

MIND MOTION

[Carve Out Your Mental Peace]

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This Report Presented in Partial Fulfillment of the Requirements for the
Degree of Bachelor of Science in Computer Science and Engineering

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APPROVAL

This Project titled “Mind Motion”, submitted by Golam Rayhan to the Department of Computer Science and Engineering, Daffodil International University, has been accepted as satisfactory for the partial fulfillment of the requirements for the degree of B.Sc. in Computer Science and Engineering and approved as to its style and contents. The presentation has been held on 06.01.2022

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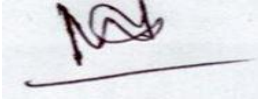
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DECLARATION

We hereby declare that, this project has been done by us under the supervision of **Dr. MD. Ismail Jabiullah, Professor, Department of CSE** Daffodil International University. We also declare that neither this project nor any part of this project has been submitted elsewhere for award of any degree or diploma.

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Finally, we must acknowledge with due respect the constant support and patients of our parents.

ABSTRACT

This project is “Mind Motion” which is an app based Mental Health Solution. As Internet technology advances, so does the use of online therapy. With the growing popularity of mobile electronic devices such as tablets, phones, and laptop computers, more esoteric disciplines are becoming available. Therapy, which has traditionally relied on one-on-one contact, has evolved. One question that may arise regarding online therapy and counseling is how effective it compares to seeing a therapist in person. Social media has been a part of everyone’s busy lives for the past decade. Strong emotional bonds have been established with options such as “Status update” “Reactions” or “comments”. Even though there are many issues that make social media quite the hassle to surf on, sometimes it works out well for those who need suggestions and for those who are willing to contribute and help them. Through strong monetization and development perhaps any social media would serve as a safe space for many. But knowing how serious and conscious these personal topics would be we rely on something a bit more controlled and secure. Without the extra hassle and burden of having to deal with individuals who fail to understand your needs or problems you are able to connect with those who understand the severity of the situation and are willing to take their time in helping you. Mind motion is an optimized cyberspace secure and monetized under the strict guidance of professionals intended to make lives easier regarding mental illness, anxiety or depression. Online therapy adds value in less severe mental health cases for those who travel frequently or are expatriate professionals. For expats, their distance from home and presence in a foreign country may lend itself to a case for online therapy, as it is comforting for them to be able to communicate in their mother tongue with someone from their home country. For frequent travelers, online counseling provides touch points when they are in far-flung places that are disconnected from the reality that they are accustomed to. In its ultimate goal of "Reinventing Therapy for the Twenty-First Century," Mind Motion accounts for the distractions in people's organizational psychology caused by the digital and commercial modern world, and it aims to help people who always aim for what truly matters.

Online therapy has been shown to be just as effective as face-to-face clinician visits in reducing symptoms of anxiety, depression, and stress. Clients are satisfied with their treatment progress, according to research conducted even via email. This suggests that many mental disorders necessitate a personal touch, with some requiring only text-based communication and others requiring more video-conferencing. Overall, digital mental health services are adaptable. People may be hesitant to reveal their insecurities to a professional face-to-face, preferring to do so from the conversation-inducing comforts of their own home. People may

live in more remote areas as well, and digitalization of therapy saves money on transportation. Technology, with its goal of enabling, is revolutionizing the field of mental health therapy.

In all its functionality, Mind Motion lets the user create their personalized post about problems with three possible levels of significance which help in explaining how tough the situation is to the people providing solutions. Therapists are able to help people either with their daily lives or perhaps something even more severe such as anxiety or depression.

TABLE OF CONTENTS

Contents	Page
Board of examiners	i
Declaration	ii
Acknowledgements	iii
Abstract	iv,v
 CHAPTER 1: INTRODUCTION	
Introduction	1
1.1 Introduction	1
1.2 Motivation	1
1.3 Objective	1
1.4 Expected Outcome	1
1.5 Layout of the Report.....	2
 CHAPTER 2: BACKGROUND STUDIES	
Background Studies.....	3
2.1 Introduction	3
2.2 Related Work	3
2.3 Comparative Studies	3
2.4 Scopes of problem.....	3
2.5 Challenges	4
 CHAPTER 3: REQUIRMENT SPECIFICATION	
Requirement Specification.....	5
3.1 User of System	5

3.1.1 Who is suffering from depressions [Need Help].....	5
3.1.2 Mentor [Want to Help]	5
3.2 Requirement Collection & Analysis	5
3.3 ER Diagram.....	6
3.3.1 User ER Diagram	6
3.4 Flow Chart.....	7
3.4.1 User Flow Chart	7
3.5 Software Requirements.....	7
3.6 Hardware Requirements.....	7

CHAPTER 4: DESIGN SPECIFICATION

Design Specification.....	8
4.1 Design Specification	8
4.2 User Specification	8
4.3 Mentors specification	8
4.4 Front-end Design.....	8
4.5 Back-end Design	9
4.6 Implementation of Requirements	9
4.7 XML.....	10
4.8 Firebase	10
4.9 Firebase Table	11
4.9.1 All Table Of Database	11
4.9.2 Database Design	12
4.9.3 Group Chat Table	13
4.9.4 User Details	14
4.9.5 User Table.....	15
4.10 User App Design	16
4.10.1 Home Page.....	16
4.10.2 Features.....	17
4.10.3 Sign Up Page for User [Need Help]	18

4.10.4 Sign up page for Mentor [Wants To Help].....	19
4.10.5 Create Peace Room	20
4.10.6 Level measurements with information’	21
4.10.7 PeaceRoom Information’s	22
4.10.8 PeaceRoom Table Topic, Descriptions, Table, Members	23
4.10.9 A PeaceRoom [Title - Job Stress].....	24
4.10.10 Private Chat	25
CHAPTER 5: CONCLUSION AND FUTURE WORKS	26
Conclusion and Future Works	26
5.1 Conclusion & Description	26
5.2 Scope Of Future Development	26
Plagiarism Check.....	27

LIST OF FIGURES

FIGURES

Figure 3.1.1: User ER Diagram

Figure 3.4.1: User Flow Chart

Figure 4.9.1: All Tables Of Database

Figure 4.9.2: Database Design

Figure 4.9.3: Group Chat Table

Figure 4.9.4: User Details

Figure 4.9.5: User Table

Figure 4.10.1: Home Page

Figure 4.10.1 Home Page

Figure 4.10.2 Features

Figure 4.10.3 Sign Up Page for User [Need Help]

Figure 4.10.4 Sign up page for Mentor [Wants To Help]

Figure 4.10.5 Create Peace Room

Figure 4.10.6 Level measurements with information

Figure 4.10.7 PeaceRoom Information's

Figure 4.10.8 PeaceRoom Table Topic, Descriptions, Table, Members

Figure 4.10.9 A PeaceRoom [Title - Job Stress]

Figure 4.10.10 Private Chat

CHAPTER 1

Introduction

1.1 Introduction

This application is a social platform for mentally depressed peoples. Those people who are going through a tremendous mental situation. This application makes a platform for them so that they can communicate smoothly with the psychiatrist.

1.2 Motivation

Mind Motion will decrease suicidal tendencies. Generally, People are much more concerned about their physical health than mental health. In the scenario of our country a large number of people not concerned about mental health related issues. And they also have no interest in any kind of therapy treatment. Mind Motion will help to change this mentality. Mind Motion also focuses on the mental growth of the teen.

