MENTAL HELPER – A WEB APPLICATION

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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/internship titled **"MENTAL HELPER – A Web Application"**, submitted by Jannatul Naim Sopan, ID No: 172 – 15 – 9827 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 6th January 2022.
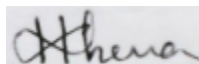
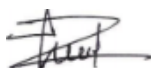## <u>BOARD OF EXAMINERS</u>

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DECLARATION

I hereby declare that this project has been done by me under the supervision of **Ms. Nusrat Jahan, Senior Lecturer, Department of CSE** Daffodil International University. I also declare that neither this project nor any part of this project has been submitted elsewhere for the award of any degree or diploma.

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ABSTRACT

The eruption of the novel respiratory disorder CoV-2 virus (COVID-19) is pushing national and international care systems to their limits. The side of mental state problems, that has been neglected (so far) in times of social isolation and governmental restrictions, currently demands innovative and situation-based approaches to support psychologically burdened individuals. The continuous pandemic of COVID-19 is a worldwide test that brought about critical bleakness and mortality around the world. It has additionally antagonistically impacted the economy and social respectability. There is rising worry about the psychological wellness difficulties of everyone, COVID-19-tainted patients, close contacts, the old, kids, and wellbeing experts. The WHO has likewise communicated its anxiety over the pandemic's emotional wellness and psycho-social outcomes. It guesses that new measures, for example, self-disconnection and quarantine have impacted normal exercises, schedules, and vocations of individuals that might prompt an expansion in dejection, tension, misery, sleep deprivation, destructive liquor, and medication use, and self-hurt or self-destructive conduct. The Mental Helper will give users a platform where they can share their mental feelings, issues that they have faced during this Covid pandemic with others. Sharing feelings with others is great thing. It can reduce pressure on the mind. It is the principal goal of the Mental Helper platform. Mental Helper is a safe place where people can talk about mental health and share their stories. It's a way for individuals to get stuff out into the open while additionally associating with individuals who can identify with their issues.

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CHAPTER 01

Introduction

1.1 Introduction

The changes of the world are rapid during the Covid-19 pandemic. To cope up with the world, we have to prepare ourselves mentally strong. But around the world, many people are facing several mental issues because of the COVID pandemic. Many countries have locked down their countries and maintained social distance for a long time. Because of that everybody has to stay inside the house for a long time. All these situations have created many mental issues among the people. Mental Helper will give them a place to share their feelings, issues, with others people. They can discuss with other people. Communication between people will help each other to overcome their mental issues, feelings, anxiety.

1.2 Motivation

COVID-19 has created a massive pandemic situation around the world. Every person in the world has been affected by this COVID-19. Every day we have seen the effects of COVID-19 on our people. We have lost many of our people, our relatives, our neighbors. The worst part was that we lost them in front of our own eyes still we could do anything for them. We have been locked inside the house and maintained a social distance from others for a long time. Many of us, especially young people, have suffered from mental disorders such as anger, anxiety, loneliness, sleep disorders, and many more. There are some powerful social platforms like Facebook, Twitter to help with this type of situation that Mental Helper will solve. But why have I developed this platform? Because of our privacy. Other social networks like Facebook, Twitter does not respect our privacy. These platforms collect so much personal data about ourselves.

They monitor every step through their platform. It can create concern for many people. And also, those platforms do not develop only for sharing stories and connecting with people. This platform can do much more than. Facebook can do marketing for business and much more. So why not develop a separate platform that will have only one purpose that is connecting people and allowing them to share their stories about their feelings, issues that they have faced.

1.3 Objectives

The objectives of Mental Helper are written below:

- Separate Social Network from Facebook, Twitter, etc.

- Give user privacy and freedom

- Help to overcome mental issues

- Connect as much as people from around the world so that everybody can help each other to build a peaceful world

1.4 Expected Outcome

From this Mental Helper platform, users will be familiar with others reasons that cause the mental health problem. They will be able to discuss those issues with others to find out the solution to overcome those issues. Users will be able to share their mental health problems with others. If they have overcome their issues, they can share the solution with others. Anyone who is facing similar issues can get help to overcome them. This Mental Helper platform will be a beneficial platform to build up communication between people.

This Mental Helper web application has the following features:

- Users can share their story with others by posting them

- Users can give feedback on others stories

1.5 Necessity

There are several giant platforms in this modern technology world today. Some of them are Facebook, Twitter, Google, YouTube, etc. Many people are using Facebook nowadays. We can create a group and add all the people who are interested in mental health problems and solutions. But why build a different platform like this Mental Helper. First of all, a platform like Facebook, Twitter does not respect our privacy. They track all our activity on their platform and sell our data with our interests and personal information to other companies like Amazon or others for money.

If we use Facebook group for our project than user may get frustrated more by seeing many ads other activity on Facebook that are not related their current situation. We need a separate platform that will only focus on mental health problem solutions. So, I decide build a separate platform which will respect our user's privacy and only focus on to solve mental health issues.

1.6 Layout of the Report

The Report of Mental Helper is distributed into 5 chapters. Each chapter will discuss the different aspects of the "Mental Helper". Each segment has various parts explaining every one of the portions in details.

Chapter 1: Introduction

This part talks about the essential speculative musings driving our undertaking. Here correspondingly assess our undertaking inspiration, targets, and predicted results.

Chapter 2: Mental Health

This section discusses about the Mental Health. From this section we know about mental health, importance of mental health, various mental health issues, how can technology help to maintain a wellness in mental health.

Chapter 3: Background

This part discusses related stages and what issue those stages are addressing. Likewise, discusses their weaknesses. Furthermore, how my project is settling those issues.

Chapter 4: Requirements Description

This section talks about requirements to develop Mental Helper web application. This segment incorporates the outline of every part that is utilized to develop Mental Helper.

Chapter 5: Design Description

This part talks about Front-End, Back-End design for the application.

Chapter 6: Implementation

This segment talks about implementation and testing the application.

Chapter 7: Closure and Prospect Scope

This part discusses about the end and Prospect level of my project.

Chapter 02

Mental Health

2.1 What is Mental Health

Mental health alludes to intellectual, conduct, and passionate prosperity. Everything unquestionably revolves around how individuals think, feel, and act. Individuals now and again utilize the expression "mental health" to mean the shortfall of a mental problem.

It influences how we think, feel, and act. It additionally decides how we handle pressure, identify with others, and make healthy choices. Mental health is significant at each phase of life, from youth and pre-adulthood through adulthood.

