

A MENTAL HEALTH APP

Mental Wellness

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Introduction

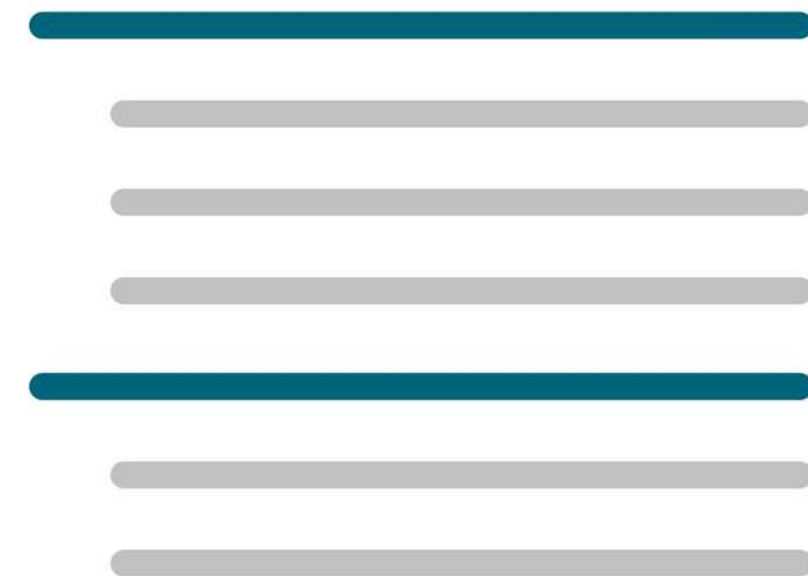
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PROBLEM STATEMENT

The World Health Organization (WHO) estimates that 75–85% of people with diagnosed mental health problems in low and middle-income countries (LMICs) do not receive any treatment due to lack of awareness, scarcity of mental health professionals, and high levels of stigma related to help-seeking.



Introduction

WHAT IS MENTAL HEALTH?



Current Situation

Electronic decision support system

Use of an electronic decision support system on mental health services delivery and have been effective.

Accredited Social Health Activists

Each ASHA caters to about 1000 individuals and is paid a nominal amount for each performance-based activity.

Primary Health Centres

The PHCs manage the most common ailments of villagers that fall within the catchment area of a PHC.