1.3 Objective

We want to work for those people who are going through a tremendous mental situation. We are trying to make a platform for them so that they can communicate smoothly with the psychiatrist. It will be a communication bridge between a Mentor and Depressed Group. This application will help that person who needs mental consultancy. Mind Motion will help those mentally disturbed people to easily consult with a psychiatrist without facing any social arguments.

1.4 Expected Outcome

As in we are making a solution for those peoples who are going through mental depressions. In this community where they will find that they are not alone in this situation and with this there is a chance to get a light of hope. A mentor will be always there who will guide through the situations. Normally there are very rare discussions takes place in general platforms.

1.5 Layout Of The Report

In chapter one of the report, we introduce our venture software and mentioned about motivation, objective and also its predicted outcome.

In Chapter two will explore “Background” and challenges. We moreover discuss the associated work, the scope and challenges of the project and the comparison to many different candidate systems.

In Chapter three will explore Requirement Specification. We discussed the requirement collection and analysis process.

In Chapter four will explore Design Specification. Explore font-end and back-end design.

In the chapter five, we discussed about conclusion and the scope for further development of the project.

At last of the report, we give the related reference.

CHAPTER 2

Background studies

2.1 Introduction

In this part, we will discuss that in spite of having several similar kinds of apps in the market why we have made another app. We have discovered the pros & cause of all the apps through our market research. That's why we have made an app that is much better than other apps, many more facilities are there and very much user-friendly for customers. For designing, we are using XML. For database we are using Firebase for real time database, which is very popular in the world right now. We have already revealed what tools we will use for designing our system. Java is the most popular object oriented programming language for android development. It's very user friendly.

2.2 Related Work

To complete our project we are following some android applications and some websites. There are some websites or applications till now in Bangladesh. Only a few platforms exist like "Maya Apa", "Mita Apa", "Kaan Pete Roi".

2.3 Comparative Studies

Before working with this idea we conduct a ground research on this topic. And found that a large number of peoples are suffering from different types mental diseases. Most of them are not comfortable to share their problems with other directly. There are some cross platforms exists but those are not so much user friendly. We will bring same category peoples under in one platform. So that they can realize that they are not alone, who is dealing with depressions. We bring the solution in one tap. As we are live in the modern era of digitalization. Most of the people using their own mobile phone. That's why we made android app to make this solution easy accessible for everyone.

2.4 Challenges

There is a percentage of possibilities that if instructor or mentor cannot guide well. It can effect on the main purpose of this platform. On the other side, as in this solution is in digital version. Internet is required to run this app. Without it app won't work.

CHAPTER 3

Requirement Specification

3.1 User of System

3.1.1 Who is suffering from Depression [Need Help]

Those peoples who is suffering from mental health related problem, they have to register them self's in the app using id, name , email and other information's. Every time to access in the app have to log-in through individual email & password. Also they can set their problem level putting some basic information's.

3.1.2 Mentor [Want to Help]

The mentor who wants to help, also have to register first in the app through some basic information's. Every time to access in the app mentor will have to log-in through individual email & password. After that he will create some peace rooms. By these process mentor will execute the whole program.

3.2 Requirement Collection & Analysis

Requirement collection and analysis are the preliminary steps to the use improvement process. It characterizes how a lot the application is effective, educative problem of the utility and some more.

