Project Report

ON

"Anxiety Relief Web Application(Mysa)"

Submitted in fulfillment of the requirement of degree of Bachelor of Engineering by:

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LOKMANYA TILAK COLLEGE OF ENGINEERING

Affiliated to

UNIVERSITY OF MUMBAI

Department of Electronics and Telecommunication Engineering Academic Year 2021-22

CERTIFICATE

This to certify that Ankita Deshmukh, Akshata More, Shreya Raut, Jayesh Tripathi , have delivered seminar for Project Stage-I on 'Anxiety Relief Web Application(Mysa)' on, April 21, 2022 and submitted a report in the , Lokmanya Tilak College of Engineering, Navi Mumbai for the fullment of the degree of B.E in Electronics and Telecommunication Engineering from University of Mumbai, for the year 2021-22.

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ACKNOWLEDGEMENT

We would like to acknowledge and extend our heartfelt gratitude to all those people who have been associated with this project and have helped us with it thus making it a worthwhile experience. Firstly we extend our thanks to various people which include our Project Guide Mr.Vikas Kshirsagar who has shared her opinion and experiences through which we received the required information crucial for our project synopsis. I am also thankful to Head of Department Dr.Ravindra Duche and all the staff members of Electronics and Telecommunication Department for their highly co-operative and encouraging attitudes, which have always boosted us. We also take this opportunity with great pleasure to thank our Principal Mr.Vivek Sunnapawar whose timely support and encouragement has helped us succeed in our venture.

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4. Jayesh Tripathi

ABSTRACT

In terms of the relationship between screen use and both physical and mental health outcomes,there have been several studies that suggest higher levels of screen use increased risk of depression,and lower well-being but what if the same screen contribute in reducing the stress level and anxiety that people have due to the day today life problems over the past few years many organizations and medical facilities have been stressing over the mental health issues that people are suffering through and social media or internet or mobile phones are said to be the most provoking factor to affect the mental health of people but what if the same mobile phone social media and internet can change your mental Havoc into a mental peace we have made made an attempt to meet these abstract expectations by developing a website that helps you determine your stress level suggest you different ways of meditation also suggest you the food and the sound that helps you calm your nerves while you are stressed out

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Chapter 1

Introduction

The main motive of an Anxiety Relief App is to calm you down when you feel restless, this app will help you take care of your mental health by providing you with different yoga exercises and mediating sessions, the App will also provide you with different food recipes that help to release and relax your mind after a stressful day. the most important feature of the app is that the app will track your anxiety and depression level with the of a Quiz, and if you need professional help the app will provide it to you you will have a professionals phone number and a chat box to share your problem .

Chapter 2

Scope of project

Being healthy does not limit to physical health anymore it's equally important to take care of your mental health.Because of digital and fast life we tend to ignored our mental health.That's where our app will help you to understand your mental health at initial level. we have thought of developing this application with an intention to help people become healthy mentally strong because as we all know health is wealth.

Each and every person should know there mental state. They should know how they can treat this anxiety at very basic level . How they can work on themselves for there better mental health. Like our quiz can detect the anxiety level of person. We want every child should give try to our application to know there mental health. By collaborating with school we can make young generation mentally strong.

Chapter 3

Literature survey

3.1 Referred paper 1

An Effective used on Web-Based E-Learning System in Educational Institutions (IJERT)

Abstract: Published on 6 November 2009 This research paper is based on the software that was prototyped in order to increase students' interactive participation in learning. The software also intended to motivate students to be engaged in specific subject content. The students were inspired to use the activity by encompassing the gaming mode in teaching and learning. Further, excitement was created by mobile enabled game mode. The mobile game consists of two modes as multiplayer mode and single player mode comprising of three levels with an embedded scoring mechanism. The scoring system provided students with immediate responses making the game fun and highly interac-

tive. In-depth studies were carried out in relation to teaching and learning methodologies, which enriched the gaming environment that was prototyped, facilitating the students encouraging learning environment. Encouragement through quick feedback and hints showed a change in the participant's attitude towards assessments. Use of smiley faces and other symbols for communicating emotions was an added feature in the developed prototype. The mobile application was built using Java Platform, Micro Edition (Java ME) while the web application was created using ICEfaces, which is an integrated Ajax application framework for developing Rich Internet Applications (RIA). The prototype built to implement the proposed idea was evaluated by several users. The research found high interactivity among students and found students becoming enthusiastic in participating in learning activity.

3.2 Referred paper 2

Developing a Desktop-based Offline Quiz Application (IEEE)

Abstract: A quiz is used to test students' understanding of the material given. Quiz in the e-learning process is conducted online. Quiz often has a time schedule, time limits, and a number of attempts to answer. The quiz that is carried out by

students simultaneously is very vulnerable to failure, especially due to the problematic or slow network and the internet. Failure to answer the quiz can affect the results of the assessment. This problem will be solved by developing a desktop-based offline quiz application with a case study in the Informatics Department, Syiah Kuala University. The process of designing and developing an offline quiz application uses the Extreme Programming method. There are two parts produced in this research, namely the desktop-based offline quiz application made with .NET framework and the quiz data management application created with Node.js using the AdonisJs framework. The offline quiz application is used by students to view all the available quizzes. The process of downloading and uploading the quiz requires an internet connection but the quiz answering process is done offline. While the quiz data management application is a web-based application and is used by admins and teachers to manage all data related to courses, teachers, students, classes, lectures, questions, and quizzes. Data in both applications are connected with web service. Both applications were tested for functionality using the Black box testing method and both applications passed the testing scenarios. Both applications were also tested for usability using the SUS questionnaire method. From 50 respondents, the SUS score for the offline quiz application was 76 and the SUS score for data management applications was 73. Both SUS score results mean that the applications are

acceptable with grade scale C and the adjective rating is excellent.

3.3 Referred paper 3

Mobile Mental Health: A Review of Applications for Depression Assistance

Abstract: Published on 05 August 2019 Depression is a mental disorder characterized by persistent sadness, loss of interest, and a set of behavioral changes. The high prevalence of depression imposes a significant burden on the world population, demanding methods capable of monitoring and treating this mental disorder. Currently, a large number of mobile applications have been designed to provide support to depressive people. This paper aims to identify, analyze and characterize the current state of mobile applications focused on depression. To do so, we conducted a systematic review of applications for depression assistance. The two most popular mobile app stores (Google Play Store and Apple App Store) have been explored to find the most relevant apps. After applying the inclusion and exclusion criteria and performing the quality assessment of the results, 216 applications were selected for the data extraction phase, where we summarized their benefits and limitations and identified gaps and trends. The results of this review evidenced that there is a growth in the diversity of apps' purposes such as chatbot, online therapy, educational tools, mood tracker, testing, and self-help.

Chapter 4

Methodology

1) Client/user visits the page: We have made an extremely user-friendly interface using html, CSS and JavaScript based on the latest UI and UX aesthetics and principles. The page is facilitated with a sign up/registration option. There is a responsive navigation bar for ease of navigation. The website is responsive for different screen sizes.

2) Sign in/Register: This is an important step to preserve our old clients and maintain their personalized records for authentication. Users enter their details such as name, email address, phone number, and password. The password has criteria if not valid it shows error, all fields are mandatory. If the user is already an existing user they will be notified as an account already existing and proceed to the login page.

3) Quiz Assessment: After the login and registration process is done clicking the next button quiz assessment will appear on the clients screen after completing the quiz the score will appear and it will indicate the stress level of the individual.

4)Cure: According to the stress level remedies for stress will be displayed on next page it will consists of yoga videos , calming music and motivating quotes.

Chapter 5

Implementation

5.1 Login and Registration

5.1.1 Login Registeration Mechanism

Django by default provides an authentication system configuration. User objects are the core of the authentication system.today we will implement Django's authentication system.

