



HEALTHY MINDS

Keep your Health in Mind

Kaushalya Thopate, Prathamesh Sawle, Maaz Sayyed,
Sejal Jadhav, Arnav Shah, Aditya Shah

Department of Engineering, Sciences and Humanities (DESH)

Vishwakarma Institute of Technology, Pune, 411037, Maharashtra, India

ABSTRACT

Mental Health is a person's condition with regards to their psychological and emotional well-being. WHO estimates that about 7.5% of Indians suffer from some mental disorder and predicts it will increase. Hence, we decided to act upon it and make a website which will test the user's mental health. The customised solutions will be shown based on the responses given in the questionnaire. The personalised solutions are designed after consulting the Psychiatrist.

KEYWORDS

- Mental health
- Depression
- Anxiety
- Stress
- Mental health status
- Covid-19 pandemic
- Psychological and emotional

INTRODUCTION

Mental Health is a person's condition with regards to their psychological and emotional well-being. It is all about how people feel, think and behave. Mental

disorders have become a major health issue worldwide with over 40% of women and 30% of men suffering from it at least once in their lifetime. Depression comes second after heart diseases as a contributor to disease burden in the world. It has been found in recent surveys that millions of people have experienced certain kinds of mental disorders such as depression, psychotic disorder, panic disorder, social phobia, and bipolar disorder.

After Covid -19 pandemic, some people managed to normalize themselves and tried to live a normal life. But most of the people in the world couldn't bear it as a result there is a steep rise in mental health problems like stress, depression, loneliness due to lockdown, anxiety, sleep disorders, and many such mental health-related disorders. A UNICEF report shows that one in seven Indians between the ages of 15-24 years feel depressed & lack interest in work during COVID-19 lockdown. WHO estimates that about 7.5% of Indians suffer from some mental disorder and predicts it will increase.

From all these statistical data, we can conclude that the mental health of most people is disturbed and they need a proper platform where they can find solutions related to their mental disorders. As there are so many websites and even apps that help to improve your mental health but still the standard medical procedures to deal with different mental disorders are not implemented properly. So, we

need a website that will follow standard medical procedures for dealing with different medical disorders and provide solutions that can be easily executed in daily life to improve mental health.

LITERATURE REVIEW

There are many apps to overcome mental disorders but most of them are not medically approved and don't follow the standard medical procedure of every mental disorder. Project Y.E.S (Youth Empowerment Support) is a web-based intervention especially designed for teens, to improve their mental health. Project Y.E.S. offers 30-min single-session interventions (SSIs) that teens can do independently and anonymously. The main aim of this website is that it should benefit each and every kid who visits their website to find its solutions. Due to all educational institutions adopting online methods of education to continue their academic activities students may be facing increased mental stress. Similar problems are faced by the working class due to working from home. There is an app based on IoT which helps by giving music therapy by monitoring our BP and pulse level using sensors and playing songs when the values go above the threshold level. Sensors are fitted in a smart band that is connected to the system through the cloud using inbuilt wifi. The “Personalised Monitoring Systems for Care in Mental Health” (PSYCHE) is an app that helps continuously monitor behavioural and physiological parameters through a smartphone and a sensorised T-shirt and the data is shared with the system to help out the users. The sensorised T-shirt monitors cardiac activity while the smartphone collects data through digitised questionnaires, interviews, and voice analysis and sends it to a data server. Systems predict mental disorders through questions answered by the users and suggest the same activities associated with the disorder to every

