

A
Major project report
On

Hope - Connect

submitted in partial fulfillment of requirements for the award of the degree of

MASTER OF DESIGN
(Product Design)

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CANDIDATE'S DECLARATION

I, Daksh Sargani, Roll No. 2K21/MDPD/02 student of MDes (Product Design), hereby declare that the project dissertation entitled "HOPE CONNECT" is submitted by me to the Department of Design, Delhi Technological University, Delhi in partial fulfillment of the requirement for the award of the degree of Master of Design in Product Design. This is my original work done and not copied from any source without proper citation. This work has not previously formed the basis for the award of any Degree, Diploma Associateship, Fellowship or other similar title or recognition.

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CERTIFICATE

I hereby certify that the Project Dissertation titled “*Hope Connect*” which is submitted by **Daksh Sargani**, Roll No. **2K21/MDPD/02**, Department of Design, Delhi Technological University, Delhi in partial fulfillment of the requirement for the award of the degree of Master of Design, is a record of the project work carried out by the student under my supervision.

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ABSTRACT

This investigate highlights the require for open mindfulness of this critical issue and the significant affect of mental sickness on people and society as a entire. Individuals of all ages, sexual orientations and financial foundations are defenseless to mental well being issues and this is often a developing issue. This ponder gives data on the results of mental ailment, counting sadness and uneasiness, and examines how these conditions influence people's lives, connections, and efficiency. Also, it considers the financial costs related with mental sickness, such as misplaced compensation, efficiency, and restorative costs.

This consider covers program planning to assist those battling with mental well being issues. Self-care works out, mindfulness strategies, and association to qualified mental well being experts are among the data and assets advertised by the app. The arrange of this app was taught by considers on the prerequisites of people with mental well being conditions, and it has experienced limited client testing. The require of raising people's information and understanding of mental health is additionally emphasized within the report. In spite of the reality that mental well being sicknesses are a common and developing issue in society, the disgrace connected to them more often than not anticipates individuals from looking for offer assistance.

We need to improve mental well being information and reduce disgrace around mental health clutters with this app and other ventures of a comparative nature. To assist those living with mental well being challenges get the care they require, we wish to extend mindfulness of mental well being assets and increment their openness.

ACKNOWLEDGEMENT

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-Daksh Sargani

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CHAPTER -1

Introduction

Worldwide mental wellbeing may be a hot subject as more individuals are accepting analyze for mental ailments each year. The World Wellbeing Organization (WHO) gauges that one in each four ladies may have a mental or neurological condition at some point in their lives [5]. Within the Joined together States, nearly one in each five individuals gets a conclusion of a mental clutter each year, and the predominance of mental illnesses is rising everywhere[1].

The impacts of mental well being issues are significant, influencing not as it were the people influenced but too their families and communities. Negative social and financial impacts of mental well being conditions incorporate poorer efficiency, expanded healthcare costs, and indeed suicide. In reality, suicide is the moment driving cause of passing around the world for those between the ages of 15 and 29 [3]. In spite of the predominance and significance of mental well being issues, there's still a shortage of information and comprehension of these issues. Fear, mortification, or a need of assets avoid numerous people from looking for treatment or offer assistance. The require for imaginative approaches to mental well being issues has developed as a result of the need of information and bolster. Making programs particularly planned to assist persons with mental well being issues is one potential arrangement.

The app offers clients individualized bolster and data to assist them oversee their mental ailments. The app may include components such as interactivity, adapting strategies, and get to to bolster bunches and master help. Making a mental well being app may be a critical begin in settling mental disconcerting, but it is similarly basic to extend societal mindfulness and understanding of mental well being issues. Instruction and information can help to decrease mental well being disgrace and energize people to look for treatment when they require it.

This essay's generally objective is to highlight the noteworthiness of mental well being, the require for made strides information and understanding, and the potential focal points of making a mental well being app. The require of treating mental well being as a

worldwide open health concern is emphasized within the report, as is the potential part that innovation may play in making a difference those who are harrowed with mental problems.

1.1 OBJECTIVE

1. To supply an natural and user-friendly app interface for those looking for mental wellbeing care, notwithstanding of age, foundation, sex, color, or other variables.
2. To supply a secure and steady air inside the app that empowers individuals to look for treatment, dispense with disgrace related with mental ailment, and advance self-care and resilience-building hones.

