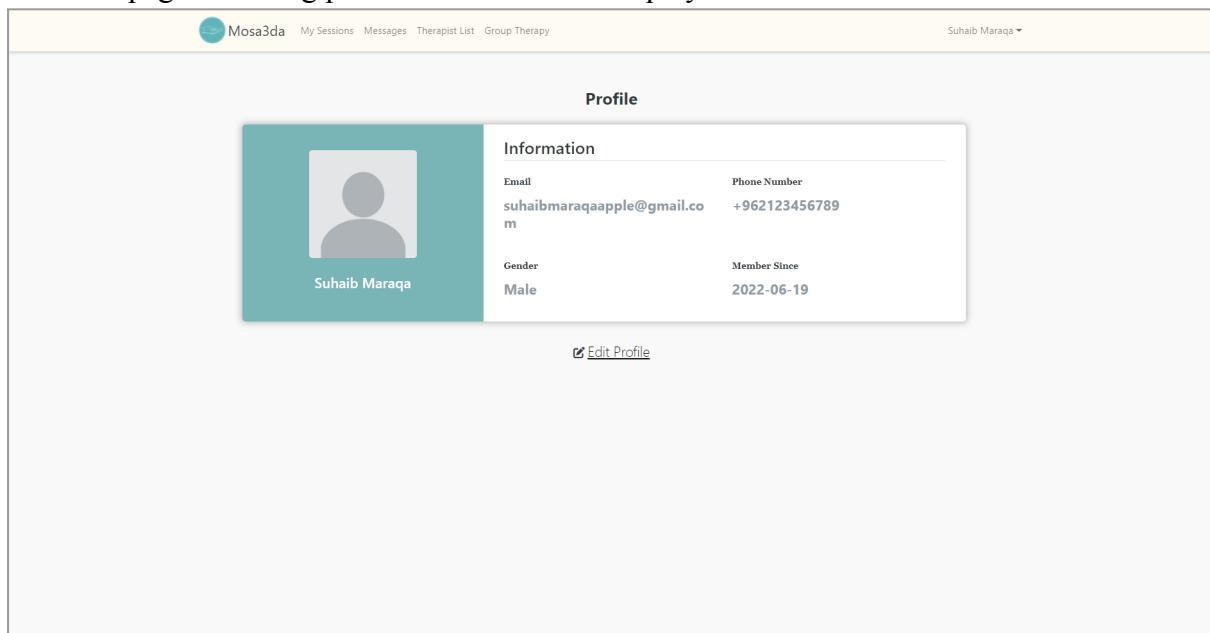
## F. Dashboard dropdown menu

A dropdown menu will appear when the user clicks on their name.



## G. Profile page

A page including patient information is displayed



## H. Edit profile page

When clicking edit profile, A new page where user can update their information.

The screenshot displays the 'Editing Profile' page from the Mosa3da application. At the top left is the Mosa3da logo and navigation links: My Sessions, Messages, Therapist List, Group Therapy. At the top right is the user's name, Suhail Maraqa, with a dropdown arrow. The main area is titled 'Editing Profile'. On the left, there is a placeholder profile picture, a 'Choose File' button with 'No file chosen' text, and a 'Name' field containing 'Suhail Maraqa'. To the right, under the 'Information' section, there are fields for 'Email' (suhailmaraqaapple@gmail.com), 'Phone Number' (Jordan (+962) dropdown menu), and 'Gender' (radio buttons for Male (selected) and Female). A 'Save Changes' button is located at the bottom right of the form.

# **Chapter 5**

## **Testing and Evaluation**

In this chapter, we will describe the testing process carried out to test the system. These are test cases for determining the correctness of implemented structures in the program and evaluating the system's compliance with the specified needs.