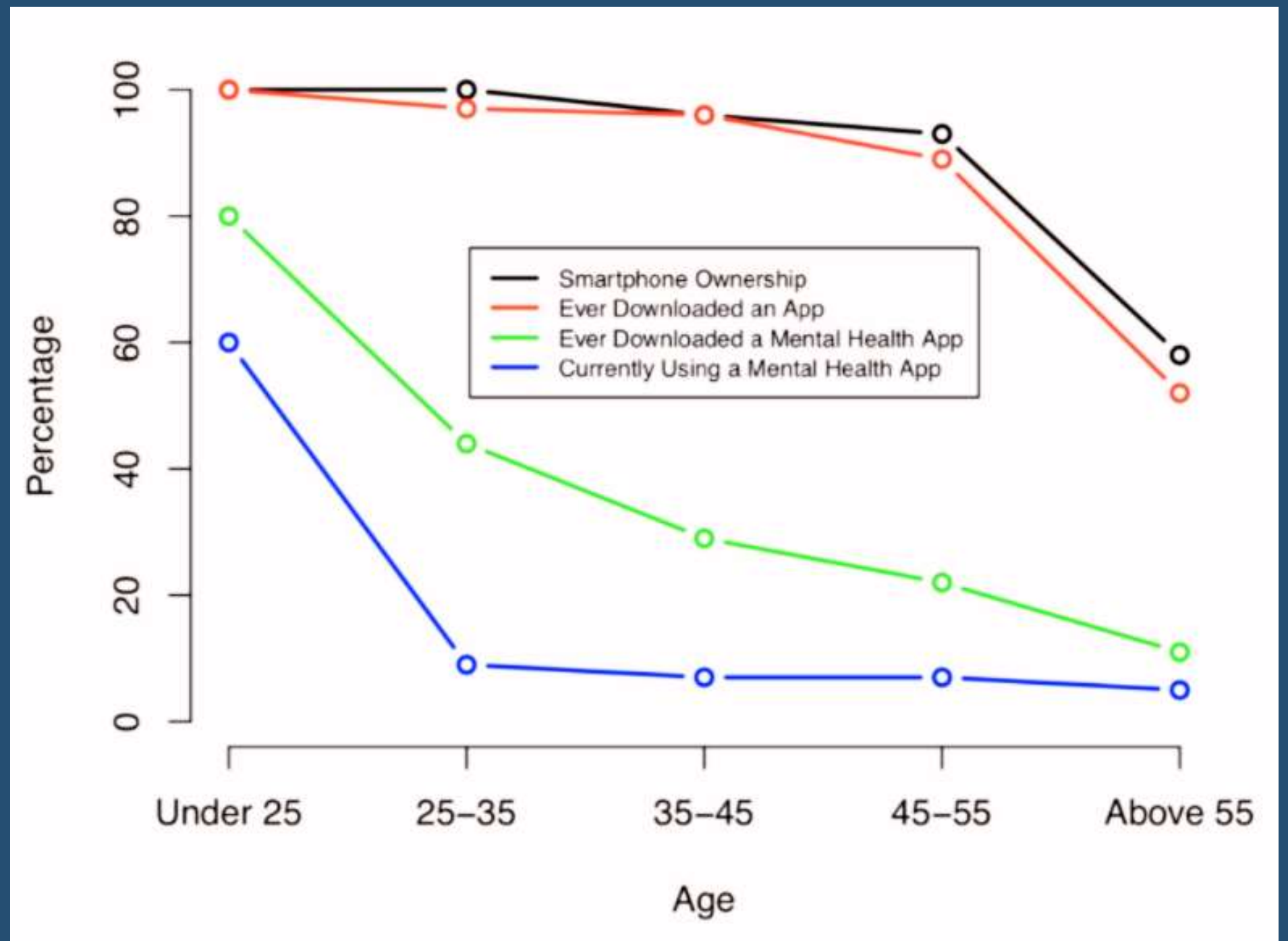


- ▶ Happiness Index
- ▶ Suffer from depression
- ▶ Mental Illness
- ▶ Economy

Statistics

Use of Mental Health App

AGE WISE DATA



Mental Wellness App

TECHNICAL ASPECT



Unique Selling Proposition (USP)



Easy consultation to any doctor across the world.

Through this app people can take self assessment which will give them specific results of their mental health.

Saves time of travel

People can easily communicate (chat, call) and share their problems to unknown listeners (certified) without hesitation.