Modules required :

django : django install crispy$_forms$: $pipinstall--upgradedjango-crispy-forms$: $Basicsetup$: $Startaprojectbythefollowingcommand$–

django-admin startproject project Change directory to project

–

cd project Start the server- Start the server by typing the following command in terminal –

python manage.py runserver To check whether the server is running or not go to a web browser and enter http://127.0.0.1:8000/

as URL. Now stop the server by pressing

ctrl-c

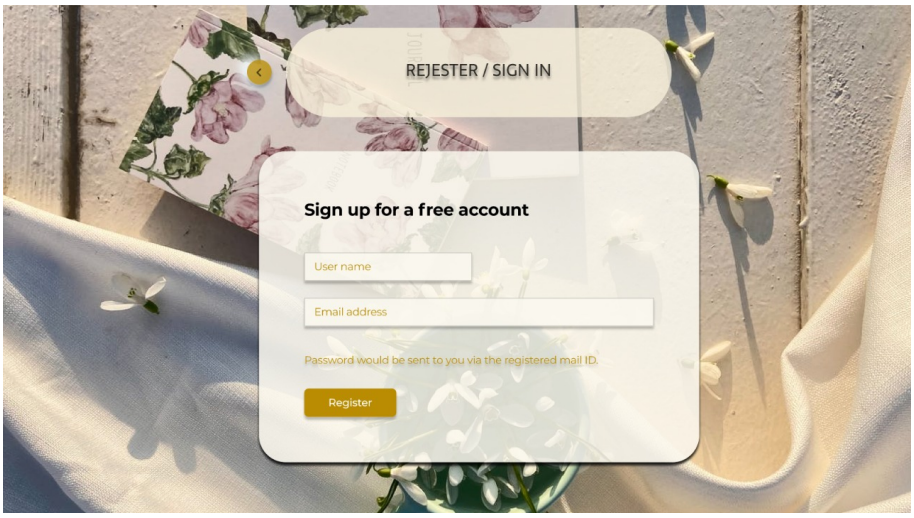

Figure 5.1: Signup Page

5.2 Quiz Application

5.2.1 Quiz Application Mechanism

After the login and registration process is done clicking the next button quiz assessment will appear on the clients screen after completing the quiz the score will appear and it will indicate the stress level of the individual.

1. For the user interface, the page is divided into four divisions using HTML div tags and given classes and ids to identify them. The classes and Ids names are chosen such that it carries the purpose of each div.

   The first "div" is for "result" which will be used to show the status of the question if the selected answer is correct or not. The second "div" is for "question-container" which will be used for holding the question text and display them. The third "div" is for "option-container" as the name suggests, it will hold all four options for the question. The fourth "div" is for "navigation" which will have a button for navigating to the next question and to evaluate the selected answer. All of these four "div" are inside another "div" with class "panel". We are using this DOM element in our script.

2. The CSS helps in aligning different options and buttons. The :hover property is responsible for creating the effect

of selecting the option. We are also going to change the selection effect using JavaScript.

3. To dynamically display the question and options, for that, we have created an array of objects, in which each object has a question and corresponding options and the information of the correct answer. With this array of objects, we have the JSON format so it helps us to deal with the API and to deal with the real data which is of JSON type most of the time.

4. ANALYTICS : Based on the score generated after completing the quiz.

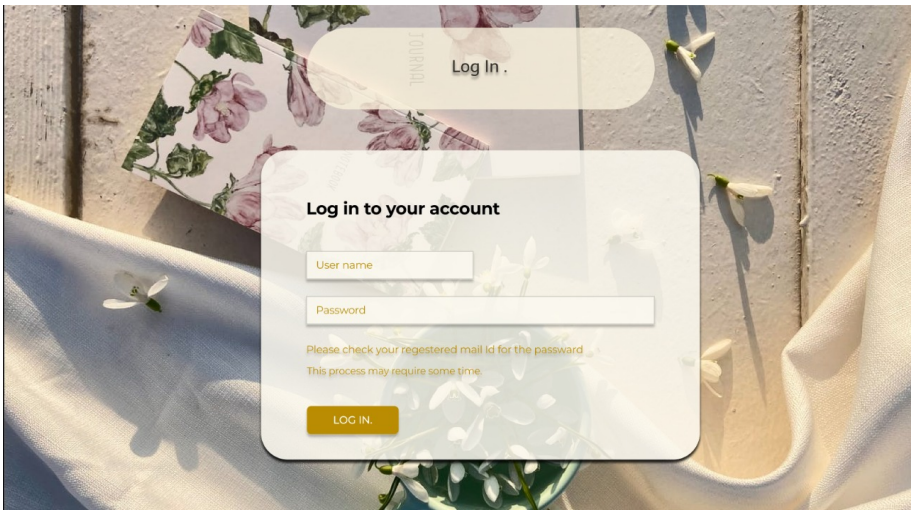

Figure 5.2: Login Page

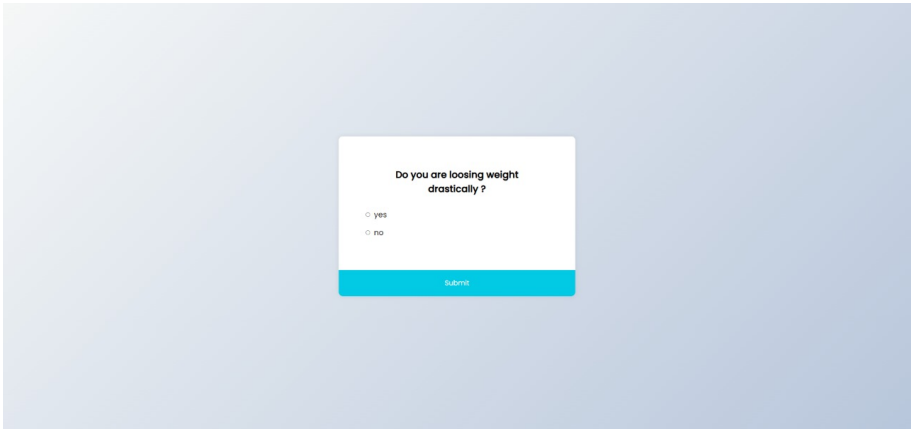

Figure 5.3: Quiz Application

5.2.2 Mysa Cures

According to the stress level remedies for stress will be displayed on next page it will consists of yoga videos , calming music app player.

5.2.3 The Music Player

The music player is made up of html css and java script with the help of play and pause event song can be played and paused.

1. As streaming is increasingly being adopted by users, online media players have become essential for consuming media on the internet. Music players allow one to enjoy music in any browser and supports a lot of the features of an offline music player.The HTML Layout the HTML layout defines the element structure that would be shown on the page. The player can be divided into the following portions: Details Portion: This section shows the details of the current track being played. It includes the track number, track album, track name and track artist. Buttons Portion: This section shows the buttons that are used to control the playback of the track. It includes the play/pause button, the previous and next track buttons. They would have an

Figure 5.4: Mysa Cure

onclick() method that calls a specific function defined in the JavaScript file.

