A Project Report On

" <u>Self Help (Mental Health)</u> "

Submitted To

Savitribai Phule Pune University

In partial fulfilment of the degree of

Bachelor of Business Administration

By

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and

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Seat No: **14460**

and

Seat No: **14431**

BBA-CA

Semester IV

Under the guidance of

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Research Guide

MES Garware College of Commerce, Karve Road, Pune 411004 (2022-2023)

MES GARWARE COLLEGE OF COMMERCE AUTONOMOUS, PUNE-411004.

BACHELORS OF BUSINESS ADMINISTRATION – COMPUTER APPLICATION

<u>CERTIFICATE</u>

This is to certify that Mr. **Pratyush Prakash Majumdar** and Mrs. **Madhura Vinay Saraf** Roll Number **14460** and **14431** University Exam Seat Number--------------------Student of BBA-CA Semester-**IV** have successfully completed the project work in specialization subject **HTML, CSS, JS** entitled as **Self Help (Mental Health)** a partial fulfillment of the degree of Bachelors of Business Administration Computer Application as per the syllabus of Savitribai Phule Pune University Year 2022-2023.

I further clarify that; the work has been carried out under my supervision.

Project Guide   BBA-CA Coordinator   Officiating Principal

Internal Examiner   External Examiner

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CONTENT

INTRODUCTION OF SYSTEM

- Mental health determines how you think, feel and act.

- Good mental health is when you feel positive about yourself and cope well with the everyday pressures.

- If you experience issues dealing with everyday problems, it could be a sign of a mental health problem and should be addressed immediately.

- This website basically helps youths and citizens of all age to filter and clarify their thoughts, help them identify their problems and implement various kind of helpful available on this website using various tools and data available.

OBJECTIVES OF SYSTEM

- The main objective of this website is to empower and educate people with the information and insight they need to improve their mental health and make healthy changes.

- Providing the principles, patterns and practices needed for personal and mental development.

- Various kind of live interaction provided with professional therapists.

- Goal is to reach out as many people as possible in order to educate and help them about their mind and mental health.

SYSTEM REQUIREMENT SPECIFICATION

1) HARDWARE REQUIREMENT

- Internet connection or wireless adapter (Wi-Fi)

- Processor: Intel i3

- Memory(RAM): 4GB

2) SOFTWARE REQUIREMENT

- Operating System   : Windows 10.

- Application Software : HTML, CSS and JavaScript.