1.2 SIGNIFICANCE OF RESEARCH

It is incomprehensible to push the significance of inquire about on applications that offer assistance individuals with mental well being issues. Millions of individuals all through the world battle with mental well being concerns, and numerous don't get the desired bolster and care. Customers may effectively oversee their mental well being with the utilize of mental well being apps, which reduces shame and makes strides in general prosperity. We are going be able to make strides such apps to supply the foremost offer assistance to those in require by superior understanding their adequacy.

CHAPTER-2

Literature Review

Mental wellbeing talks have developed in significance in later a long time, especially in light of the COVID-19 plague. The epidemic's separation, blending of individual and proficient life, and expanded wellbeing costs are having a more serious affect on mental wellbeing than anticipated. As a result, there was a significant rise in undesirable mental side effects. Inquire about on working environment mental wellbeing has found that workers with mental infections are overrepresented. At slightest one repulsive mental side effect was detailed by more than 80% of respondents, two or more by more than 65%, and three or more by more than 50% of respondents [4].

As a result of these unfavorable mental wellbeing side effects, people's individual connections, common well-being, and professional efficiency might all suffer. The most regularly detailed mental wellbeing side effects among the addressed individuals were related with discouragement, counting sentiments of despairing, misfortune of intrigued in pleasurable exercises, weariness, trouble concentration, and destitute decision-making, with more than 59% communicating these indications. Over 55% of members detailed feeling candidly exhausted or burned out, and 51% detailed being anxious and having visit upheavals. Also, more than half of the laborers had inconvenience falling or remaining sleeping. Over 49% of members detailed encountering any one of the taking after indications: sweating, fast beat, shuddering, stomach throb, discombobulation, or fainting. Employee well-being has been appeared to be altogether affected by work environment push, which 47% of respondents distinguished as a stressor [8]. Overwhelming workloads, surged due dates, and destitute group flow have verifiably contributed to work environment stretch, but the COVID-19 plague made the issue more awful by melding work and individual life. Workers are too required to draw lines between their proficient and individual life, coming about in longer working hours, more confinement, and work security stresses. Besides, the virtual work environment made it harder to support proficient associations, coming about in a believe crevice between directors and their staff. Besides, the nonattendance of responsibility for misbehavior in virtual settings contributed to a terrible work environment. He expressed that 46% of those influenced concurred, understanding that monetary stretch may be a

enormous calculate to awful mental well being side effects. Individual association and family stresses were too critical sources of stretch for 39% of her respondents, especially ladies and caregivers[1]. Separation initiated by the scourge is having an impact on respondents' mental well being, as those who live alone or absent from family feel forlorn owing to their failure to lock in face-to-face with their adored ones. It is shown. In differentiate, a few individuals feel overpowered by over the top interaction with family individuals as a result of amplified confinement and lockdown.

The World Well being Organization (WHO) discharged its to begin with sex rules in 2002, highlighting the esteem of tending to sexual orientation issues independently [3]. towards around the same time, as portion of a bigger "Well being for All" vision pointed towards equity, the WHO begun executing the Joined together Countries Thousand years Improvement points (MDGs), which emphasized sexual orientation balance and women's strengthening as crucial points. It was more than fair a center of consideration. Be that because it may, the terms "sexual introduction" and "sex," exceptionally inside the biomedical composing, are directly routinely utilized synonymous, driving to twisting. The around the world burden of affliction and failure is inside and out extended by mental well being issues, which account for 31% of all a long time went through with a impair and 12% of all lifetime mishaps adjusted for impedance. Be that because it may, more than 40% of countries require mental well being courses of action, more than 90% require child and adolescent-focused courses of action, and more than 30% require mental well being programs[5].

According to the World Well being Organization, India bears a excessively expansive burden of clutters associated to drugs, the anxious framework, and mental well being, making up more than 15% of the worldwide burden. Her frequency of distress and uneasiness is up to 33 per 1,000, concurring to community research [2]. In any case, there's a 70–92% distinction in treatment among states in India. In spite of the truth that one-third of patients looking for treatment in restorative settings experience discouraged indications, numerous are incapable to urge the treatment they require since of a need of data, social disgrace, and assets [7]. For each 100,000 people, India has around 0.3 therapists and less than 2,000 clinical clinicians. Typically much less than the normal of 6.6 therapists per 100,000 tenants in affluent countries[8]. Up to 40% of patients requiring psychiatric care must travel more than 10 kilometers to the closest territorial center for treatment, outlining the extreme under-resourcing of this field.

