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APPENDIX A

BACK END SOURCE CODE

New\_symptoms.php

<?php

include("core/db\_config.php");

if($\_POST){

$symptom = $db->escape($\_POST['symptom']);

if(!empty($symptom)){

$db->query("INSERT INTO symptoms (id, symptom)

VALUES (NULL, '".$symptom."')");

$db->disconnect();

}

}

?>

View\_symptoms.php

<?php

    include("core/db\_config.php");

    $count=0;

$query = $db->get\_results("SELECT \* FROM symptoms");

foreach ( $query as $result ) {

$symptom = $result->symptom;

$count++;

echo '<li>'.$count.'. '.$symptom.'</li>';

}

?>

db\_config.php

<?php

    define( 'DB\_USER', 'root');

    define( 'DB\_PASS', '');

    define( 'DB\_NAME', 'depression');

    define( 'DB\_HOST', 'localhost');

    define( 'DB\_ENCODING', '');

    include\_once "sql/ezsql/shared/ez\_sql\_core.php";

    include\_once "sql/ezsql/mysqli/ez\_sql\_mysqli.php";

    $db = new ezSQL\_mysqli(DB\_USER, DB\_PASS, DB\_NAME, DB\_HOST, DB\_ENCODING);

?>

Signin.php

<?php

session\_start();

include("core/functions.php");

include("core/db\_config.php");

main\_banner();

if (isset($\_POST['submit'])) {

$username = $\_POST['username'];

$password = $\_POST['password'];

$password = md5($password);

if (empty($username) OR empty($password)) {

$error = 'all fields are required';

}else{

$query = $db->get\_results("SELECT \* FROM admin WHERE username = '$username' AND password = '$password' LIMIT 1");

foreach ( $query as $result ) {

$admin\_username = $result->username;

$admin\_password = $result->password;

}

if ($username == $admin\_username && $password == $admin\_password) {

$\_SESSION['username'] = $admin\_username;

} else{

$error = 'wrong login credentials';

}

}

}

?>

APPENDIX B

FRONT END SOURCE CODE

Index.php

<!DOCTYPE HTML>

<html>

<html lang="en">

<head>

<!--[if IE]>

<script src="//html5shiv.googlecode.com/svn/trunk/html5.js"></script>

<![endif]-->

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1">

<meta name="author" content="ONUCHE SOLOMON">

<title>depression management expert System</title>

<!-- <link href="bootstrap.min.css" rel="stylesheet" type="text/css"/>-->

<link href="css/main.css" rel="stylesheet" type="text/css"/>

<link href="css/banner.css" rel="stylesheet" type="text/css"/>

<link href="css/slider.css" rel="stylesheet" type="text/css"/>

</head>

<body>

<div id="content-wrapper">

<div id="rhs">

<p><span>WHAT IS DEPRESSION?</span>

depression is a common and serious medical illness that negatively affects how you feel, the way you think

and how you act. in nigeria alone they are 1.5 million cases of advanced cases of every year (college of medicine,

university of ibadan). Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed.

</p><br/>

<p>

<span>YOU CAN STAY ABOVE DEPRESSION</span>

Depression are of differnt degrees from mild cases to cronic cases, most cases of depression are usually mild

or moderate and a few adjustments in activities or even diet can breath new life into the depressed individual,

Go ahead and take the test and we will give you recommendations based on your level of depression. read an expert article on how to saty above depression <a href="treatments.html" class="btn btn-success"> Treatments</a>

</p>

</div>

<div id="lhs">

<a id="a-home" class="top-link hide" href="index.php">HOME</a>

<?php

if (isset($\_SESSION['username'])) {

$logedin\_user = $\_SESSION['username'];

echo'

<nav id="nav\_links">

<ul>

<li id="view-symptom">VIEW SYMPTOMS</li>

<li id="add-symptom">ADD SYMPTOM</li>

</ul>

</nav>

<p id="logedin\_user">Hello '.$logedin\_user.'<a href="signout.php">SIGN OUT</a></p>

';

} else{

echo'<span id="span-signin" class="top-link">ADMIN</span>';

}

?>

<div id="div-signin" class="hide mid">

<?php

if (isset($error)) {

echo '<div class="error">'.$error.'</div>';

}

if (isset($success)) {

echo '<div class="error">'.$success.'</div>';

}

?>

<form id="frm-signin" class="frm" method="post" action="index.php">

<h3>Admin Sign In</h3>

<label for="username">Username:</label>

<input type="text" class="input" id="username" name="username" maxlength="20"/><br/>

<label for="password">Password:</label>

<input type="password" class="input" id="password" name="password" maxlength="20"/><br/>

<input type="submit" name="submit" id="submit" class= "my\_button" value="Sign In"/>

