DHYANA

The personal psychologist app

Under the guidance of

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**Domain**: Psychology based app that helps people overcome depression and anxiety related disorders.

**PROBLEM DEFINITION**

The app intends to solve the problem faced by people with various psychological disorders.

**INTRODUCTION**

We aim to make an app that will benefit people who are either clinically depressed or go through mood swings in their everyday lives. The app will function like a psychologist so near and close to you.

**APPLICATIONS AND USAGE**

This app is like a personal journal and also like a mood tracker; tracking not only mood, but also helps in making people grateful by providing a session where people can note what made them happy, what they are grateful for etc on a daily basis.

Users can rate their [moods](http://www.bphope.com/hope-harmony-headlines-managing-your-moods-the-power-of-self-trust/) by swiping a bar to the left or to the right in the application. It is also possible to give them various options out of which they can select one option. A calendar with the moods of the person will also be shown with different colours associated with each different mood. The person can either take a copy of this monthly report, show it to their doctor so that the doctor can do better diagnosis or keep it with him for self-analysis.

Keeping a mood diary can be a valuable component of treatment for psychological disorders including bipolar disorder, major depression, and anxiety. This app provide a systematic and portable means of rating mood symptoms over time, and allow the user to better understand how emotional states vary with thoughts, behaviours, and experiences.

**HOW THE APP WORKS**

As soon as the user selects the mood option the app will automatically play certain soothing music and show certain mood-lifting motivational quotes.

The app intend to develop positive psychology in the person by instilling certain amount of gratitude towards life in him. He/ She will also be asked to do certain simple good deeds each day to gain a positive outlook of life. A check mark will be provided against the good deeds so that they get to know.

**IMPLEMENTATION AND TOOLS FOR DEVELOPMENT**

We will be using Android Studio for Application Development.

Front End Development Tool: Android Programming Language

Back End: SQL

As part of the development process, mobile [user interface](https://en.wikipedia.org/wiki/User_interface) (UI) design will be created. Mobile UI considers constraints, contexts, screen, input, and mobility as outlines for design. The user will be the focus of interaction with their device, and the interface entails components of both hardware and software. The user’s mood swings are of great concern for the UI design. It will use soothing colours for an aesthetic look. The choice of colours are also important to retain user interest.

User input allows for the users to manipulate a system, and device's output allows the system to indicate the effects of the users' manipulation. Alternatively user can also communicate with the app through audio. This audio can be sent to experts in psychology. But this however is the later stage of development.

**OVERVIEW OF MODULES**

1. **ANDROID APP MODULE**

This will provide a container for your app's source code, resource files, and app level settings such as the module-level build file and Android Manifest file. They each provide essential files and some code templates that are appropriate for the corresponding app or device type.

1. **LIBRARY MODULE**

This will provides a container for your reusable code, which will be used as a dependency in other app modules or import into other projects.

Android Library: This type of library can contain all file types supported in an Android project, including source code, resources, and manifest files. The build result is an Android Archive (AAR) file that you can add as a dependency for your Android app modules.

**ADVANTAGES**

* The app intend to develop positive psychology
* More confidential
* 24/7 Support
* More enriched user experience (UI) that can actually elevate the mood of the person
* It is also possible to choose not to reveal the identity but this comes with the limited options.
* The person doesn’t have to feel ashamed because his data will be secure.

**DISADVANTAGES**

* The app cannot always provide 100% psychologic support.
* It may happen that the app also receives fake support requests.

**DELIVERABLES AND OUTCOME**

* A full-fledged application that act as a personal psychologist.
* Safe and secure database
* Options for login by different kinds of end users – patients, psychologists, volunteers

**FUTURE OF PROJECT**

In the later stage we can also add other options like:

* Connect with experts 24/7
* Police verification to identify genuine requests.
* Audio/ Video call support.

**CONCLUSION**

The app will be flexible and provide a solely private mood tracking experience. Entries can be made whenever the user desires and provide a snapshot of the user’s complete mood experience.