

Dear Zindagi - Mental Health Application

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Abstract - The app allows control and reduce tension for human beings of all ages, and may be used throughout the world. Features encompass units of rest, visualization and mindfulness strategies, Intense situations, check- in tools to monitor physical and mental symptoms, and many other tools utilizing a cognitive behavioral therapy approach. Our main aim is of delivering evidence-based mental health relief through digital channels.

Will employ scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety. A user- friendly self-help tool based on proven scientific strategies, teaching about anxiety, helping users to engage in healthy thinking and to take action. Users can check in each day to track their anxiety and work with tools in the app.

Keywords:- Mental health Index Terms—CBT Approach Index Terms—Anxiety Issues Index Terms—Mobile Application.

I. INTRODUCTION

In current years, there been a proliferation of intellectual fitness apps to be had to telephone customers. These reasonably-priced, or most usually unfastened, intellectual fitness apps provide a wealth of assets that make healing strategies greater accessible, transportable, and fee-powerful. Within minutes, you may locate and down load a myriad of apps that include verified strategies consisting of Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT), and deal with the whole lot from despair to consuming ailment recovery, tension, PTSD, obsessive-compulsive ailment, and greater. While preferably those new virtual equipment could be used as a supplementary remedy to standard remedy, for folks who capable of get admission to the aid of a intellectual fitness practitioner, intellectual fitness apps provide treasured aid and guidance. Dear Zindagi is a intellectual fitness app designed. Rather than looking to keep away from stressful feelings, Dear Zindagi stresses the significance of converting the way you reflect on consideration on tension. Think of this app because the cheerleader to your pocket,

encouraging you to take price of your lifestyles, experience out the Dear zindagi CBT is a unfastened self-assist tension alleviation app that allows you lessen worry, stress, and panic with the aid of using following proof-primarily based totally techniques. Using CBT equipment, you may under taking negativity, research greater approximately tension, expand greater powerful methods of wondering, be mindful, and loosen up.

II. REVIEW OF LITERATURE

1. Title of paper: Mental Health Smartphone Apps: Review and Evidence-Based Recommendations for Future Developments

Author and year: Kyriaki G. Giota, George Kleftras, 2014

Positive aspects: It became critical to layout an MHapp the usage of a behavioral plan and interactive framework that encourages the person to interact with the app.

Limitations: A preceding systematic assessment found out a entire loss of trial-primarily based totally proof for most of the loads of MHapps to be had. for many of the hundreds of MHapps available.

2. Title of paper: Insights from person opinions to enhance intellectual fitness apps.

Author and year: Felwah Alqahtani, Faculty of Computer Science, Dalhousie University, January 10, 2020

Positive aspects: Based on our analysis, customers appreciated apps which can be usable, provide a lot of capabilities and alternatives, are personalized, affordable, informative, credible, and secure.

Limitations: Poor usability, a loss of choice variety, personalization, consumer service, trust, and safety additionally ends in sadness of apps. 3.

Title of paper: Developing mental health mobile apps: Exploring adolescents' perspectives.

Author and year: Rachel Kenny, School of Psychology, University College Dublin, November 10, 2014.

Positive aspects: Adolescents use their telephones on a day by day foundation and are in all likelihood to locate them attractive as a acquainted intervention medium. Mobile interventions primarily based totally on self-tracking concepts can be powerful in lowering depressive signs and symptoms amongst youth with intellectual fitness problems.

Limitations: Confidentiality became a key concern, that is in keeping with youth wishes from intellectual fitness offerings instandard. Thus, controls over privateness settings and password safety are crucial capabilities that need to be included into intellectual fitness apps.

4. Title of paper: Adoption of Mobile Apps for Depression and Anxiety: Cross-Sectional Survey Study on Patient Interest and Barriers to Engagement.

Author and year: Jessica Lipschitz, PhD Department of Psychiatry Brigham and Women's Hospital, 25.01.19.

Positive aspects: They are technology which could attain sufferers past the confines of conventional brick-and-mortar sanatorium visits and interact them directly, withinside the context in their day by day lives. For those motives, cellular apps also are a completely unique remedy choice to implement, one which calls for a radical knowledge of affected person views and choices if powerful implementation techniques are to be designed.

Limitations: Can produce much less nuanced information while solution alternatives do now no longer absolutely seize sufferer thoughts

III. METHODOLOGY

Dear zindagi CBT is a free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.

