

---

**Mend, LLC**

---

**MENDmate™  
Glossary**

**Version <1.0>**

## **MEND™ Proprietary & Copyright Statement**

© 2025 MEND, LLC. All rights reserved.

This document and the information contained herein are the proprietary and confidential property of MEND, LLC and are protected by copyright and intellectual property laws.

No part of this document may be copied, reproduced, stored in a retrieval system, transmitted, or distributed in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of MEND, LLC.

This document is intended solely for use by authorized users of MEND™ software and related systems. Unauthorized use, disclosure, or distribution of any information contained herein is strictly prohibited.

MEND™, MENDmate™, and My MENDmate™ are trademarks of MEND, LLC. All other product and company names mentioned may be trademarks or registered trademarks of their respective owners.

<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

## Revision History

Date	Version	Description	Author
<dd/mmm/yy>	<x.x>	<details>	<name>

<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

## Table of Contents

<b>1. Introduction.....</b>	<b>5</b>
1.1 Purpose .....	5
1.2 Scope .....	5
1.3 References.....	5
1.4 Overview.....	5
<b>2. Business Definitions .....</b>	<b>5</b>
2.1 Azure .....	5
2.2 Azure App Service .....	5
2.3 HIPAA.....	5
2.4 MIT License .....	5
2.5 Patient .....	6
2.6 PHIRE .....	6
2.7 Remote therapeutic monitoring (RTM).....	6
2.8 SMART.....	6
2.9 Provider/Therapist .....	6
2.10 Vuetify .....	6
2.11 Contract Term .....	6
2.11.1 Could .....	6
2.11.2 Shall.....	6
2.11.3 Should.....	7
<b>3. App-Specific Definitions .....</b>	<b>7</b>
3.1 Baseline Assessment: .....	7
3.2 Coping Techniques:.....	7
3.3 Daily Mood Assessment: .....	7
3.4 Data Trends: .....	7
3.5 Diagnosis: .....	8
3.6 Educational Content: .....	8
3.7 Exercise: .....	8
3.8 Favorite: .....	8
3.9 Homework: .....	8
3.10 Journal: .....	8
3.11 Learning Library:.....	8
3.12 Personal Calendar: .....	8
3.13 Therapy Plan:.....	9

<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

# Glossary

## 1. Introduction

This Glossary exists to provide an overview of the terminology specific to the MENDMate senior design project. It contains definitions for terms relevant to the project and its development, such as technologies in use, specific domain terminology, standards the end product must follow, as well as features and objects defined by the team.

### 1.1 Purpose

The purpose of this document is to provide a centralized repository of terminology and definitions for the MENDMate team to refer to.

### 1.2 Scope

This document contains terminology and definitions relevant to the MENDMate senior design project, as well as overviews of technology the team will be using and standards the project will follow.

### 1.3 References

### 1.4 Overview

The rest of this Glossary provides definitions for significant items: technologies, features, objects, or standards that the MENDMate team references in our documentation.

## 2. Business Definitions

This section is organized with all single item definitions first, then groupings of terms second. Otherwise, items are organized in alphabetical order.

### 2.1 Azure

A public cloud platform offered by Microsoft, Azure offers a large collection of services that manages and maintains hardware, infrastructure, and resources that can be accessed on-demand for free or on a pay-per-use basis.

### 2.2 Azure App Service

A web application hosting service offered by Azure. As a platform as a service (PaaS), it enables developers to focus on designing and building their applications while it manages the underlying infrastructure.

### 2.3 HIPAA

The Health Insurance Portability and Accountability Act is a U.S. regulation that ensures the protection and confidential handling of [patient](#) health information.

### 2.4 MIT License

The MIT License is one of the most commonly used licenses in the open-source community. This license grants users significant freedom in how they use, modify, and distribute software. Here are its key features and what they mean for Vuetify users:

Freedom to Use: The MIT License allows you to use Vuetify for any purpose - whether

<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

it's a private hobby project, a high-scale commercial application, or a public service.

Freedom to Modify: Flexibility is at the core of Vuetify, and the MIT License extends this principle. You have the freedom to tweak, customize, and modify Vuetify to suit your project's unique requirements.

Freedom to Distribute: The license not only allows you to use and modify Vuetify but also to distribute your version of it openly or commercially.

## 2.5 Patient

A Patient is the [Provider/Therapist's](#) client. They are assigned [homework](#) by the [Provider/Therapist](#). They use the system to access assigned homework, track their progress, and view useful resources.

## 2.6 PHIRE

Personal Health Information Regulation and Enforcement, standards governing the management, security, and privacy of personal health information within healthcare systems.

## 2.7 Remote therapeutic monitoring (RTM)

Refers to the use of digital medical devices or technology-based services to monitor non-physiological [patient](#) data between therapy visits. RTM enables the [Provider/Therapist](#) to analyze this data and make improvements to [patient](#) care plans as needed.

## 2.8 SMART

Substantive, Measurable, Achievable, Relevant, and Time-bound criteria used to define and evaluate the objectives and outcomes of the MENDMate project to ensure they are clear and attainable.

