

Assignment 1- Mental Health App

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CSTP 1304: User Interface Design

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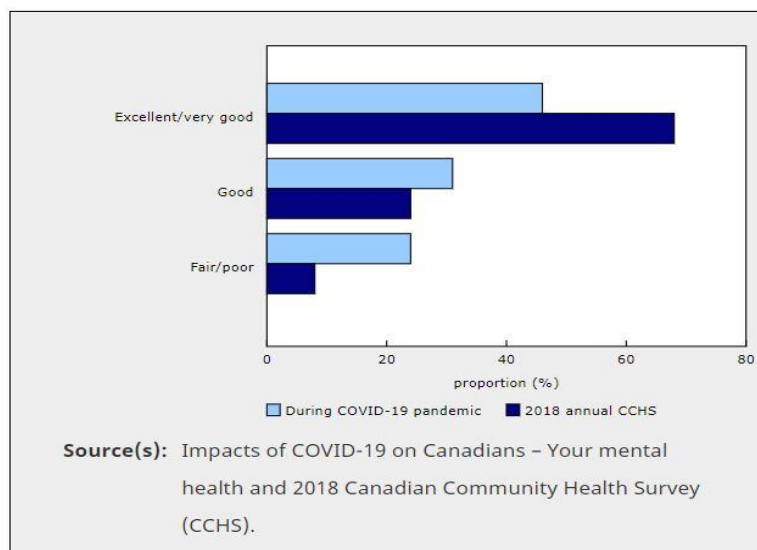
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Mental Health App

As we grow older, we will encounter more and more troubles. Many people suffer too much trouble to get proper relief, which leads to psychological problems, anxiety and even autism and depression and suicidal thoughts. In the past, I did not understand mental illness. I thought these problems were just “unhappy” or “bad mood” until I saw a teammate who committed suicide in the army. I realize that it is easy to ignore mental health, but it is essential. To alleviate everyone’s negative energy, when the mobile Internet is so developed, it prompted me to consider developing psychological counselling applications.

To understand the importance of psychological counselling, we investigated Canadians’ mental health status during the COVID-19 pandemic, and the results were very alarming. Although this data is not all people, compared to 2018, it can be found that the self-perceived mental health of Canadians has fallen during the COVID-19 pandemic.

Chart 1. Self-perceived mental health of participants, April 24 to May 11, 2020, and 2018 Annual CCHS.

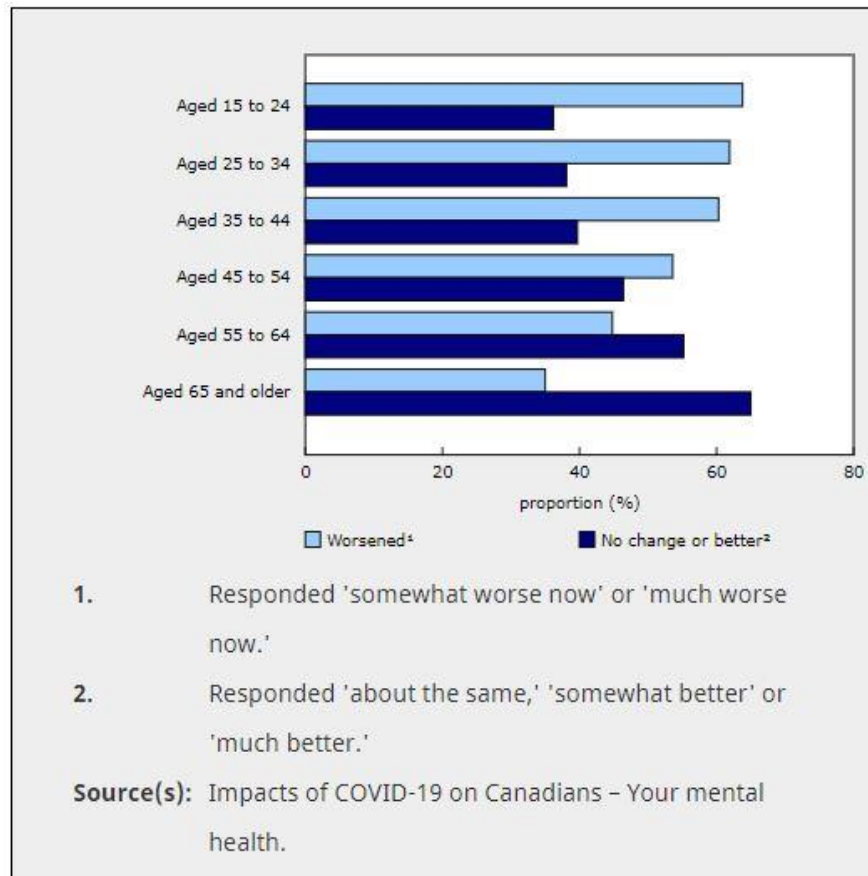


Self-perceived mental health of participants, April 24 to May 11, 2020, and 2018 Annual CCHS, proportion (%)

	During COVID-19 pandemic	2018 annual CCHS
Excellent/very good	46	68
Good	31	24
Fair/poor	24	8

Based on age analysis, adolescents are more likely to report deterioration in their mental health. Since the beginning of physical distancing, young people are most likely to harm their mental health, while the elderly are the least likely to have such an effect.