Albeit the terms are regularly utilized reciprocally, poor mental health and mental sickness are not the equivalent. An individual can encounter poor mental health and not be determined to have a mental disease. Moreover, an individual determined to have a mental sickness can encounter times of physical, mental, and social prosperity.

Mental health can influence day by day living, connections, and actual health. Notwithstanding, this connection additionally works the other way. Factors in individuals' lives, relational associations, and actual elements would all be able to add to mental health disturbances.

Caring for mental health can protect an individual's capacity to appreciate life. Doing this includes arriving at a harmony between life exercises, obligations, and endeavors to accomplish mental strength. Conditions like pressure, misery, and nervousness would all be able to influence mental health and disturb an individual's daily practice.

2.2 What Reason Is Mental Health Significant for Generally Speaking Health

Mental and actual health are similarly significant parts of generally speaking health. For instance, melancholy builds the danger for some sorts of actual health issues, especially enduring conditions like diabetes, coronary illness, and stroke. Essentially, the presence of ongoing conditions can build the danger for mental sickness.

2.3 Can Mental Health Change Over the Long Run

Indeed, recollect that an individual's mental health can change over the long haul, contingent upon many variables. At the point when the requests set on an individual surpass their assets and adapting capacities, their mental health could be affected. For instance, assuming somebody is working extended periods of time, really focusing on a family member, or encountering monetary difficulty, they might encounter poor mental health.

Mental sicknesses are among the most widely recognized health conditions in the United States. Over half will be determined to have a mental sickness or turmoil sooner or later in the course of their life.

- 1 of every 5 Americans will encounter a mental disease in a given year.
- 1 of every 5 youngsters, either at present or sooner or later during their life, have had a truly incapacitating mental ailment.
- 1 of every 25 Americans lives with a genuine mental disease, like schizophrenia, bipolar turmoil, or significant discouragement.

2.4 What Causes Mental Illness and Some Common Health Disorders

There is no single reason for mental disease. Various elements can add to hazard for mental ailment, for example,

- Early unfriendly educational encounters, like injury or a background marked by misuse (for instance, youngster misuse, rape, seeing viciousness, and so forth)

- Encounters identified with other continuous (persistent) ailments, like malignant growth or diabetes

- Natural variables or synthetic uneven characters in the cerebrum

- Utilization of liquor or medications

- Having sensations of dejection or segregation

As per the Anxiety and Depression Association of America, nervousness issues are the most widely recognized sort of mental sickness. Individuals with these conditions have extreme dread or nervousness, which identifies with specific items or circumstances. The vast majority with a tension issue will attempt to stay away from openness to whatever triggers their nervousness.

Individuals with a frenzy issue experience ordinary fit of anxiety, which include abrupt, overpowering fear or a feeling of inevitable debacle and demise.

Fears are profoundly close to home, and specialists don't have the foggiest idea about each sort. There could be large number of fears, and what may appear to be strange to one individual might be an extreme issue that rules day to day existence for another.

There are different kind of fears of phobia:

- Simple: These might include a lopsided dread of explicit articles, situations, or creatures. A dread of bugs is a typical model.
- Social: Here and there known as friendly nervousness, this is a dread of being dependent upon the judgment of others. People with social dread routinely limit their receptiveness to social conditions.
- Agoraphobia: This term alludes to a dread of circumstances were moving away might be troublesome, for example, being in a lift or moving train. Many individuals misconstrue this fear as a dread of being outside

Individuals with OCD have fixations and impulses. At the end of the day, they experience steady, unpleasant considerations and an amazing desire to perform monotonous demonstrations, for example, hand washing.

PTSD can happen after an individual encounters or witnesses a profoundly distressing or horrible accident. During this sort of occasion, the individual thinks that their everyday routine or others' experiences are at serious risk. They might feel apprehensive or that they have zero power over what's going on. These impressions of injury and dread may then add to PTSD

Individuals may likewise allude to disposition problems as full of feeling issues or burdensome issues. Individuals with these conditions have huge changes in temperament, for the most part including either insanity, which is a time of high energy and happiness, or misery. Instances of temperament issues incorporate major depression, bipolar disorder, seasonal affective disorder (SAD)

2.5 Early Signs of Mental Disorders

There is no actual test or output that dependably demonstrates whether an individual has developed a mental disease. In any case, individuals should pay special mind to the accompanying as potential indications of a mental health issue:

- Pulling out from companions, family, and associates
- Staying away from exercises that they would typically appreciate
- Resting excessively or excessively little
- Eating excessively or excessively little
- Feeling miserable
- Having reliably low energy
- Utilizing mind-set changing substances, including liquor and nicotine, all the more oftentimes
- Showing negative feelings
- Being befuddled
- Being not able to finish every day responsibilities, for example, getting to work or preparing a dinner
- Having industrious musings or recollections that return consistently
- Considering making actual damage themselves or others
- Hearing voices
- Encountering daydreams

2.6 Treatment of Mental Disorders

There are different techniques for overseeing mental health issues. Treatment is particularly individual, and what works for one individual may not work for another.

A few methodologies or medicines are more effective in blend with others. An individual living with a persistent mental problem might pick various choices at different stages in their day-to-day existence.

2.7 Psychotherapy, Or Talking Treatments

This kind of treatment adopts a mental strategy to treating mental disease. Intellectual conduct treatment, openness treatment, and rationalistic conduct treatment are models.

Specialists, clinicians, psychotherapists, and some essential consideration doctors complete this kind of treatment.

It can assist individuals with understanding the foundation of their mental disease and begin to chip away at more healthful idea designs that help regular living and diminish the danger of detachment and self-hurt.

2.8 Medication

Certain people take embraced drugs, similar to antidepressants, antipsychotics, and anxiolytic meds.

Albeit these can't fix mental problems, a few prescriptions can further develop indications and help an individual resume social association and a typical everyday practice while they work on their mental health.

A portion of these drugs work by helping the body's ingestion of feel-great synthetics, like serotonin, from the cerebrum. Different medications either help the general levels of these synthetic compounds or forestall their corruption or obliteration.

CHAPTER 03

Background

3.1 Introduction

Mental Helper is an online platform to give space to users who are suffering from mental disorders because of the covid pandemic. By using this platform users will be able to build up a circle with other people in this platform. User can share their story or about their suffering with others and can get their solution by communicating with others. Users can discuss on topic and can give feedback on each other. Talking about your feelings, sharing your current feelings with others can be helpful to maintain well mental health. Sharing current feelings with others is a big step to overcoming mental disorders. This is the main purpose of the Mental Helper platform.

