



**B E P** ♥

## **ABOUT THIS APPLICATION**

**BEPO** is a mental health awareness application that focuses on teenage depression. The purpose of this application is to help teenagers gain a deep understanding of the importance of having good mental health and how the risk of depression can be managed and prevented.

**BEPO (Be Positive!)**

## **USER MANUAL**

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## **BEPO: PSYCHOLOGICAL HEALTH TEST AND AWARENESS FOR DEPRESSION OF TEENAGERS**

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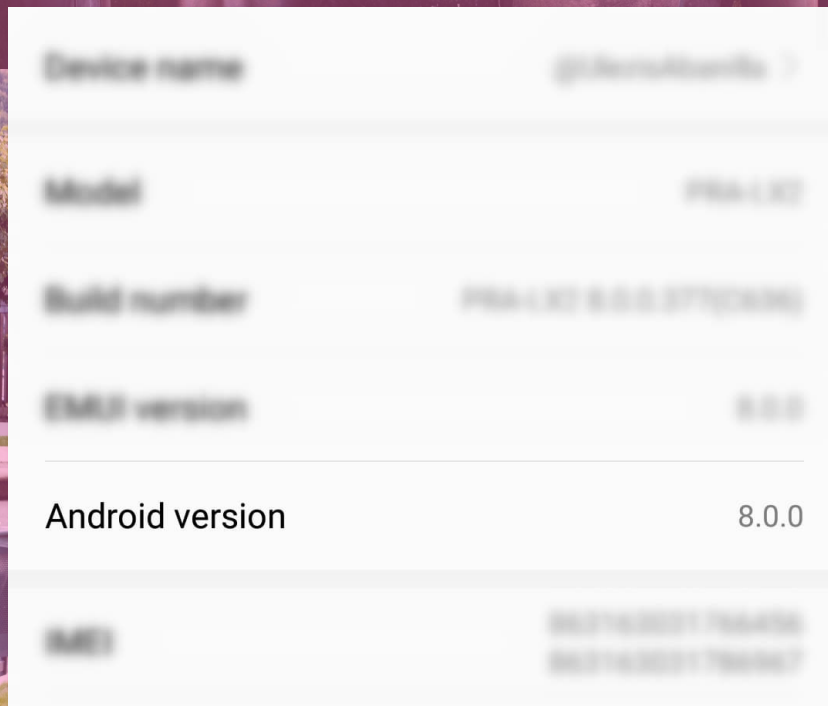


## HOW TO INSTALL THE APP?

Check your Android version  
must be 5.0 up to 8.0.

Go to Settings -> System ->  
About -> Android Version

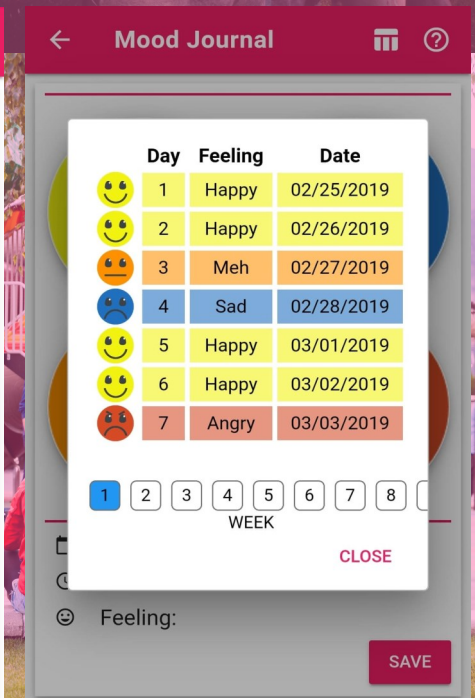
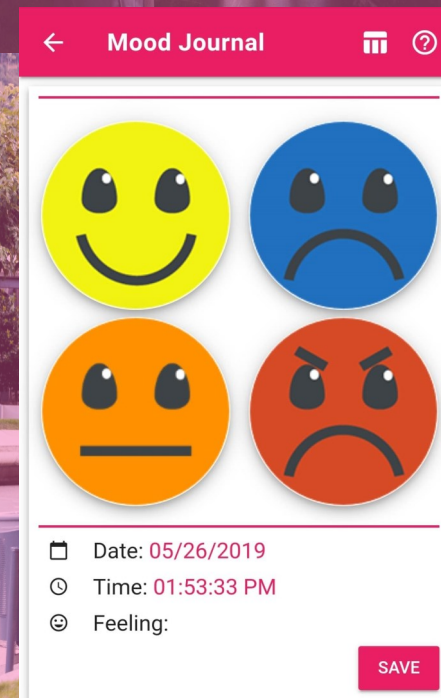
01



## HOW TO USE THE APP?

05

In mood journal section, you can  
store your feelings everyday at 8pm  
onwards. The purpose of mood jour-  
nal is to track your mood. The ben-  
efits using this is to lessen the possi-  
bility for having a depression.