3.3 ER Diagram

3.3.1 User ER Diagram

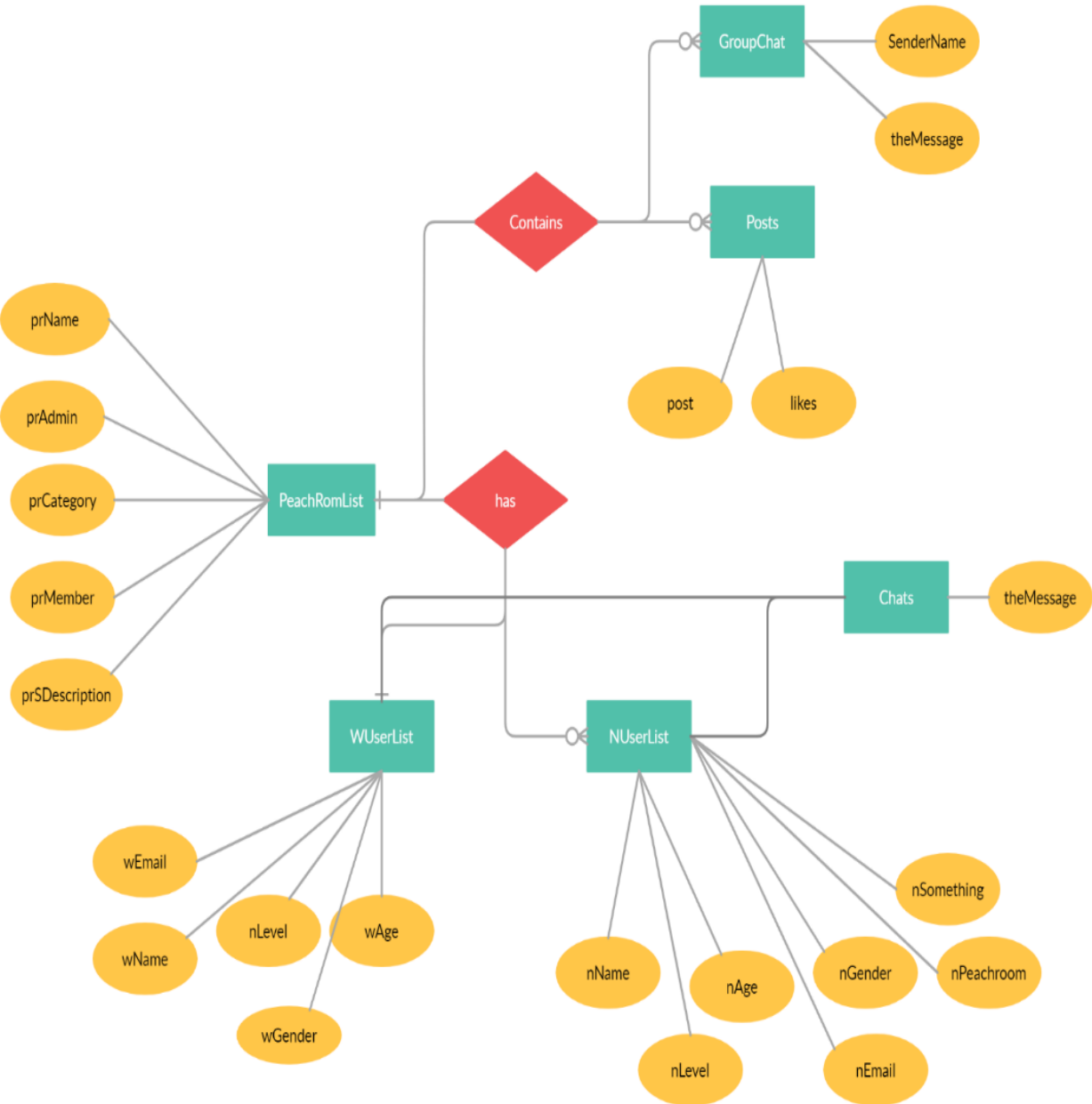


Figure 3.3.1: User ER diagram

3.4 Flow Chart

3.4.1 User Flow Chart

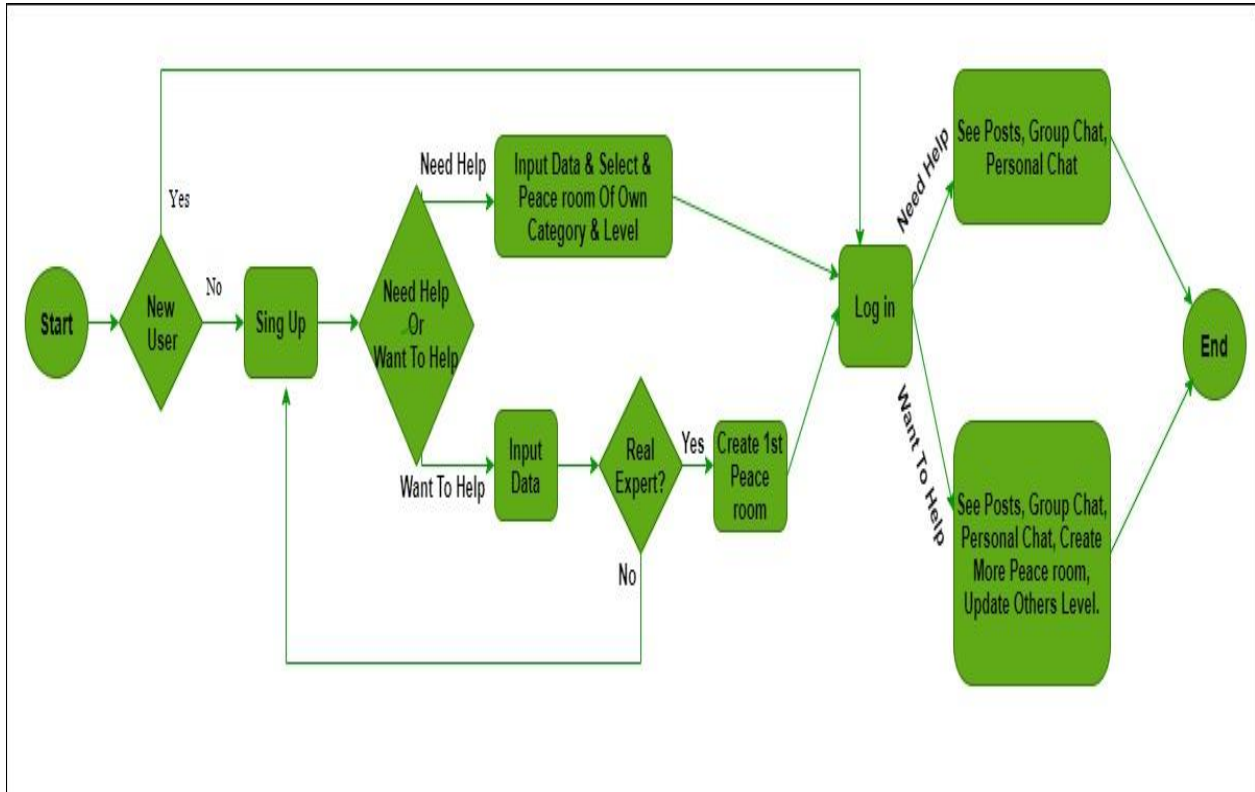


Figure 3.4.1: User Flow Chart

3.5 Software Requirements

- (i) Java (ii) Android Studio (iii) Firebase (iv) XML
- (ii) Adobe XD

3.6 Hardware Requirements

- (i) Windows 10 (ii) Ram (iii) Rom
- (iv) Processor (v) SSD (vi) GPU

CHAPTER 4

Design Specification

4.1 Design Specification

A design specification is a certain file providing statistics about a designed product or process. The sketch specification needs to consist of all quintessential drawings, dimensions, environmental factors, protection that will be needed, etc. It may additionally also give specific examples of how the graph should be executed; assisting others to work right Design Specification is a declaration of how a plan is developed. In the part of the Design Specification, we attempt to exhibit the frontend and back-end format of our android application. We also discussed many equipment and platforms, which we use to improve our software.

4.2 User Specification

User can easily login this app with their registers email id and password. They can select a peace room following by their issues.

4.3 Mentors specification

Mentor's can easily login this app with their registers email id and password. They can open peace room for selected groups.

4.4 Front-end Design

Android developers utilize distinct equipment to create their apps. The programming language behind all Android apps is Java. In addition, Android app developers must apprehend how to use XML, a markup language, to set up the diagram of their apps. There are many IDEs for Android development. One of the most usually utilized IDEs is referred to as Eclipse. It has a rich ecosystem of plug-ins and an open-source framework that supports different languages and projects. Frontend diagram for android improvement is all about what a user capable to see. It's possibly buttons, images, layout, input fields, etc. To diagram these aspects in android we want XML and Android programming. Therefore these programming's are referred to as frontend programming. So we tried to keep our plan as simple as should be allowed and efficaciously open for the user, however, the enchantments undertaking wasn't so natural. We attach our application front-end sketch below.

Android developing has different tools to create an android application. The programming language mainly at the back of all of this is Java. Additionally, Android app developers should be aware of how to use XML. It is a markup language, to set up the format of the apps. Out of the many IDEs for Android improvement Eclipse and android studio ide is one of the most typically use.

4.5 Back-end Design

Back-end design diagram capability the strength behind the project. The user is unaware or can't see the back-end of a project. The logical phase of software happened in the back-end. It is the most fundamental phase of the software. Back-end technological know-how generally consists of language like JAVA. Actually the front-end plan is the only way to have interaction with the user. Back-end does the whole thing that occurs in the back of the application. There are many elements we need to take care of in the back- end like database management, security, statistics parsing, statistics validating, and records backups and so on. In our application, we use JAVA and Firebase as a real-time database to enhance and hold the back-end part.

4.6 Implementation of Requirements

To implement our project, we used a different type of tools, components, and structures that help us to develop our project successfully. In the Implementation Requirement part we discussed all these equipment and structures that we use to increase our application. To increase the front-end of the net application we use XML, Material design.

To improve the back-end we use JAVA as an object-oriented language. For real-time Database we use Firebase.

Form validation wished the usage of java-script before server-side validation. Invalid records input must show with the error message.

For visual aspect, one kind of sorts of fonts and icons are accrued from Google font and font-awesome.

4.7 XML

XML stands for Extensible Markup Language. It is a language that defines a set of guidelines for encoding files in a layout that is readable by means of both Machine and a Human. It is similar to Hypertext Markup Language (HTML). Both of them have markup symbols to describe the page or file contents. The integral building square of an XML file is a component, characterized by using labels. A element has a start and a closure tag. All components in an XML document are contained in a peripheral component recognized as the root element

4.8 Firebase

Firebase is Back-end as a service owned by using Google which provides a server-less backend to the app developers. We can integrate Firebase in Android, IOS, websites and other applications. It offers all backend services like authentication by means of Google, Facebook, OTP, email, etc. Other services encompass Real-time database to save text details, storage to save multimedia, cloud provider to send notification and analytics to monitor app utilization and crashes.