Figure 5.5: :Music Player

Chapter 6

Results and Discussion

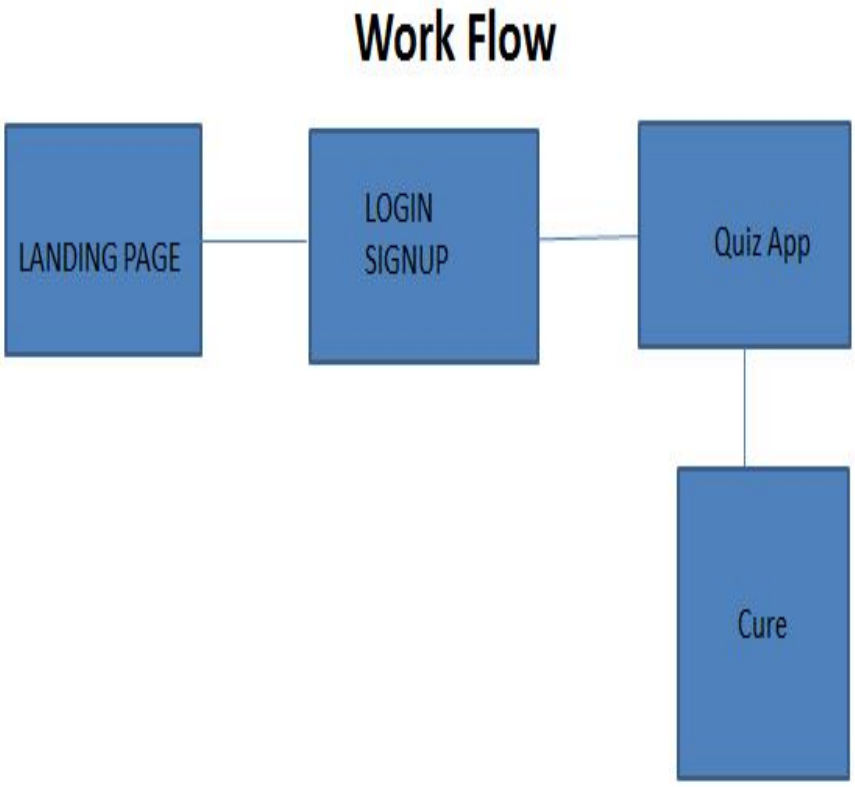

Figure 6.1: Workflow

Figure 6.2: Landpage

Figure 6.3: Landpage 1

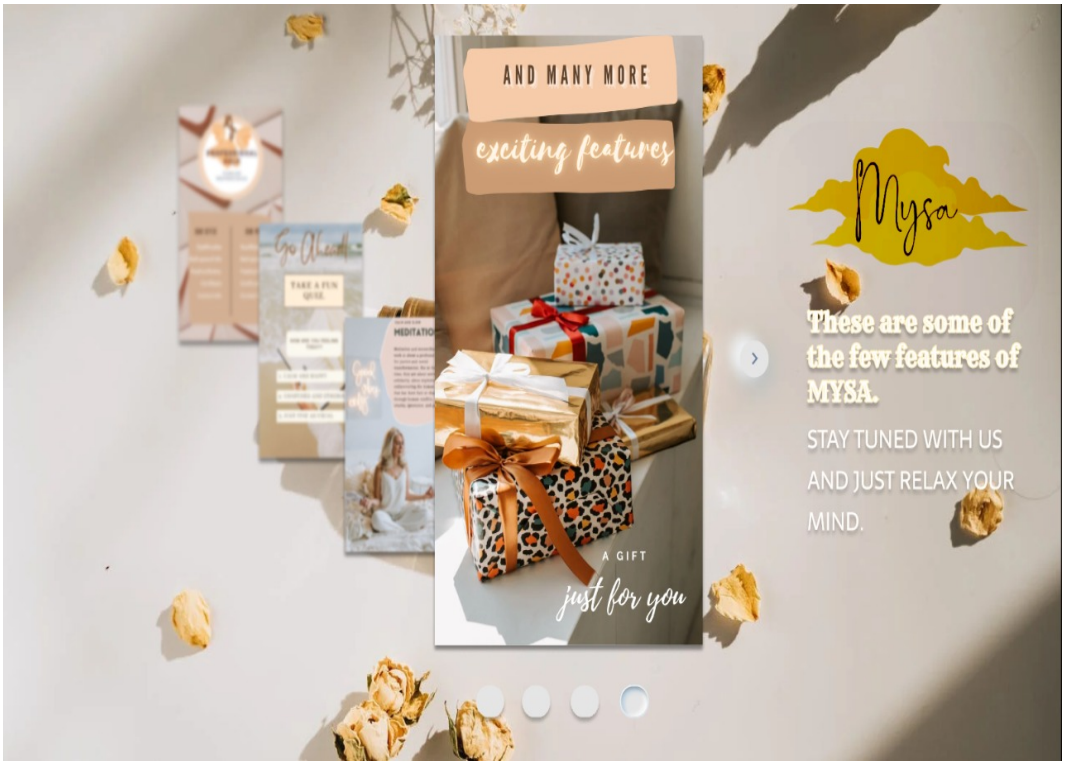

Figure 6.4: Landpage 2

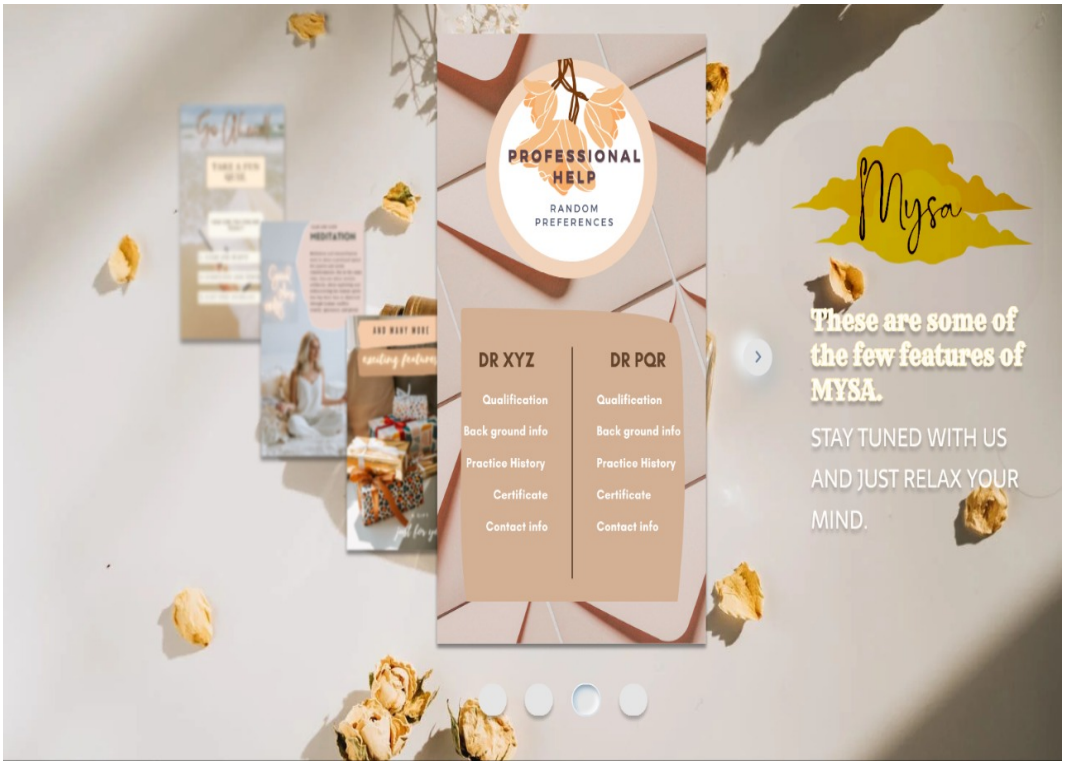

Figure 6.5: Landpage 3

Figure 6.6: Landpage 4

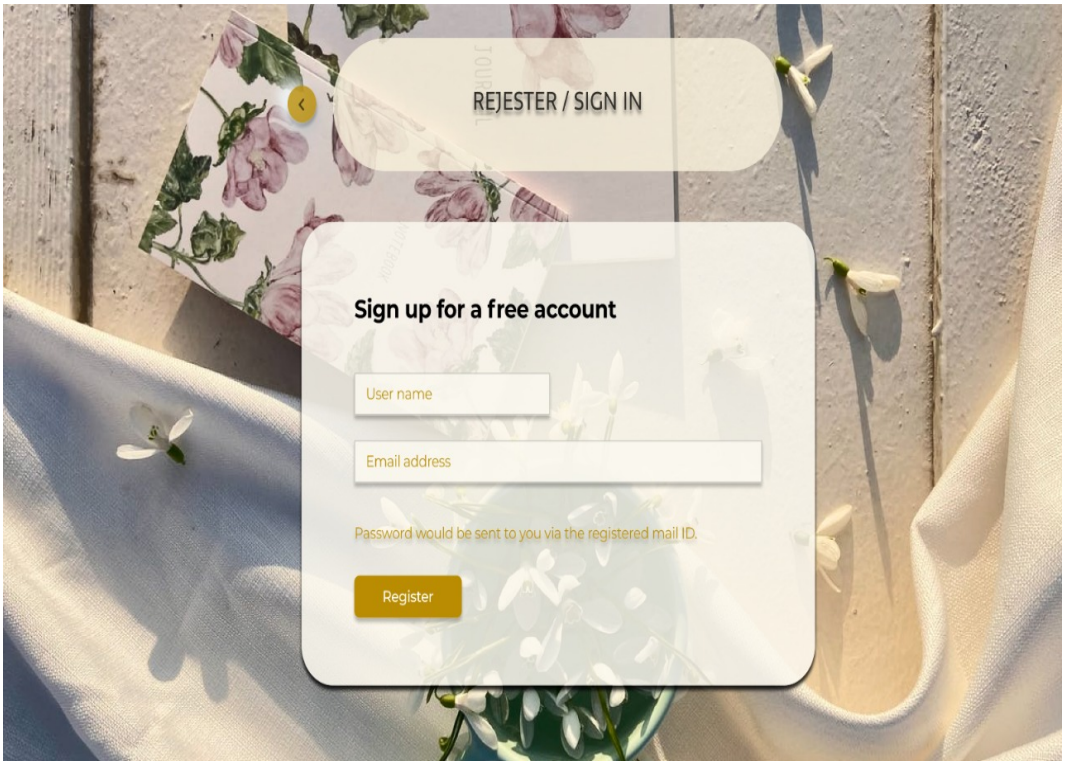