3.2 Related Work

There are some online platforms that provide mental health tips on the web. These platforms are likewise very great. That is an advantage of these platforms. However, there is a disservice that makes these platforms futile for my objective to develop this Mental Helper project.

Additionally, these platforms charge a measure of cash month to month to get to their platforms. But my goal is to provide a platform free of cost for everyone. Mental Helper solved this problem.

Some related online platform is written below:

- Kooth

- BoosterBuddy

- Wysa

CHAPTER 04

Requirements Description

4.1 List of Used Software's

I have used following software's to build the Mental Helper Platform.

- Operating System: Linux

- For Design: Figma, Excalidraw

- Language: HTML, JavaScript

- Style: CSS, Tailwindcss

- Framework for Front-End: Reactjs

- In Back-End: Nextjs, Firebase

- Tools: Neovim, Git, GitHub

List of Used Software's to run the application:

- Operating System: Any modern OS

- Browser: Any internet browser like Firefox, Google Chrome, Safari, Brave etc.

- Network: Wi-Fi or Cellular Data

4.2 Client Diagram and Description

Clients can play out the underneath activity in Mental Helper platform:

    I.   Share their story, feelings etc. with others

   II. Can feedback or comment or give opinion others story or posts

4.3 User Diagram

This is a simple user diagram for representing the purpose of Mental Helper. A user can share his or her stories than people can comments or give opinion in that stories and user can also replay on those comments. This is how communication will start.
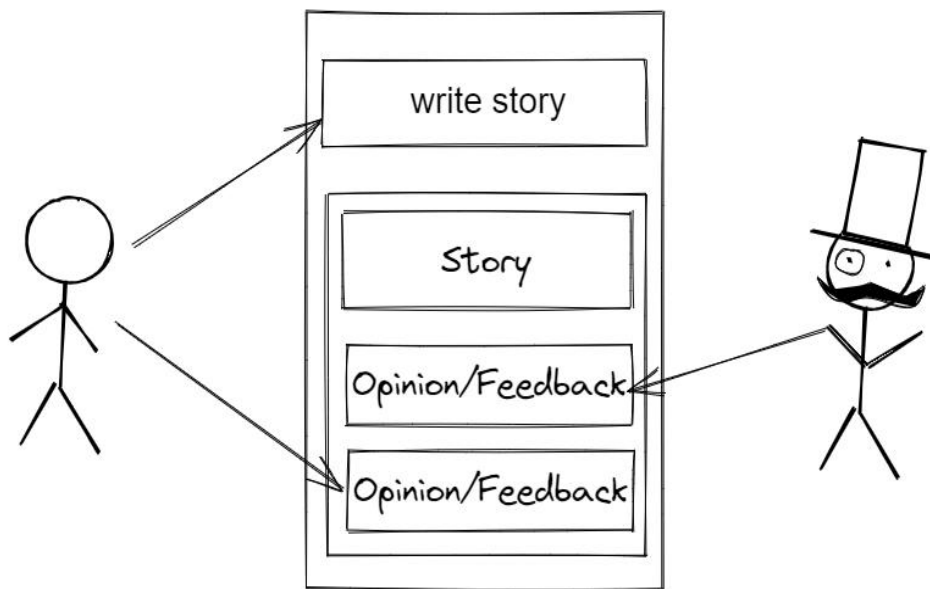
Figure 4.3.1: User Diagram

CHAPTER 05

Design Description

5.1 Plan of Front-End

The root a piece of a site is front-end part. This is the principal fascination of an application to client. I planned a lovely and easy to use front-end for Mental Helper.

5.2 Wireframe of Application

This Figure is showing the Formation of the Home Component. There are just 4 parts in the Home Component.

1. Introduction – Introduction of Mental Helper
2. An Image
3. Action Button for Signup
4. Navbar for Navigation
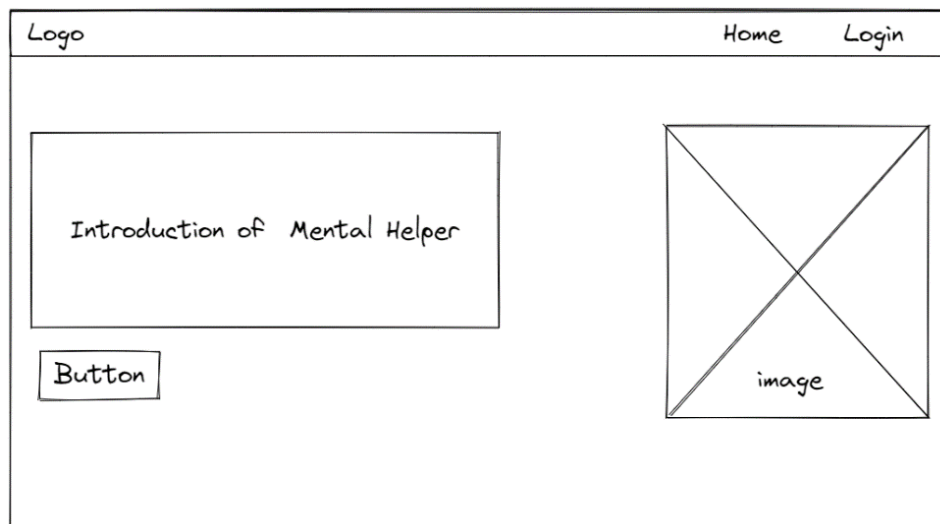
Figure 5.2.1: Formation of Home Component