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## HOW TO USE THE APP?

04

In self-test section, you have privilege to use this test if you are having a signs of depression. The test is consist of 9 questions. These questions is based on PHQ-9 tool, the tool for identifying depression.

### ← Self Test ⓘ

**Directions:** Read each question and tap your answer. To proceed to the next question, press **NEXT**.

Over the last 7 days, how often have you been bothered by any of the following problems?

1. Have you found little interest or pleasure in doing things?

- ☐ Not at all.
- ☐ Several days.
- ☐ More than half the days.
- ☐ Nearly everyday.

NEXT

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## HOW TO INSTALL THE APP?

02

Go to your Settings and locate “Install unknown apps” and allowed it.  
Settings -> Security and Privacy -> Install unknown apps

Install unknown apps





## HOW TO INSTALL THE APP?

Now, install the app given by  
your guidance councilor.

03



BEPO

Do you want to install this application? It does  
not require any special access.

CANCEL

INSTALL



## HOW TO USE THE APP?

03

In depression learning section, by  
default, "Lesson 1" is only accessible  
and the others is not. In order to un-  
lock all the remaining lesson, you  
must take a quiz in each lesson. For  
example in Lesson 1 quiz, it unlocks  
Lesson 2, so on.



Depression



Lesson 1: Importance of Mental Health  
Awareness



Lesson 2: Introduction to Depression of  
Teenagers



Lesson 3: Depression among Teenagers



Lesson 4: Different Types of Depression  
Disorder



Lesson 5: Depression Awareness and  
Prevention



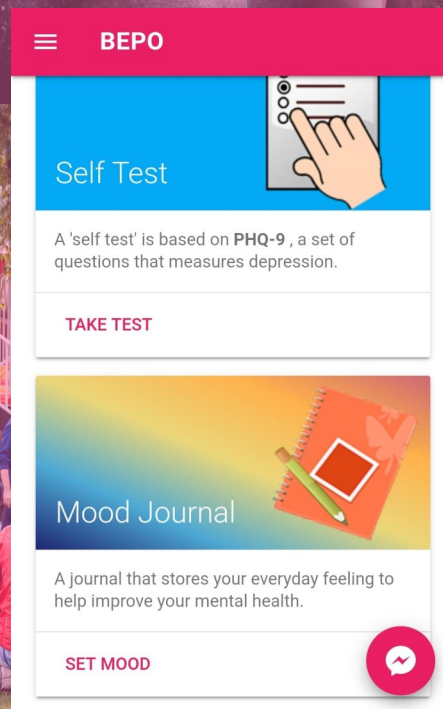
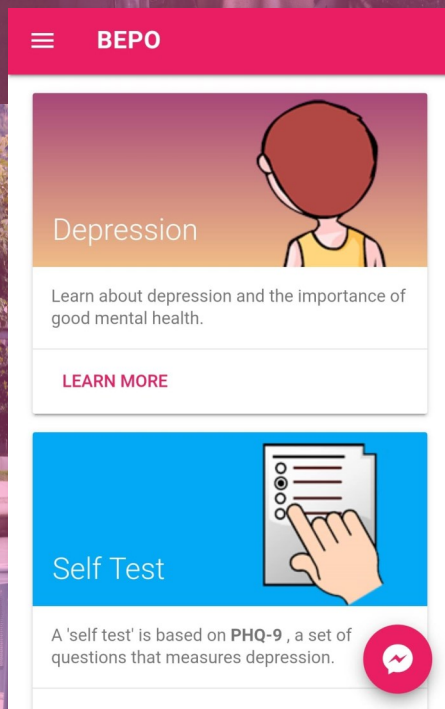


## HOW TO USE THE APP?

You'll be seeing the 3 major sections in the app.

# 02

1. Depression learning section.
2. Self Test section.
3. Mood Journal section.



## HOW TO USE THE APP?

# 01

Click the BEPO application installed on your mobile device. A splash screen appears and load. Once done, it will be redirect you to login screen.

Input your Student ID and press the "login" button.