- Browser   : Google Chrome
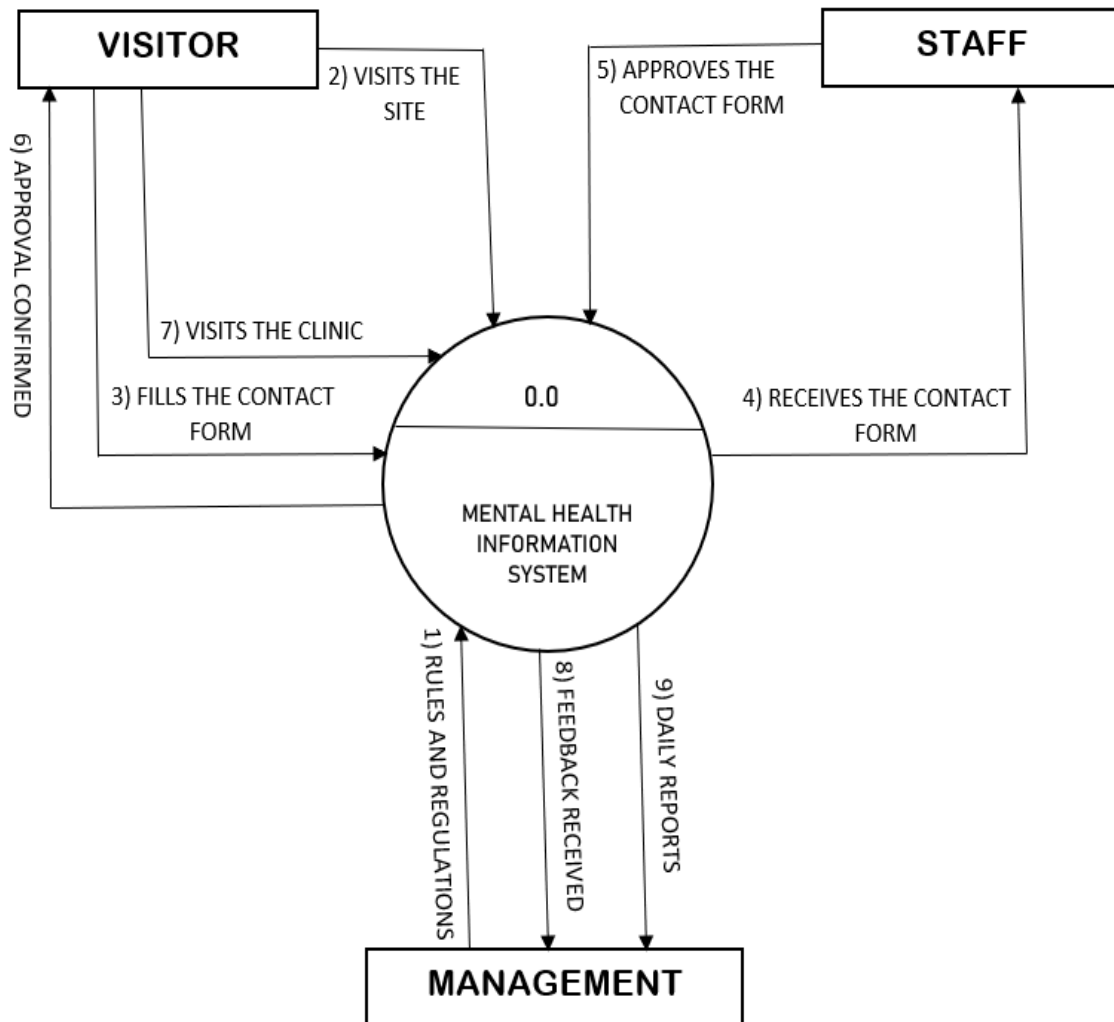
SYSTEM DESIGN

1) ENTITY RELATIONSHIP DIAGRAM
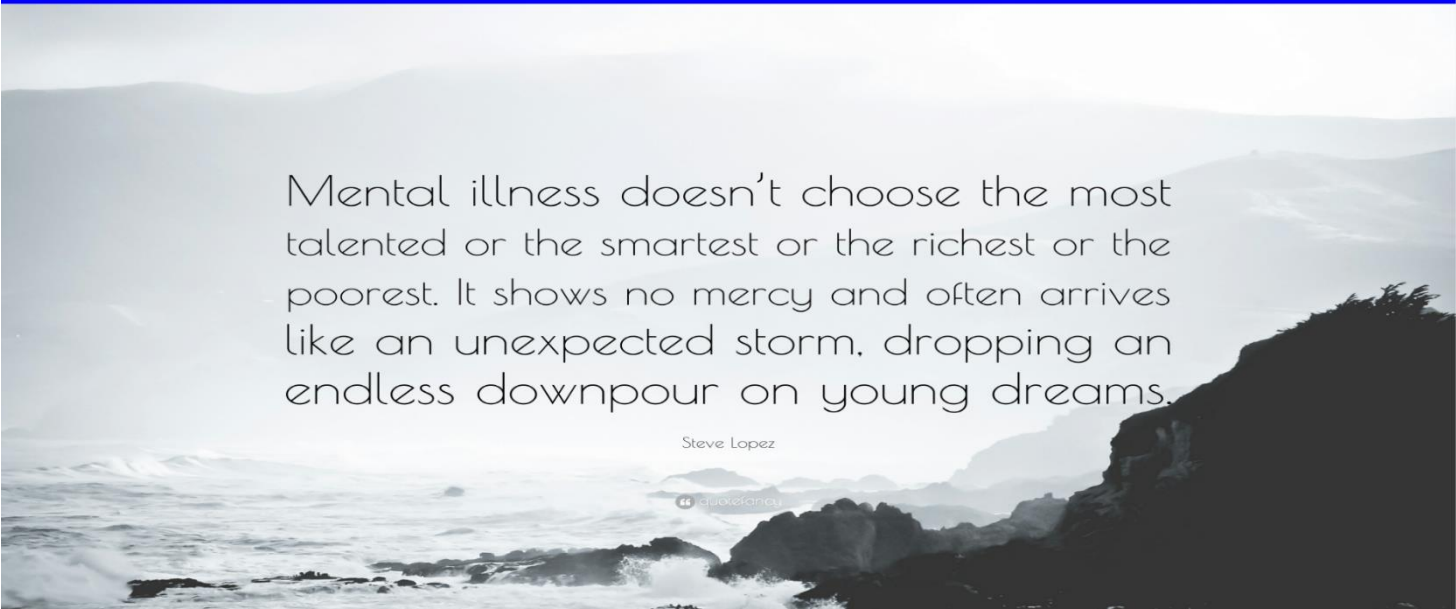
ENTITIES : Patient, Disorder, Clinic, Therapist