Below Figure is formation of new user registration form. In this Component there are navbar for navigation, an image and a registration from where user can fill up the form and submit for creating a new account in Mental Helper.
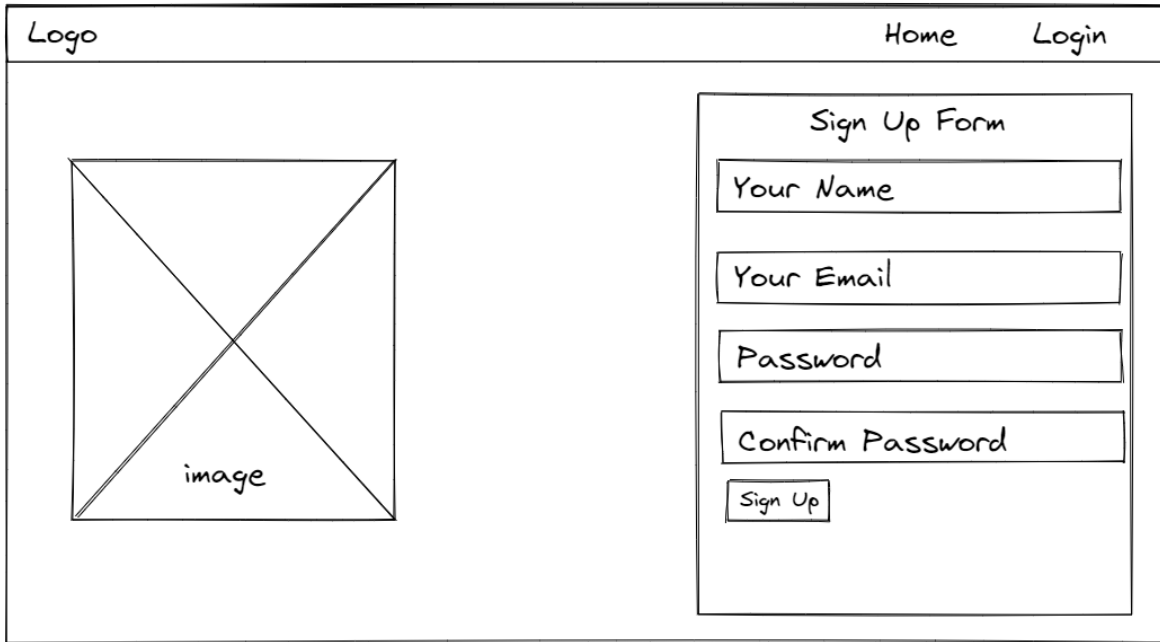
Figure 5.2.2: Formation of Signup Component

This Formation is for use sign-in form. Here are 4 components in the sign-in component. One is navbar for navigation. Second is an image. And finally, a form to sign-in the Mental Helper platform. Where user have to enter their registered email and password for successful sign-in.
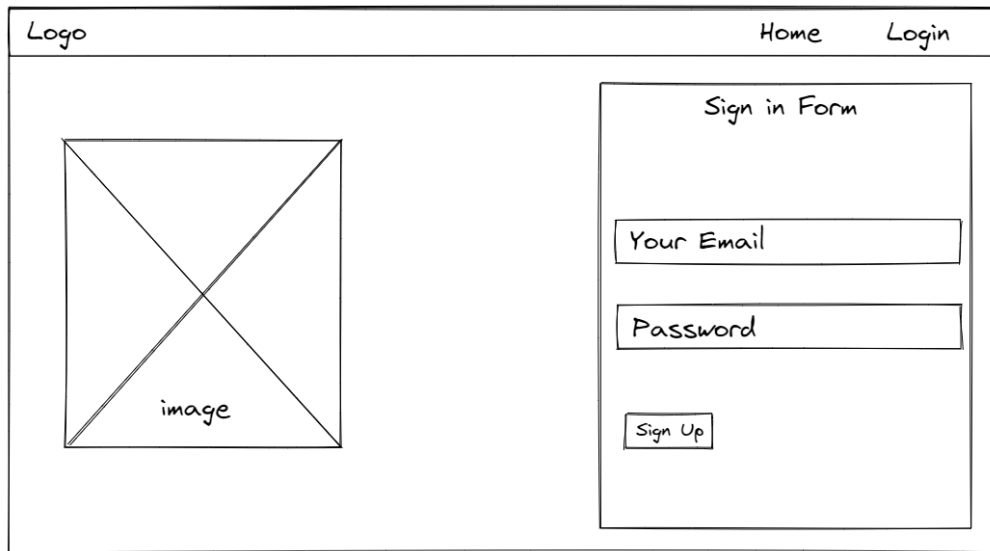
Figure 5.2.3: Formation of Sign-in Component

Below Figure is about the Feed Component of the Mental Helper. It will be the Home component after a user successfully login on the platform. Has a navbar for navigation around the platform. Has a text-area field to write stories and a button to post the stories. Below that other stories appeared.
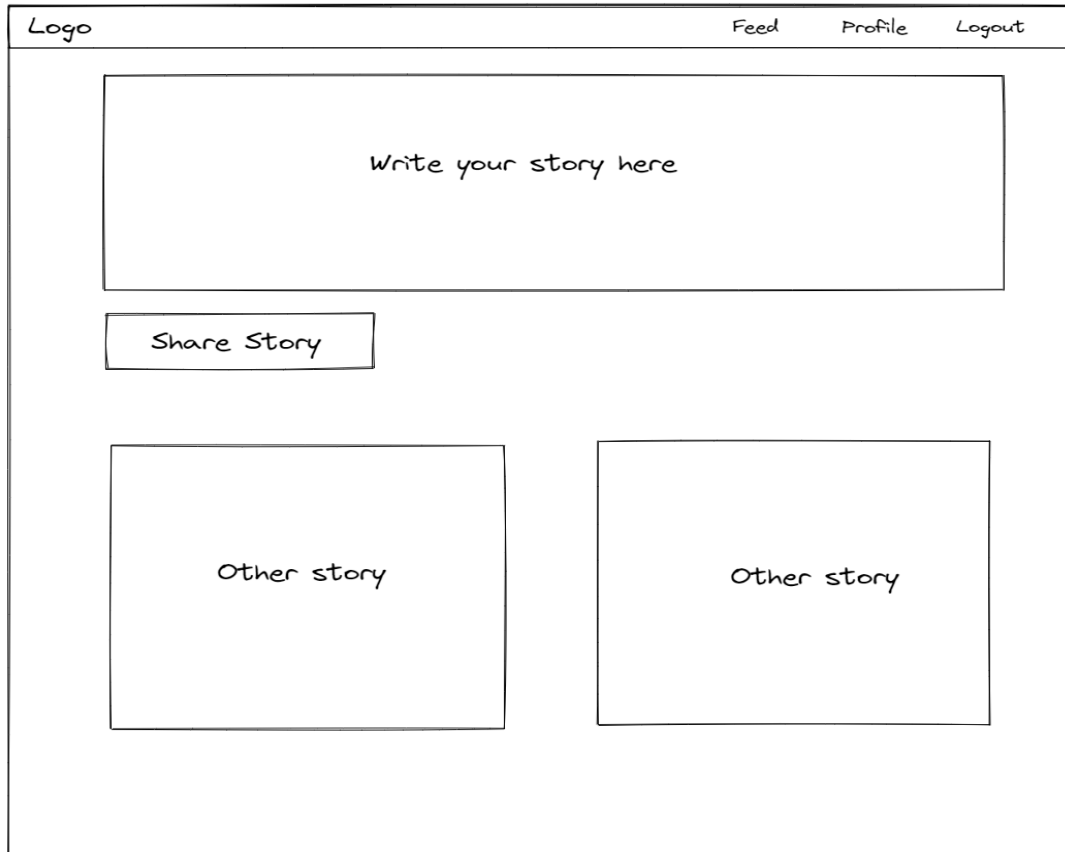
Figure 5.2.4: Formation of Feed Component

Below Figure is about the Formation of Story or Post components. There is user name with post date also comment with commenter user name and comment date.

