

Project Proposal

CISC 4900, Fall 2018

September 14, 2018

General problem

According to the National Institute of Mental Health, “nearly one in five U.S. adults lives with a mental illness (44.7 million in 2016),” like depression, bipolar disorder, or social phobia. However, only 43.1% of adults with any mental illness received any treatment, and, according to Mental Health America (MHA), “64.1% of youth with major depression did not receive any mental health treatment.” In addition, nationally, there’s only “one mental health provider for every 529 individuals” and “there are an estimated 8,300 child psychiatrists across the country compared to over 15 million youths with mental health disorders.”

Proposed solution

We intend to develop a web application for individuals to automatically track and analyze their moods, habits, and overall well-being and receive basic information about their mental illness, possible treatment options, and other resources. This application will also feature an animated chatbot, to put the user at ease, improve communication, and encourage them to seek more professional services and a journalling function, as we feel that freeform self-reflection is critical to improving one’s mental health. We intend to include the ability to share this information and quickly communicate with one’s mental health provider, improving the efficiency of their mental health care, and hopefully reducing costs. We also hope to include a method to communicate with existing emergency hotlines and other low-cost services.

Task outline

- Research and define requirements
- Design UI and UX
- Develop web application frontend & backend
- Integrate SMS communication (stretch)
- Develop mobile interface (stretch)