App Development



- ☒ Objectives
- ☒ Design
- ☒ Development

Objectives covered



Awareness



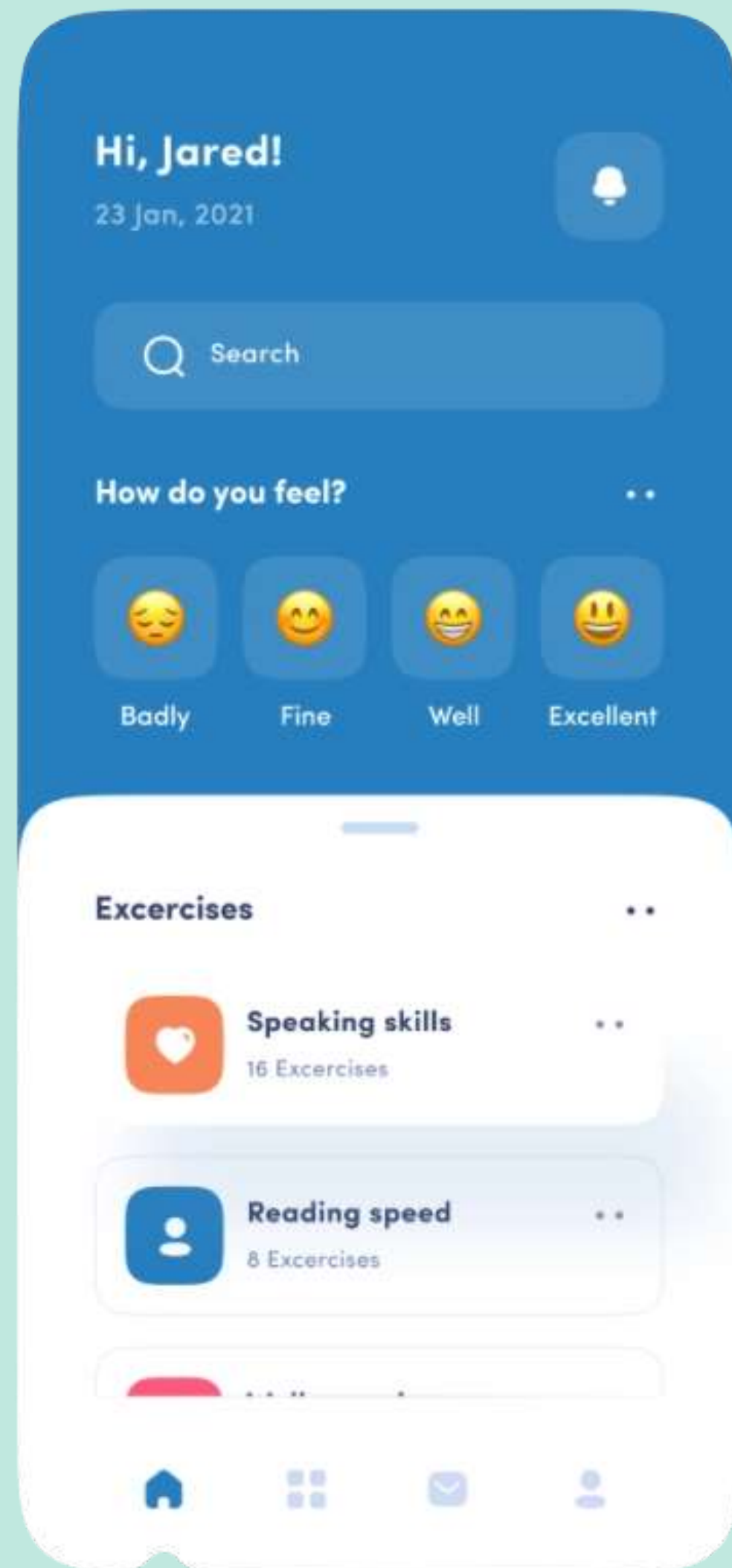
Access



Advocacy

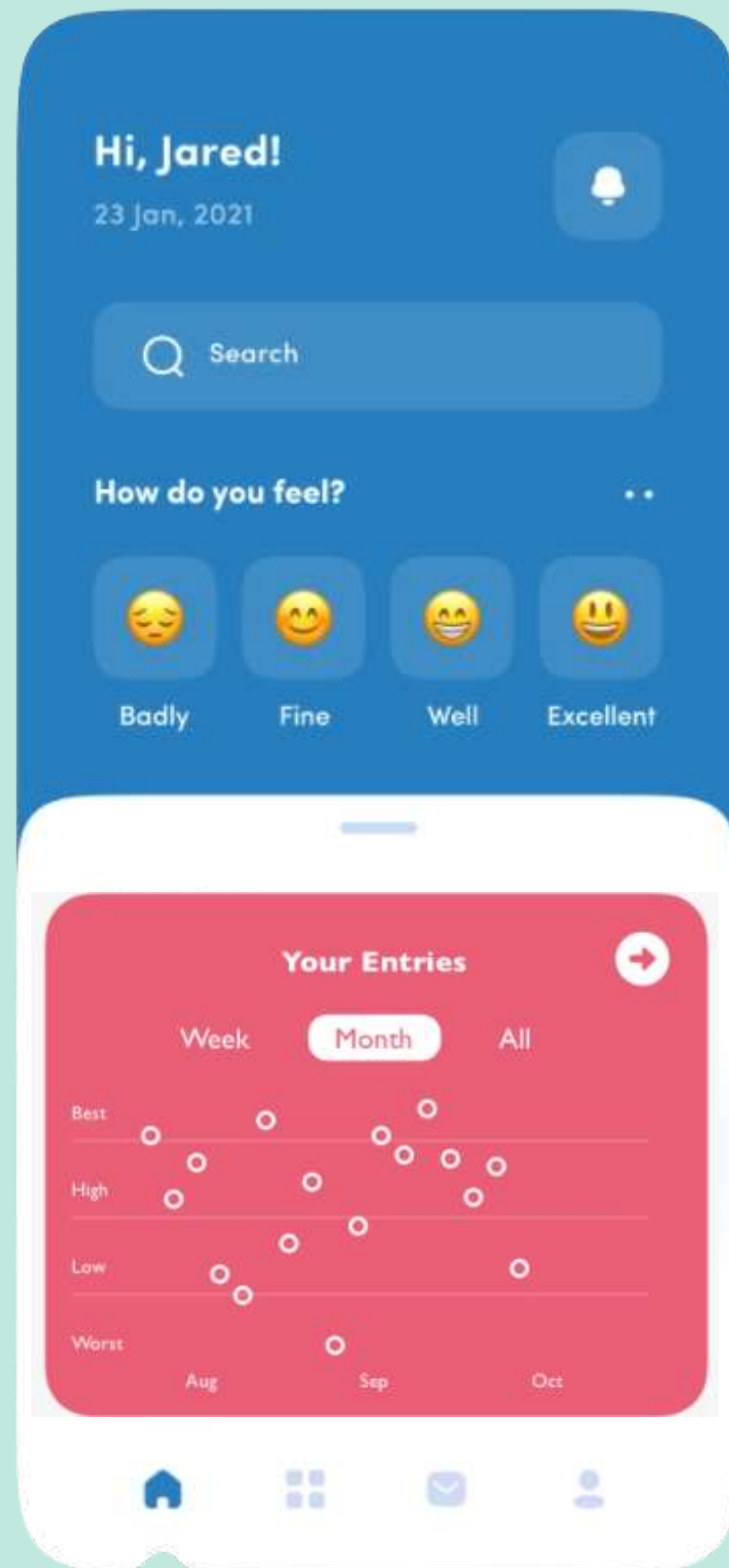


Anticipation