Post →

comments

User Name
12-03-21

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s,

Make your comment

User Name
12-03-21

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s,

Figure 5.2.5: Formation of Post Component

This is about the Profile Component. Here user can see his or her little bit of information like his or her name, is profile verified or not. If the profile is not verified than user will get a link under the name to send a verification process on registered email address. There is some bio that user can set by using Edit Profile button. User can see all the post that he or she share in Mental Helper platform in this section.
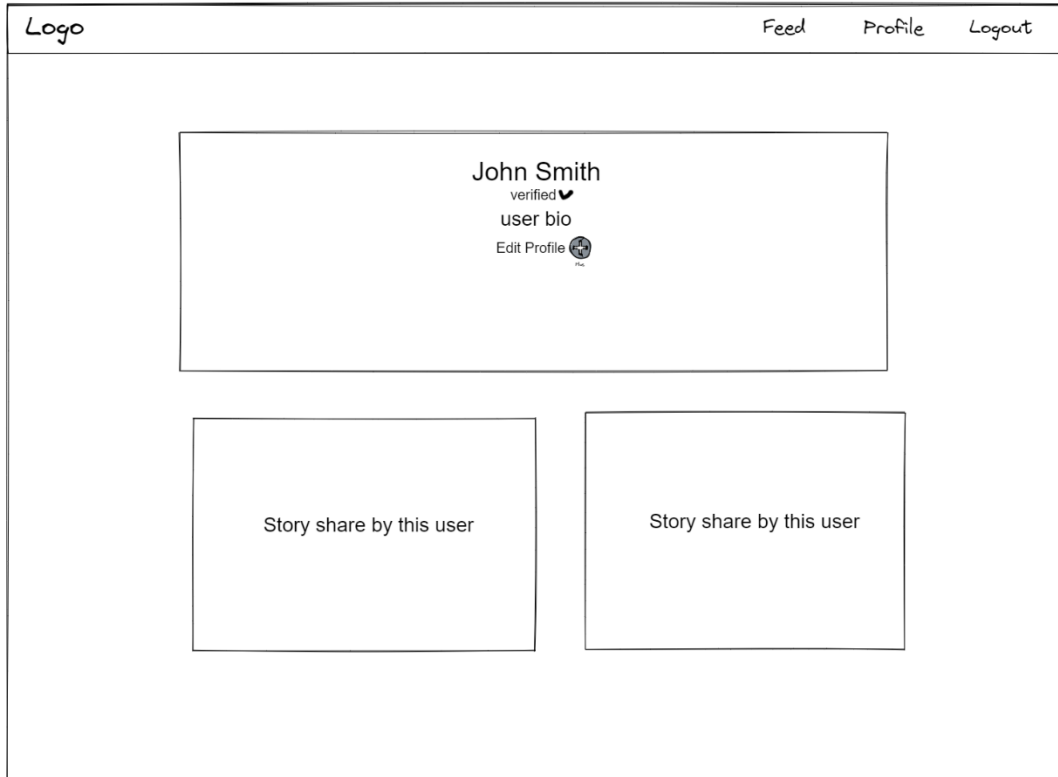
Figure 5.2.6: Formation of Profile Component

Following Figure is the representation of the Edit-Profile component. Users will be able to edit their profile through this component. Users can only edit their profile name and add some bio text. Resetting password can be done through the login page.

Figure 5.2.7: Formation of Edit-Profile component

5.3: Back-End Design

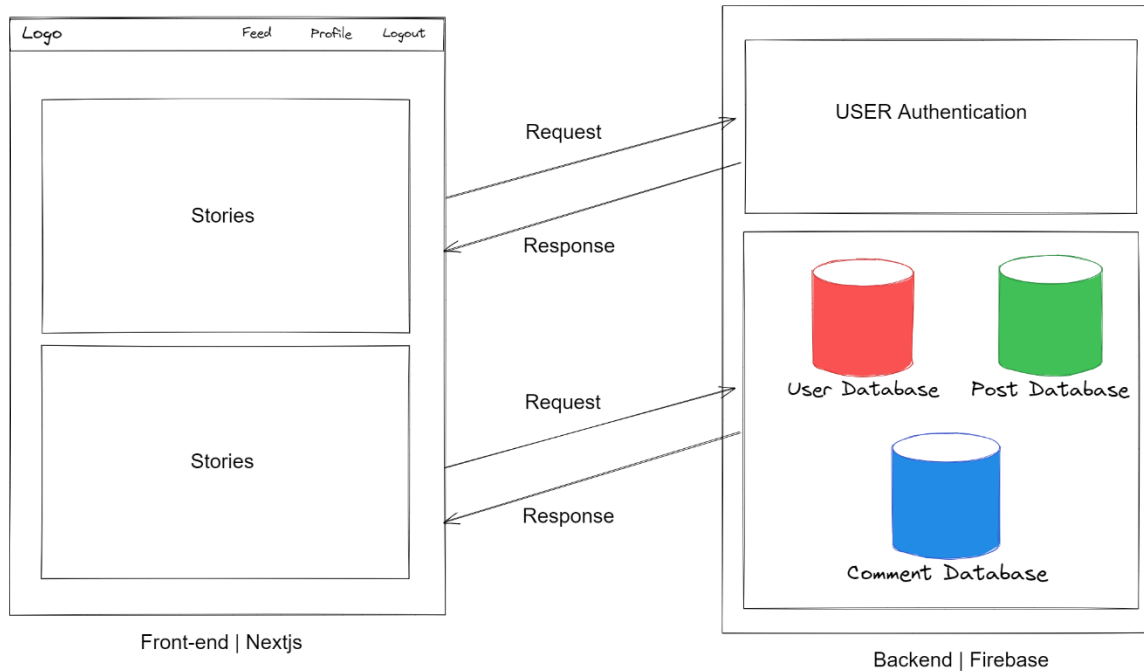This Mental Helper platform is developed with Nextjs and Firebase for database. All the data is being stored in firebase database. Firebase also handle our user authentication.