CHAPTER-3

Problem Identification

All all through the world, mental wellbeing issues are getting to be a greater issue. In spite of the truth that these clutters are common, numerous individuals don't get the assistance they ought to appropriately oversee them. The improvement of a portable gadget application (app) that might offer assistance clients recognize and oversee mental wellbeing issues is one proposed arrangement to this issue. There are a few reasons why applications like these might help upgrade your mental wellbeing.

For starters, mental wellbeing issues can be associated with societal disgrace, which makes numerous people reluctant to look for treatment. Mental wellbeing applications can offer assistance break down a few of these deterrents by giving secret and effectively accessible bolster administrations, empowering more people to look for help when they require it.

Mental wellbeing applications can offer assistance diminish disgrace whereas moreover tending to a few of the real-life challenges that make looking for help challenging. For occasion, numerous patients must hold up a long time to see a clinician, and get to to treatment may moreover be hampered by geological or money related constraints. Mental wellbeing apps offer fast get to to tools and evidence-based data to assist you oversee your side effects indeed on the off chance that you're incapable to see a doctor in individual. The method of making a great mental wellbeing app isn't without challenges. One of the foremost challenging troubles is making beyond any doubt that apps give precise and dependable assets and data.

Additionally, it is pivotal to create beyond any doubt that your app is simple to utilize and available for a wide run of clients, counting those withsmall to no advanced encounter or information. In spite of these troubles, well-designed mental wellbeing applications have numerous benefits. By making evidence-based help accessible to those in require, apps like this one can offer assistance make strides mental wellbeing results and dispose of the disgrace joined to looking for treatment for mental wellbeing ailments. A characteristic world exists.

CHAPTER-4

User research and Research Methodology

To create a mental health app, research should focus on understanding the target audience's needs, preferences, and behavior. Furthermore, the research should include accessibility, privacy, and security, as well as the app's usefulness in improving mental health.

4.1 STAKEHOLDERS

- ✧ Users of the app - those looking for help with their mental health.
- ✧ Mental health professionals - therapists, psychiatrists, and counselors who may use the app to help their patients or clients.
- ✧ App developers and designers are in charge of developing and maintaining the app.
- ✧ Medical facilities, clinics, and hospitals that may include the app into their treatment regimens.

4.2 FUNCTIONAL REQUIREMENTS

By MosCow method

Must-have:

- ✧ Registration and the construction of a user profile.
- ✧ Screening examinations are used to detect mental health issues.
- ✧ Goal-setting and tracking functionality to assist users in setting and monitoring progress toward their mental health goals.
- ✧ Content that is tailored to the user's choices and needs.
- ✧ Self-help options such as guided meditations, relaxation exercises, and other therapeutic treatments are available.

Should-have:

- ✧ Online or in-person counseling sessions with mental health specialists such as therapists and counselors.

- ✧ Social support and community features link users with people who are going through similar things and give encouragement.

Could-have:

- ✧ Reminder feature to encourage users to exercise self-care and utilize the app.
- ✧ Integration with wearable devices to monitor physical activity, sleep habits, and other markers of mental health.

Won't have:

- ✧ connection with Social Media Platforms: The app would not include connection with social media platforms since it might be distracting and not conducive to fostering mental wellbeing.
- ✧ Gamification: The software would not contain gamification aspects since they might trivialize mental health concerns and turn them into a game.
- ✧ In-software Purchases: The software would not have in-app purchases that compel users to pay to access critical functions, as this might be a financial hardship for those seeking mental health care.
- ✧ Remote Diagnosis: The app would not give a remote diagnosis of mental health concerns since diagnosing mental health issues without an in-person evaluation by a licensed mental health practitioner is neither ethical nor accurate.
- ✧ The software would not have minimum user support since mental health issues are complicated and require a human touch. Users should be able to contact mental health specialists or qualified support employees through the app if they have any issues or queries.
- ✧ Limited Accessibility: Because mental health impacts individuals of all abilities and backgrounds, the app would not be limited in its accessibility. The app should have features that allow people with impairments to utilize it efficiently.