4.9 Firebase

4.9.1 All tables of Database

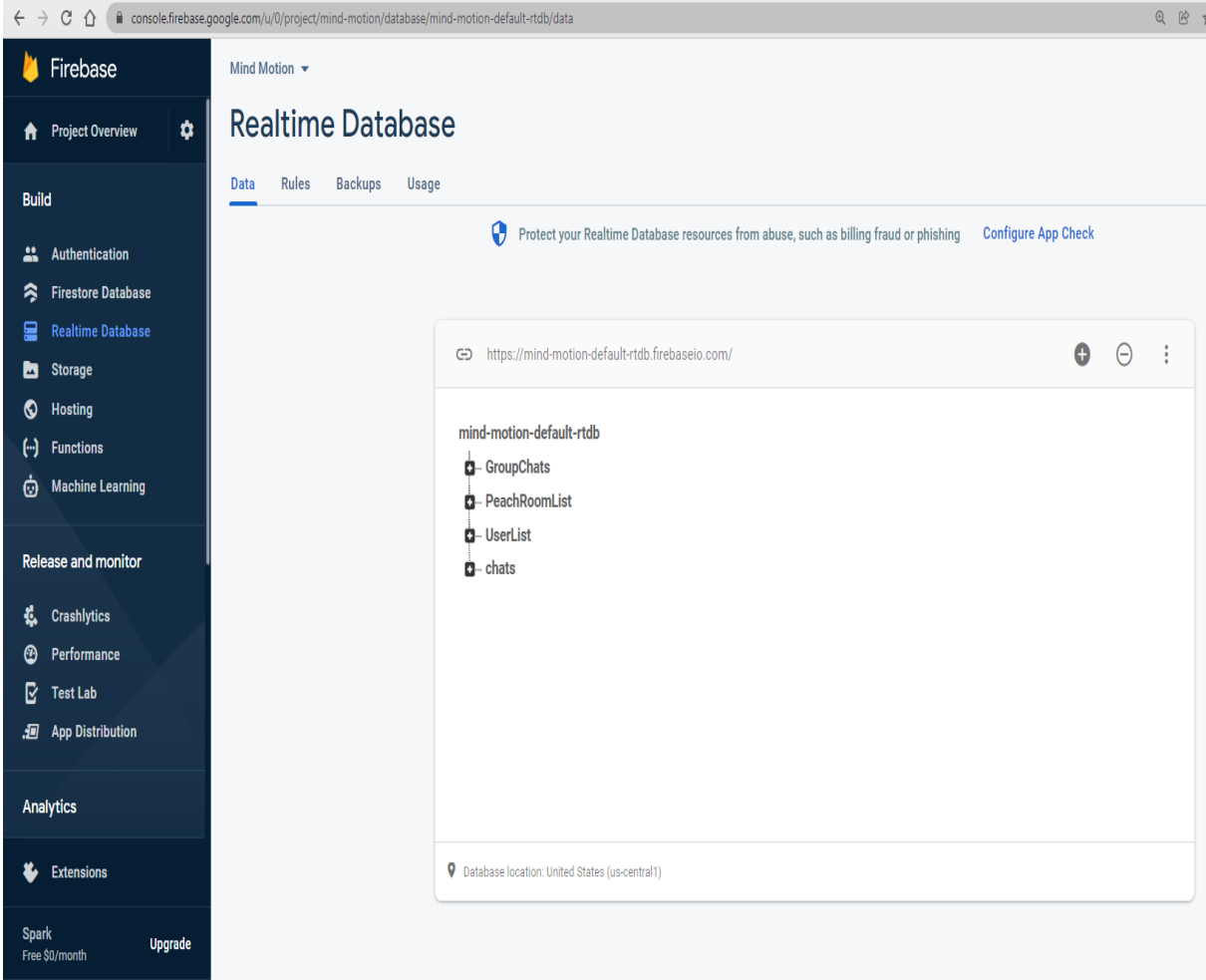


Figure 4.9.1: All Tables Of Database

4.9.2 Database Design

