



KRISHNASAMY
COLLEGE OF
ENGINEERING & TECHNOLOGY
Approved by AICTE *Creating Professionals! Creating Future India!* Affiliated to Anna University

Department of Computer Science and Engineering

MOBILE APP FOR MONITORING MENTAL HEALTH STATUS

PRESENTED BY,

GUIDED BY,

Er.S.RAMYA, M.E/ AP / CSE

S.KEERTHIGA - (Reg.No:421320104016)

K.PAVITHRA - (Reg.No:421320104024)

B.SHARMILA - (Reg.No:421320104041)

V.SIVATHAVASI - (Reg.No:421320104044)

ABSTRACT

- A mobile application that allows individuals to monitor their mental health status conveniently and effectively.
- This mobile app aims to provide users with resources to assess, track, and improve their mental well-being.
- The app will offer personalized resources and recommendations based on user data and preferences.

Cont...

- It will include self-assessment questionnaires to gauge mental health conditions such as depression, anxiety, stress levels, and overall mood.
- Users will be able to track their progress over time and identify patterns or triggers that may impact their mental well-being.
- The mobile app aims to empower users by enabling them to take an active role in their mental health management, ultimately promoting a healthier and more fulfilling lifestyle.

EXISTING SYSTEM (Disadvantages)

- **Poor usability:** Due to accessibility issues, users struggle to use the application.
- **Lack of Personalization:** It does not provides customization options so the users are less engaged with the application.
- **Overselling:** Many health apps promises more than it delivers.

PROPOSED SYSTEM

- The user interface of this app is easy to use.
- This application gives a complete picture of emotional state of user by using some questionnaires asked in the app and user need to answer that.
- User can easily track their mental health status regularly.
- It assign task to improve user's mental health condition and also provides psychologist's contact details if the user need they can consult about their mental health status.

REQUIREMENTS

SOFTWARE REQUIREMENTS

- Windows 7 or higher
- Python
- SQL database

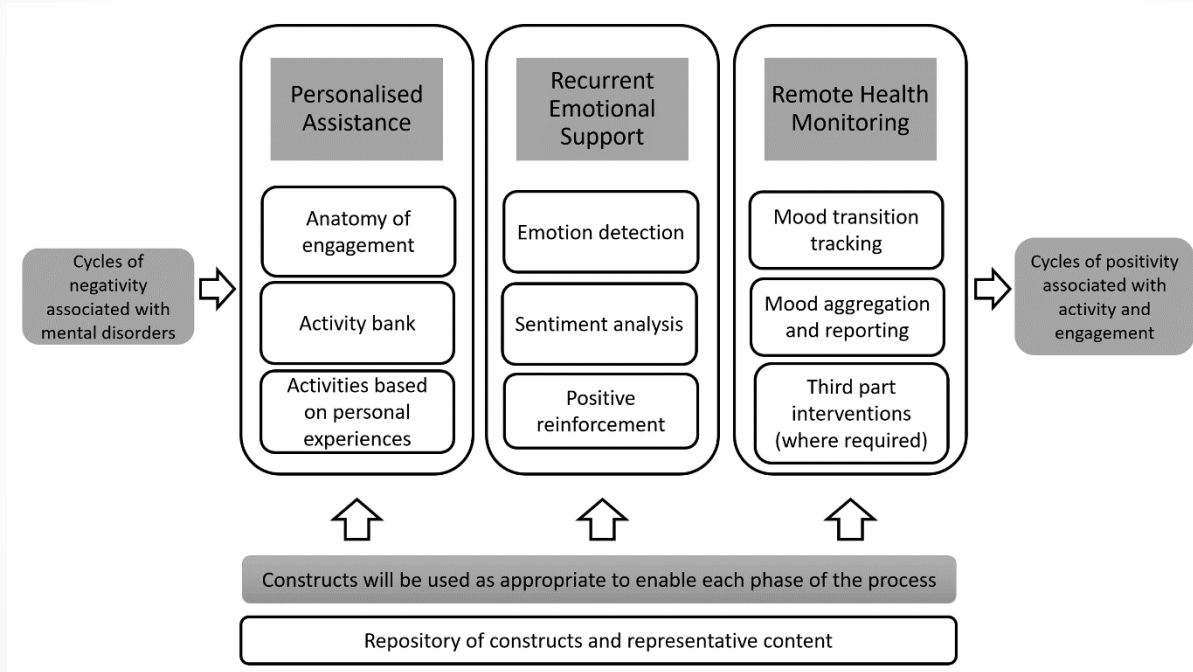
Android Phone or Tablet

- Android v6.0 or higher

HARDWARE REQUIREMENTS

- Processor – Intel i3 processor based or higher
- RAM – 6 GB(minimum)
- Hard Disk – 10 GB(minimum)

SYSTEM ARCHITECTURE



LIST OF MODULES

1.Register / Sign Up.