4.3 DESIGN PROCESS

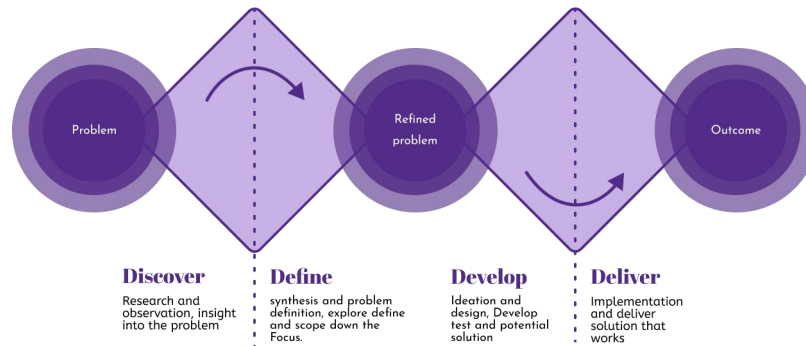


Fig. 4.1 Design process

The Double Diamond diagram as shown in Fig 4.1 approach is a problem-solving methodology used by designers to address complicated issues. It consists of four stages:

Discover, define, create, and deliver. The first diamond represents the start of the process in which the designer delves into the issue domain and thoroughly comprehends the difficulty. The second diamond represents the iterative process of defining and producing the solution. The define phase summarizes the discover phase's findings and outlines the underlying problem and actionable solutions. Brainstorming and prototyping thoughts to refine the selected solution are part of the development phase. Finally, the Deliver stage puts the solution into action and tests it to ensure that it satisfies the demands of the end user. The Double Diamond Method is a strong framework for dealing with complicated problems that may be used to a wide range of design challenges.


USER STORIES


We have created a set of client stories to appear how our clients may use the previously mentioned necessities. We have essentially concentrated on building client stories for the essential client since there are no other parties taking part within the application at this time.


- ✧ As a client with generalized uneasiness clutter, I need an app that gives me every day anxiety-reduction exercises, such as breathing works out and mindfulness techniques.


- ✧ As a depressed user, I want an app that has information and tools to help me monitor my mood and identify triggers, such as a mood tracker and a journaling function.
- ✧ As a panic disorder user, I want an app that provides guided meditations and coping skills to assist me control my panic attacks and anxiety levels.
- ✧ As a client who endures from stress-related wellbeing challenges, I need an app that gives proficient stretch administration suggestions, such as time administration, work out, and great eating habits.

4.4 COMPETITIVE ANALYSIS

 **betterhelp** - Better-help may be a adaptable and straightforward treatment membership benefit that gives low-cost get to to a wide extend of advisors and a assortment of communication channels.

 **Calm** - Calm's user interface is visually pleasing, and its extensive resource collection, which includes guided meditations and adult bedtime stories, has been specifically developed to promote better sleep. This program is great for anybody seeking for tools and methods to improve their sleep.

 **headspace** - Head-space is a visually beautiful and user-friendly program that offers a plethora of tools to aid in the practice of mindfulness. The application includes a variety of tranquil, themed meditations, as well as focus-boosting exercises, movement and dance classes, audio sleeps-capes, and a variety of other beneficial functions.

 **talkspace** - The Talk-space app has a user-friendly design, a fast treatment booking method, and a flexible subscription structure, which eliminates many of the typical hurdles associated with online mental health care.

happify - Happify, which was created by therapists and is driven by artificial intelligence technology, provides evidence-based games and activities that are both pleasant and beneficial in reducing stress and fostering positive thinking. With just a

few minutes of daily use, this program can help people achieve major mental health advantages.






Competitor					
Hotline	✓	✗	✗	✗	✗
Messaging	✓	✗	✗	✗	✗
Anonymity	✗	✗	✗	✗	✗
Socialize	✗	✗	✗	✗	✗
Community	✓	✗	✗	✗	✓
Content	✓	✓	✗	✗	✗

Fig. 4.2 Feature analysis of all the apps

4.5 SECONDARY DATA COLLECTION

On June 17, 2022, the World Wellbeing Organization (WHO) distributed a exhaustive investigate that claimed one in each eight individuals around the world had a mental ailment. In India, in spite of the fact that, there's a stressing drift in which more than 80% of individuals don't look for out proficient psychiatric care. The encounters of people in India give as an case of the emotions of disgrace, pain, bias, and humiliation that commonly go with mental illness.