### **1. Login Test**

Case	Expected	Pass/Fail
Valid User Email and Password	Login Successfully	Pass
Invalid Email	Display Error “Invalid Email Or Password”	Pass
Invalid Password	Display Error “Password is incorrect”	Pass
Press Reset Password button	Display “forgot password” page	Pass
Press “Sign up” button	Display “sign up” page	Pass

### **2. Sign up Test**

Case	Expected	Pass/Fail
Valid info	Sign up Successfully	Pass
Leave a field empty	Display “Please fill the required info” page	Pass
Invalid Email	Display “Please include an ‘@’ in the email address. ‘email’ is missing an ‘@’ ” page	Pass
Password less than 6 characters	Display “Password must be at least 6 characters” page	Pass

### 3. Join Us Test

Case	Expected	Pass/Fail
Valid info	Application Sent Successfully	Pass
Invalid Email	Display Error “Invalid Email Or Password”	Pass
Leave any field empty	Display Error “Must fill all fields”	Pass
Upload wrong file format	Display Error “CV must be in PDF format”	Pass

### 4. Dashboard Test

Case	Expected	Pass/Fail
Press the “Messages” button	render messages page with other parties connected to the user	Pass
Press “Therapist List” button	render the therapists list page	Pass
Press “Group therapy” button	render group therapy page with the available sessions	Pass
Press on the user name	A dropdown menu is rendered	Pass

### 5. Editing User Profile

Case	Expected	Pass/Fail
Press “Edit Account”	Go to Edit Profile Page	Pass
Leave fields empty in the edit profile page	Display Error “Must fill all fields”	Pass
Change info and press “Save Changes”	Changes made to the account are saves	Pass

## **6. Booking Appointments and Joining Session Test**

Case	Expected	Pass/Fail
Book	Appointment Booked and session added to dashboard	Pass
Press “Join” on session	Join video call with the other party	Pass
Mute Mic	Mic gets muted	Pass
Disable Video	Video gets turned off	Pass

## **7. Chatting Test**

Case	Expected	Pass/Fail
Send message	Message sent successfully to the other party	Pass
Send empty message	Display “Message can’t be empty” message	Pass

## **8. Join Group Therapy Test**

Case	Expected	Pass/Fail
Join Group Therapy room	Room joint successfully with other room members	Pass
Send empty message	Display “Message can’t be empty” message	Pass
Mute Mic	Mic gets muted	Pass
Disable Video	Video gets turned off	Pass

## **9. Accept or Decline Applications Test**

Case	Expected	Pass/Fail
Press “Accept”	Applicant gets accepted and becomes a therapist	Pass
Press “Decline”	Applicant gets declined and their data gets deleted	Pass
Press “View Cv”	Applicant’s CV downloads	Pass

## **10. Add Group therapy Test**

Case	Expected	Pass/Fail
Press “Add New Group Therapy” button	Render add group therapy form.	Pass
Filling all fields with appropriate info	Room created successfully, redirected to “group-therapy” page	Pass
Not filling all fields with appropriate info	Display “Please fill the required info” message	Pass

## **Conclusion**

The world is in need of happiness, as we progress in this life of ours it only keeps getting harder, and with that comes stress and a lot of pressure; therefore the probability of people suffering from mental illness rises, such as depression and anxiety, and while depression and anxiety are the most common, there are still many mental illnesses that people suffer from , having said that, this system helps those people with their problems, and it makes it easier for them by being hosted online, and it does that by offering great flexibility, and an easy and comfortable user experience.

# References

Follow this style of referencing using single spacing for each entry and using normal line spacing between entries.

- [1] **Who.int:**  
<https://www.who.int/teams/mental-health-and-substance-use/mental-health-and-covid-19>
- [2] **Mentalhealth.org:**  
<https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination>
- [3] **Shezlong:**  
<https://www.shezlong.com>
- [4] **Talkspace:**  
<https://www.talkspace.com>
- [5] **Online-Therapy:**  
<https://www.online-therapy.com>

Depression: Malhi, Gin S., and J. John Mann. "Depression." *The Lancet* 392.10161 (2018): 2299-2312.

<https://medlineplus.gov/anxiety.html>

Borderline personality disorder: Lieb, Klaus, et al. "Borderline personality disorder." *The Lancet* 364.9432 (2004): 453-461.

