

TEAM DETAILS AND PROBLEM STATEMENT

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Theme: Healthcare

Problem statement: To develop a user friendly mental health app that offers accessible and personalized support for individuals experiencing various mental health issues, while combating stigma and providing cost effective solutions.



IDEA/PROTOTYPE - FEATURES

- Voice recognition enabled chatbot exclusive to Mental Health (AI based Customized remedy suggester and empathetic chat – companion)
- Mood Tracker
- GPS supported Expert Appointment scheduler
- Personal Medical Dashboard – User records post diagnosis by mental health experts.

TARGET AUDIENCE

- School and college students
- People working in high-stress environments
- Those with PTSD
- People wading through difficult life situations.



ABSTRACT

- **INTRODUCTORY QUESTIONNAIRE:** WHEN USER FIRST ENTERS THE APP, THEY ARE PROMPTED TO COMPLETE A SHORT QUIZ, WHICH HELPS THE APP GATHER INFORMATION ABOUT THE USER'S MENTAL HEALTH AND WELL BEING.
- THE WEB-APP INCLUDES A UNIQUE FEATURE THAT ALLOWS USERS TO **TRACK THEIR MOOD** USING **SPEECH TO TEXT TECHNOLOGY**. THEY CAN EXPRESS THEIR FEELINGS AND THE APP RECOGNISES THEIR STRESS LEVELS OR DISTRESS AND GIVES SUGGESTS INSTANT RELIEF MECHANISMS EG: **GUIDED MEDITATION, BREATHING EXERCISES**, ETC. IT IS A CHATBOT WHICH IS COMPATIBLE WITH VARIOUS NATIVE LANGUAGES.
- THE APP MAINTAINS A **LOG OF USER'S MOOD** OVER TIME BY CHECKING REGULARLY AND TRACKS THE CHANGES IN THEIR MENTAL STATE, IN CASE OF UNUSUAL OR SEVERE CONCERNS, IT CAN PROVIDE SUGGESTIONS TO SEEK EXPERT GUIDANCE