2.Assessment Page.

3.Suggestion Page.

4.Progress Report Page.

5.Psychologist Contact Page.

MODULE-1

REGISTER / SIGN UP MODULE

- **Register:** User need to register themselves by filling up basic registration details and by creating valid login credentials.
 - User Mail ID
 - User Password

MODULE-2

ASSESSMENT MODULE

- After completing the register module then prediction page is displayed, questionnaires page will open which contains different current condition based question.
- User need to answer all the questions to proceed further. After answering all the question's the app will show the result according to user's answers.

MODULE-3

SUGGESTION MODULE

- After completing the prediction module based on the results if the users mental health is less some suggestion activities will be provided.
- It will help user to come from depression and feel more motivated.

MODULE-4

PROGRESS REPORT MODULE

- This page shows the weekly report of user to track and self examine about the users mental health status.
- It contains the report of the user in graphical representation.

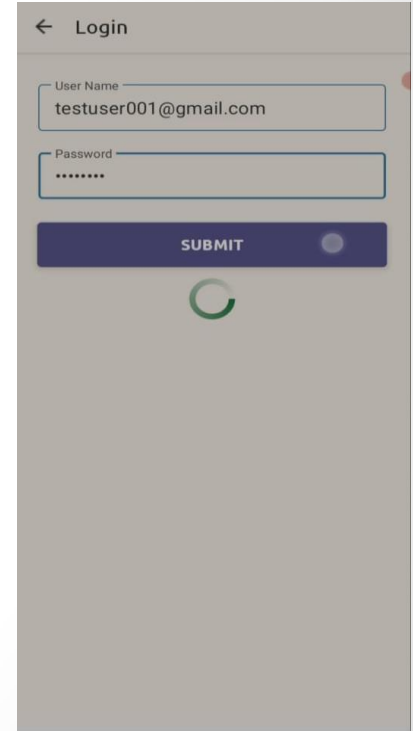
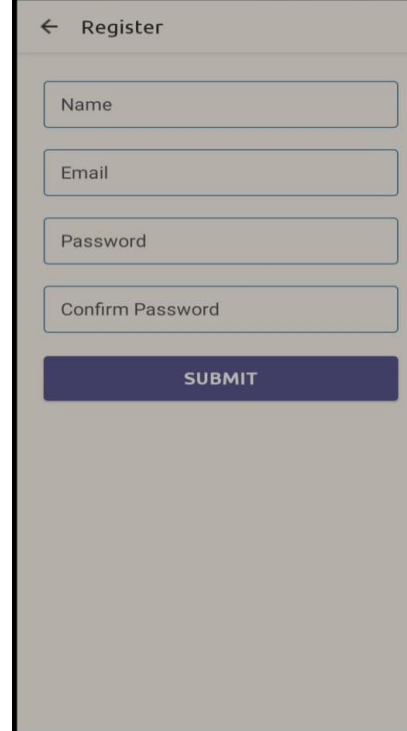
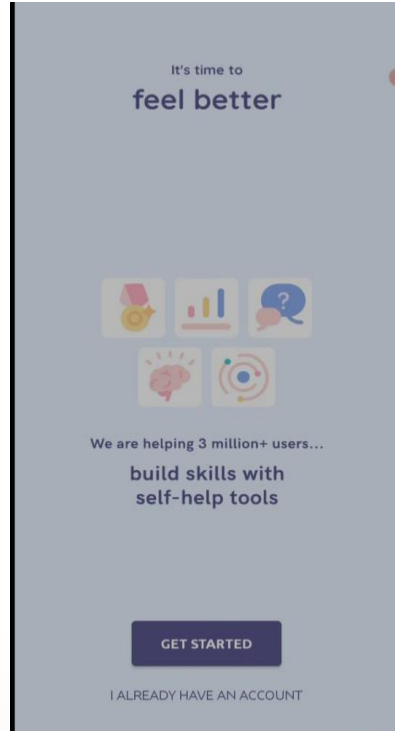
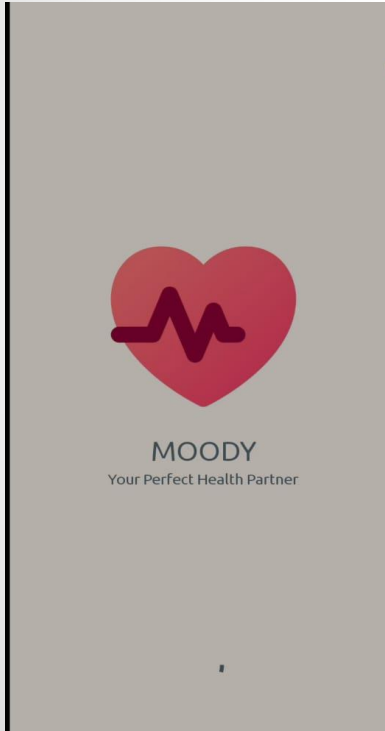
MODULE-5

