Mental Health Tracker

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Abstract - In this study, we will create a system to monitor emotional well-being. Consideration is also given to the user's improved emotional state. You'll probe for clues about the user's mental health, ascertain if they're experiencing any difficulties, and provide advice on how they could improve their situation. With the aid of the graph that will be showing on the graph page, the user may keep track of his or her mental condition by answering some questions and carrying out certain actions. Globally, the prevalence of mental illness is high. Leaving persons with mental health issues untreated may raise their risk of suicide and their likelihood of dying by suicide. Conversational agents have gained popularity in recent years as a solution to the problem of few resources. In this article, we present a mobile application designed to help persons with mental illness cope with difficult emotions by including a number of different activities, such as a breathing activity, wallpaper with motivational quotations, a jokes activity, and many more.

An app also recommends including mindfulness practise. Our paper's focus is on proposing a system architecture based on the Mood Stabilizer android app. Still, bringing the user's emotions back into balance is our first priority. Therefore, we are not passing judgement on the user, such as you have this sickness or you are suffering from this, but rather, our only objective is to help the user achieve emotional equilibrium.

Key Words: Depression, Android Application, Prediction, Mental Health, Mood Stabilizer.

1.INTRODUCTION

Good mental health is a need in modern society. When a person is mentally healthy, they have a realistic assessment of their strengths and weaknesses. Disorders of the mind include things like anxiety, mood, bipolar, depression, eating, and many more. During pandemics, we were had to remain inside because of the mandatory lockdown. We humans constantly ruminate, and this leads to dissatisfaction, overthinking, and a lack of self-assurance. The mental toll of being alone, unemployed, broke, and a million other things is real. Many individuals developed alcohol and drug addictions. Mental health is taboo, and many avoid discussing it. They worry that others will look down on them and make fun of them.

Therefore, we used the basic procedures outlined in the framework for our project.

Using the user's own evaluations as a gauge of satisfaction. In order to evaluate the user's internal state, self-assessment relies on peer feedback. Sentiment analysis of textual data is the primary area of interest. The following are some of the most important takeaways from using Mental Health Tracker: Self-Evaluation, No. 1 The presence of noise (User have to listen some music we have included which will definitely help the user) #3: Practice Deep Breathing 4) An Act of Joking (User have to read the jokes for mood stabilization) Five) Checklist (Self checker). Our model incorporates these procedures. Our primary objective is, as we've already said, to help the user maintain a steady state of mind. This research is also interested in the onset of mental illness in young individuals. We have also included the contact information for a few specialists the client might call for advice.

1.1   MOTIVATION

Mobile technologies for mental health playing an important role considering our current reality of surrounding. More than 90% people are using a mobile phone nowadays. So making an application to track users daily activities get more easier. Mental health is mainly including emotional, psychological as well as social well-being. It is very difficult to find out one's mental health. The mental health conditions are rapidly increasing.

This project is an observational study proposed to patients suffering from mental disorders like anxiety disorder, depression, eating disorders. This mental health tracker application is developed to monitor and stabilize the mood of the user and help them to get rid out from the current situation. The application can help people to know their thoughts, feelings etc. To reduce mental problems like anxiety, depression the activities like deep breath, to-do list, self-assessment will help the user. The application is basically a personal guide to health and happiness.

1.2   OBJECTIVES

The objective was to gain an understanding of how individuals deals with mental illness using their mobile application.

Mental Health Tracker' study aims to better understand the mental disorders and their impacts over time by tracking.

This app helps to track your mood in simple, quick and easy manner and help you to get from the situation. Mental Health test is application in which it identifies your mental condition by giving different tests like depression test, eating disorder test, etc. Then according to your test it shows the result in the form of graph. It also suggests a therapist.

Mental health tracker application is basically a mood tracker which allows keeping tracks of mood dynamically and motivational quotes which help user to keep themselves motivated and positive which help them to come out from Overthinking.

1.3   NEED OF SYSTEM

Mobile Mental Health apps are very effective alternative to assist with a broad range of psychological disorders like anxiety, depression.

A mood tracking system is a helpful method for enhancing the mental health of its users by allowing them to record their mood, typically at regular intervals, in order to better understand the factors that contribute to, or are influenced by, their mood swings. People with mood disorders including anxiety, depression, and others may benefit from using this technique as a kind of self-care.

Mental health apps not only allow patients to track their moods but also reminds to complete assessment timely. So that it help users to seek help at all hours, or in an emergency situation as well.

2.PROBLEM STATEMENT

Mental health is a major concern in today's society. The mental health crisis is rapidly escalating. That's why it's so important to spot problems early on and fix them before they spiral out of control.
A person's mental health is often monitored via regular medical appointments. They need to make an appointment with a doctor or go to the emergency room, and then pay for the services rendered. It's a difficult and time-consuming process for the sick person.

Also In pandemic, people were suffering from many problems like no job, anxiety, depression, etc.
Keeping in mind users mental illness due to covid crises, we are trying to build a user friendly app.

3. LITERATURE REVIEW

1.   Prof. D. D. Sharma, Priyanka Jadhav(2022)

A MENTAL HEALTH TRACKER BUIT USING FLUTTER AND FIREBASE

In today's technologically advanced society, individuals rely heavily on their gadgets. Mental tension has resulted from their habit of checking their phones first thing in the morning and last thing at night for messages. This document is useful since it provides insight into the user's mental health, identifies any distress, and offers solutions. Here, the user responds to a series of questions to generate a graph, following which they are given a job or some enjoyable activities to do while keeping track of their mental status on a dashboard. The use of conversational agents, which facilitates more candid communication, has grown in popularity in recent years. They've released a chatbot-enabled smartphone app to help those struggling with mental health issues, based on the cognitive behaviour therapy (CBT) techniques. Using natural language processing and a lexicon-based methodology, it may also identify the feelings of a user or customer. Applications may recommend mindfulness exercises based on the feelings identified by NLP. They set out to develop a user-friendly system that would monitor the user's emotional well-being. They fixed the problem with the previous system and introduced an intelligent one.