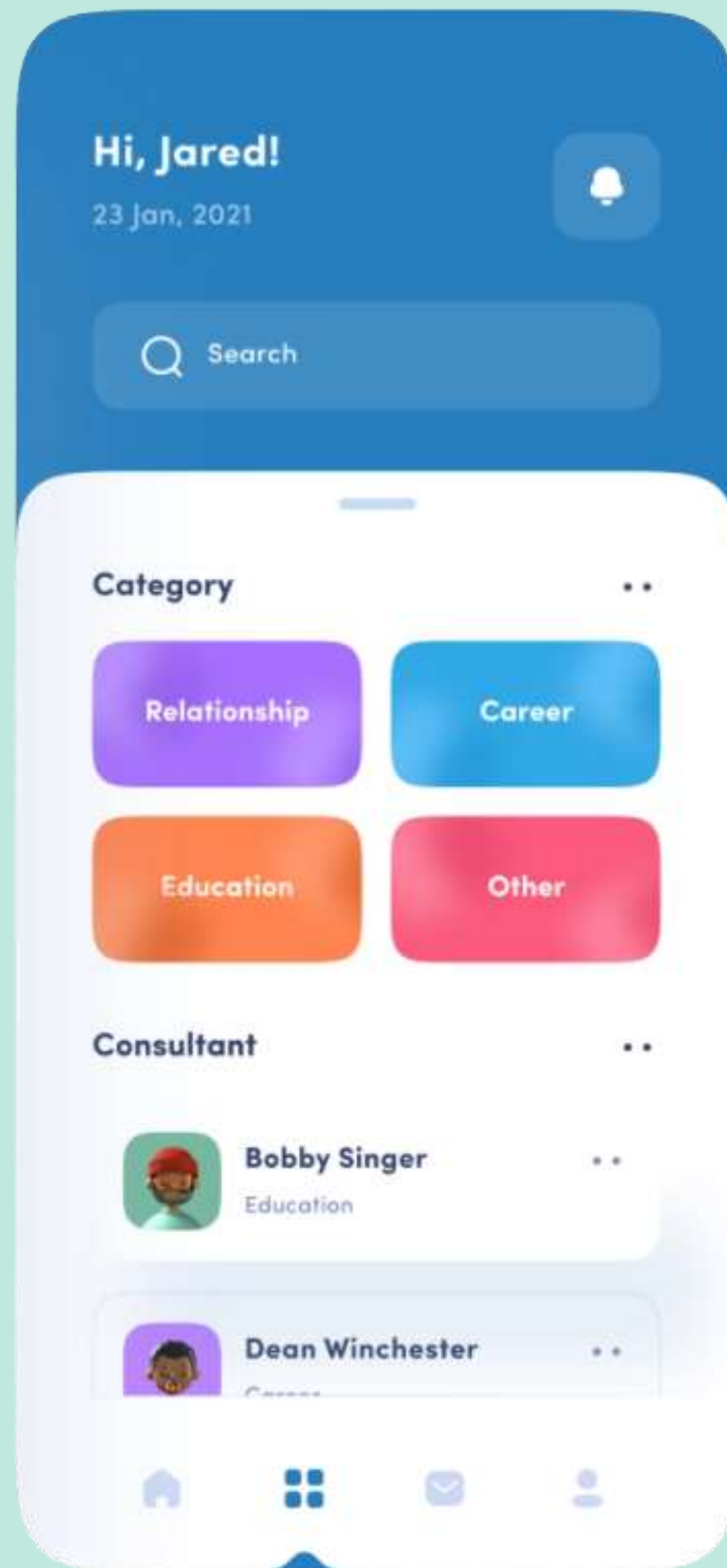
UI Design

HOME PAGE



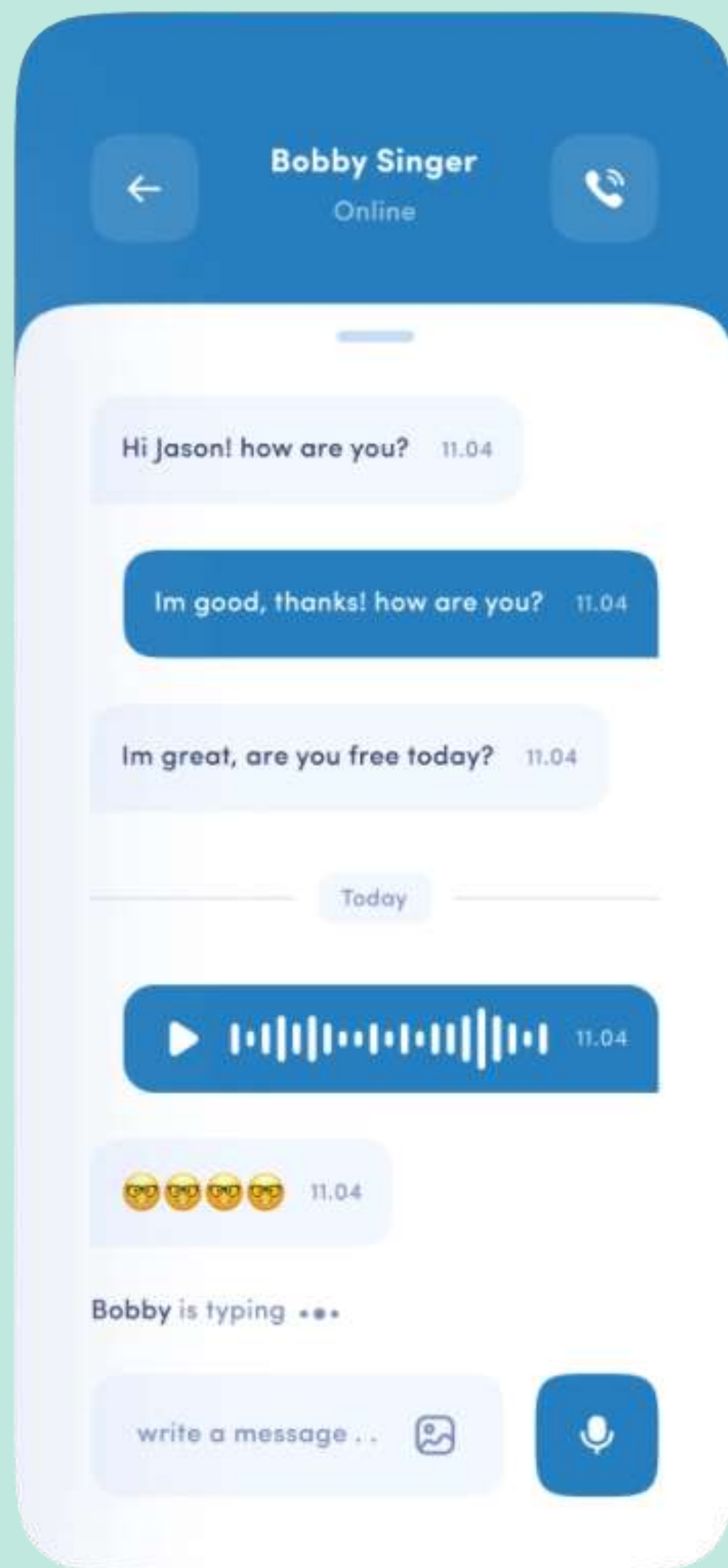
UI Design

PROGRESS REPORT PAGE



UI Design

SURVEY AND ACTIVITIES PAGE



UI Design

CONTACT PAGE

Functionalities added



CONSUMER- CENTRIC DESIGN

We made sure that it is accessible to everyone.



SECURITY

We made sure that it will have secure data.



MULTIPLATFORM SUPPORT

We made sure that the application is compatible with various devices.



DOCTOR CENTRIC BACK END

We made sure that the therapists interact with the users.





Software Development

TECHNOLOGIES USED

The following software technologies are required in the development of the software:



Firebase



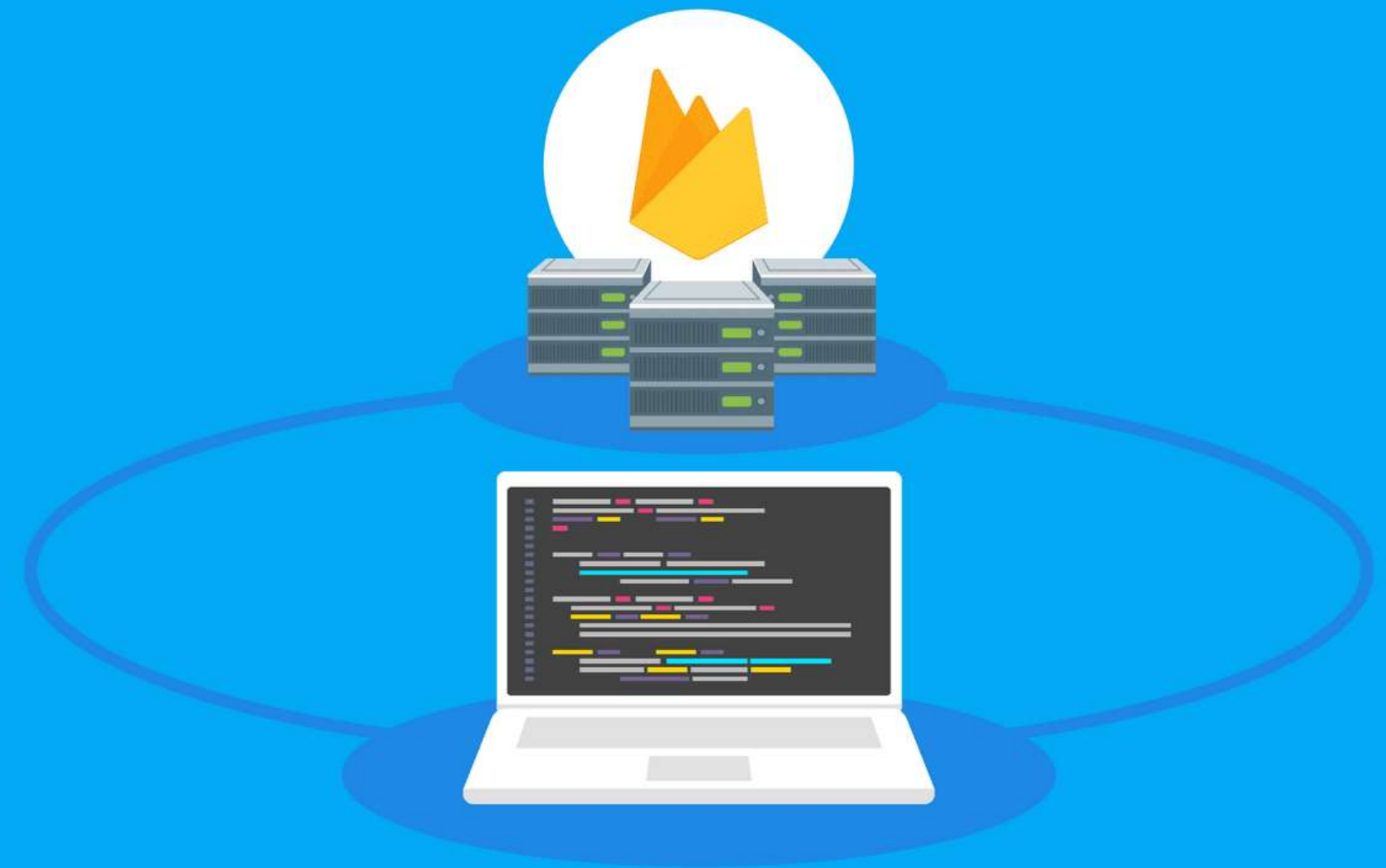
FRAMEWORK AND FRONTEND

React Native is extensively used for iOS and Android as it is a well-known entity cross-platform development. The framework is built on JavaScript and it does well to give a native-like feel for Android and iOS platforms.



BACKEND

The Firebase Realtime Database is a cloud-hosted NoSQL database that lets you store and sync data between your users in realtime. Firebase provides tools for tracking analytics, reporting and fixing app crashes, creating marketing and product experiment.