Figure 6.7: Sign-in Page

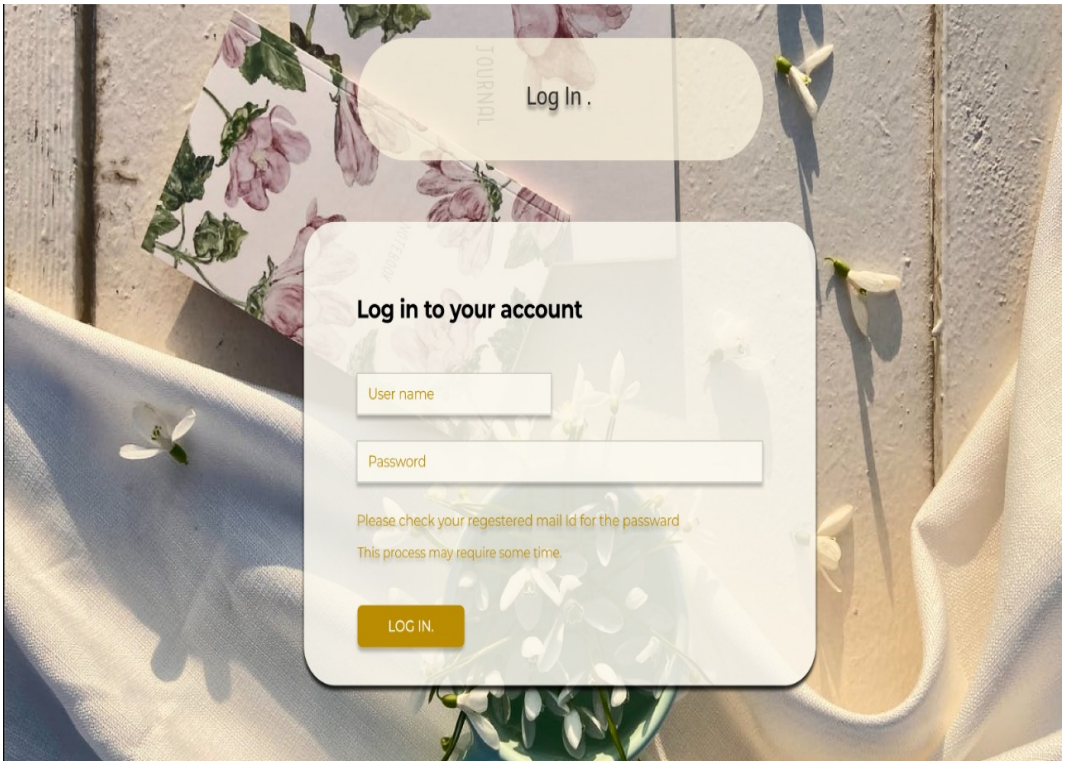

Figure 6.8: Log-in Page

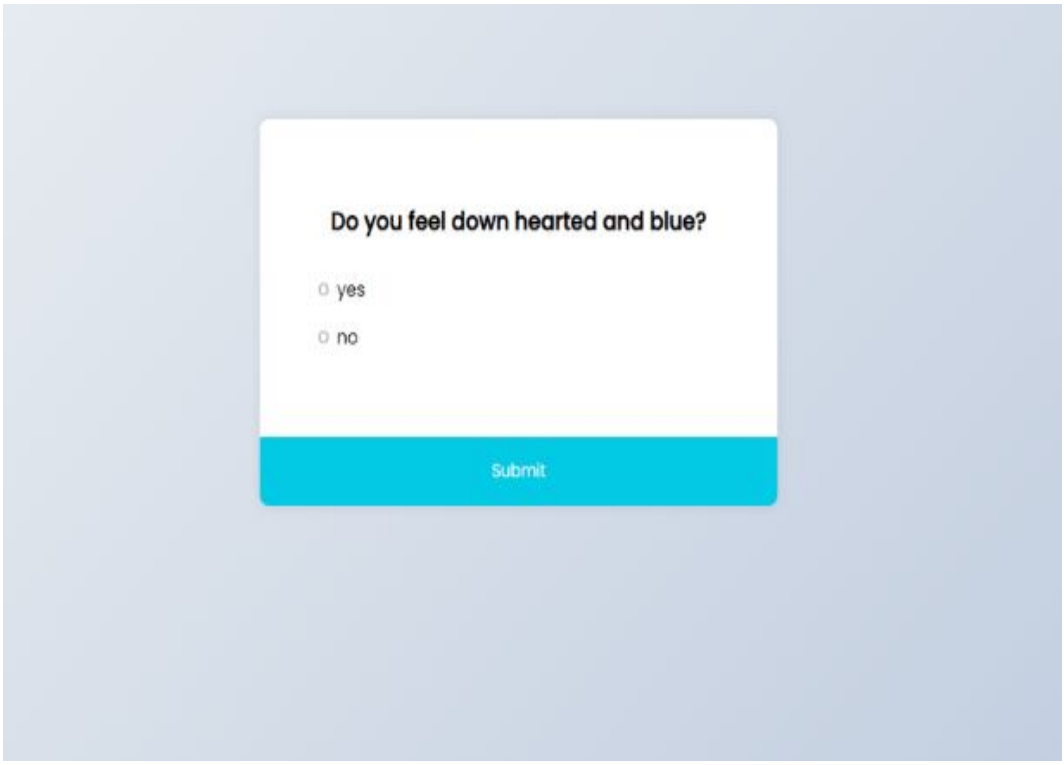

Figure 6.9: Quiz Application

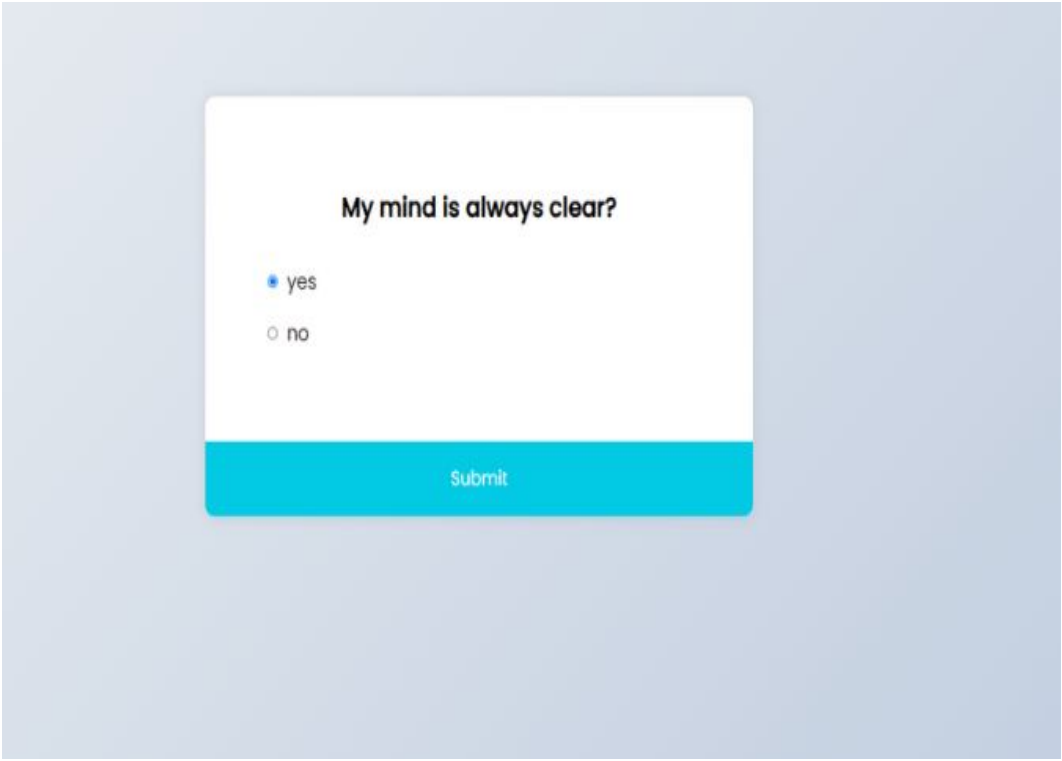

Figure 6.10: Quiz Application

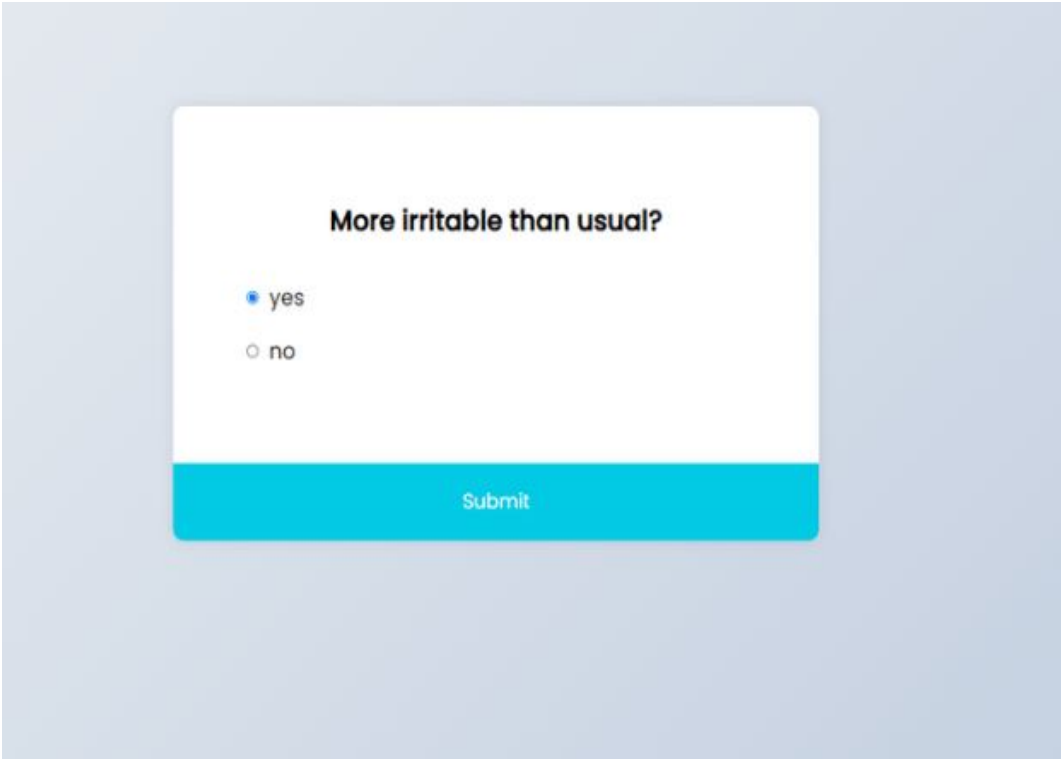

Figure 6.11: Quiz Application

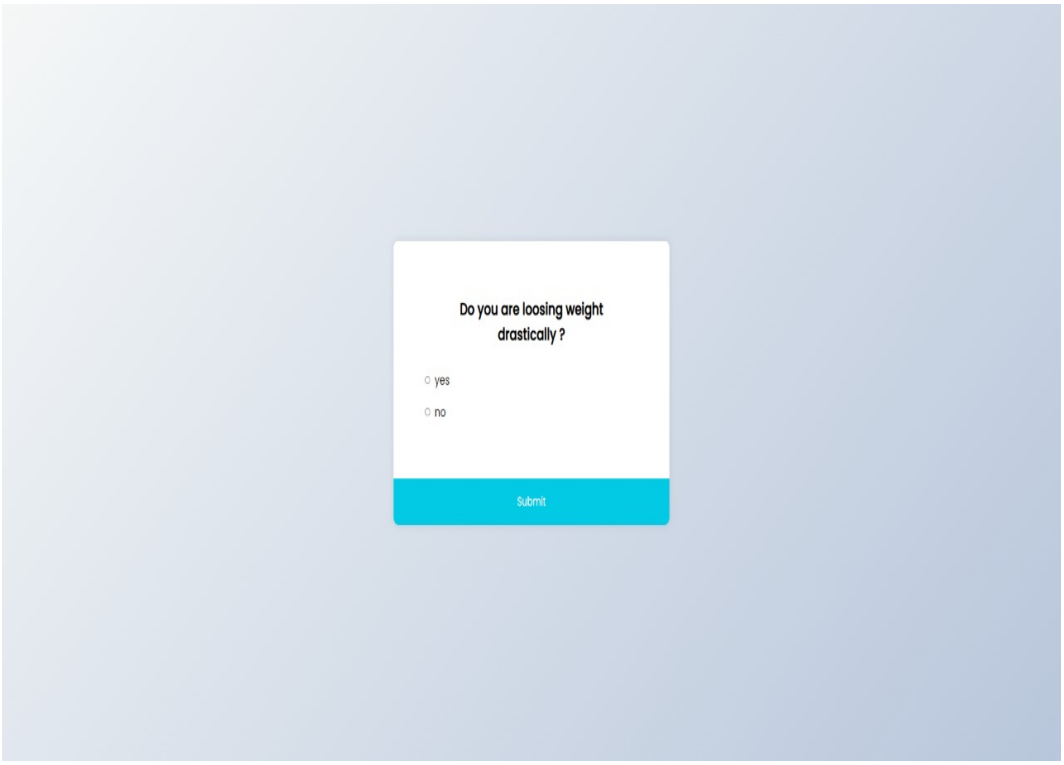

Figure 6.12: Quiz Application