| PATIENT | M | CAN HAVE | M | DISORDER |

| PATIENT | M | CAN VISIT | M | CLINIC |

| PATIENT | M | CAN HIRE | M | THERAPIST |

| CLINIC | 1 | CAN HAVE | 1 | THERAPIST |
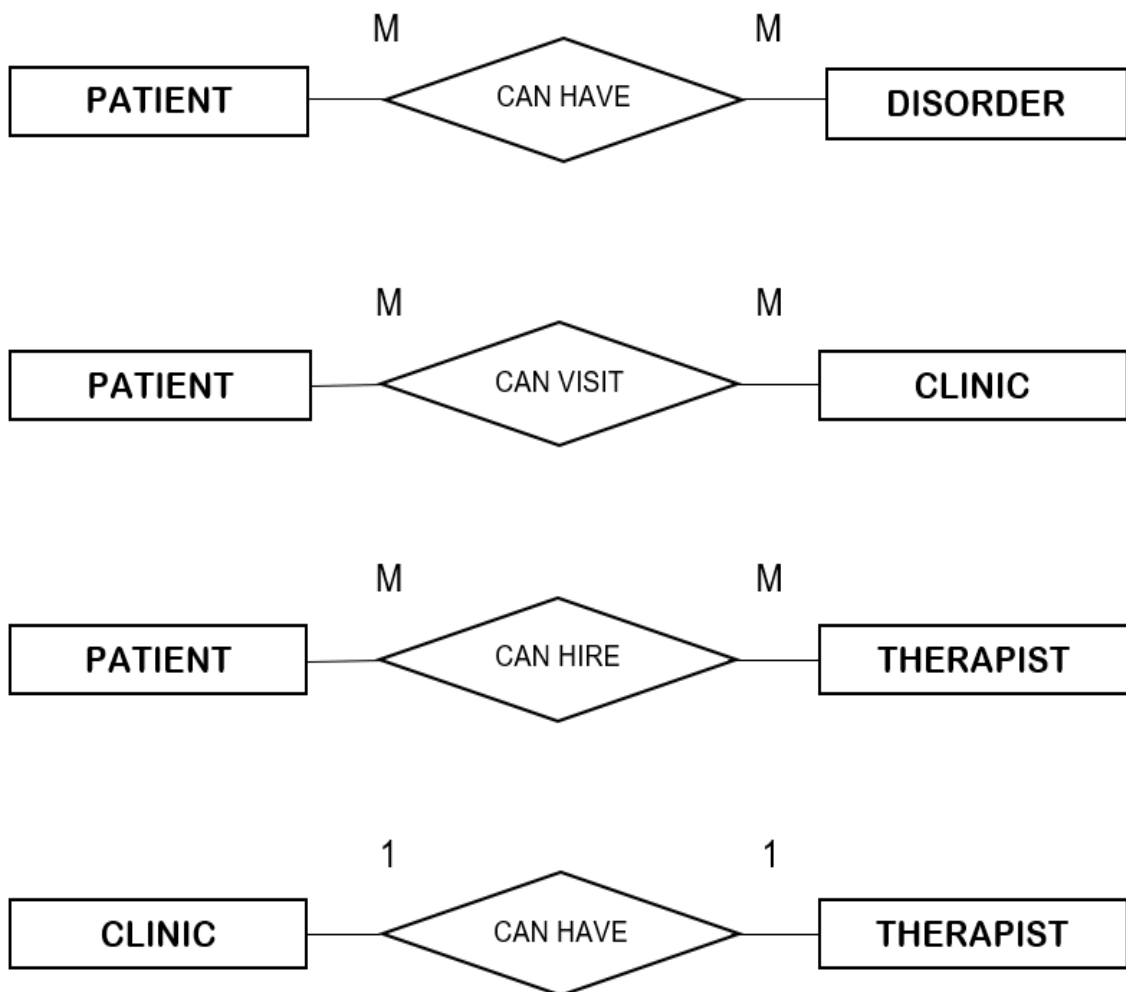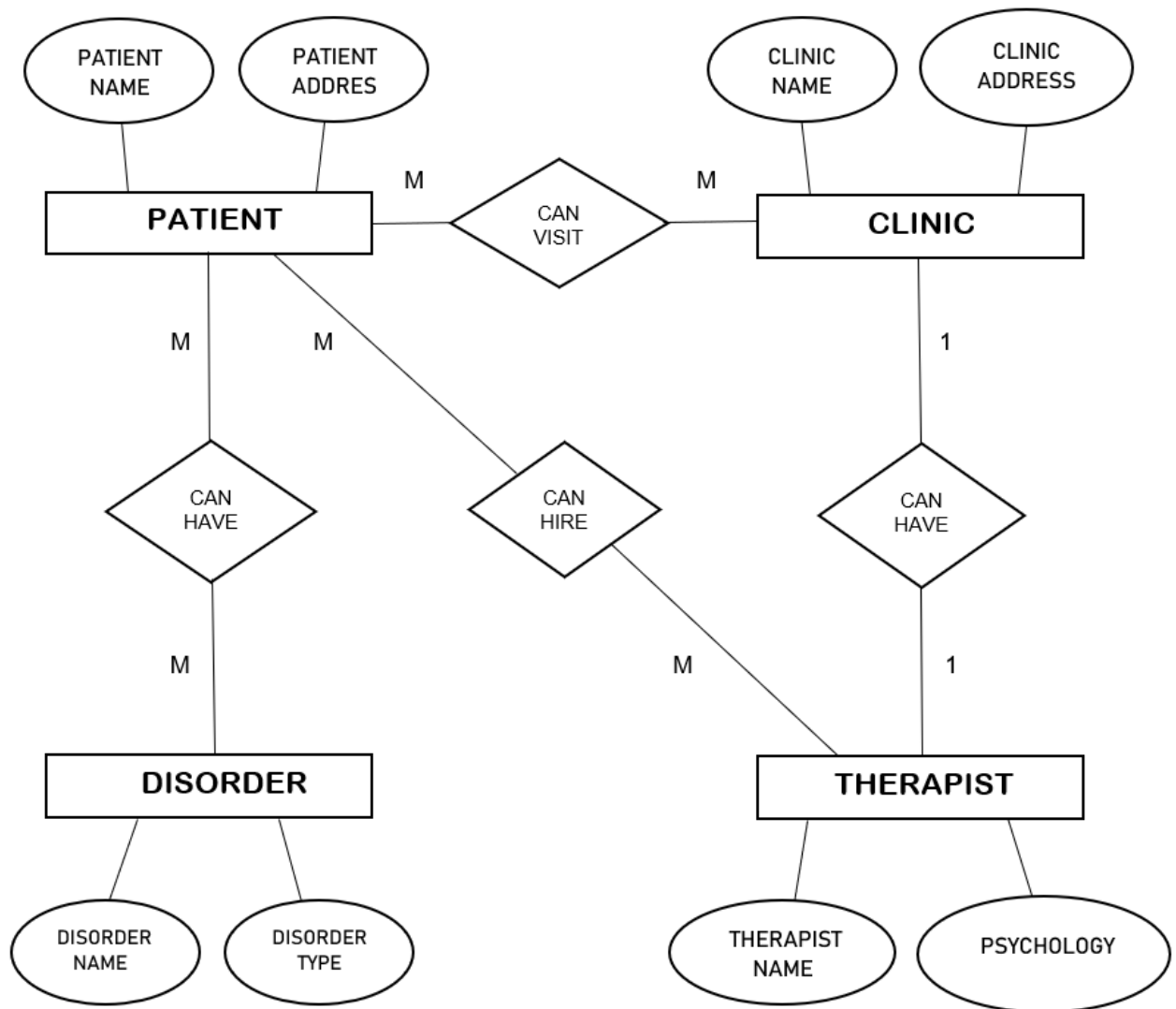
2) CONTEXT LEVEL DIAGRAM