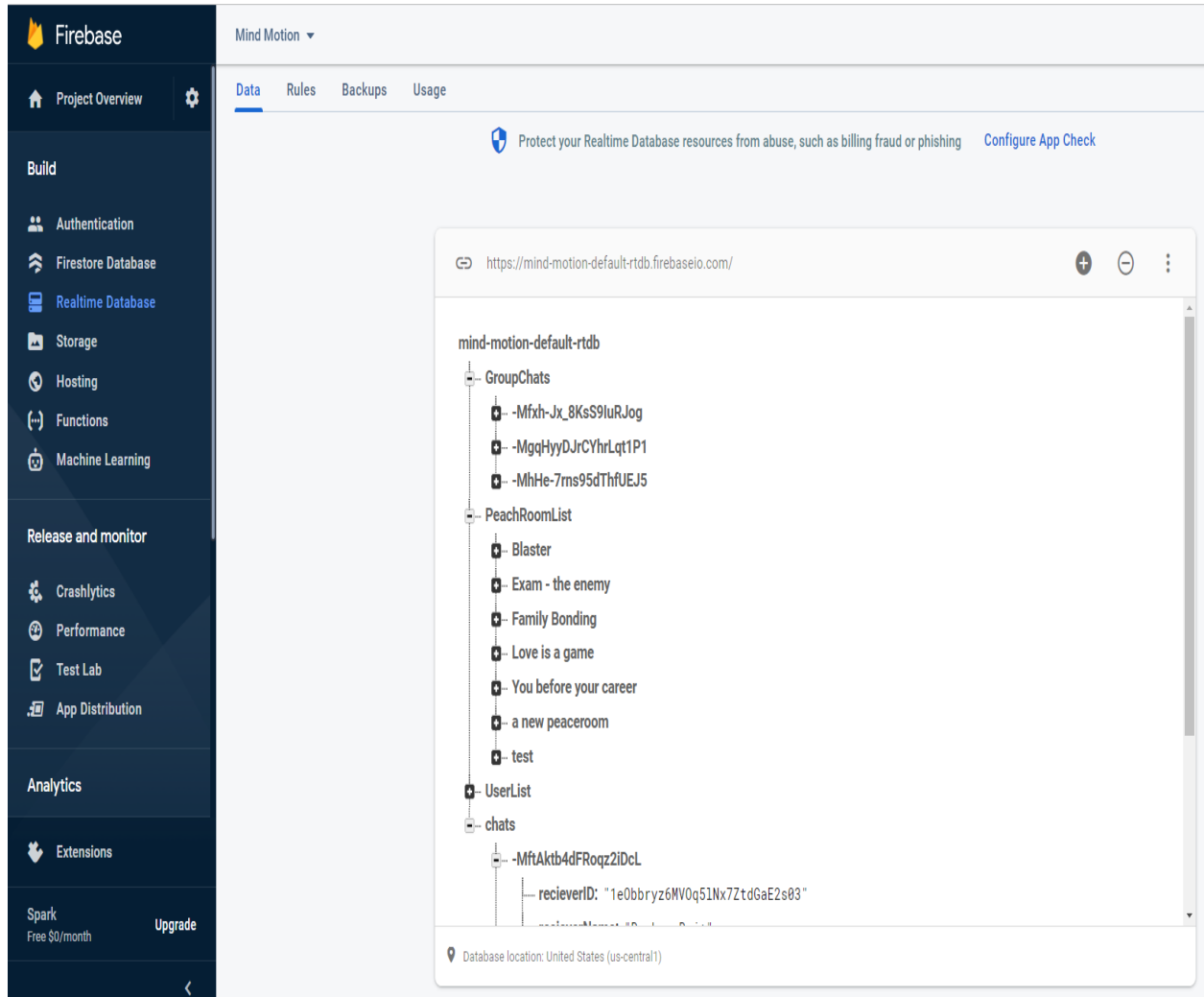


Figure 4.9.2: Database Design

4.9.2 Group Chat Table

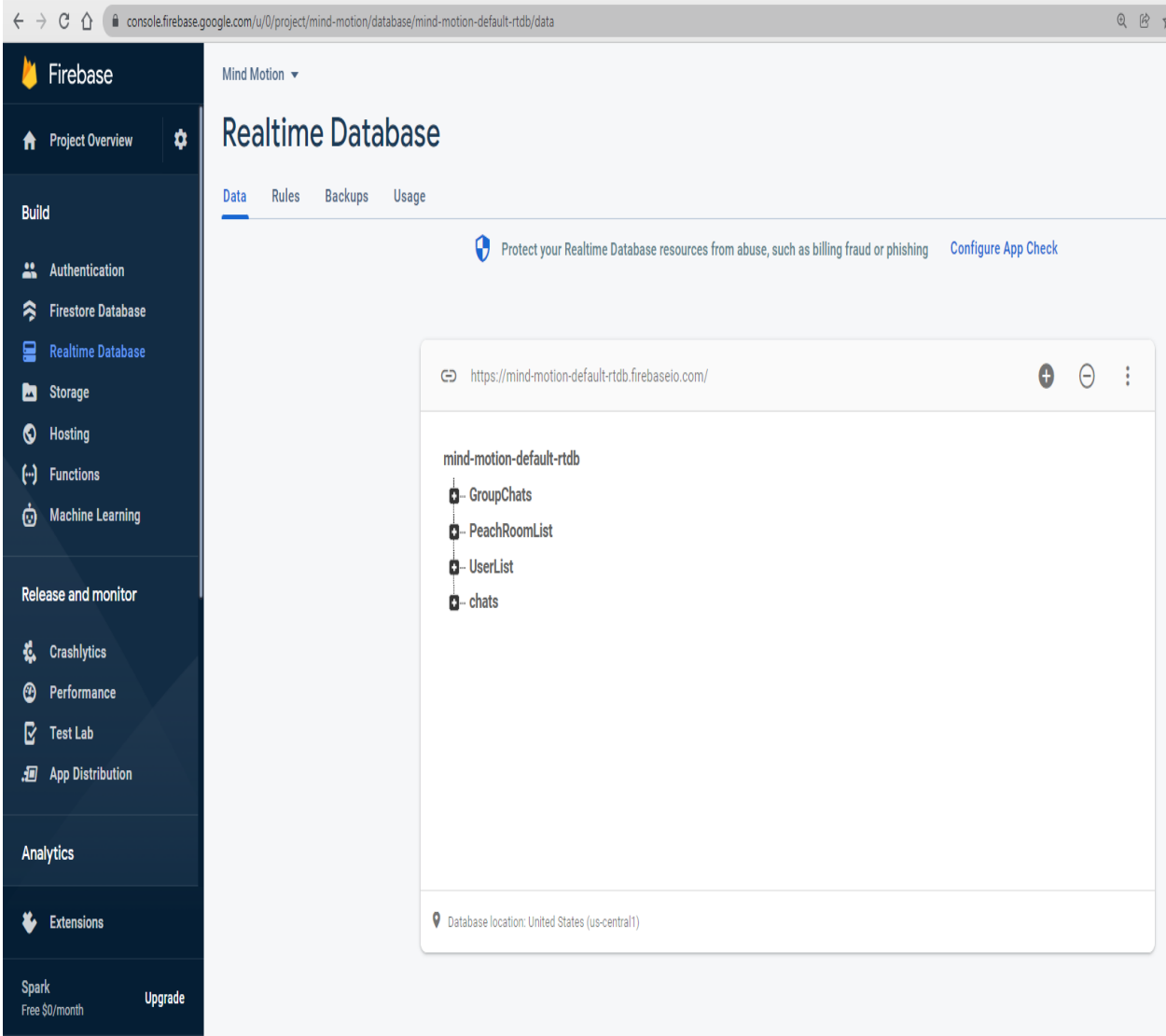
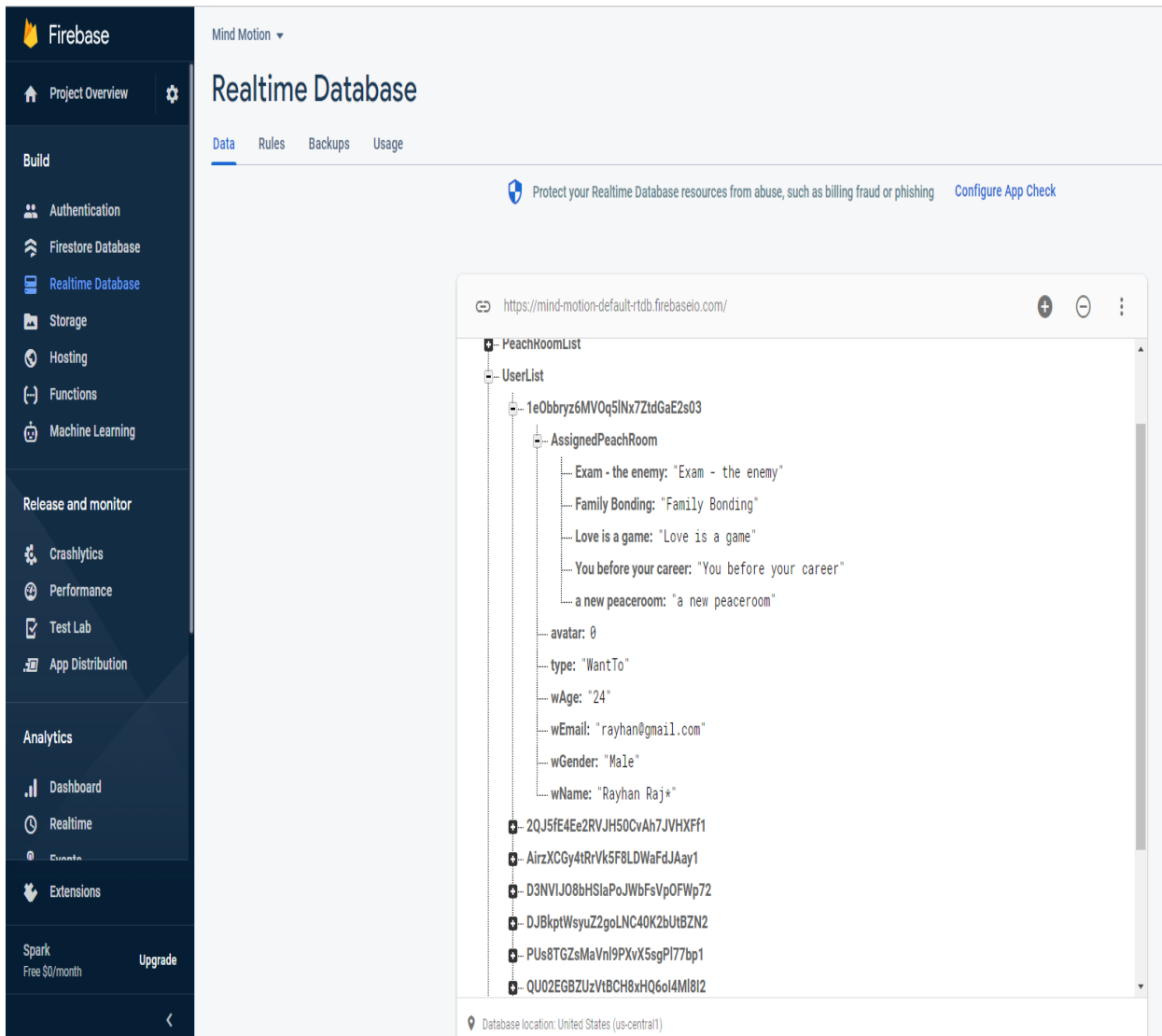