## 2.9 Provider/Therapist

A specialist providing therapy services to their [Patients](#). As the end user of MENDMate, a Provider assigns homework for their [Patients](#) to complete and receives reports from the system.

## 2.10 Vuetify

An Open Source UI Library for Vue.js with pre-built components for creating professional, responsive, and mobile-first web applications. It is licensed under the [MIT License](#).

## 2.11 Contract Term

Using contractual language, a Contract Term denotes the level of requirement for a feature within the system.

### 2.11.1 Could

Indicates a tertiary and luxury item. If the system *could* have feature A, then A is a non-essential enhancement that adds extra value to the product.

<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

### 2.11.2 *Shall*

Denotes a primary and necessary item. If the system *shall* have feature B, then B is a mandatory requirement; and B's absence would prevent the system from fulfilling its intended purpose.

### 2.11.3 *Should*

Represents a secondary item. If the system *should* have feature C, C is a highly recommended improvement to the product, but the system can still operate without it.

## 3. App-Specific Definitions

This section is organized with all single item definitions first, then groupings of terms second. Otherwise, items are organized in alphabetical order.

### 3.1 Baseline Assessment:

An initial evaluation of a [patient's](#) current mental status, be it symptoms or behaviors. Can be used as a reference point to track the [patient's](#) progress over time.

### 3.2 Coping Techniques:

Tools or strategies used to handle stress, strong feelings, or challenging situations. These techniques help individuals to better control their emotions and thoughts, strengthening their mental health. Some techniques include:

- Breathing [Exercises](#): Practicing slow, deep breaths can help calm people who are experiencing a high amount of short-term stress.
- [Journaling](#): Writing down worries, events of the day, or expressions of feelings allows people to better understand their emotional patterns and can be a method to release pent-up emotions.
- Meditation: Focusing fully towards a chosen stimulus, typically the senses, in order to better control the mind. Can lower levels of cortisol, which reduces feelings of anxiety and tension.
- Physical Activity: Involved physical [exercises](#) such as walking, dancing, or yoga. Can improve mood and reduce overall stress through the release of endorphins.
- Talking: Reaching out to a [provider/therapist](#), family, or friends can help prevent people from isolating their emotions and thoughts.

### 3.3 Daily Mood Assessment:

Presented to [patients](#) upon entering the app for the first time during a day. The [patient](#) will be prompted to choose one of 7 emojis that most accurately describes their current state of mind and can type info as to why they feel that way. Over time, these daily assessments can be used in the user's [data trends](#).

<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

### 3.4 Data Trends:

Patterns observed over time in the collected data of [patients](#). Different data collected in the app include metrics such as usage time, completed [homework](#), and [daily mood assessments](#). These metrics can be used to draw correlations, such as increased usage of the app leading to better overall daily mood.

### 3.5 Diagnosis:

The process of identifying a disorder or condition through evaluations of symptoms, medical history, or tests. For example, a psychiatrist can conduct questionnaires and observe the behaviors of a [patient](#) to determine if the [patient](#) meets the criteria for an anxiety disorder.

### 3.6 Educational Content:

Content used in the app to inform users, develop new skills, or clarify complex concepts. Information about a plentitude of disorders, [coping techniques](#), and more can be found in the app. Most of the educational content in the app falls into one of two categories:

- Text: Written materials about a particular subject, such as depression. Friendly for users who may prefer reading and can link to scholarly articles or research.
- Video: An embedded video about a particular subject, such as depression. Friendly for users who may prefer watching a video or visual stimuli to better help them understand a concept.

### 3.7 Exercise:

Assigned by the [provider/therapist](#) to the [patient](#), typically via [homework](#). Includes performing various tasks, such as practicing a [coping technique](#) every day, to improve the [patient's](#) well-being.

### 3.8 Favorite:

Content that [patients](#) select to display on the home page. This allows certain [educational content](#) to be viewed more easily, making it simple to view repeatedly without having to click multiple times to navigate to the desired content.

### 3.9 Homework:

Assigned by the [provider/therapist](#) to the [patient](#). Typically involves the [patient](#) learning via [educational content](#) and/or completing [exercises](#) to improve the [patient's](#) well-being. Completion of homework is tracked and can be used in [data trends](#).

### 3.10 Journal:

An interface in the app that allows users to record their thoughts, feelings, or whatever the user pleases for the day. The journal resets daily and allows users to view



<MENDMate>	Version: <1.0>
Glossary	Date: <22/9/2024>
<document identifier>	

their previous days' entries. Currently, users are intentionally not allowed to delete entries, but are able to append their entries with more information.

### 3.11 Learning Library:

Contains [educational content](#) about various topics related to mental health, such as disorders and [coping techniques](#). The [patient](#) may explore topics in the library at their leisure, and the [provider/therapist](#) can use the library to assign [homework](#) to the [patient](#).

### 3.12 Personal Calendar:

A calendar specifically tailored to the user. Allows [patients](#) to track their progress on [homework](#), view entries in their [journal](#), and view other activities on the agenda for the day.

### 3.13 Therapy Plan:

Assigned by the [provider/therapist](#) to the [patient](#). Contains topics relevant to the [patient](#) and is used to assign [homework](#) and track the progress of the [patient](#) throughout their therapy treatment.