The accessible insights on the display condition of mental wellbeing care in India is concerning, with 70-80% of people enduring from mental sickness not accepting treatment. Furthermore, according to the FEEL COVID survey, which was performed in 64 Indian cities in February and March 2020, one-third of 1,102 people suffered substantial mental health effects from the COVID-19 epidemic.

Furthermore, according to the Online Perceptions Survey on the Impact of COVID-19 on Children, which polled 1,102 parents and main caregivers, more than half of the children felt nervous during the COVID-19 lockdown. Anxiety difficulties were discovered and experienced.

This consider highlights the require for way better get to to and mindfulness of mental well being administrations in India, particularly in light of the COVID-19 epidemic's critical affect on mental well being. We must pay more consideration to people's mental well being, particularly that of children, and guarantee that they have get to to the instruments and bolster they require to require great care of their mental health.

4.6 USER INTERVIEWS

We gathered useful data by conducting interviews with members of my family, friend group, and acquaintances, which gave interesting perspectives on their decision-making processes and activities. The information we acquired, as shown in Fig 4.3, enabled us to gain a more in-depth insight of their motivations and reasons behind their acts, allowing us to investigate their viewpoints more thoroughly. The data gathering approach provided us with significant information that could be utilized to make educated judgments and generate successful solutions by illuminating the underlying causes for their decisions and behaviors. We were able to gain a more thorough knowledge of their experiences and how they affected their actions by using the data acquired from the interviews, which assisted us in identifying possible chances for growth and development.

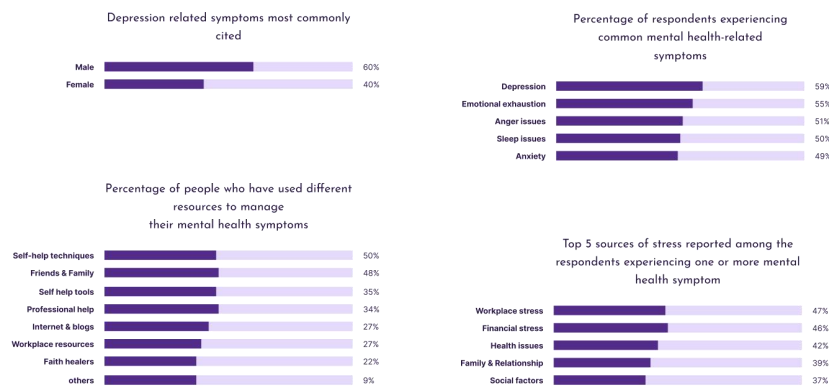


Fig. 4.3 Data from user interviews

4.7 SURVEY DATA COLLECTION

The following data was collected through a google form which got over 59 responses

