

MyndConnect: A Mental Wellbeing Application

Proposal

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Chapter 1

Introduction

Colleges can be stressful places. It's often hard for students to maintain good mental health as workloads pile up and support networks change, especially for those studying abroad. While there are many mental health apps on the market, most focus on just one aspect, like meditation or mood tracking. This leaves students juggling multiple tools instead of finding everything they need in one place.

MyndConnect aims to simplify this situation. Our app brings together mood tracking, journaling, guided meditation exercises, links to professional resources, and a safe, anonymous community forum. Instead of forcing students to hop between different apps, we want to provide a comfortable, all-in-one space to support their overall mental well-being.

1.1 Understanding the Student Landscape

To create a truly helpful application, we first need to understand what students are going through. Stress, isolation, and academic pressure often make it difficult to seek help, especially face-to-face. A mobile app that is easy to use and available anytime can encourage students to reach out, reflect on their feelings, and learn healthier coping strategies—all at their own pace.

1.1.1 The Role of Peer Support

Peer support can be a game-changer. Students often feel more at ease discussing their challenges with others who “get it” because they’re experiencing similar academic and social pressures. By allowing anonymous interactions, MyndConnect’s forum removes the fear of being judged. This supportive environment can reduce feelings of loneliness and let students share tips and encouragement.

1.1.2 Fostering Self-Reflection Through Journaling

Journaling is a powerful tool for understanding one’s own emotions. By writing down thoughts and feelings over time, students can identify patterns, recognize triggers, and celebrate personal growth. This practice encourages mindful self-reflection, making it easier to navigate everyday challenges.

1.2 Combining Features for a Holistic Experience

Instead of scattering tools across multiple apps, MyndConnect provides a single, user-friendly platform. Students can track their mood, write in their journal, join in community discussions, and find meditation exercises—all without switching apps. This integrated approach saves time and energy, making it easier for students to engage regularly and benefit from consistent use.

Chapter 2

Literature Review

Today’s mental wellbeing apps have made great strides, but there’s always room for improvement. Research shows that students want more than just a meditation timer or a mood log. They want a space that respects their privacy, is simple to use, and makes them feel less alone. Our main question is:

What improvements can be made to mental wellbeing applications on the market today to make them more beneficial and efficient?

2.1 Key Insights from Existing Research

Studies suggest that apps offering multiple features—like mood tracking, journaling, and community support—tend to keep users engaged longer. A friendly, easy-to-navigate interface encourages return visits and more meaningful interactions. Research also emphasizes the importance of privacy and clear data protection measures, so users trust the app enough to share their feelings.

Peer support communities, when well-moderated, help reduce stigma and make users feel connected. Integrating professional resources, such as direct links to counseling services or evidence-based articles, can further guide students toward more in-depth help if needed. Ultimately, the literature supports creating flexible, student-centered apps that adapt to user needs, encourage personal growth, and maintain a supportive community culture.

Chapter 3

Requirements Analysis

Our requirements focus on two categories: what the app must do (functional requirements) and how it should do it (non-functional requirements). We must ensure MyndConnect is easy to use, can scale as more students join, and maintains strict privacy standards. Students should be able to remain anonymous on community forums, easily switch between features, and delete their data at any time.

3.1 Defining Core Functionalities

The core features include secure login, mood tracking, journaling, guided meditations, and a moderated peer-support community. Each function should integrate smoothly with the others, allowing students to explore all that MyndConnect has to offer without feeling overwhelmed.

3.1.1 Ensuring Privacy and Security

Privacy is non-negotiable. We will implement secure authentication, encryption for sensitive data, and compliance with regulations like GDPR. Automated content filtering will help maintain a respectful community environment, flagging posts that may be harmful or triggering.

Chapter 4

Design

The overall design of MyndConnect will follow a layered structure. React Native will power a user-friendly interface, Node.js and Express will handle server-side logic, and MongoDB Atlas will store data. We will prioritize smooth navigation, calming colors, and clear icons to help students feel at ease.

4.1 User-Friendly Interface and Architecture

Our design choices focus on simplicity. For example, the home screen may highlight recent journal entries, mood logs, or popular community discussions. With intuitive menus and familiar navigation patterns, students can quickly find the features they need.

4.1.1 Scalable Back-End and Future Integration

The back-end architecture is built with scalability in mind. As more students join, the system should easily handle increased load without slowing down. Additionally, if we want to integrate new features, like video sessions or wearables data, the modular architecture will let us do so seamlessly.

Chapter 5

Development Methodology

We will use an agile approach, breaking the project into sprints. Each sprint focuses on a set of features—like journaling and basic authentication in the first sprint—before moving on to mood tracking or community tools in subsequent sprints. This lets us test, refine, and adapt the app based on feedback early and often.

Chapter 6

Implementation Details

During implementation, we will follow best security practices, including encryption and access tokens. Multilingual support will be considered to make the app more welcoming to international students. Clear documentation will help future developers understand and maintain the codebase.

Chapter 7

Testing and Quality Assurance

Testing is a continuous process. We will run unit tests on individual features and integration tests to ensure everything works together. User testing sessions will involve small groups of students who provide feedback on the interface, language, and usability. We will also conduct security audits and load tests to ensure the app performs well under pressure and keeps data safe.

Chapter 8

Conclusions and Future Directions

MyndConnect aims to be a comprehensive, student-friendly mental wellbeing tool. By blending multiple features into one platform and making privacy a priority, the app can encourage students to engage more deeply with their mental health. Over time, user feedback and ongoing research will guide improvements, ensuring MyndConnect remains helpful and relevant in changing academic and social landscapes.

Chapter 9

Recommendations for Improvement

To keep MyndConnect evolving:

- **Listen to Students:** Regular feedback loops help us understand what’s working and what’s not.
- **Ongoing Security Audits:** Periodic reviews keep the app safe and trustworthy.
- **Advanced Moderation Tools:** As the community grows, AI-driven moderation ensures a positive environment.
- **Integration with Campus Services:** Partner with colleges to highlight local counseling and wellness resources.

9.1 Development Milestones Table

Planned Development Milestones	
First Milestone	Implement basic UI, secure login, and simple journaling; verify secure data handling.
Second Milestone	Add mood tracking, guided meditations, and test database scalability.

Third Milestone	Launch anonymous peer-support forum with automatic moderation and gather user feedback.
Fourth Milestone	Refine UI/UX based on feedback, add analytics, and prepare for initial deployment.

Table 9.1: Milestone Overview

Chapter 10

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