Figure 4.9.3: Group Chat Table

4.9.3 User Details



The screenshot displays the Firebase Realtime Database interface. The left sidebar shows the project navigation menu with categories: Build (Authentication, Firestore Database, Realtime Database, Storage, Hosting, Functions, Machine Learning), Release and monitor (Crashlytics, Performance, Test Lab, App Distribution), Analytics (Dashboard, Realtime, Events), Extensions, and Spark (Free \$0/month, Upgrade). The main content area is titled 'Realtime Database' and includes tabs for Data, Rules, Backups, and Usage. A security notice at the top states: 'Protect your Realtime Database resources from abuse, such as billing fraud or phishing' with a 'Configure App Check' link. The browser address bar shows the URL: 'https://mind-motion-default-rtdb.firebaseio.com/'. The database structure is expanded to show 'PeachKoomList' > 'UserList' > '1e0bbryz6MVOq5INx7ZtdGaE2s03'. The selected node contains the following data:

```
AssignedPeachRoom: {
  Exam - the enemy: "Exam - the enemy"
  Family Bonding: "Family Bonding"
  Love is a game: "Love is a game"
  You before your career: "You before your career"
  a new peaceroom: "a new peaceroom"
}
avatar: ""
type: "WantTo"
wAge: "24"
wEmail: "rayhan@gmail.com"
wGender: "Male"
wName: "Rayhan Raj*"
```

Below the selected node, a list of other user IDs is visible:

- 2QJ5fE4Ee2RVJH50CvAh7JVHXFf1
- AirzXCgy4TrVvk5F8LDWafJAay1
- D3NVIJO8bHSIaPoJWbFsVpOFWp72
- DJBkptWsyuZ2goLNC40K2bU6ZN2
- PUs8TGZsMaVnl9PXvX5sgPI77bp1
- QU02EGBZUzVtBCH8xHQ6o4Ml812

The database location is noted as 'United States (us-central)'.

Figure 4.9.4: User Details

4.9.4 User Table

The screenshot shows the Firebase Authentication console. The main content area displays a table of users. The table has the following columns: Identifier, Providers, Created, Signed in, and User UID. The table contains 13 rows of user data. The left sidebar shows the Firebase navigation menu with categories like Build, Release and monitor, Analytics, and Spark.

Identifier	Providers	Created ↓	Signed in	User UID
abc@hghg.com	✉	15 Dec 2021	15 Dec 2021	PUs8TGZsMaVnl9PXvX5sgPI77bp1
rayhanraj333@gmail.com	✉	4 Dec 2021	4 Dec 2021	z6zJwVkcX302k6z5pLMY33IK2
mohtadi@mohtadi.com	✉	17 Aug 2021	17 Aug 2021	QU02EG8ZUzVtBCH8xHQ6oI4Ml8I2
amashuvo@shuvo.com	✉	17 Aug 2021	17 Aug 2021	D3NVJJO8bHSlaPoJWbFsVp0FW...
test@personalmail.com	✉	11 Aug 2021	11 Aug 2021	Uy5Wxf0XFWN83CZkyWmDfjBPv...
shuvo@gmail.com	✉	11 Aug 2021	11 Aug 2021	h2fh0l0P69Sat8HREsQ3VhMlBrX2
tt@dd.com	✉	1 Aug 2021	1 Aug 2021	AirzXCGy4tRrVvK5F8LDWaFdJAay1
abc@gmail.com	✉	1 Aug 2021	1 Aug 2021	DJBkptWsyuZ2goLNC40K2bUtBZ...
mim@gmail.com	✉	31 Jul 2021	18 Dec 2021	mJK2kz0l40ZlVpdGeUqeVETDBuZ2
asf@gmail.com	✉	31 Jul 2021	11 Aug 2021	2QJ5fE4Ee2RVJH50CvAh7JVHXFf1
rayhan@gmail.com	✉	31 Jul 2021	12 Aug 2021	1e0bbryz6MVOq5lNx7ZtdGaE2s03

Figure 4.9.4: User Table

4.10 User apps Design

4.10.1 Home Page



Figure 4.10.1: Home Page

4.10.2 Features

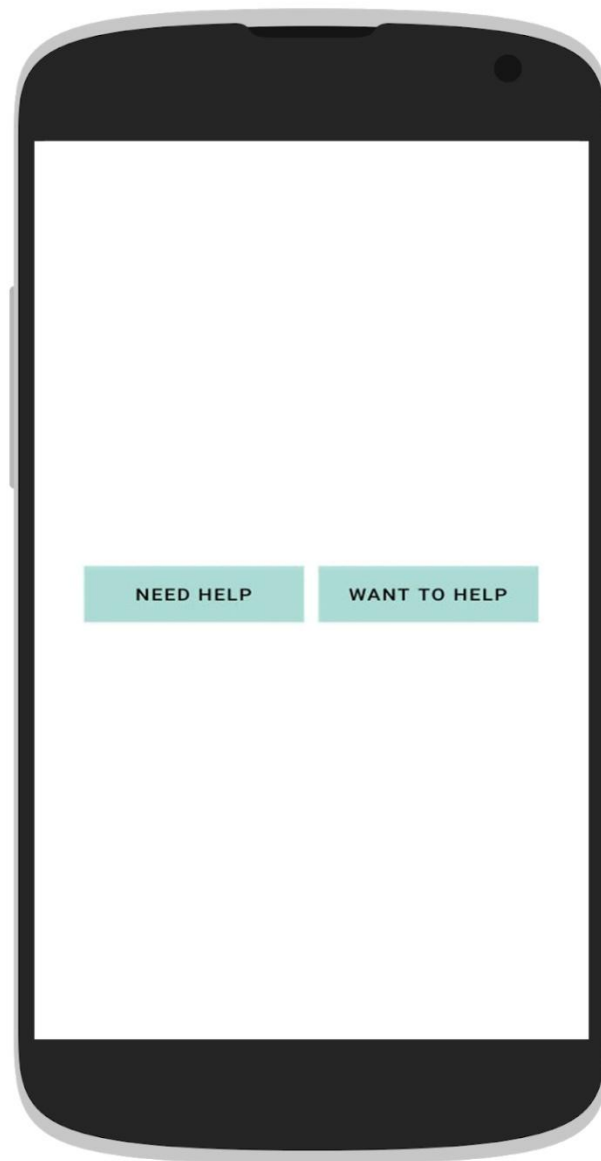


Figure 4.10.2: Features

4.10.3 Sign Up Page For User [Who Need Help]

NEED HELP

Sign Up Form

Full Name
Rayhan Raj

Gender
 Male Female

Age
27

Tell something about you

E-mail
golamrayhansunny@gmail.com

Password
.....