Figure 5.3.1: How Mental Helper related between front-end & backend

CHAPTER 06

Implementation

6.1 Implementation of Front-End

For execution of front-end I have utilized reactjs. Reactjs is a JavaScript library to construct web parts. It makes a web application more adaptable, quick to stack. Thus, site will give a superior client experience to our client.

6.1.1 Application Formation
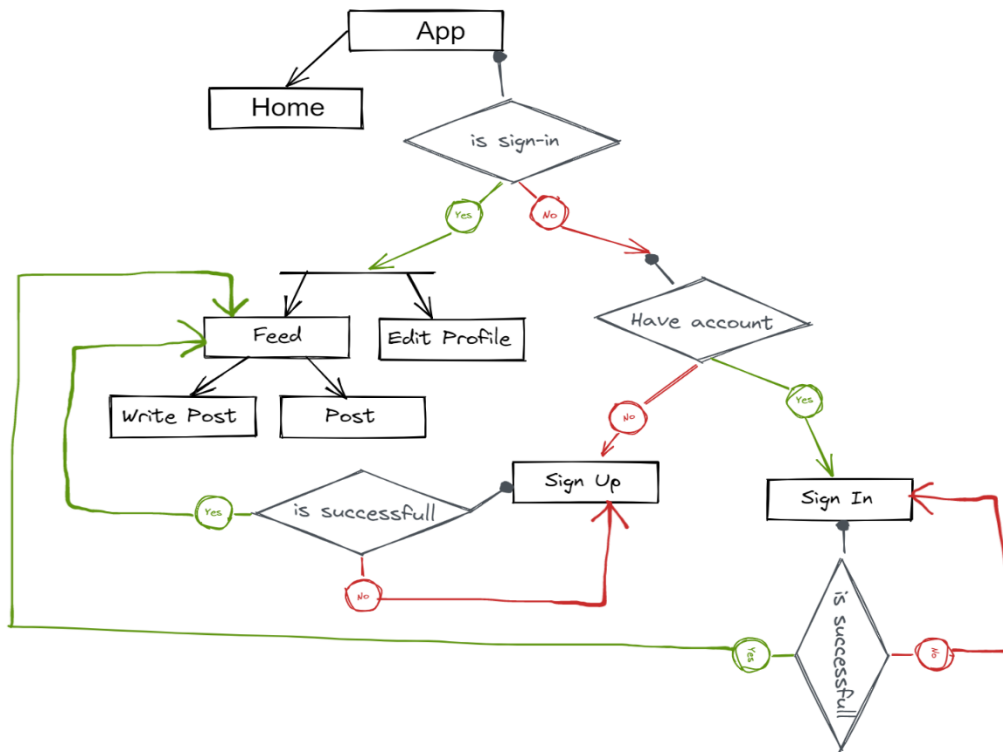
Figure 6.1.1.1: Application Formation

6.2 Home Component

This is the Home Component of the Mental Helper. It shows some description about the platform and an get started button to go to in the sign-up page and an image. Has a navbar for navigation on the platform.
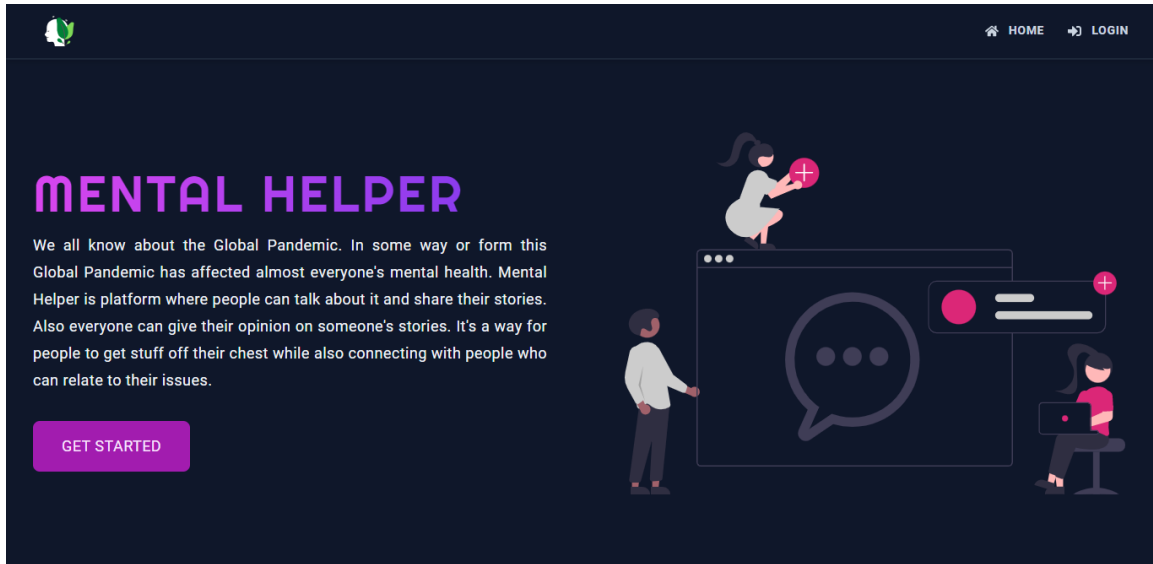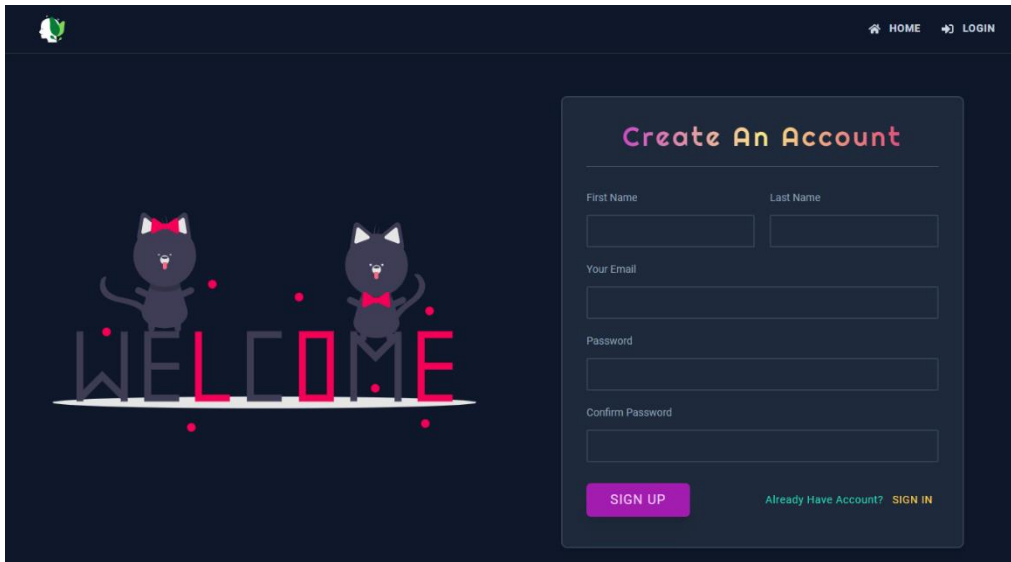