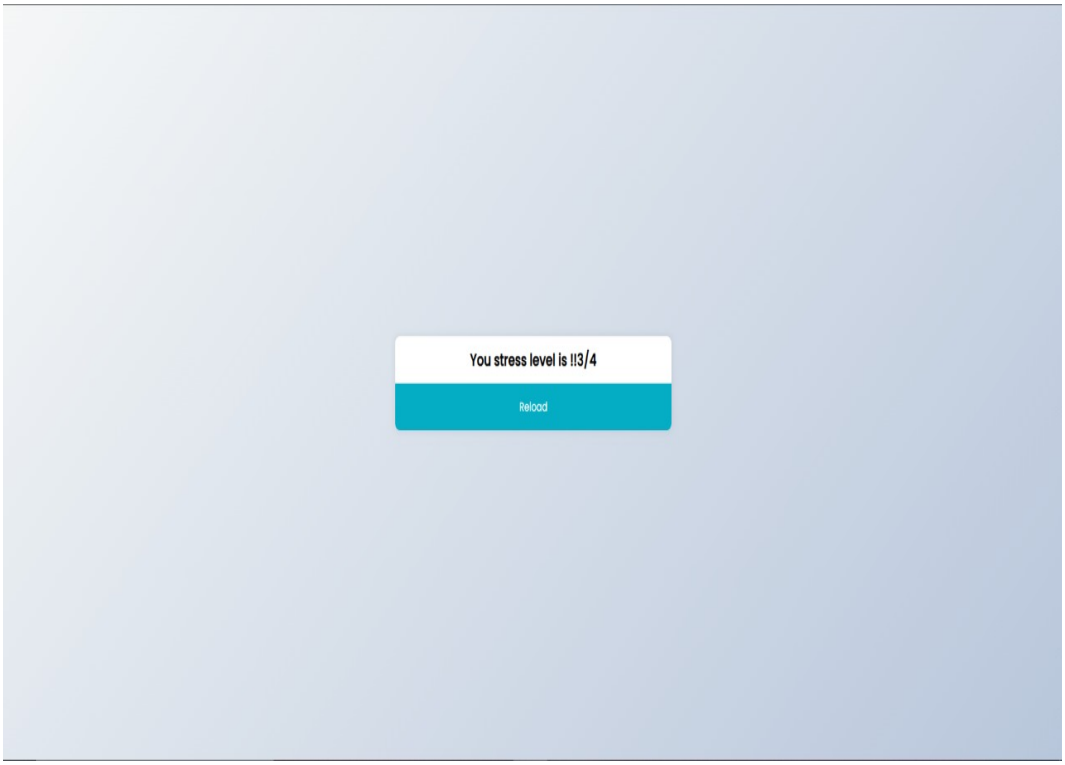

Figure 6.13: Quiz Application

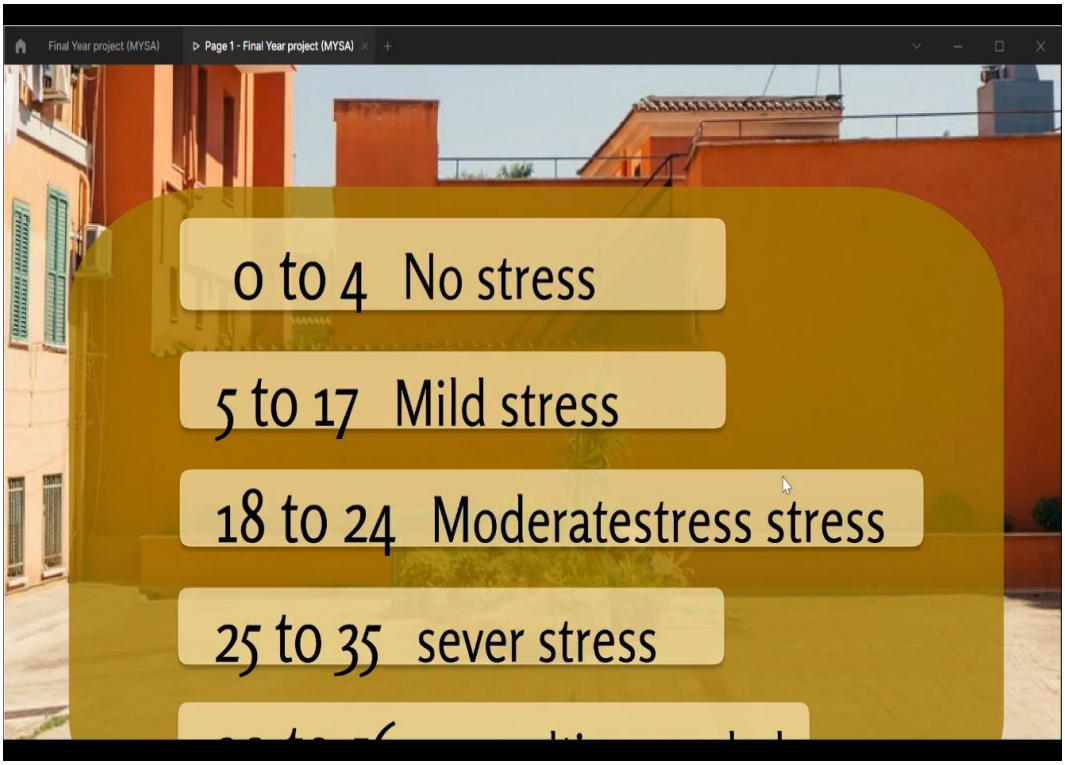

Figure 6.14: Stress Level

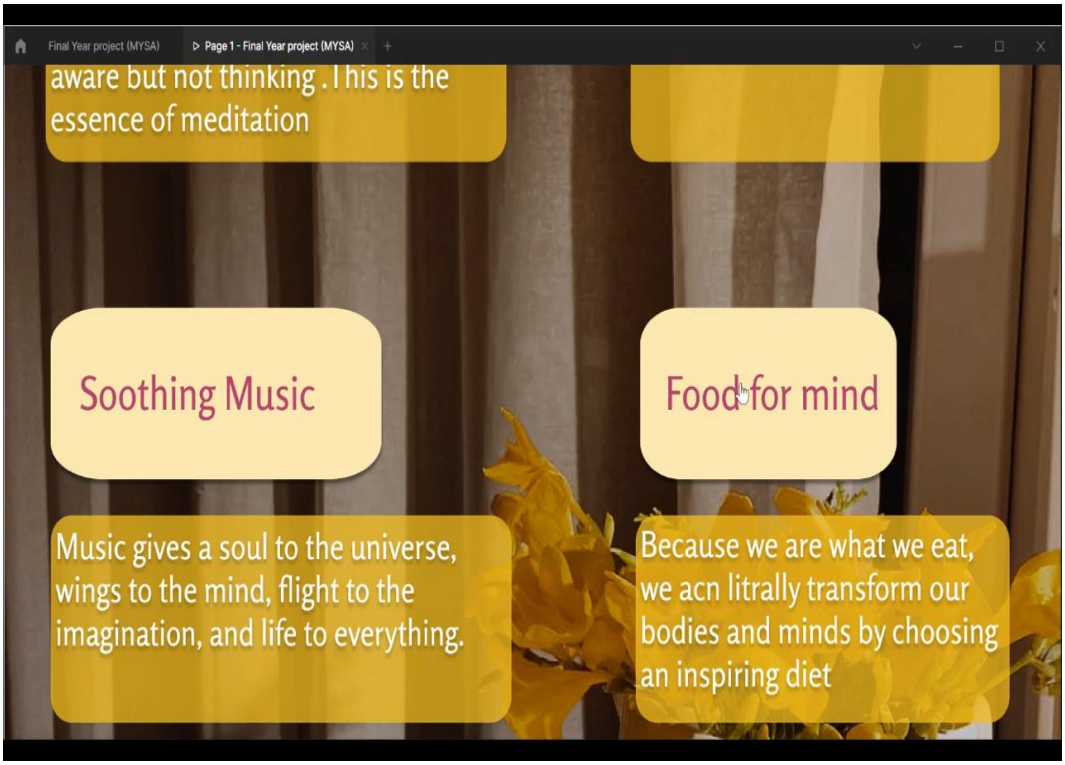

Figure 6.15: Dash Board

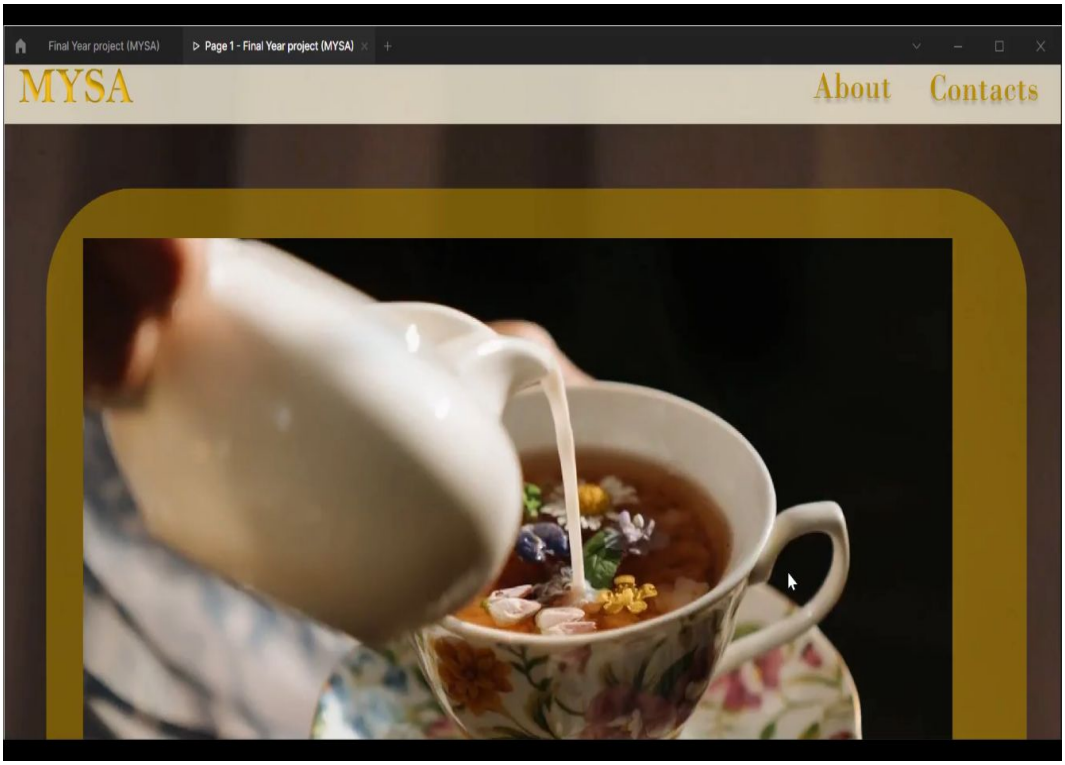

Figure 6.16: Food for Stress

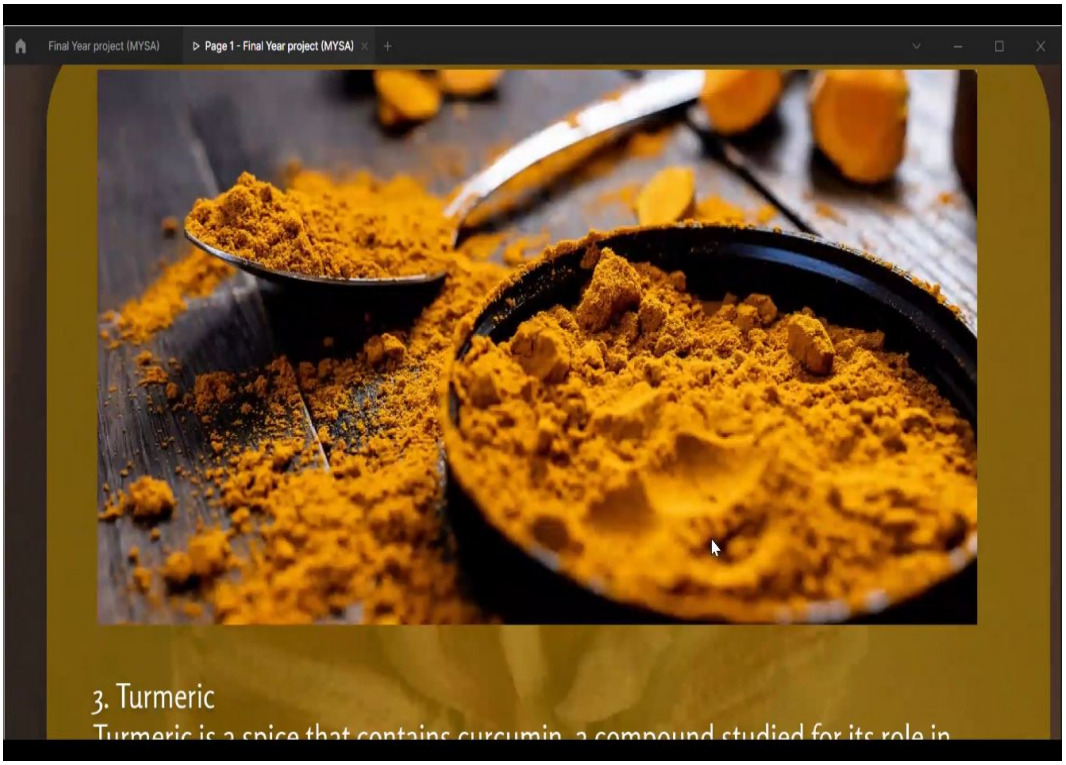

Figure 6.17: Food for Stress