Confirm Password
.....

Figure 4.10.3: Sign Up For Who Need Help

4.10.4 Sign Up Page For Mentor

The image shows a mobile phone screen with a sign-up form. At the top right, there is a light blue button labeled "WANT TO HELP". Below it is a large green button labeled "Sign Up Form". The form consists of several input fields: "Name" (a text box), "Gender" (radio buttons for "Male" and "Female"), "Age" (a text box), "E-mail" (a text box), "Password" (a text box), and "Confirm Password" (a text box). At the bottom of the form is a teal button labeled "SIGN UP NOW".

Figure 4.10.4: Sign Up For Mentor

4.10.5 Create Peace Room

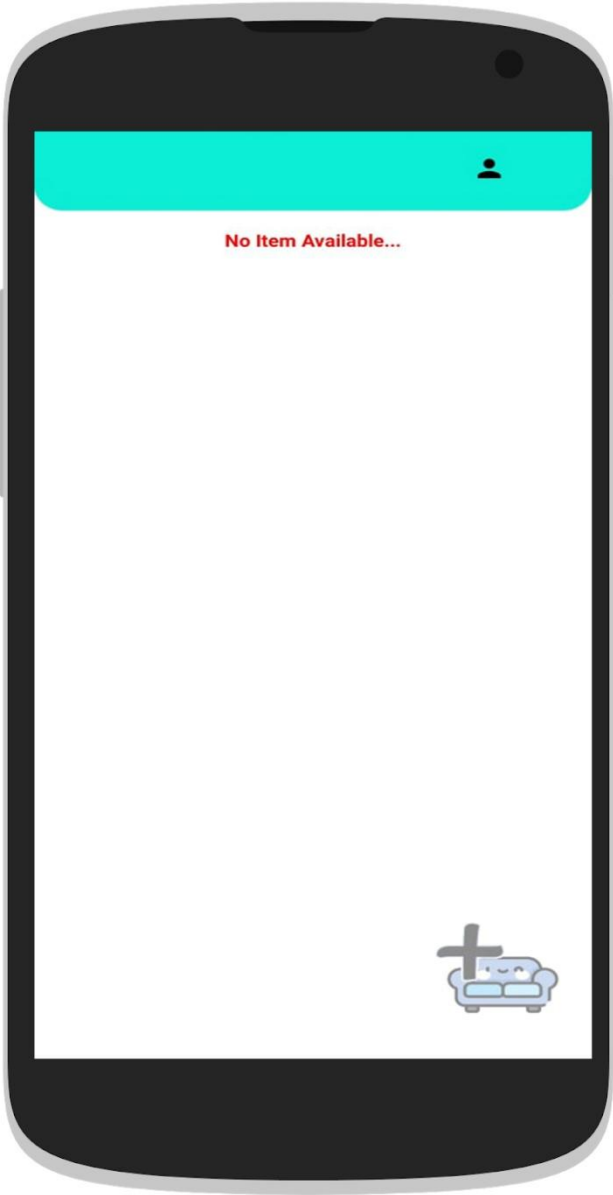
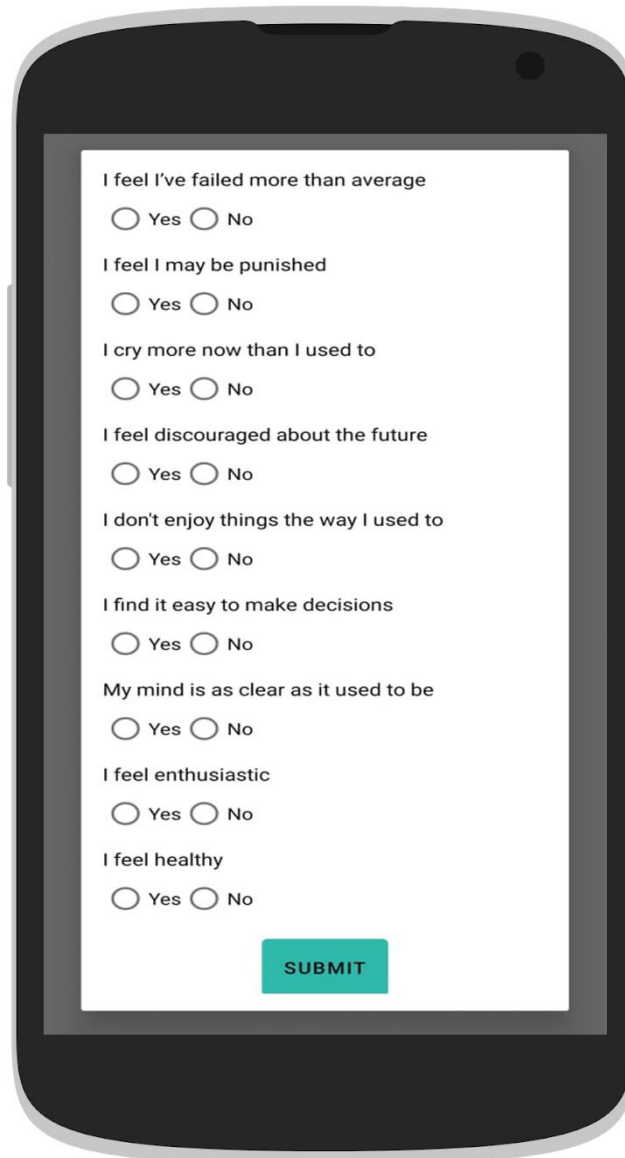