Techniques, test- in equipment to display bodily and intellectual signs and symptoms, and plenty of different equipment making use of a cognitive behavioral remedy method. Our primary purpose is of handing over proof-primarily based totally intellectual fitness alleviation thru virtual channels. Will hire scientifically verified techniques primarily based totally on Cognitive Behavioral Therapy (CBT) to assist customers learn how to loosen up and be mindful, expand greater powerful methods of wondering, and use energetic steps to take price in their tension. A person-pleasant self-assist device primarily based totally on verified medical techniques, coaching approximately tension, supporting customers to interact in healthful wondering and to take action. You can also set goals for yourself and get reminders.

Main features at a glance:

- Clean, welcoming, and user-friendly intuitive
- Design
- Evidence-based strategies and tools based on Cognitive

- Behavioral Therapy (CBT) designed for anxiety relief and self- management
- Daily check-in to keep track of your anxiety level and mood
- Easy to follow guides on learning about anxiety
- Facts and tips to overcome general worry, social anxiety, perfectionism, panic attack, and phobias
- Goal setting tools to keep you accountable
- Coping cards and statements to help you ride out your anxiety (and the ability to add your own!)
- Guided relaxation and mindfulness meditations to ground you and give relief
- Belief experiments to challenge the beliefs that fuel anxiety
- Tips and tricks for incorporating healthy habits into your life and minimizing anxiety naturally.

IV. PROJECT ANALYSIS

Scope:

The not un-usual place subject with those packages is the digitization and automation of tons of the fitness care offer therapies. Mobile intellectual fitness care is a totally interesting subject of studies this is progressing rapidly. The subject of World Mental Health Day in 2015 is Dignity in Mental Health. In India this may imply respecting the want of the children of the nation and making huge strategic investments in cellular intellectual fitness care as a part of the outstanding National Mental Health Plan with the intention to assist folks who are struggling and assist to satisfy the dreams of the Plan.

Feasibility Study:

Mobile packages for tension control, as in telemedicine, have 3 center blessings over conventional in man or woman meetings. These are transportable and permit care anywhere, anytime, no matter affected person geography and transportation barriers. These are low fee in comparison with conventional brick and mortar centers and conventional computing device computer systems. But greater importantly, in a rustic like India in which vendors are scarce, cellular traits can join sufferers with different sufferers, households and supporters, thru social networks, and with more than one academic and tracking programe, designed to save you psychiatric disability, enhance medicine adherence and offer social aid and remedy.

Hardware and Software requirement:

Software requirement Front end:

Front end:

- HTML
- CSS
- Media query

Back end:

- JavaScript
- PHP
- SQL
- Java (android app)

V. PROJECT DESIGN



Fig1. Data Flow Diagram

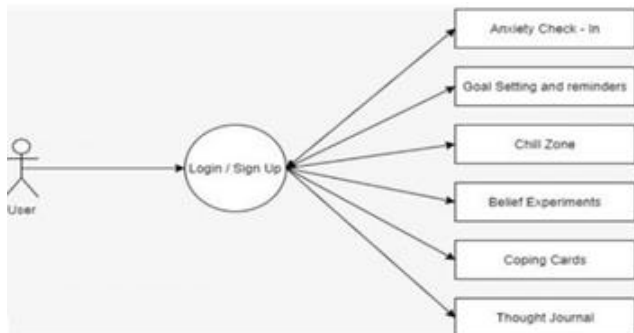


Fig 2. User Modelling Diagram

VI. IMPLEMENTATION DETAILS

1) Strategy-

The first section of the cellular app improvement manner is defining the method for evolving our app. In this section, we blanketed the subsequent points-

1. Identify the app customers.
2. Research the competition.
3. Establish the app dreams and objectives.
4. Select a cellular platform on your app.
5. Analysis and Planning- At this stage, Analysis and making plans start with defining and shooting exact purposeful requirements.

2) Information Architecture & Workflows-

The first step of your cellular app layout manner is to decide the information your cellular app will show to the customers, the information it's going to collect, person interactions with the completed product, and the person trips in the app.

3) UI / UX Design:

The motive of an app layout is to supply seamless and handy person reviews with a cultured look. The fulfillment of a cellular app is decided primarily based totally on how nicely customers are adopting and profiting from all its capabilities. The purpose for cellular app UI / UX layout is developing outstanding person reviews making your app interactive, intuitive, and person- pleasant. While polished UI designs will assist with early adoption, our app need to have intuitive person reviews to hold app customers engaged. Style courses encompass: What font own circle of relatives will your app textual content use? What will the shade scheme be?

4) App Development:-

Planning stays a necessary a part of this section withinside the cellular app improvement manner. Before real improvement/programming efforts start, you'll have to: outline the technical architecture, select out a generation stack, and outline the improvement milestones. The front-give up is the local cellular app an give up-person will use. In maximum cases, cellular apps include interactive person reviews that use an API and a back-give up for coping with information. We have used html and css for the designing, and the android webview element to display it, the app can also additionally make use of neighborhood information storage. Back-End/Server Technology- we have used mysql database for storing of all records and php to create connection, if you're the usage of a current back-give up platform, then adjustments can be wished for helping the preferred cellular functionality.