2.   Vaishnavi N. Jadhav, Vidya S. Kubde(2022)

As part of this effort, they developed the Mental Heath Tracker app for Android. This can be tracked with the use of a chatbot, some hardware, and some mobile software. Sentiment analysis is performed in their system using NLP (textblob), ML (random forest algorithm), and MySQL. Here, a graph is constructed using the data supplied by the users. A user's progress is tracked on a weekly basis.

The goal here is to improve the user's mental health based on their feedback. They also rely on World Health Organization studies that indicate depression to be one of the leading causes of mental illness worldwide. People tend to worry more about their physical health than their mental health, so programmes like this may help individuals who are uncomfortable opening up about their mental health but still need support. Those who are uncomfortable talking to real people may utilise online prediction tools.

3.Cathrin Rohleder, Elizabeth M Scott(2022)

This study aims to track the early period of mental disorders among young people. The study is part of a clinical trials framework.

3. PROPOSED SOLUTION
This app focuses on to care, rather than diagnosis the mental state.

We have build an app which will help our users to get over their issues which they are dealing in their day-to-day life. We are providing activities as well as self-

assessment to build up their self-esteem and also self-confidence. Also we will be providing many activities for example the joke activity in which user only have to read that joke and simple tell us whether he/she likes that joke or dislike that joke by pressing the like and share button. And then the graph will be displayed from which we can track the users mood.

SYSTEM ARCHITECTURE
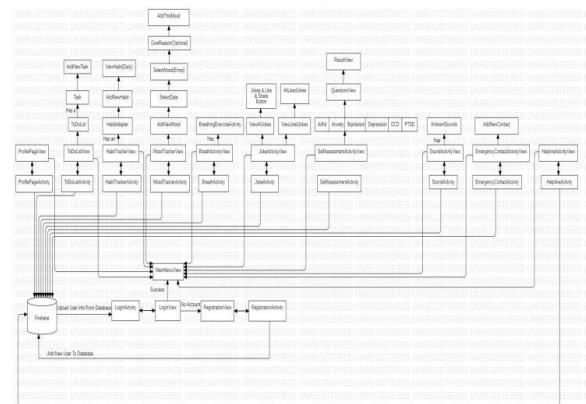
In this app first login page will be there. If the user don't have login then user have to sign up. Then after that home page will be there. Then there are some activities which user can do. Activities like To-do list activity in which has two sections namely my completed task and pending task. In this user have to add their own works like in my completed task he/she can add their completed work in a day and in pending section they can add their pending tasks of the day. Then next is habit tracker activity. Habit tracker has habit adapter in which user have to add their habit and have to track that habit daily. Then Mood tracker activity is there. In this user simply have to select date and have to select emoji of

which they are feeling and add that mood. This will help to

track their mood with the help of graph. Then breathing exercise is there. In this user simply have to select seconds for that activity like inhale and exhale and have to do that activity. Then joke activity is there. This is one of the simple activity in which user have to simply read the jokes. And if user like the joke then he/she will have to simply like that joke and at the same time user can see the liked joke in the like jokes section. Then user can also share that joke from WhatsApp , Email, etc. This will definitely help the user to stabilize their mood also to boost their mood. And jokes are the part that everyone likes. Then our model contain self assessment. This section is for that if the user is using our activity and still not getting well then he/she can go with the self-assessment part. In this questions are there for six sections are there like adhd, anxiety, bipolarism, depression, OCD, PTSD. In this section various questions will ask to the user which user have to answer. Then after that result will be displayed according to the answers of the user. Then the sound activity is there in which the various ambient sounds are included. This sounds will definitely help the user to get stabilize the mood and get out of the situation. And according to our survey this ambient sounds is one of the way to heal the person. Also our application contain the various wallpapers which contain motivational quotes which will help the user to be always positive and not to give up. Also we have provided some experts number and some websites of the mental health page.

4. FUTURE WORK

Now we have our flexible UI but we are focusing more on how we can build our UI more feasible. So right now we are in touch with several doctors who can help us to build our application more sophisticated. Now a days there are many security issues specially regarding this kind of software. Therefore for the security issues we are going to add the google authentication system which will be more secured. By the google authentication system user will also have surety of their security. Besides , We will be including more fun activities for the user to help them to get stabilize their mood. Our application is very user friendly.As our application's only aim is to get stabilize the mood of the user. So we are only focusing on the users mood and their mental state.

So building the easy User Interface and Security and the Fun Activities will be the key points of our future work.

5. CONCLUSION

In conclusion, making mind clam when we are dealing with mental illness or when we feel low, frustrated, etc. can be challenging to deal with. However, its not impossible to overcome. From last 2 years due to lockdown their has been increase in mental illness as many people have lost their job many have become jobless which leads to depression, anxiety problem and many more. So just to overcome all the issue faced by employee, students and many more youths we have build an app MOOD STABILIZER improving the sense of well being and self confidence. This program also helps user to

develop a positive attitude towards mental health. We are better able to cope with difficult times in our personal and professional lives.

6. REFERENCES

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