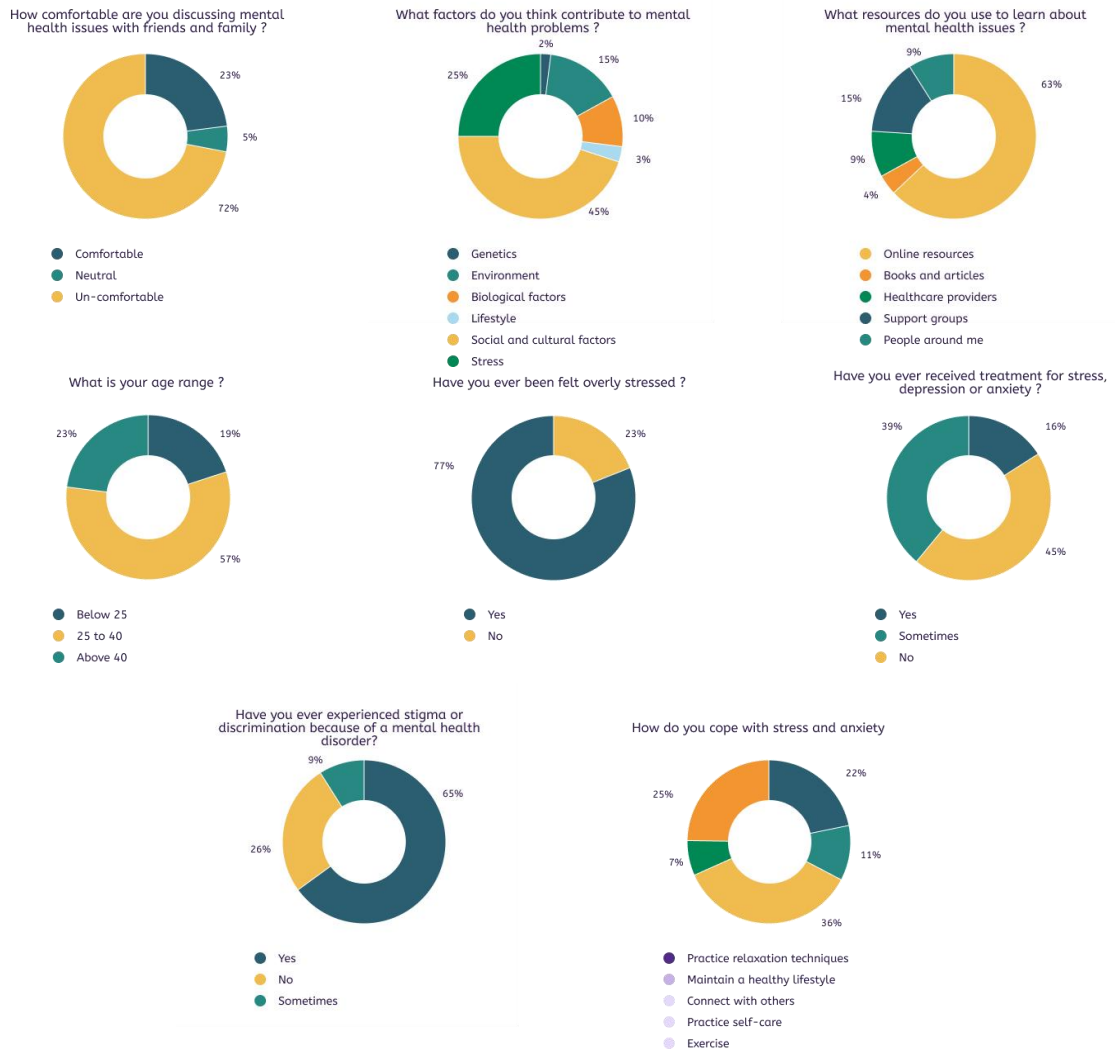


Fig. 4.4 Google form survey data

A Google Forms questionnaire was used to gather data for this study, which received 59 replies. The survey's primary goal was to obtain quantitative data that could be utilized to successfully analyze study themes. The obtained data was then statistically evaluated to identify remarkable trends and patterns that might give helpful insight into the study subject.

Statistical analysis of quantitative data has resulted in a more precise and thorough comprehension of research problems. The findings gave valuable insights and

information that may be used to future decision-making processes. The findings aided in identifying relevant areas of interest and directing future study.

Overall, we discovered that utilizing Google Forms surveys to obtain quantitative data is a useful study tool. This method's insights and information may be utilized to make informed decisions, affect future research directions, and eventually lead to greater understanding of study topics.

4.8 INSIGHTS RECEIVED FROM PEOPLE

Reasons for not talking about own mental health:-



Fig. 4.5 Reason for people not talking about mental health

The information supplied illustrates why people did little to tackle a certain situation. 24.8% of all respondents expressed concern about how their actions might damage their image. In contrast, 18.1% reported being uninformed of accessible resources. Furthermore, 21.7% demonstrated they did not feel committed to act at all. In expansion, 15.8% of respondents shown other reasons for their dormancy, whereas 19.6% cited a need of assets.

These discoveries recommend that a need of understanding, uneasiness over the impact on one's notoriety, and a need of require for or get to to assets are among the potential obstructions to taking activity on certain issues.

Understanding these characteristics can assist organizations and individuals in developing tailored interventions and resources to overcome these obstacles and drive

action. Addressing these difficulties can increase people's willingness to act and achieve positive changes.