SNAPSHOTS

1) HOMEPAGE

2) **ABOUT ANXIETY**

What is Anxiety?

An **Anxiety Disorder** is a type of mental health condition in which you may respond to certain things and situations with fear and dread.You may feel anxious or nervous if you have to tackle a problem at work, go to an interview, take a test or make an important decision.

An anxiety disorder happens when:

- Anxiety interferes with your ability to function
- You often overreact when something triggers your emotions
- You can't control your responses to situations.

Who is at risk for anxiety disorders?

A mix of genetic and environmental factors can raise a person's risk for developing anxiety disorders. You may be at higher risk if you have or had:

- Certain personality traits, such as shyness or behavioral inhibition — feeling uncomfortable with, and avoiding, unfamiliar people, situations or environments
- Stressful or traumatic events in early childhood or adulthood
- Family history of anxiety or other mental health conditions
- Certain physical conditions,like thyroid problems and heart arrhythmias (unusual heart rhythms).

What are the types of anxiety disorders?

There are several types of anxiety disorders, including:

- Generalized anxiety disorder (GAD)
- Panic disorder
- Phobias
- Separation anxiety.

How do anxiety disorders affect children?

It's normal for children to feel some amount of anxiety, worry or fear at certain points. For example, a child may feel scared of a thunderstorm or barking dog. A teenager might get anxious about an upcoming test or school dance. But sometimes, children approach these situations with overwhelming dread or they can't stop thinking about all the fears tied to one of these events. It may seem that none of your comforts help. These children often get "stuck" on their worries. They have a hard time doing their daily activities, like going to school, playing and falling asleep.

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3) SYMTOMS OF OCD

What are the Signs and Symptoms of OCD?

The main symptoms of OCD are obsessions and compulsions that interfere with **normal activities**. For example, symptoms may often prevent you from getting to work on time. Or you may have trouble getting ready for bed in a reasonable amount of time.

Obsession symptoms

OCD obsessions are repeated, persistent and unwanted thoughts, urges or images that are intrusive and cause distress or anxiety. You might try to ignore them or get rid of them by performing a compulsive behavior or ritual. These obsessions typically intrude when you're trying to think of or do other things. Common examples include:

- Fear of coming into contact with perceived contaminated substances, such as germs or dirt
- Fear of causing harm to yourself or someone else because you're not careful enough or you're going to act on a violent impulse
- Excessive concern with morality ("right or wrong")
- Doubting and having difficulty tolerating uncertainty

Compulsions in OCD

In OCD, compulsions are repetitive actions that you feel like you have to do to ease or get rid of the obsessions. People with OCD don't want to perform these compulsive behaviors and don't get pleasure from them. But they feel like they have to perform them or their anxiety will get worse. Compulsions only help temporarily, though.