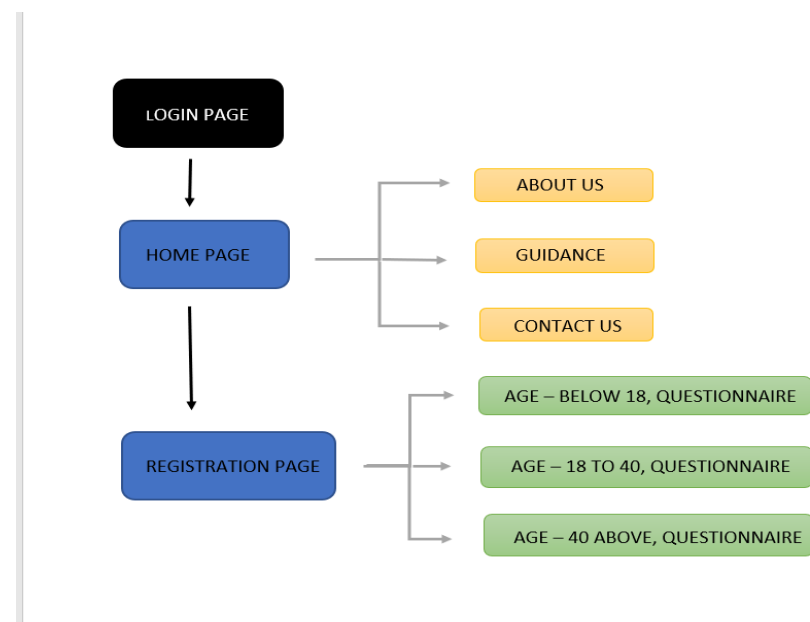
individual. The activities or measures suggested are also temporary and difficult to adopt for the long term. App named “mHealth” can be used to book direct appointments of professional psychologists and psychiatrists for online counselling for people going through stress, anxiety, mental health problems, etc while MSE (mental status examination) can be used to detect the state of mind of a person and get required help from professionals.

METHODOLOGY

We divided the team into 3 groups: the front end team, designing team and the back end team. The front end team consisted of 2 people and the same did back end. The design work was done by a single person. The designing team created the logo, designed the page structure. The front end team studied HTML CSS and JavaScript for around 3 weeks. All the pages are coded in HTML and linked with JavaScript and CSS. The flask is used to link Front end and back end

The questionnaire and the appropriate personalised solutions were decided by consulting the respective therapist.

The user has to register on the website first. After the user has logged in he/she will be on the main page. Hereafter users will have to go on check the mental health status and fill in some details and select the respective age group. Accordingly the questionnaire will be displayed. The personalised solutions will be given based on the answers.



RESULT

We have developed a website that will guide you about your mental health status and give solutions to improve it. The site first collects user's information like name, e-mail id, age etc.

The home page has a guidance section which displays some information regarding mental health illnesses and associated treatments. The 'Check the mental health status' button redirects users to a questionnaire based on the age of the user. There are three sets of questionnaires for three age groups i.e., below 18, 18 to 40 and above 40. According to the answers chosen, personalized solutions are displayed to improve mental health.

CONCLUSION

Everyone wants a healthy and peaceful life and we would like to help them in achieving it. COVID-19 Pandemic has impacted everybody's life. Staying under a lockdown for 2 years is not an easy task, which resulted in some devastating impacts on the mental health of almost all sectors of the society. To have undergone this situation, we as a group willingly wanted to contribute to the betterment of the society. For the same purpose, we designed a website which checks upon your mental health status, by quizzing you with a variety of questions and provides you with a solution that will boost your morals and help you achieve a healthy life. If the case is very sensitive, we provide you a helping service to contact. We would like to be that one step in somebody's life that would change it for good.

ACKNOWLEDGEMENT

WE WOULD LIKE TO THANK DR. KAUSHALYA THOPATE FOR VALUABLE INPUTS AND GUIDING US THE PROJECT.

WE'D ALSO LIKE TO EXPRESS OUR GRATITUDE TO DR. SACHIN KETKAR FOR HIS ASSISTANCE IN DEVELOPING THE SOLUTIONS AND FOR PROVIDING US WITH INFORMATION ON DIFFERENT MENTAL HEALTH CONDITIONS.

REFERENCE

1. Advanced Technology Meets Mental Health

Authors:-Gaetano Valenza, Antonio Lanata, Enzo Pasquale Scilingo, Rita Paradiso

2. Recommending activities for mental health and well-being

Authors:- Darius Rohani, Aaron Springer, Victoria Hollis, Jakob Bardram and Steve Whittaker

3. Benefiting from Online Mental Status Examination System and Mental Health Diagnostic System

Authors:- Hajar Mat Jani, Ph.D College of Information Technology

4. Anxiety and Depression Management For Elderly Using Internet of Things and Symphonic Melodies

Authors:- Shama Siddiqui; Anwar Ahmed Khan; Farid Nait-Abdesselam; Indrakshi Dey