Advantages



Use at home



High Patient Engagement



Anonymity



Consistency

Future Scope



Virtual Reality



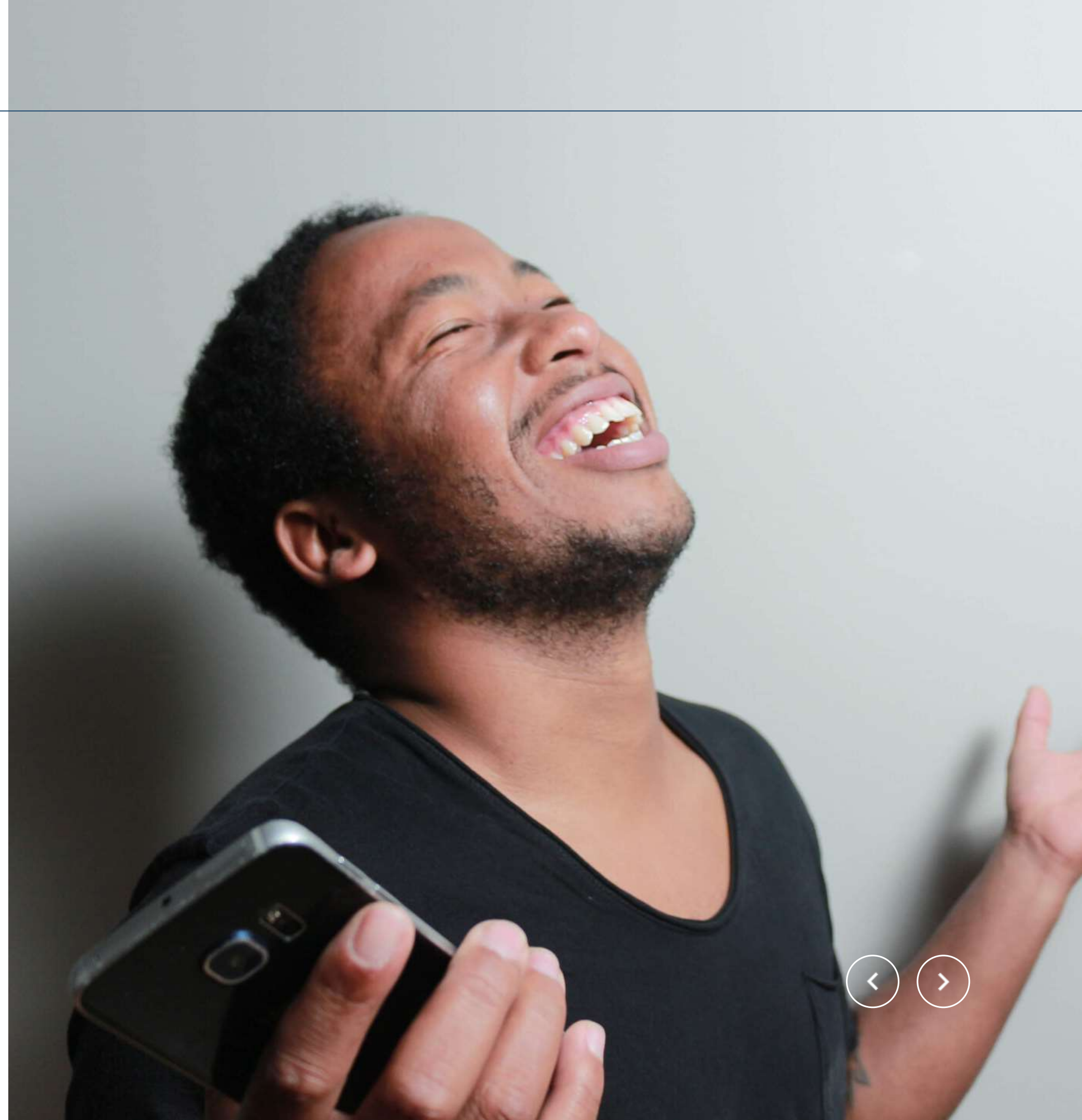
Meditating Tutorials



Digitalize the system

Conclusion

Mobile apps have significant potential to deliver high-efficacy mental health interventions. Given the global shortage of psychiatrists and the lack of mental health care access in rural regions, apps have emerged as a viable tool to bridge the mental health treatment gap.



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Thank You !!