</form>

</div>

<div id="div-add-symptom" class="hide mid">

<h3>Add New Depression Symptom</h3><br/>

<form id="frm-add-symptom" class="frm" method="post" action="">

<input type="text" class="input" id="txt-symptom" name="txt-symptom"/>

<input type="button" name="submit-symptom" id="submit-symptom" value="Submit"/>

</form>

</div>

<div id="div-view-symptoms" class="hide"><h3>List Of Depressive Symptoms</h3><br/><ul id="ul-view-symptoms"></ul></div>

<div id="cta"><a>Take The Test First</a></div>

<!--<div id="cta"><a href="treatments.html">Read Article First</a></div>-->

<div id="symptoms-wrapper" style="display: none;">

<ul id="ul-symptoms">

</ul>

<div id="choice-wrapper">

<div id="yes" class="btn-choice">YES</div>

<div id="no" class="btn-choice">NO</div>

<span class="fake"></span>

</div>

<hr/>

<div id="controls-wrapper">

<span id="next" class="my\_button">NEXT</span>

</div>

</div>

<span id="btn-result" class="hide my\_button">RESULT</span>

<div id="div-result" class="hide"><p id="p-result"></p><a href="index.php" class="my\_button">REFRESH</a></div>

</div>

<div class="fake"></div>

</div>

<script type="text/javascript" src="js/jquery-1.11.2.min.js"></script>

<script src="js/responsiveslides.min.js"></script>

<script type="text/javascript" src="js/slider.js"></script>

<script type="text/javascript" src="js/ajax.js"></script>

Symptoms.html

<!DOCTYPE HTML>

<html>

<html lang="en">

<head>

<!--[if IE]>

<script src="//html5shiv.googlecode.com/svn/trunk/html5.js"></script>

<![endif]-->

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1">

<meta name="author" content="Aiyk Ekwe">

<title>depression management expert System</title>

<link href="bootstrap.min.css" rel="stylesheet" type="text/css"/>

<link href="css/main.css" rel="stylesheet" type="text/css"/>

<link href="css/banner.css" rel="stylesheet" type="text/css"/>

<link href="css/slider.css" rel="stylesheet" type="text/css"/>

</head>

<body>

<section class="treatments container">

<a href="index.php" class="btn btn-lg btn-primary">Return To Home Page</a>

<h1> 10 NATURAL WAYS TO TREAT DEPRESSION</h1>

<p>by Dr Ian Cook (psychiatrist and director of the Depression Research and Clinic Program at UCLA.</p>) </p>

<p>Being depressed can make you feel helpless. You're not. Along with therapy and sometimes medication, there's a lot you can do on your own to fight back. Changing your behavior -- your <a href="https://www.webmd.com/fitness-exercise/default.htm" data-metrics-link="" data-crosslink-type="article">physical activity</a>, lifestyle, and even your way of thinking -- are all natural <a href="https://www.webmd.com/depression/guide/depression-treatment-care" data-metrics-link="" data-crosslink-type="article">depression treatments</a>.</p>

<p>These tips can help you feel better -- starting right now.</p>

<p>1. <b>Get in a routine. </b>If you’re depressed, you need a routine, says Ian Cook, MD. He's a <a href="https://www.webmd.com/mental-health/guide-to-psychiatry-and-counseling" data-metrics-link="" data-crosslink-type="article">psychiatrist</a> and director of the <a href="https://www.webmd.com/depression/default.htm" data-metrics-link="" data-crosslink-type="article">Depression</a> Research and Clinic Program at UCLA.</p>

<p>

<a href="https://www.webmd.com/depression/ss/slideshow-depression-overview" data-metrics-link="" data-crosslink-type="slideshow">Depression</a> can strip away the structure from your life. One day melts into the next. Setting a gentle daily schedule can help you get back on track.</p>

<p>2.<b><a href="https://www.webmd.com/women/features/set-reach-goals" data-metrics-link="" data-crosslink-type="article">Set goals</a>.</b> When you're depressed, you may feel like you can't accomplish anything. That makes you feel worse about yourself. To push back, set daily goals for yourself.</p>

<p>"Start very small," Cook says. "Make your goal something that you can succeed at, like doing the dishes every other day."</p>

<p>As you start to feel better, you can add more challenging daily goals.</p>

<p>3. <b><a href="https://www.webmd.com/fitness-exercise/ss/slideshow-7-most-effective-exercises" data-metrics-link="" data-crosslink-type="slideshow">Exercise</a>.</b> It temporarily boosts feel-good chemicals called endorphins. It may also have long-term benefits for people with <a href="https://www.webmd.com/depression/depression-assessment/zz-expire" data-metrics-link="" data-crosslink-type="tools">depression</a>. Regular exercise seems to encourage the <a href="https://www.webmd.com/brain/picture-of-the-brain" data-metrics-link="" data-crosslink-type="article">brain</a> to rewire itself in positive ways, Cook says.</p>

<p>How much exercise do you need? You don’t need to run marathons to get a benefit. Just walking a few times a week can help.</p>