Chart 2: From April 24 to May 11, 2020, by age group, self-perceived mental health changes since the onset of physical alienation.



Similarly, people between the ages of 15 and 24 are most likely (41%) to have symptoms consistent with moderate or severe anxiety, while people 65 and older are the least likely (11%). The higher levels of stress among adolescents reflect the results of the “Impact of the COVID -1 9 Pandemic on High School Students”, which highlighted participants’ significant concerns about finances, academic disruptions, and employment prospects.

In order to better understand the acceptance and suggestions of psychological counselling in the market, we conducted a [psychological counselling apps survey](#).(result)

Have you ever received psychotherapy?

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Would you choose online psychological counseling for psychotherapy?

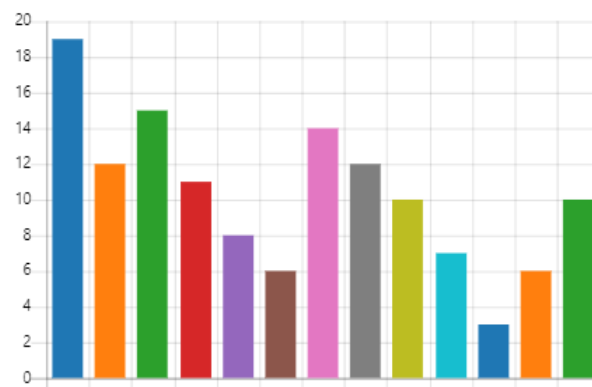
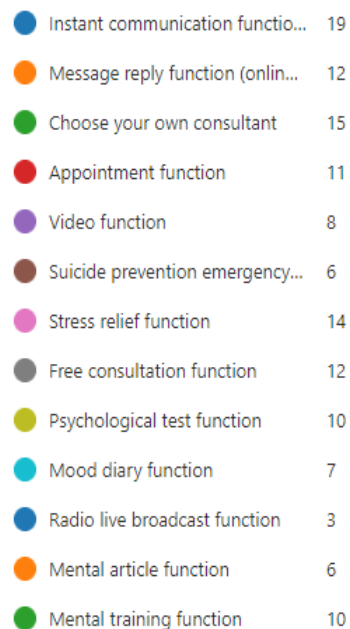
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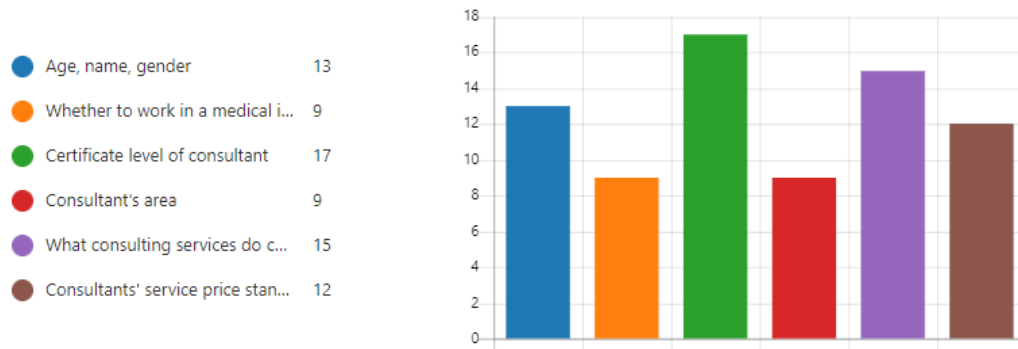
If there is such an online psychological counseling app, what functions do you think it needs to have? (Multiple choice)

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What basic information do you think the consultant should have in the APP? (Multiple choice)

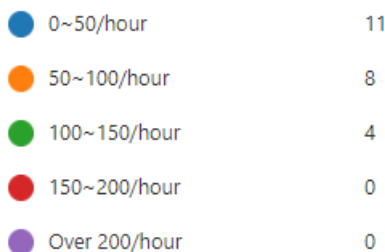
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Can you accept the price of an online psychological counselling service?(CAD)

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Surprisingly, we found that three had undergone psychotherapy of the 23 participants, and 18 agreed to receive online counselling. About half of the many functions we give support real-time communication, reply to messages, make appointments and select consultants, relieve stress, free consultation, psychological tests, psychological training and other functions. Compared with the current software on the market, we have conceived The features seem to be more comprehensive.

However, more features mean that a complete layout is needed to increase users' comfort and convenience and whether the software is suitable for users of all ages to accept.

Reference

1. Government of Canada, Statistics Canada. *Canadians' Mental Health during the COVID-19 Pandemic*, 27 May 2020, www150.statcan.gc.ca/n1/daily-quotidien/200527/dq200527b-eng.htm.