<https://medlineplus.gov/psychoticdisorders.html>

## **APPENDICES**

## **APPENDIX A**

### **Meeting Minutes**

#### **Meeting Minutes (1)**

- **Date and Time:** Wednesday 10/11/2021
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** None
- **What was achieved of them:** None
- **Description of any new problems:** None
- **Planned tasks to be achieved before the next meeting:** Introductory meeting with Dr. Ahmad to discuss project ideas.

#### **Meeting Minutes (2)**

- **Date and Time:** Sunday 14/11/2021
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Choosing the idea of the project.
- **What was achieved of them:** All
- **Description of any new problems:** None
- **Planned tasks to be achieved before the next meeting:** Write description for the project and work on chapter 1.

## **Meeting Minutes (3)**

- **Date and Time:** Thursday 18/11/2021
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Write description for the project and work on chapter 1.
- **What was achieved of them:** All
- **Description of any new problems:** None
  - **Planned tasks to be achieved before the next meeting:** Work on chapter 2, and set up the questionnaire survey.

## **Meeting Minutes (4)**

- **Date and Time:** Monday 29/11/2021
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Work on chapter 2, and set up the questionnaire survey.
- **What was achieved of them:** All
- **Description of any new problems:** None
- **Planned tasks to be achieved before the next meeting:** Write the introduction to chapter 3, and design the gantt chart.

## **Meeting Minutes (5)**

- **Date and Time:** Sunday 19/12/2021
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Write the introduction to chapter 3, and design the gantt chart.
- **What was achieved of them:** All
- **Description of any new problems:** None
- **Planned tasks to be achieved before the next meeting:** Complete chapter 3 and design the UML models.

## **Meeting Minutes (6)**

- **Date and Time:** Thursday 6/01/2022
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Complete chapter 3 and design the UML models.
- **What was achieved of them:** All
- **Description of any new problems:** none
- **Planned tasks to be achieved before the next meeting:** Make slight adjustments on UML diagrams and design website GUI.

## **Meeting Minutes (7)**

- **Date and Time:** Monday 17/01/2022
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Make slight adjustments on UML diagrams and design website GUI.
- **What was achieved of them:** All
- **Description of any new problems:** none
- **Planned tasks to be achieved before the next meeting:** Finalizing the project and doing the last check before the deadline.

## **Meeting Minutes (8)**

- **Date and Time:** Monday 15/02/2022
  - **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
  - **Summary of the previous meeting tasks:** Finish the report.
  - **What was achieved of them:** All
  - **Description of any new problems:** none
- Planned tasks to be achieved before the next meeting:** Design and implement initial UI.

## **Meeting Minutes (9)**

- **Date and Time:** Monday 10/03/2022
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Design and implement initial UI.
- **What was achieved of them:** All
- **Description of any new problems:** none

**Planned tasks to be achieved before the next meeting:** Implement the User model, as well as the sign up and login pages.

## **Meeting Minutes (10)**

- **Date and Time:** Monday 11/04/2022
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Implement the User model, as well as the sign up and login pages.
- **What was achieved of them:** All
- **Description of any new problems:** none

**Planned tasks to be achieved before the next meeting:** Implement the booking functionality, as well as the ability to edit the user's account.

## **Meeting Minutes (11)**

- **Date and Time:** Monday 5/05/2022
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Implement the booking functionality, as well as the ability to edit the user's account.
- **What was achieved of them:** All
- **Description of any new problems:** none

**Planned tasks to be achieved before the next meeting:** Implement chatting, video calling, and payment.

## **Meeting Minutes (12)**

- **Date and Time:** Monday 16/06/2022
- **Attendee:** Dr. Ahmad Alzubi, Mohammed Alzoabi, Suhaib Maraqa
- **Summary of the previous meeting tasks:** Implement chatting, video calling, and payment.
- **What was achieved of them:** All
- **Description of any new problems:** none

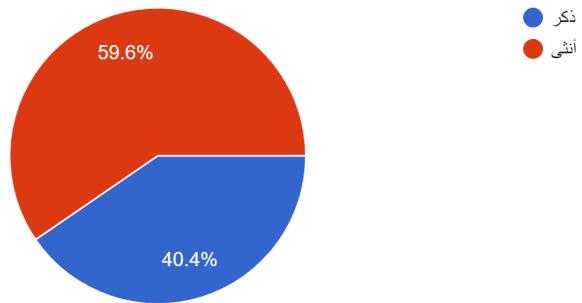
**Planned tasks to be achieved before the next meeting:** Fix UI and do the final checkups.