PSYCHOLOGIST CONTACT MODULE

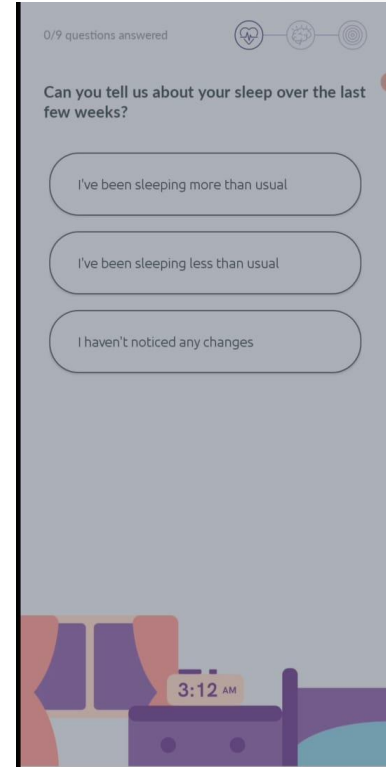
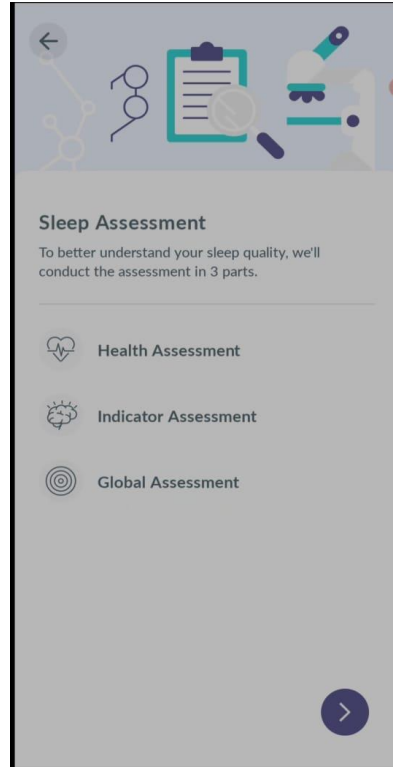
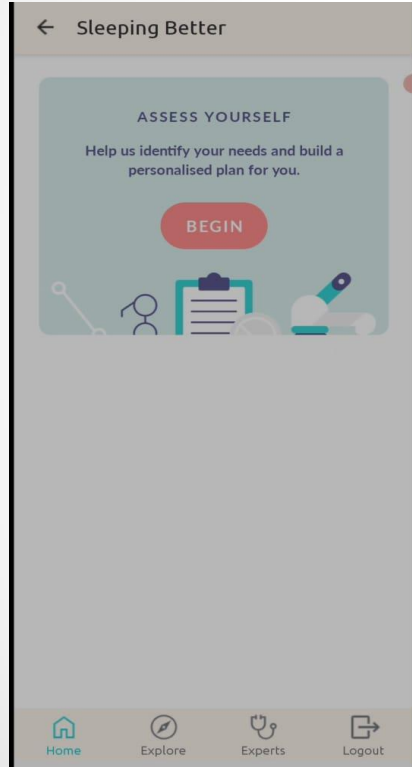
- This page provides a psychologist contact details that if the user need urgent psychologist help then the user can consult about their mental health status.