Figure 6.2.1: Home Component

6.3 Sign-Up Component

This is the Sign-Up Component of the Mental Helper. It shows a registration form for new user.

Figure 6.3.1: Sign-up Component

6.4 Sign-In Component

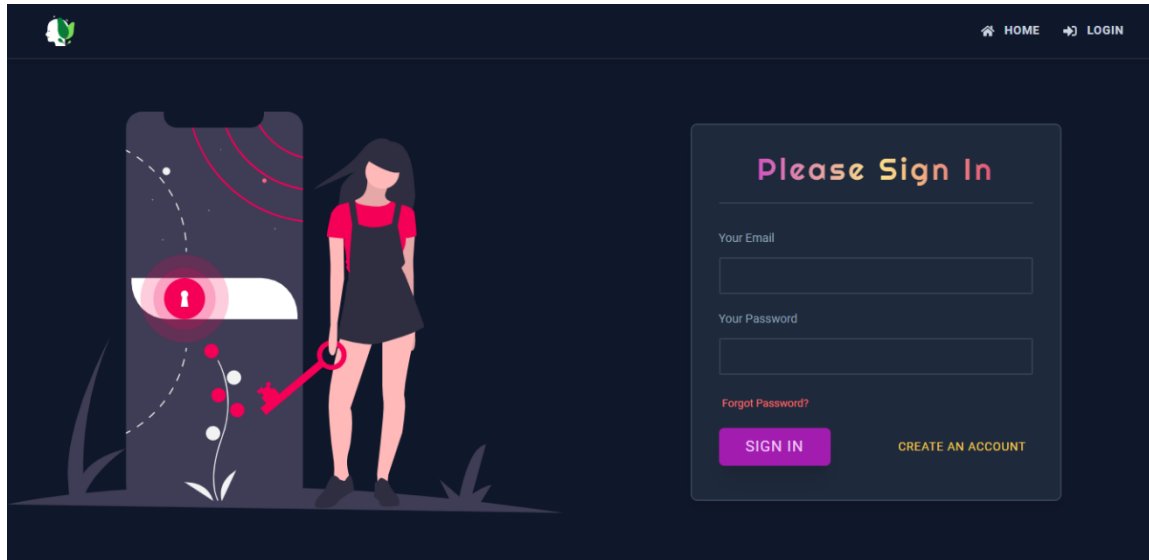This is the Sign-In Component of the Mental Helper. It shows a form to sign in for existing users.

Figure 6.4.1: Sign-In Component

6.5 Feed Component

This is the Feed Component of the Mental Helper. It shows text field to write new story to post and all the stories that was posted.
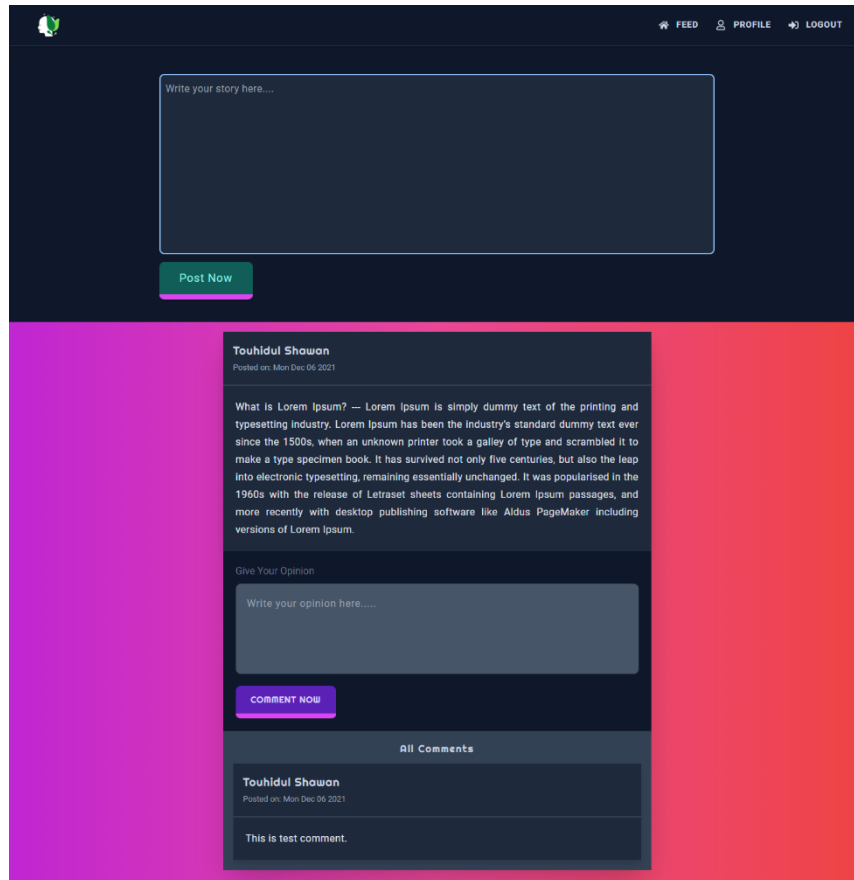