## APPENDIX B

### Public Form Survey Questions

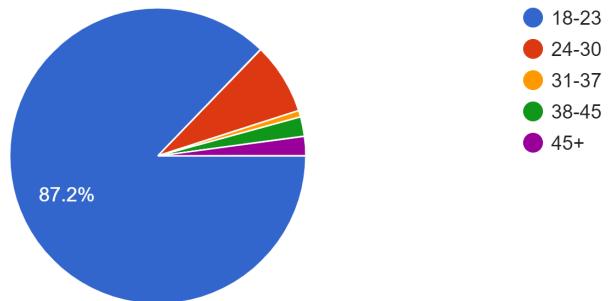
الجنس:

141 responses



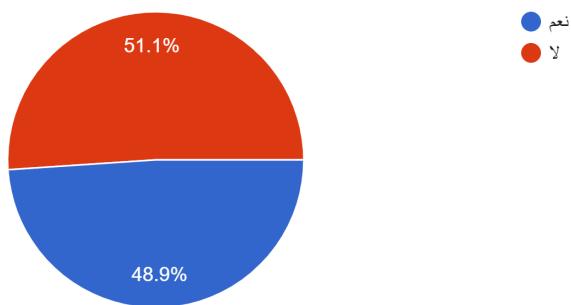
العمر:

141 responses



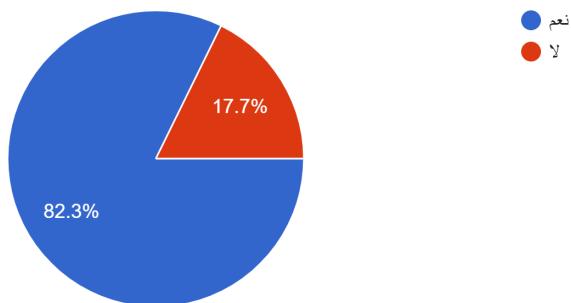
خلال الأسابيع الأربع الماضية، هل واجهت أي مشاكل في عملك أو حياتك اليومية بسبب صحتك الجسدية؟

141 responses



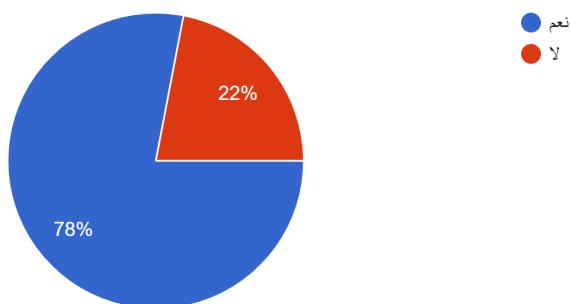
خلال الأسابيع الأربع الماضية، هل واجهت أي مشاكل في عملك أو حياتك اليومية بسبب أي مشاكل عاطفية، مثل الشعور بالاكتئاب أو الحزن أو القلق؟

141 responses



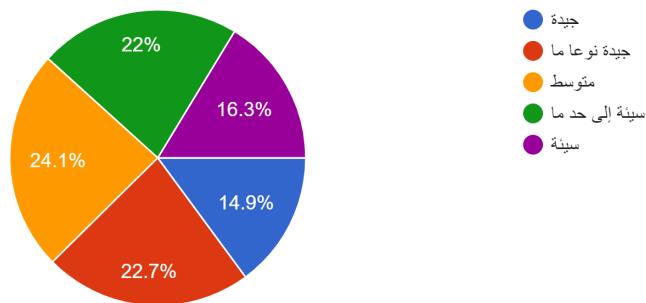
هل واجهت مؤخرًا شعور عدم الرغبة بالقيام بأي شيء كنت تستمتع به من قبل و استمر هذا الشعور لمدة لا تقل عن أسبوع كامل؟