SCREENSHOTS

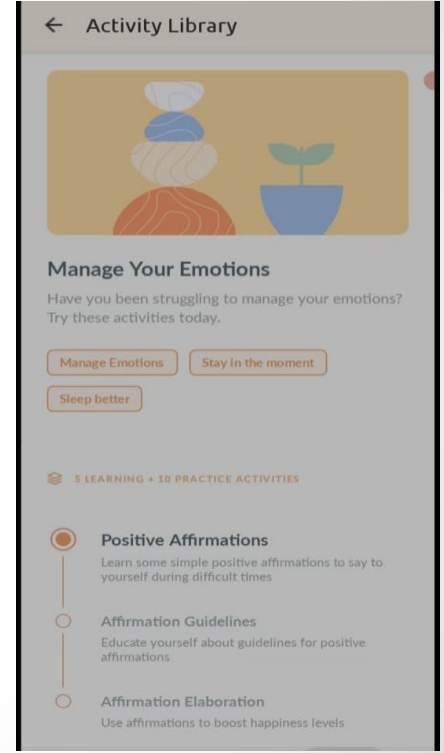
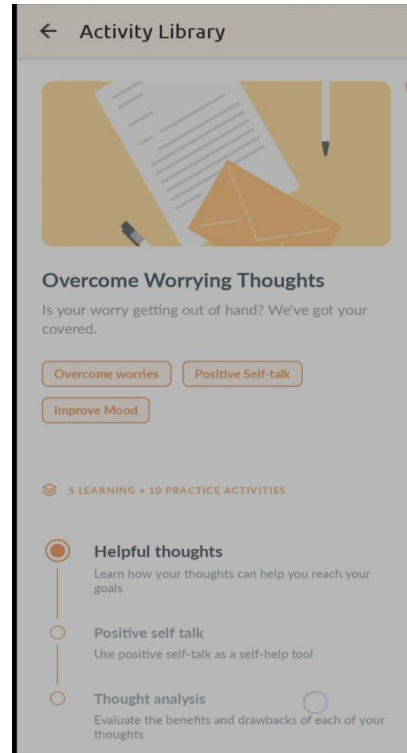
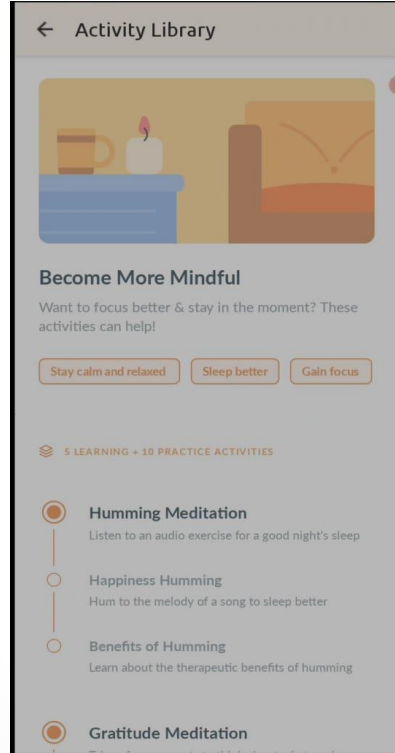
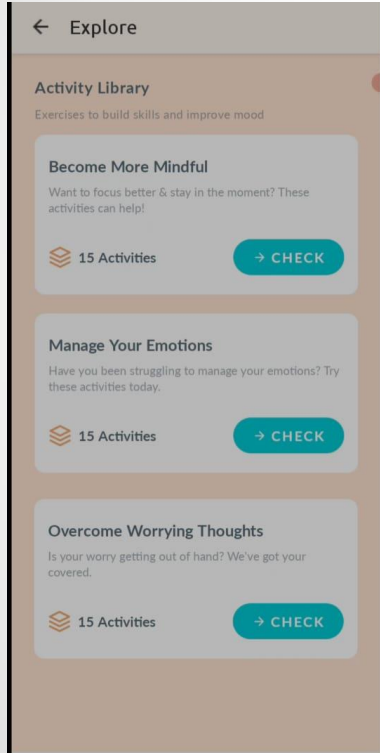
REGISTER / SIGNUP MODULE