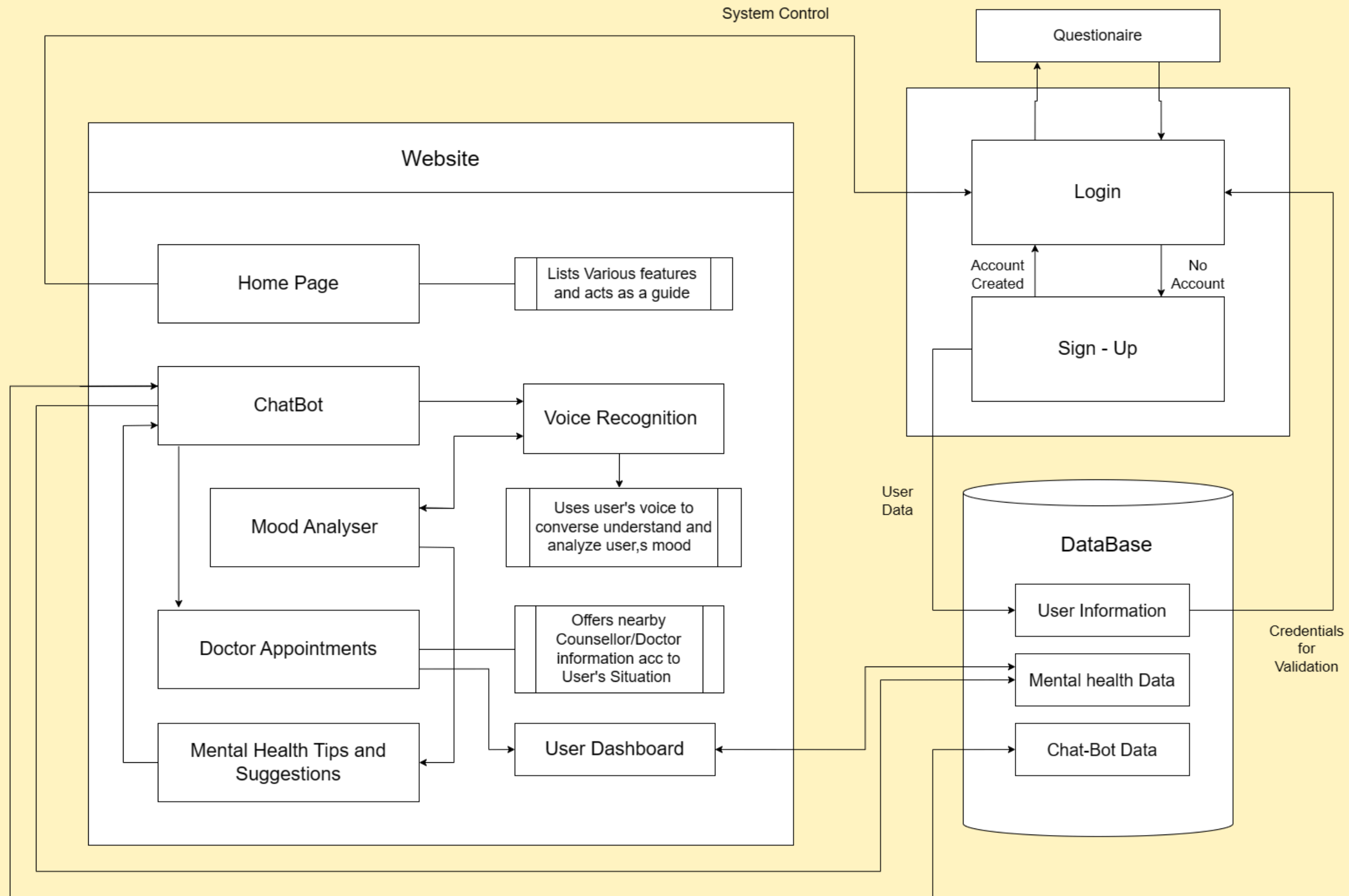


ABSTRACT-CONTD...

- USERS CAN **SCHEDULE APPOINTMENTS** WITH MENTAL HEALTH EXPERTS THROUGH THE APP, IT SUGGEST NEARBY EXPERT'S LOCATION FOR OFFLINE SESSIONS AND VIRTUAL APPOINTMENTS TOO.
- THE APP OFFERS A **COMPREHENSIVE MEDICAL DASHBOARD** THAT PROVIDES USERS INFORMATION RELATED TO THEIR DIAGNOSIS,USERS CAN ACCESS INFO REGARDING THEIR CONDITIONS,TREATMENT OPINIONS AND IS A SELF HELP RESOURCE.
- THE APP RECOGNISES USER'S MOOD DATA AND OFFERS A CURATED PLAYLIST OF MUSIC THAT ARE KNOWN TO HAVE A POSITIVE IMPACT ON THE MENTAL WELL BEING BY INTEGRATING IT WITH MUSIC STREAMING SERVICES.



ARCHITECTURE DIAGRAM



TECHNOLOGY STACK



HTML CSS

Design - Figma

JavaScript, Flask

Backend - Python

Google Cloud

DB - MongoDB

FUTURE SCOPE



- **GSR sensor** can be integrated with a mood tracking feature to accurately sense their mental state and psychological responses. it can detect increased stress level, allowing the app to suggest instantaneous relief mechanisms.
- **VR therapy** can create an immersive and controlled environment that helps users manage their anxiety, phobias or PTSD and simulate a relaxing atmosphere.

LIMITATIONS



- While the app can provide support and guidance, it should not be considered a substitute for professional treatment.
- Mood assessment through chatbot is not 100% accurate. If users try to express feelings in a contrasting tone compared to the actual tone, the automated mood analysis fails to predict it.
- Maintaining consistent user engagement on a long term can be challenging