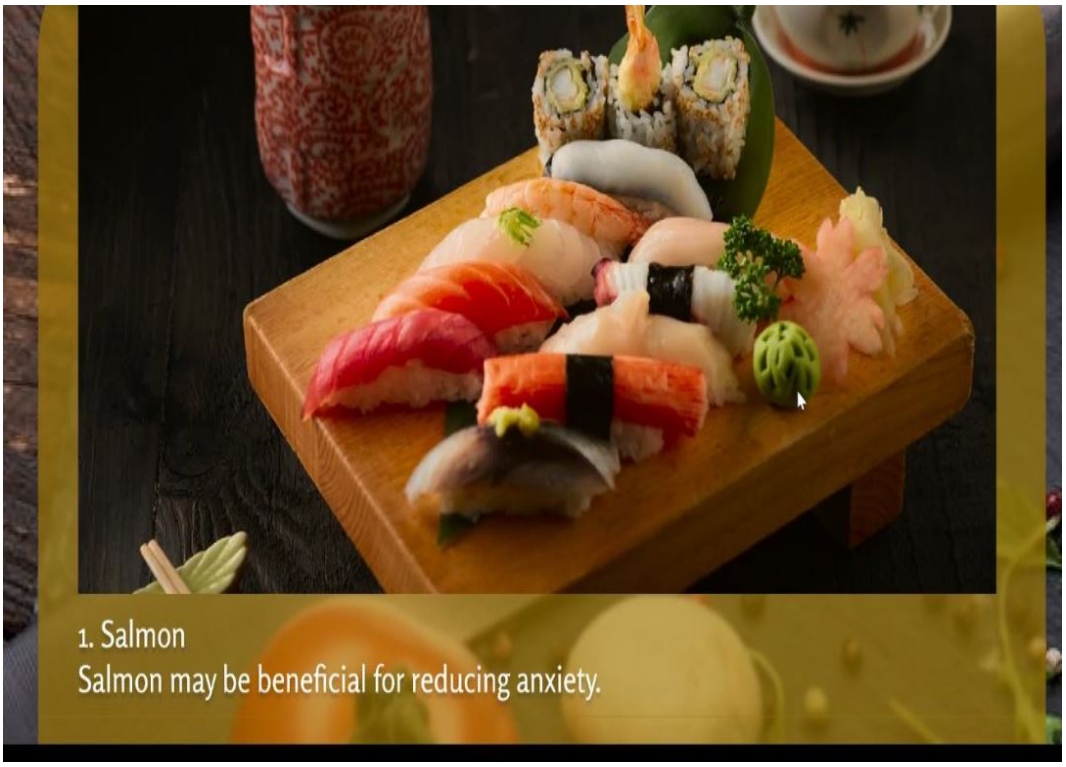

Figure 6.18: Food for Stress

Figure 6.19: Music Player

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Document</title>
    <link rel="stylesheet" href="style.css">
</head>
<body>
    <div class="container">
        <div class="navbar">
            <img src="logo.png" class="logo">
            <!--<ul>
                <li><a href="#">HOME</a></li>
                <li><a href="#">ABOUT</a></li>
                <li><a href="#">SPECIFICATION</a></li>
                <li><a href="#">CONNECT</a></li>
            </ul> -->
        </div>
        <div class="content">
            <div class="left-col">
                <h1>THE <br> REAL <br> EXPERIENCE </h1>
            </div>
```

Figure 6.20: Source Code