141 responses



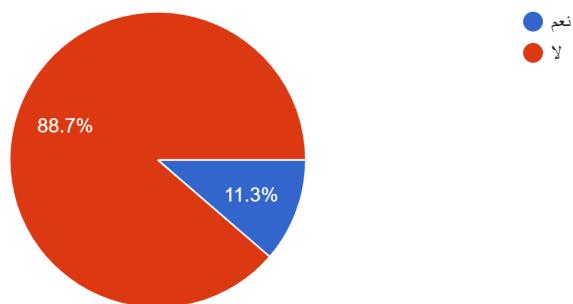
بشكل عام كيف تقيّم صحتك النفسيّة؟

141 responses



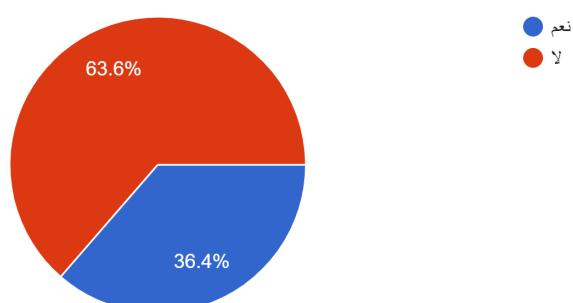
هل قمت بزيارة أخصائي صحة نفسية من قبل؟

141 responses



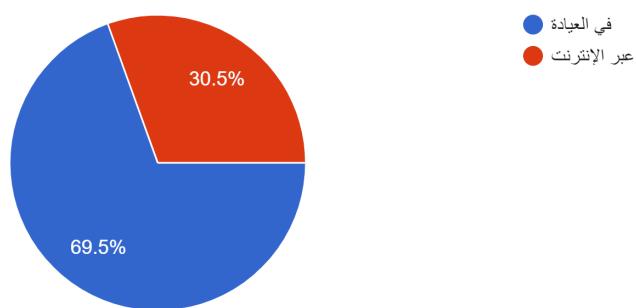
(هل حصلت على نتيجة إيجابية من الزيارة؟) (اختياري)

33 responses



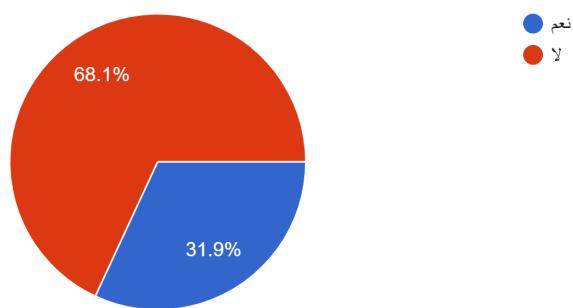
هل تفضل التحدث مع أخصائي صحة نفسية في العيادة أم التحدث مع الأخصائي عبر الإنترن特؟

141 responses



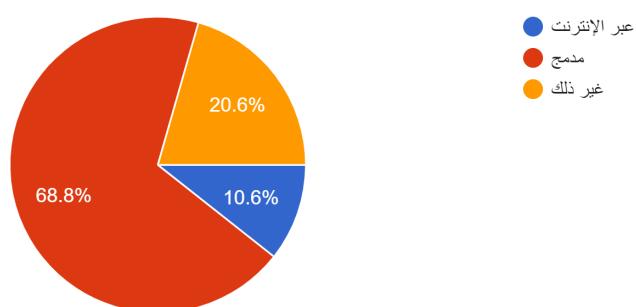
باعتقادك، هل تجربة العلاج عبر الإنترنرت قد تكون بنفس فاعلية العلاج وجهاً لوجه؟

141 responses



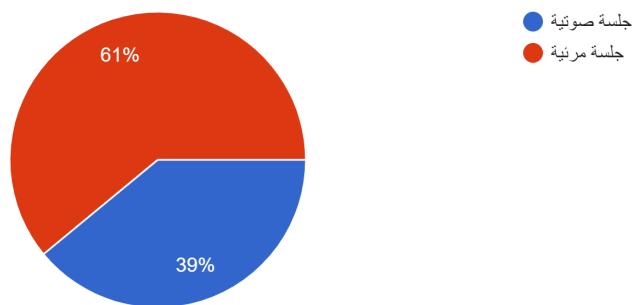
هل تود أن يكون العلاج مقتضراً على العلاج عبر الإنترنرت أم تفضل خيار العلاج عن بعد مدمجاً بالعلاج وجهاً لوجه؟