<p>4. <b>Eat healthy.</b> There is no magic diet that fixes <a href="https://www.webmd.com/depression/depression-tv/default.htm" data-metrics-link="" data-crosslink-type="">depression</a>. It's a good idea to watch what you eat, though. If depression tends to make you overeat, getting in control of your eating will help you feel better.</p>

<p>Although nothing is definitive, Cook says there's evidence that foods with omega-3 fatty acids (such as salmon and tuna) and <a href="https://www.webmd.com/drugs/2/drug-8334/folic+acid+oral/details" data-metrics-link="" data-crosslink-type="article">folic acid</a> (such as spinach and avocado) could help ease depression.</p>

<p>5. <b>Get <a href="https://www.webmd.com/sleep-disorders/guide/sleep-requirements" data-metrics-link="" data-crosslink-type="article">enough sleep</a>.</b> Depression can make it hard to get enough shut-<a href="https://www.webmd.com/eye-health/picture-of-the-eyes" data-metrics-link="" data-crosslink-type="article">eye</a>, and too little <a href="https://www.webmd.com/sleep-disorders/default.htm" data-metrics-link="" data-crosslink-type="article">sleep</a> can make depression worse.</p>

<p>What can you do? Start by making some changes to your lifestyle. Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom -- no computer and no TV. In time, you may find your <a href="https://www.webmd.com/sleep-disorders/ss/slideshow-sleep-disorders-overview" data-metrics-link="" data-crosslink-type="slideshow">sleep</a> improves.</p>

</section>

</div>

<div class="article-page active-page" data-page="2">

<section>

<p>6. <b>Take on responsibilities. </b>When you’re depressed, you may want to pull back from life and give up your responsibilities at home and at work. Don't. Staying involved and having daily responsibilities can help you maintain a lifestyle that can help counter depression. They ground you and give you a sense of accomplishment.</p>

<p>If you're not up to full-time school or work, that’s fine. Think about part-time. If that seems like too much, consider volunteer work.</p>

<p>7. <b>Challenge negative thoughts.</b> In your fight against depression, a lot of the work is mental -- changing how you think. When you're depressed, you leap to the worst possible conclusions.</p>

<p>The next time you're feeling terrible about yourself, use logic as a natural <a href="https://www.webmd.com/depression/treating-depression-9/slideshow-10-benefits" data-metrics-link="" data-crosslink-type="slideshow">depression treatment</a>. You might feel like no one likes you, but is there real evidence for that? You might feel like the most worthless person on the planet, but is that really likely? It takes practice, but in time you can beat back those negative thoughts before they get out of control.</p>

<p>8. <b>Check with your doctor before using <a href="/webmd/PageBuilder\_Assets/scopemaps/WebMD Consumer/Pages/Vitamins and Supplements Lifestyle Guide\_091e9c5e806d2071/page\_Vitamins and Supplements Lifestyle Guide\_091e9c5e806d2071.xml" data-metrics-link="" data-crosslink-type="article">supplements</a>.</b> "There's promising evidence for certain <a href="https://www.webmd.com/vitamins-and-supplements/supplements-assessment/default.htm" data-metrics-link="" data-crosslink-type="tools">supplements</a> for depression," Cook says. Those include <a href="https://www.webmd.com/diet/omega-3s-in-fish-oil-and-supplements-whats-your-best-strategy" data-metrics-link="" data-crosslink-type="article">fish oil</a>, folic acid, and SAMe. But more research needs to be done before we'll know for sure. Always check with your doctor before starting any supplement, especially if you’re already taking <a href="https://www.webmd.com/drugs/index-drugs.aspx" data-metrics-link="" data-crosslink-type="article">medications</a>.</p>

<p>9. <b>Do something new.</b> When you’re depressed, you’re in a rut. Push yourself to do something different. Go to a museum. Pick up a used book and read it on a park bench. Volunteer at a soup kitchen. Take a language class.</p>

<p>"When we challenge ourselves to do something different, there are chemical changes in the <a href="https://www.webmd.com/brain/ss/slideshow-concussions-brain-injuries" data-metrics-link="" data-crosslink-type="slideshow">brain</a>," Cook says. "Trying something new alters the levels of [the <a href="https://www.webmd.com/brain/rm-quiz-amazing-brain" data-metrics-link="" data-crosslink-type="tools">brain</a> chemical] dopamine, which is associated with pleasure, enjoyment, and learning."</p>

<p>10. <b>Try to have fun. </b>If you’re depressed, make time for things you enjoy. What if nothing seems fun anymore? "That's just a symptom of depression," Cook says. You have to keep trying anyway.</p>

</section>

</div>

<div class="article-page active-page" data-page="3">

<section>

<p>As strange as it might sound, you have to work at having fun. Plan things you used to enjoy, even if they feel like a chore. Keep going to the movies. Keep going out with friends for dinner.</p>

<p>When you're depressed, you can lose the knack for enjoying life, Cook says. You have to relearn how to do it. In time, fun things really will feel fun again.</p>

</section>

</div>

</body>

</html>