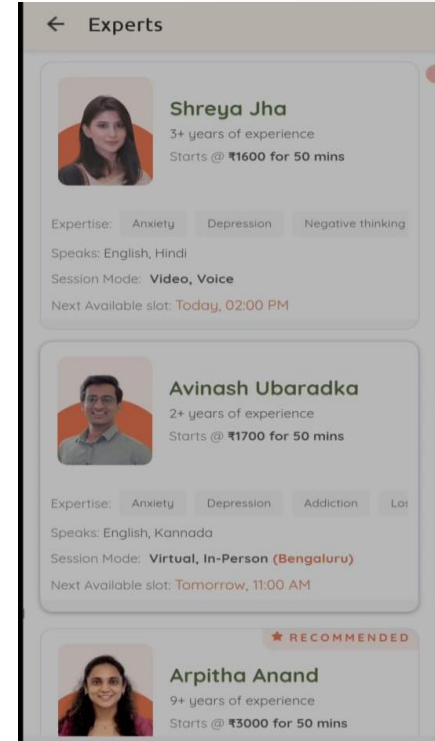
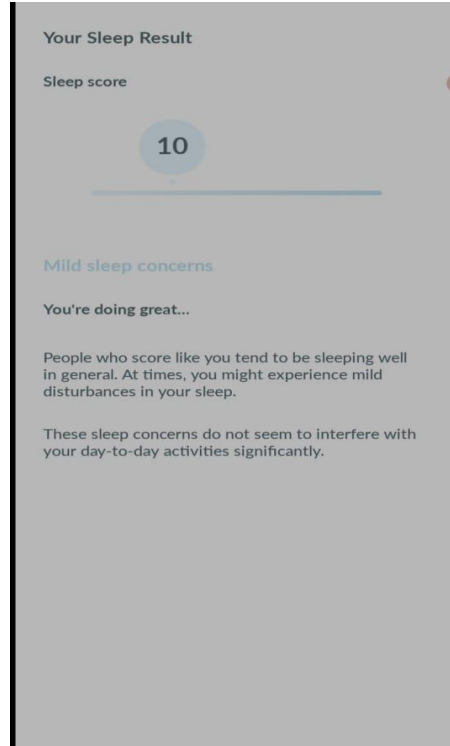
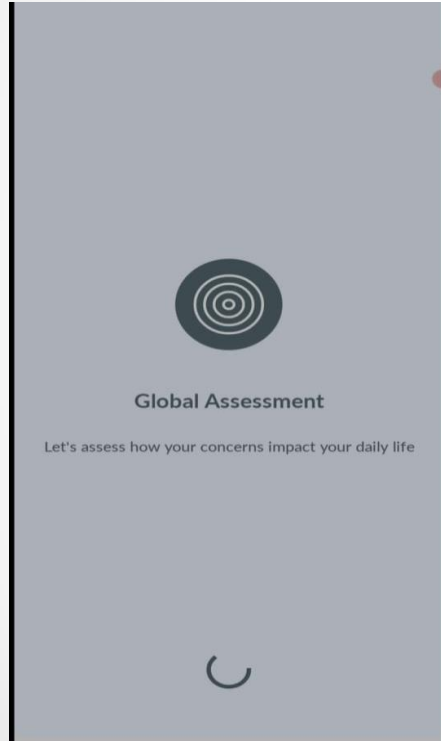
ASSESSMENT MODULE



SUGGESTION MODULE



PROGRESS REPORT & PSYCHOLOGIST MODULE



CONCLUSION

Mental health is an issue that is both delicate and vital at the moment. It is necessary for a healthy and balanced lifestyle. Mental health has an influence on one's thoughts, actions, and feelings. It can have an impact on a person's productivity and effectiveness. According to a WHO researches, depression will be a major cause of mental disease throughout the world, and individuals must pay more attention to their mental health in order to live a healthy social and professional life.

REFERENCE

- I. R. M. E. R. R. Ariel Teles, “Mobile Mental Health: A Review of Applications for Depression Assistance,” in 2019 IEEE 32nd International Symposium on Computer-Based Medical System (CBMS), 2019.
- V. M. Vidhi Mody, “Mental Health Monitoring System Using Artificial Intelligence: A Review,” in 2019 5th International Conference for Convergence in Technology (I2CT), Pune, 2019.
- J. T. A. M. T. H. J. A. N. J.-P. O. M. K. Talayeh Aledavood, “smartphone-Based Tracking of Sleep in Depression, Anxiety and Psychotic Disorders,” in Springer, 2019.

Thank you