

Happy Minds: Mental Health App

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Abstract- Mental health - something that affects our overall well-being and is essential in our daily lives - is frequently overlooked, particularly in India, where it has become a taboo subject. It determines and regulates our mood, how we communicate, how we deal with stress, and how we make decisions. It is especially important when it comes to our physical well-being, as it has a direct impact on our mood and vice versa (Ref 1). There are apps designed specifically to address the need for regulating, improving, and maintaining good mental health, assisting people in overcoming anxiety, depression, panic attacks, and other mental illnesses. Recently, in light of the global pandemic, we've seen an increase in the number of such apps available at our fingertips, with only 5% not being fully functional. Reference 1: Purves D, Augustine GJ, Fitzpatrick D, et al., editors. Neuroscience. 2nd edition. Sunderland (MA): Sinauer Associates; 2001. Physiological Changes Associated with Emotion. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK10829/>

Keywords- Mental Health - Android Studio – HappyMinds.

I. INTRODUCTION

The COVID-19 pandemic created a new wave of need for mental healthcare assistance, with up to 36% more people reporting a negative impact on their mental health and well-being. Because of the aforementioned factor, the mental healthcare industry has gravitated toward digitalization in order to provide assistance on the spur of the moment. The intensity of fear, anxiety, fear, isolation, social distancing, and emotional distress associated with the virus has spread as the world comes to blows to control COVID-19.

WHO (World Health Organization) also estimates that approximately 7.5 percent of Indians suffer from mental disorders and predicts that by the end of the year, 20 percent of Indians will suffer from mental illnesses. According to statistics, 56 million people suffer from depression, while 38 million suffer from anxiety disorders.

This project entails improving one's mental health in a very simple, trouble-free, and low-cost manner. When the application is launched, the user must answer a few questions that will recommend music based on his or her mood, as research shows that music can improve one's mood. It also has a button that takes you to a section with articles written by a variety of authors, which can help brighten your day.

Every month, the user will be able to request a report based on his or her mood throughout the month. In the event of an emergency, there is also a section where you can call a helpline number. It will have a soothing, conciliatory, and elegant background, which will be beneficial in some ways.

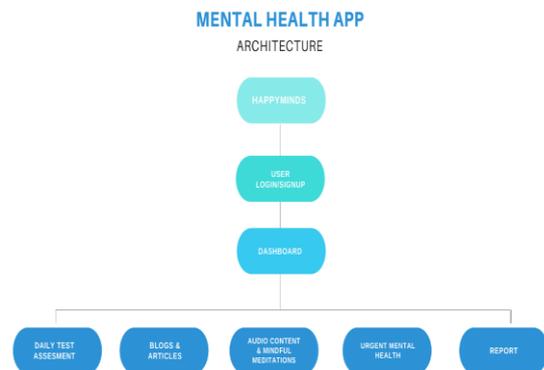


Fig 1. Mental Health App – Architecture.

II. MATERIAL

- Android studio
- Database
- Eclipse IDE
- Laptop/PC
- Mobile phone
- Temporary storage

III. DESCRIPTION

The project revolves around maintaining your social health in a simple and low-cost manner. When you launch the application, you will be asked to answer a few questions that will recommend music based on your mood, as research shows that listening to music can improve your mood.

It also has a button that will take you to a section with articles written by various authors that will help you brighten your day. The user will be able to claim a report based on their mood throughout the month at the end of each month. In an emergency, there is also a section where you can call a helpline number. It will have a calm and elegant backdrop.

IV. PROJECT MODULES

Below are the modules of

- Sign in/Sign up: This is the first stage, and it displays the sign-in and sign-up elements. The user can sign in using their existing account or create a new account if they do not already have one.
- The user is given various questions about their mood and activities during the day on the homepage. If the user's mood is low, the app will recommend some activities and play some calming music to lift their spirits.
- Article courtesy of the Department of Computer Engineering at PC Polytechnic. It will include essays on a variety of mental health topics. If the user is feeling sad or needs guidance on how to improve their mental stability, he or she can browse this website.
- Music: It includes a variety of peaceful melodies to help calm your mind and increase your concentration. It can also be used for meditation, sleeping better, or learning.
- Emergency Hotline: In the event of an emergency, such as panic attacks, extreme anxiety, or suicidal thoughts, the user can use this area to contact emergency helpline numbers or someone close to them.
- Profile: This section contains a status report for users who are always accessible. Weekly and monthly reports are generated and displayed in this section in graph or calendar format. You can also access the Settings tab from the Profiles section. This allows users to customize the look of the app.

The base of this application would be made using Java and Android studio. It will have the features as follows:

- User profile
- Notifications
- Dashboard
- Mood and symptom tracking system
- Educational services
- Self-improvement solutions
- Meditation and mental activities

Users can subscribe to the application to track and record development. You can sign in with your Google or Facebook account. Daily notifications are sent to track the user's mood. This is tracked by a self-assessment test. This app features articles on mental health and how to improve mental health, written by experts in the field and people with similar problems. The app also includes audio and meditation to relieve stress and anxiety, as well as careful activities to check your mental space. When a patient has a

panic or anxiety attack, a nearby person or the patient himself can play the recording with instructions to help them stabilize.

V. CONCLUSION & FUTURE SCOPE

The purpose of this project is to help and improve people with mental illness. This project was carried out by retrieving data from users through daily evaluation tests to track their mood. The report was created based on their mood. There are various features such as mini games, relaxing audio, articles, etc. to improve their mental health.

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