141 responses



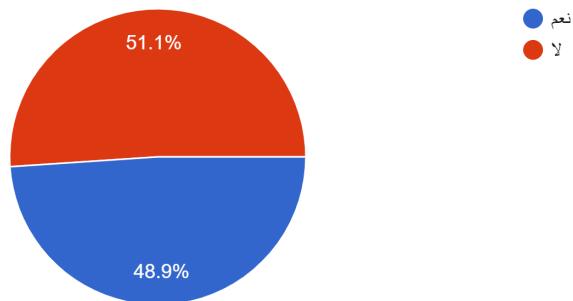
لو كنت تفضل القيام بجلسات العلاج عن بعد، هل تفضل أن تكون الجلسة صوتية أم مرئية (مكالمة فيديو)؟

141 responses



لو أتيحت لك الفرصة لتجربة جلسات العلاج الجماعي عن بعد فهل ستكون مهتماً؟

141 responses

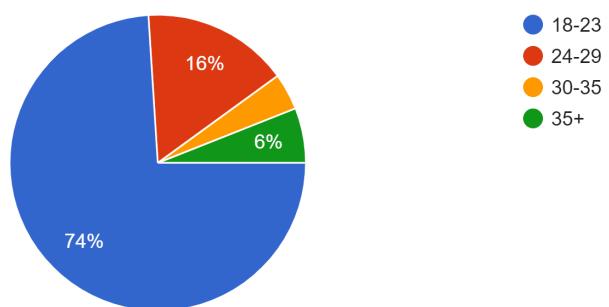


## APPENDIX C

### Experts Form Survey Questions

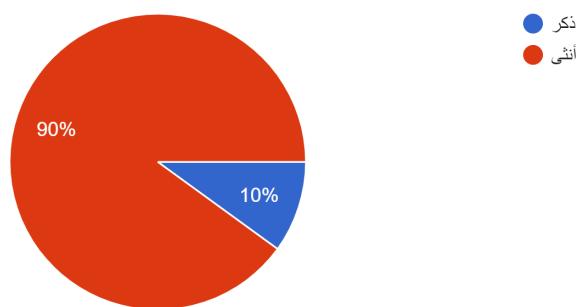
العمر:

50 responses



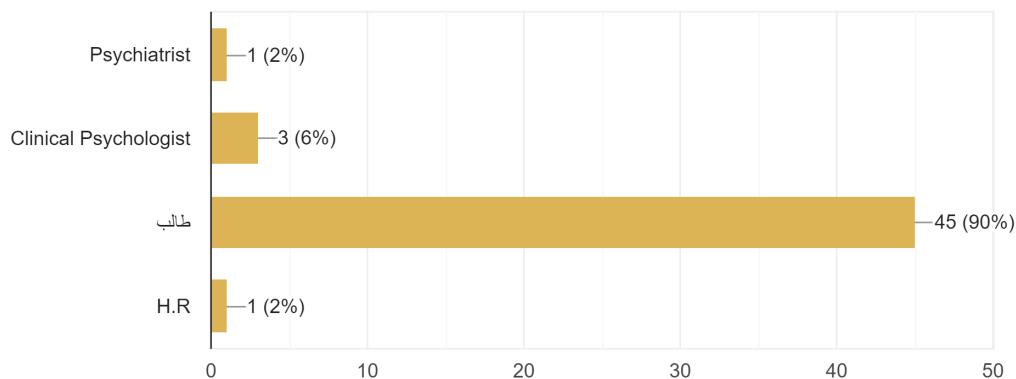
الجنس:

50 responses



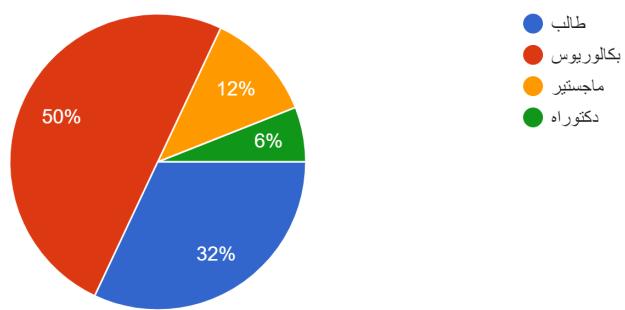
ما هو العمل الحالي؟

50 responses



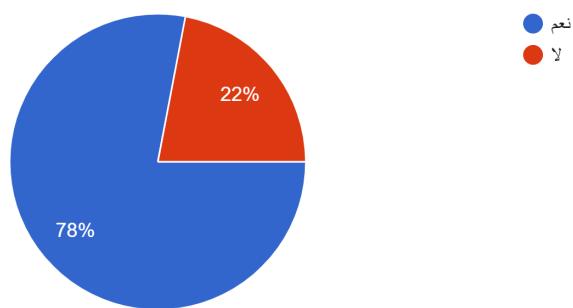
أعلى درجة علمية؟

50 responses



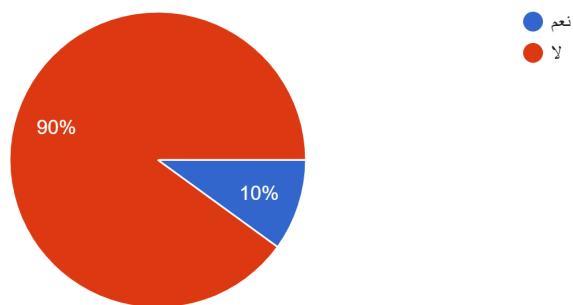
لو أتيحت لك الفرصة لتقديم العلاج النفسي عن بعد فهل ستكون مهتماً؟

50 responses



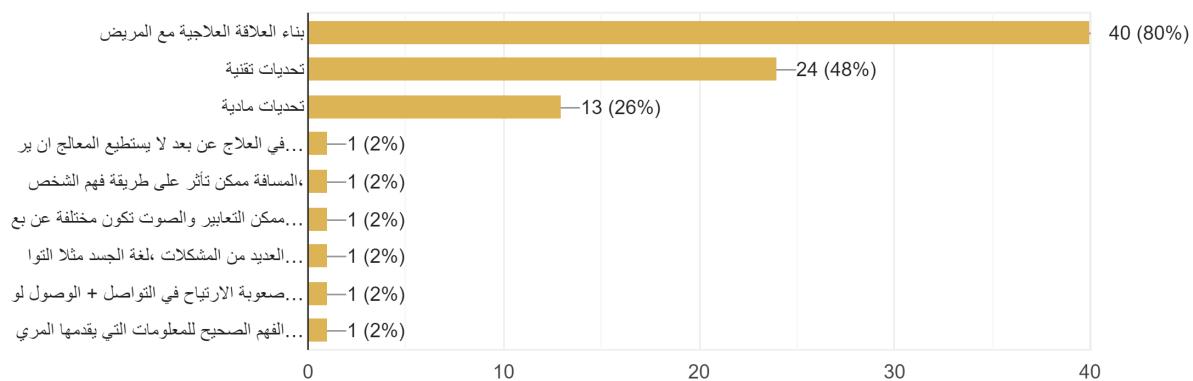
باعتقادك، هل تجربة العلاج عن بعد قد تكون بنفس فاعلية العلاج وجهاً لوجه؟

50 responses



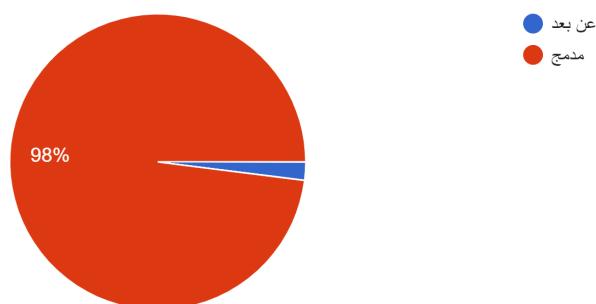
ما التحديات التي تعتقد أن يواجهها المعالج في العلاج عن بعد؟