Compulsion Symptoms

OCD compulsions are **repetitive behaviors** that you feel driven to perform. These repetitive behaviors or mental acts are meant to reduce anxiety related to your obsessions or prevent something bad from happening. However, engaging in the compulsions brings no pleasure and may offer only a temporary relief from anxiety. As with obsessions, compulsions typically have themes, such as:

- Arranging things in a very specific way, such as items on your dresser
- Collecting or hoarding items that have no personal or financial value
- Constantly checking that you haven't caused someone harm.

How is OCD diagnosed?

There's **no test** for OCD. A healthcare provider makes the diagnosis after asking you about your symptoms and medical and mental health history. Providers use criteria explained in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-V) to diagnose OCD.

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4) **CAUSES OF ADHD**

Common causes of ADHD

The exact cause of **attention deficit hyperactivity disorder** (ADHD) is not fully understood, although a combination of factors is thought to be responsible.

1) Genetics ⚎

ADHD tends to run in **families** and, in most cases, it's through the **genes** you inherit from your parents are a significant factor in developing the condition. Research shows that parents and siblings of someone with ADHD are more likely to have ADHD themselves. However, the way ADHD is inherited is likely to be complex and is not thought to be related to a single genetic fault.

2) Brain function and structure ◐

Research has identified a number of possible differences in the **brains of people** with ADHD from those without the condition, although the exact significance of these is not clear. For example, studies involving brain scans have suggested that certain areas of the brain may be smaller in people with ADHD, whereas other areas may be larger.

3) Groups at risk 👬

Certain people are also believed to be more at risk of ADHD, including people:

- Who were **born prematurely** (before the 37th week of pregnancy) or with a low birthweight
- With **epilepsy**
- With **brain damage** - which happened either in the womb or after a severe head injury later in life

4) Environment ▲

In addition to genetics, some **environmental factors** might play a role in causing ADHD. Alcohol intake during pregnancy can cause fetal alcohol spectrum disorders which can include ADHD or symptoms like it. Children exposed to certain toxic substances, such as lead or polychlorinated biphenyls, may develop problems which resemble ADHD. Exposure to the organophosphate insecticides chlorpyrifos and dialkyl phosphate is associated with an increased risk; however, the evidence is not conclusive. Exposure to tobacco smoke during pregnancy can cause problems with central nervous system development and can increase the risk of ADHD. Nicotine exposure during pregnancy may be an environmental risk.

5) Society 👥

The youngest children in a class have been found to be more likely to be **diagnosed as having ADHD**, possibly due to them being developmentally behind their older classmates. They also appear to use ADHD medications at nearly twice the rate of their peers. An inappropriate diagnosis of ADHD may reflect a dysfunctional family or a poor educational system, rather than any true presence of ADHD in the individual. Behaviours typical of ADHD occur more commonly in children who have experienced violence and emotional abuse.

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5) **CURE FOR BIPOLAR DISORDER**

Treatement for Bipolar Disorder

Treatment is best guided by a **medial doctor** who specializes in diagnosing and treating mental health conditions **(psychiatrist)** who is skilled in treating bipolar and related disorders.