```
    <div class="content">
      <div class="left-col">
        <h1>THE <br> REAL <br> EXPERIENCE </h1>
      </div>
      <div class="right-col">
        <p>Click Here To Listen</p>
        <img src="play.png" id="icon">
      </div>
    </div>
  </div>


<audio id="mysong">
  <source src="morning-garden-acoustic-chill-15013.mp3" type="audio/mp3">
</audio>

<script>
  var mysong = document.getElementById("mysong");
  var icon   = document.getElementById("icon");
  icon.onclick = function() {
    if(mysong.paused){
        mysong.play();
        icon.src="pause.png";
      }else{
        mysong.pause();
        icon.src="play.png";
      }
```

Figure 6.21: Source Code

```
        </div>
    </div>
</div>

<audio id="mysong">
    <source src="morning-garden-acoustic-chill-15013.mp3" type="audio/mp3">
</audio>

<script>
    var mysong = document.getElementById("mysong");
    var icon   = document.getElementById("icon");
    icon.onclick = function() {
        if(mysong.paused){
            mysong.play();
            icon.src="pause.png";
        }else{
            mysong.pause();
            icon.src="play.png";
        }
    }
</script>




<style>.footer,.generic-footer{margin-bottom:98px}@media (min-width:374px){.footer,.generic-footer{margin-bottom:78px}}@media (min-width:546px){.footer,.gene
</html>
```

Figure 6.22: Source Code

```html
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <meta http-equiv="X-UA-Compatible" content="ie=edge">
  <link href="style.css" rel="stylesheet">
  <script defer src="script.js"></script>
  <title>Quiz App</title>
</head>
<body>
  <div class="quiz-container" id="quiz">
    <div class="quiz-header">
      <h2 id="question">Question Text</h2>
      <ul>
        <li>
          <input type="radio" name="answer" id="a" class="answer">
          <label for="a" id="a_text">Answer</label>
        </li>

        <li>
          <input type="radio" name="answer" id="b" class="answer">
          <label for="b" id="b_text">Answer</label>
        </li>


      </ul>
    </div>

    <button id="submit">Submit</button>

  </div>
</body>
</html>
```

Figure 6.23: Quiz App Source Code

```css
@import url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;500&display=s

*{
  box-sizing: border-box;
}
body{
  background-color: #b8c6db;
  background-image: linear-gradient(315deg, #b8c6db 0%, #f5f7f7 100%);
  font-family: 'Poppins', sans-serif;
  display: flex;
  align-items: center;
  justify-content: center;
  height: 100vh;
  overflow: hidden;
  margin: 0;
}
.quiz-container{
  background-color: #fff;
  border-radius: 10px;
  box-shadow: 0 0 10px 2px rgba(100, 100, 100, 0.1);
  width: 600px;
  overflow: hidden;
}
.quiz-header{
  padding: 4rem;
}
h2{
  padding: 1rem;
  text-align: center;
  margin: 0;
}

```

Figure 6.24: Quiz App Source Code

```
  text-align: center;
  margin: 0;
}

ul{
  list-style-type: none;
  padding: 0;
}
ul li{
  font-size: 1.2rem;
  margin: 1rem 0;
}
ul li label{
  cursor: pointer;
}
button{
  background-color: #03cae4;
  color: #fff;
  border: none;
  display: block;
  width: 100%;
  cursor: pointer;
  font-size: 1.1rem;
  font-family: inherit;
  padding: 1.3rem;
}
button:hover{
  background-color: #04adc4;
}
button:focus{
  outline: none;
  background-color: #44b927;
}
```

Figure 6.25: Quiz App Source Code

```
const quizData = [
  {
      question: "Do you feel down hearted and blue?",
      a: "yes",
      b: "no",
      correct: "a",
  },
  {
      question: "Do you are loosing weight drastically ?",
      a: "yes",
      b: "no",
      correct: "a",
  },
  {
      question: "My mind is always clear?",
      a: "yes",
      b: "no",
      correct: "b",
  },
  {
      question: "More irritable than usual?",
      a: "yes",
      b: "no",
      correct: "a",
  },


];
```

Figure 6.26: Quiz App Source Code

```
29
30  const quiz= document.getElementById('quiz')
31  const answerEls = document.querySelectorAll('.answer')
32  const questionEl = document.getElementById('question')
33  const a_text = document.getElementById('a_text')
34  const b_text = document.getElementById('b_text')
35
36  const submitBtn = document.getElementById('submit')
37
38
39  let currentQuiz = 0
40  let score = 0
41
42  loadQuiz()
43
44  function loadQuiz() {
45
46    deselectAnswers()
47
48    const currentQuizData = quizData[currentQuiz]
49
50    questionEl.innerText = currentQuizData.question
51    a_text.innerText = currentQuizData.a
52    b_text.innerText = currentQuizData.b
53
54  }
55
56  function deselectAnswers() {
57    answerEls.forEach(answerEl => answerEl.checked = false)
58  }
59
60  function getSelected() {
61    let answer
```

Figure 6.27: Quiz App Source Code

```
  answerEls.forEach(answerEl => answerEl.checked = false)
}

function getSelected() {
  let answer
  answerEls.forEach(answerEl => {
      if(answerEl.checked) {
          answer = answerEl.id
      }
  })
  return answer
}


submitBtn.addEventListener('click', () => {
  const answer = getSelected()
  if(answer) {
     if(answer === quizData[currentQuiz].correct) {
         score++
     }

     currentQuiz++

     if(currentQuiz < quizData.length) {
         loadQuiz()
     } else {
         quiz.innerHTML = `
         <h2>You stress level is !!${score}/${quizData.length} </h2>

         <button onclick="location.reload()">Reload</button>
         `
     }
  }
})
```

Figure 6.28: Quiz App Source Code

Discussion: The main motive of an Anxiety Relief App is to calm you down when you feel restless, this app will help you take care of your mental health by providing you with different yoga exercises and mediating sessions, the App will also provide you with different food recipes that help to release and relax your mind after a stressful day. the most important feature of the app is that the app will track your anxiety and depression level with the of a Quiz, and if you need professional help the app will provide it to you you will have a professionals phone number and a chat box to share your problem .

We have made an extremely user-friendly interface using html, CSS and JavaScript based on the latest UI and UX aesthetics and principles. The page is facilitated with a sign up/registration option. There is a responsive navigation bar for ease of navigation. The website is responsive for different screen sizes.

After the login and registration process is done clicking the next button quiz assessment will appear on the clients screen after completing the quiz the score will appear and it will indicate the stress level of the individual.According to the stress level remedies for stress will be displayed on next page it will consists of yoga videos , calming music and motivating quotes.

Chapter 7

Conclusion

chapterScope of project Each and every person should know there mental state. They should know how they can treat this anxiety at very basic level . How they can work on themselves for there better mental health. Like our quiz can detect the anxiety level of person. We want every child should give try to our application to know there mental health. By collaborating with school we can make young generation mentally strong.

Thus we have made an attempt to use the knowledge we have about software and web designing to create an online platform that helps with our mental health this is a web-application designed for people with anxiety and depression in this era of online bullying and cyber crime we need more of these sites to help people feel good about themselves and to create a safe online platform for everyone.

Chapter 8

References

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