50 responses



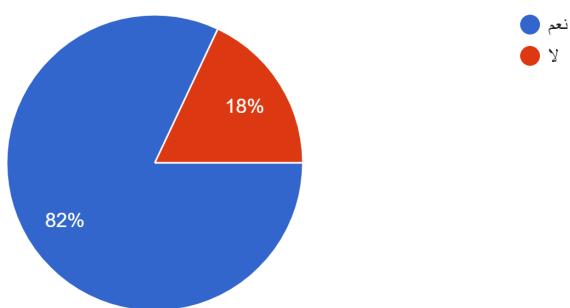
هل تود أن يكون العلاج مقتصرًا على العلاج عن بعد أم تفضل خيار العلاج عن بعد مدمجاً بالعلاج وجهاً لوجه؟

50 responses



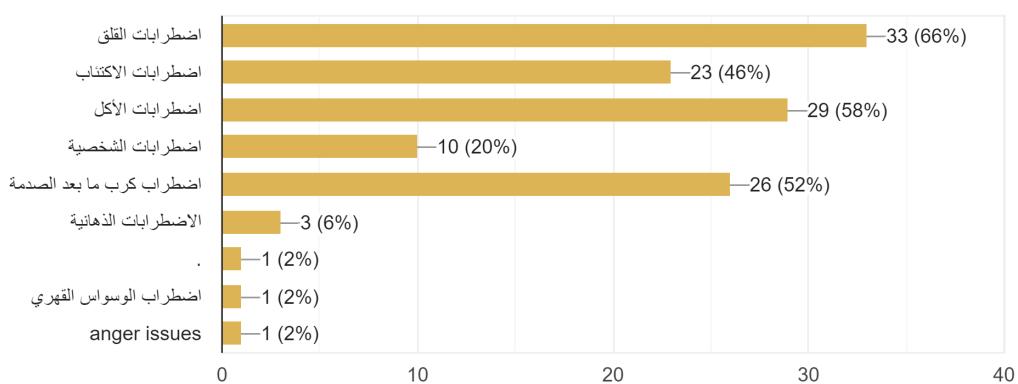
هل تدعم جلسات العلاج الجماعي لبعض الاضطرابات؟

50 responses



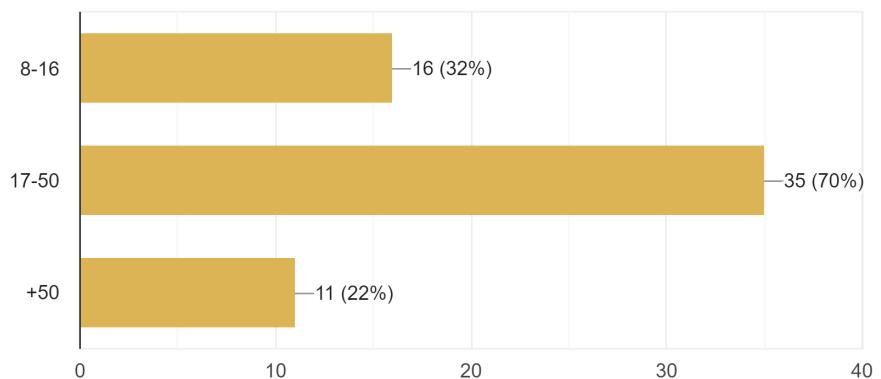
ما هي بعض الاضطرابات التي تراها تنطبق على جلسات العلاج الجماعي؟

50 responses



ما الفئات العمرية التي تعتقد أنها قابلة للتطبيق على العلاج عبر الإنترن特؟

50 responses



إذا اخترت أن تكون الفئة العمرية من 8 إلى 12 عاماً قابلة للتطبيق، فما هي الاضطرابات التي يمكن علاجها عبر الإنترنرت؟

38 responses