Figure 4.10.5: Create Peace Room

4.10.6 Level Measurement with Information's



I feel I've failed more than average
 Yes No

I feel I may be punished
 Yes No

I cry more now than I used to
 Yes No

I feel discouraged about the future
 Yes No

I don't enjoy things the way I used to
 Yes No

I find it easy to make decisions
 Yes No

My mind is as clear as it used to be
 Yes No

I feel enthusiastic
 Yes No

I feel healthy
 Yes No

SUBMIT

Figure 4.10.6: Level Measurement with Information's

4.10.7 Peace Room Information's

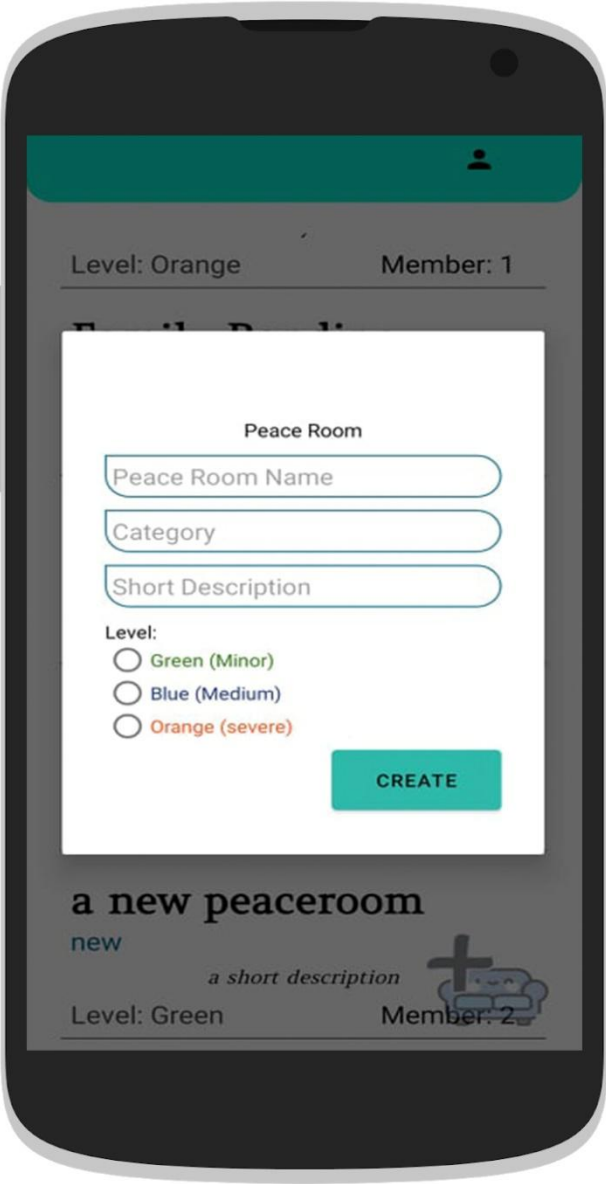


Figure 4.10.7: Peace Room Information's

4.10.8 Peace Room Topic, Description, Level, Members

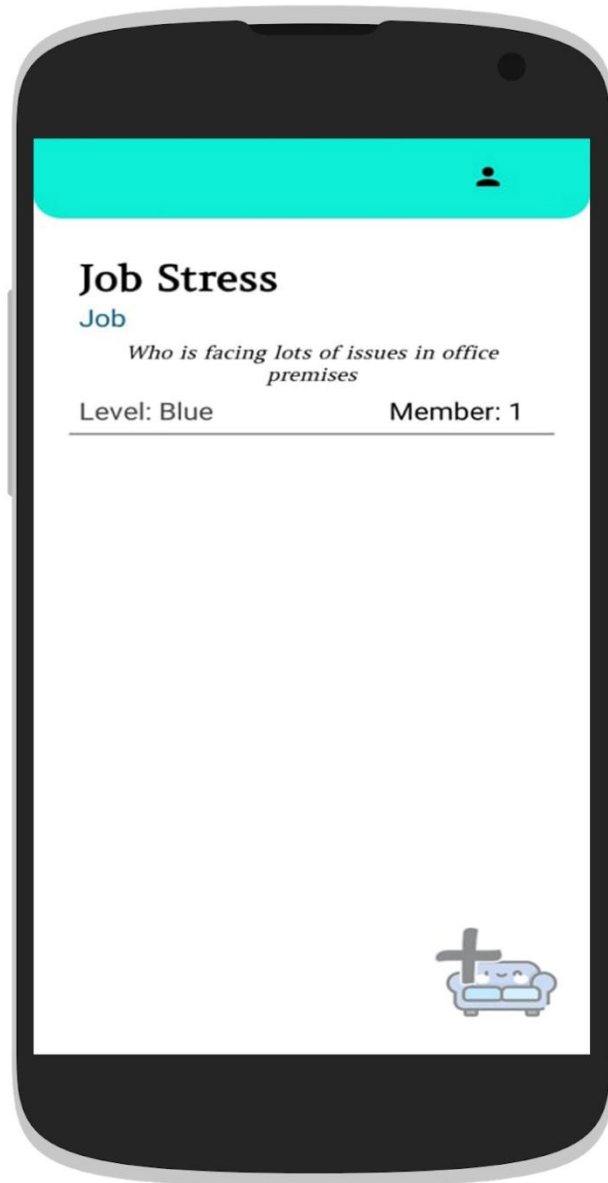


Figure 4.10.8: Peace Room Topic , Description, Level, Members

4.10.9 Peace Room Title- Job Stress



Figure 4.10.9: Peace Room Title- Job Stress

4.10.10 Private Chat

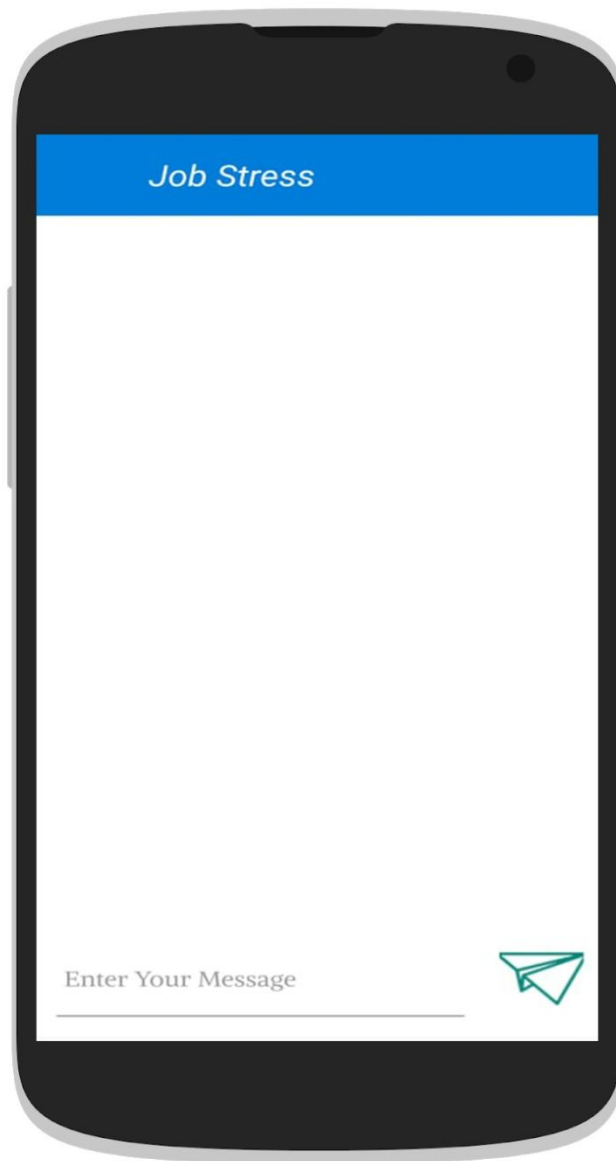


Figure 4.10.10: Private Chat

CHAPTER 5

Conclusion and Future Works

5.1. Discussion & Conclusion

Mental health is regarded as an essential component of overall health. The World Health Organization defines health as a complete state of mental, physical, and social well-being, not simply the absence of disease. In the fourth industrial revolution, when nearly the entire world is connected via the internet, mental health is extremely important. Cyberspace, powered by information systems and the Internet, is transforming our world in unprecedented ways by facilitating economic development and enabling people to communicate, engage, negotiate, and collaborate in novel ways. Almost every aspect of human endeavor has been domesticated in the realm of cyberspace. It is now time to engage in developing a world where mental health is treated with a digital solution which cuts down on costs and inconvenience in order to make sure that every individual has been able to receive help on the other end of the screen. Mind Motion looks forward to a future where mental illness, anxiety and depression have solutions that too in the comfort of home while utilizing technology to its core.

5.2. Scope for Future Development

There are some boundaries to our application. We will attempt to overcome this problem as shortly as possible. Every app has pros & cons each which commonly depend on how it has been made. This App is made based totally on XML, JAVA programming language and for store data, we are the use of firebase database. The function of the application can be modified in accordance with user demand. It can add some greater factors or forged off some characteristic which is now not really useful for the user.

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