Figure 6.5.1: Feed Component

6.6 Profile Component

This is the user Profile component of the Mental Helper. It shows some user information and all the stories that he or she posted in this platform.
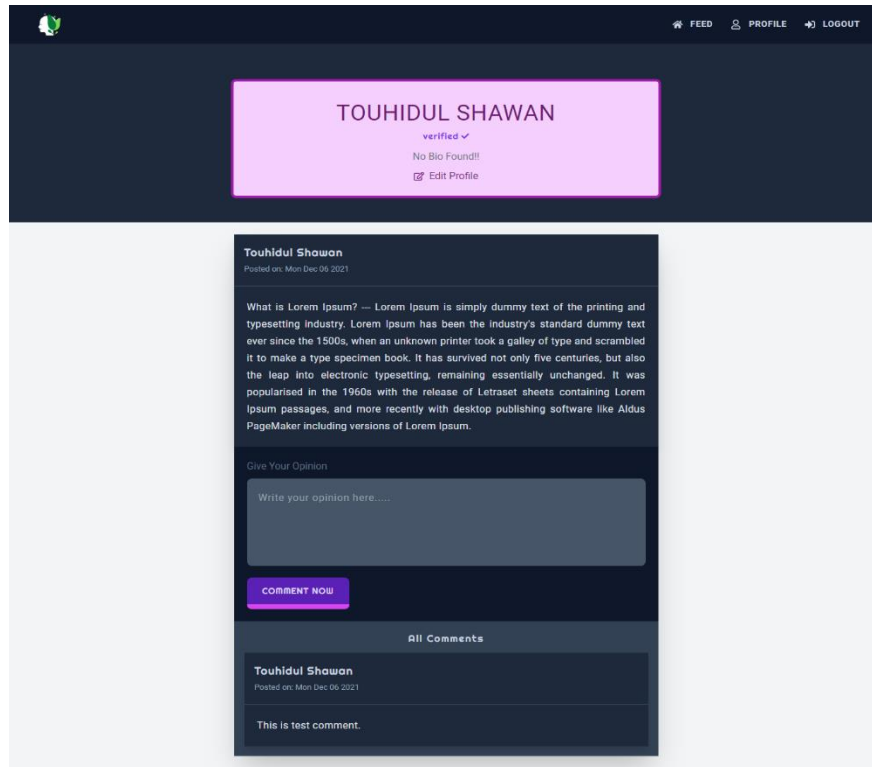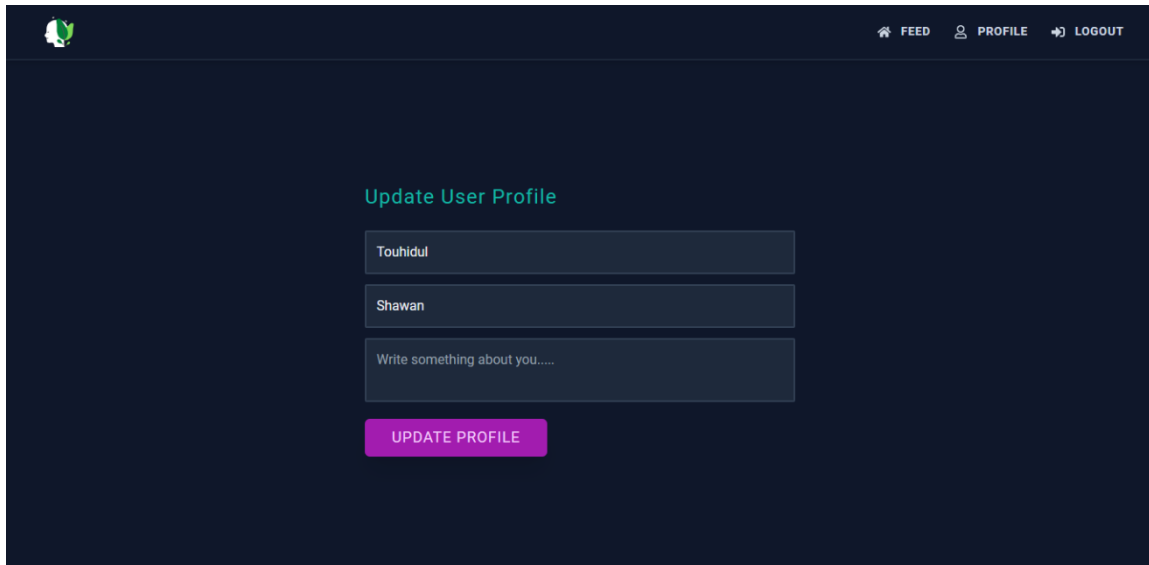

Figure 6.6.1: User Profile Component

6.7 Edit Profile Component

This is the Edit Profile component of the Mental Helper. This is how the component where user can update some information like first name, last name, bio.

Figure 6.7.1: Edit Profile Component

CHAPTER 07

Closure and Prospect Scope

7.1 Discussion and Closure

By the grace of Almighty Allah, I have successfully completed my Web Application project called Mental Helper and documentation. After the long-term of thinking, planning, discussion, implementation I am in the last session and happy of completion. Mental Helper is ready to help users who are facing mental problems like depression or anxiety because of covid pandemic.

So far, many people are suffering from mental problems and they are not familiar with any digital platform that helps them to overcome their problems. The present age is the age of technology. Now anyone can take help from any problem sitting at home. Mental Helper is giving this opportunity for the user to connect with the people with others and share their stories.

7.2 Scope for Prospect Development

1. Add more interactive features to boost effectiveness of platform
2. Will bring some expert like doctors who specialist in this area to give more better solutions of mental issues.
3. Implement a virtual reality feature
4. Improve the existing platform

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APPENDICES

Appendices: Project Reflection

All through the trip, since a year prior I have obtained an enormous association with my life. At the point when I began the excursion, I didn't be aware of numerous JavaScript libraries like Reactjs and systems like Nextjs. By developing this Mental Helper online stage, I have developed a strong base of my insight about these libraries and structures.

It was hard for to me know the legitimate strides of developing a web application. Be that as it may, I was not miserable. Then, at that point, I dissected the necessities and made a legitimate arrangement that made me considerably surer to develop the application. I dealt with a few issues when I developed the work with backend in the project.

Following an extended time of difficult work, I have developed my application. I have accumulated a great deal of thoughts regarding other web applications. At the point when I was investigating other web applications to discover their lacking then I know any data about the web application. Presently I have the conviction that, in case I buckle down, the sky is the limit to do. All things considered, I am thankful to The Almighty ALLAH and my decent boss **Ms. Nusrat Jahan** for her help and great direction all through the excursion.

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