Bipolar disorder is a lifelong condition. Treatment is directed at managing symptoms. Depending on your needs, treatment may include:

- **Medications :** Often, you'll need to start taking medications to balance your moods right away.
- **Continued treatment :** Bipolar disorder requires lifelong treatment with medications, even during periods when you feel better. People who skip maintenance treatment are at high risk of a relapse of symptoms or having minor mood changes turn into full-blown mania or depression.
- **Hospitalization :** Your doctor may recommend hospitalization if you're behaving dangerously, you feel suicidal or you become detached from reality (psychotic). Getting psychiatric treatment at a hospital can help keep you calm and safe and stabilize your mood, whether you're having a manic or major depressive episode.
- **Substance abuse treatment :** If you have problems with alcohol or drugs, you'll also need substance abuse treatment. Otherwise, it can be very difficult to manage bipolar disorder.

The primary treatments for bipolar disorder include medications and psychological counseling (psychotherapy) to control symptoms, and also may include education and support groups.

Medications

A number of **medications** are used to treat bipolar disorder. The types and doses of medications prescribed are based on your particular symptoms.Medications may include:

- **Mood stabilizers :** You'll typically need mood-stabilizing medication to control manic or hypomanic episodes. Examples of mood stabilizers include lithium (Lithobid), valproic acid (Depakene), divalproex sodium (Depakote), carbamazepine (Tegretol, Equetro, others) and lamotrigine (Lamictal).
- **Antipsychotics :** If symptoms of depression or mania persist in spite of treatment with other medications, adding an antipsychotic drug such as olanzapine (Zyprexa), risperidone (Risperdal), quetiapine (Seroquel), aripiprazole (Abilify), ziprasidone (Geodon), lurasidone (Latuda) or asenapine (Saphris) may help. Your doctor may prescribe some of these medications alone or along with a mood stabilizer.
- **Antidepressants :** Your doctor may add an antidepressant to help manage depression. Because an antidepressant can sometimes trigger a manic episode, it's usually prescribed along with a mood stabilizer or antipsychotic.

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6) <u>CONTACT US</u>

Contact Us

Questions, concerns, curiosities? We'd love to hear from you. If you need assistance, please fill out the form and we'd be happy to help!

We're listening

Your message is important to us. A team member will usually respond to you within 3 office days. If it is a matter that requires team dialogue, our response may take longer.

Our office days are Monday to Thursday in support of our team's wellbeing. We rest from Friday to Sunday.

If you or someone you know is in immediate, life-threatening danger and decide to call 911, please be aware that police are not equipped to offer mental health support and may even pose danger to People of Color, Neurodivergent people and Disabled people.

✉ - pratyushmajumdar27@gmail.com

7) **TAKE A QUIZ**

| Home | Anxiety ▼ | OCD ▼ | ADHD ▼ | Bipolar ▼ | Contact Us | Take a Quiz | Feedback |

LOGIN HERE

Name	Enter your name
Age	Enter your age
Phone	Enter your number
Email	Enter your email

Login

For any inquiry, contact us at pratyushmajumdar27@gmail.com

| Home | Anxiety ▼ | OCD ▼ | ADHD ▼ | Bipolar ▼ | Contact Us | Take a Quiz | Feedback |

How Happy are You?

Take this quick quiz to see where you measure up on the happiness spectrum.

1) I feel that life is very rewarding. *

○ Always
○ Sometimes
○ Rarely
○ Never

2) I am able to find the goodness in myself and others. *

○ Always
○ Sometimes
○ Rarely
○ Never

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8) **FEEDBACK**

SYSTEM LIMITATIONS

- Mental health conditions require careful diagnosis and treatment, which may not be possible through a website.

- Mental health websites may not be accessible to everyone, as not all individuals have access to the internet or may not be aware of the website's existence.

- Websites may offer information, but may not be able to provide human interaction or emotional support, which can be crucial in times of distress.

- There is a risk that some information on mental health websites may be inaccurate or misleading.

CONCLUSION

- The main objective of this website is to empower and educate people with the information and insight they need to improve their mental health and make healthy changes.

- We assessed whether an intervention based on acceptance and commitment therapy and mindfulness was successful in promoting positive mental health by enhancing psychological flexibility.

REFERENCES

1) https ://www.betterlyf.com