VII. RESULTS AND DISCUSSION

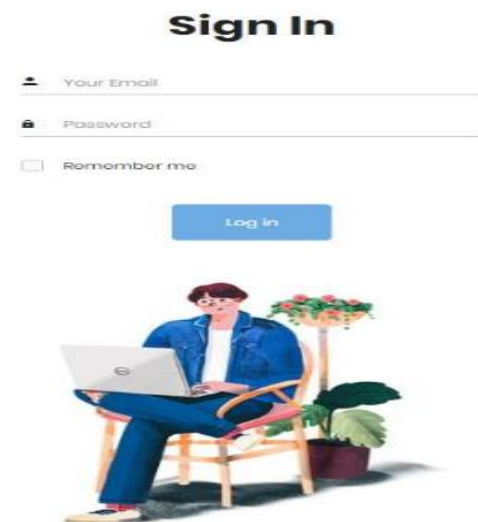


Fig 3. Login Page on Android Studio



Fig 4. Website Home Page

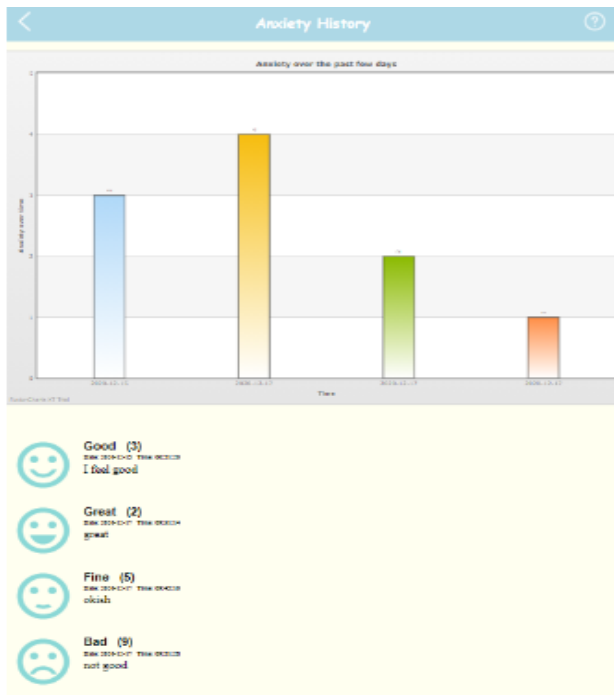


Fig 5. Anxiety history Tool

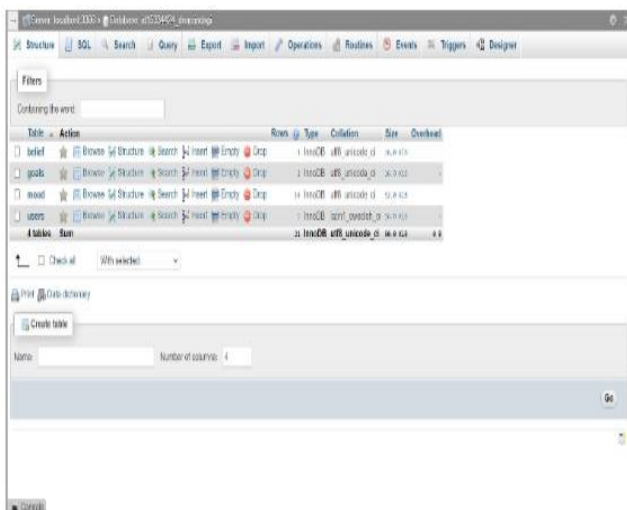


Fig 6. Product Database

VIII. CONCLUSION

Mobile apps have giant ability to supply high-efficacy intellectual fitness interventions. Given the worldwide scarcity of psychiatrists and the shortage of intellectual fitness care get admission to in rural regions, apps have emerged as a feasible device to bridge the intellectual fitness remedy gap. There are many ability blessings of the usage of Dear Zindagi utility for assuaging despair and tension. These encompass portability, immediacy and accessibility. These capabilities can be of precise gain to rural populations; human beings on ready lists for face-to-face offerings; or, difficult-to-interact businesses consisting of teenagers. These blessings can also additionally have unique relevance to decrease socioeconomic businesses who locate conventional remedy fee-prohibitive, or folks who worry stigmatization. By providing powerful alternatives to people with milder psychiatric signs and symptoms, the weight on

conventional intellectual fitness offerings can be reduced. These ability blessings offer compelling motives to pursue studies at the performance of intellectual fitness apps.

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