User comments and age group:-



Fig. 4.6 Insights and data related to age of the participants

The survey collected information from participants of all ages and produced fascinating results regarding the respondents. The larger part of respondents (57%) said that he was between the ages of 25 and 40, whereas 22% demonstrated that he was between the ages of 41 and 65. Figure 4.6 appears that 19% of all members were within the most youthful age bunch, which is characterized as those under the age of 24. Measurements appear that almost 1% of members were over the age of 66. These results imply that the research is more representative of her age range of 25 to 65, which may have an effect on how generalization the study's results are.

To properly analyze the results, it is essential to comprehend how old the survey respondents were. Researchers are better able to make educated decisions about how to enhance their analyses and results when they are aware of which age groups are over represented and which are underrepresented. increase.

These results further underscore the need to target specific age groups in future studies to cover a more comprehensive range.

4.9 AFFINITY MAPPING

Affinity mapping is a process used in design thinking, brainstorming, and project management to organize and categorize ideas, insights, and data. This approach is also known as affinity diagrams or clustering.

The procedure entails gathering individuals with diverse viewpoints and ideas to produce a huge number of ideas and categorizing them based on themes and commonalities, as seen in Figure 4.7. The goal of affinity mapping is to discover patterns and connections between ideas and rank them based on their value and relevance to the problem or opportunity under consideration.

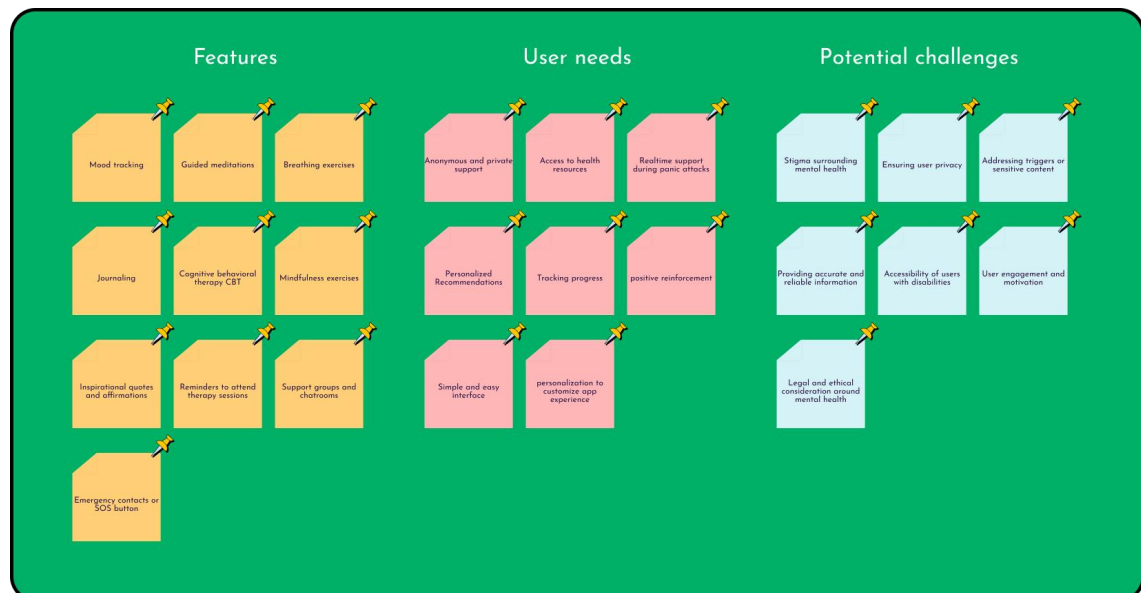


Fig. 4.7 Affinity Map

Finally, the affinity map above depicts some of the most important features, user requirements, and potential challenges to consider while developing a mental health support app. Mood monitoring, cognitive-behavioral treatment tools, and reference directories for mental health specialists and support groups should all be included in apps. Anonymity and privacy for users, access to psychiatric care, and real-time aid in the case of a crisis or panic attack should all be addressed. However, there are several possible obstacles to overcome.

Address mental health stigma, maintain user privacy and data security, and consider legal and ethical problems while offering mental health help online. With these considerations in mind, we can create applications that efficiently satisfy the

requirements of persons seeking mental health treatment while also contributing to their overall well-being.

4.10 CARD SORTING

Card sorting is a user experience research approach that involves arranging and classifying things, such as product information or features, by asking customers to place them in categories that make sense to them. This can help us understand how individuals think about and arrange information, allowing us to develop more intuitive and user-friendly solutions.

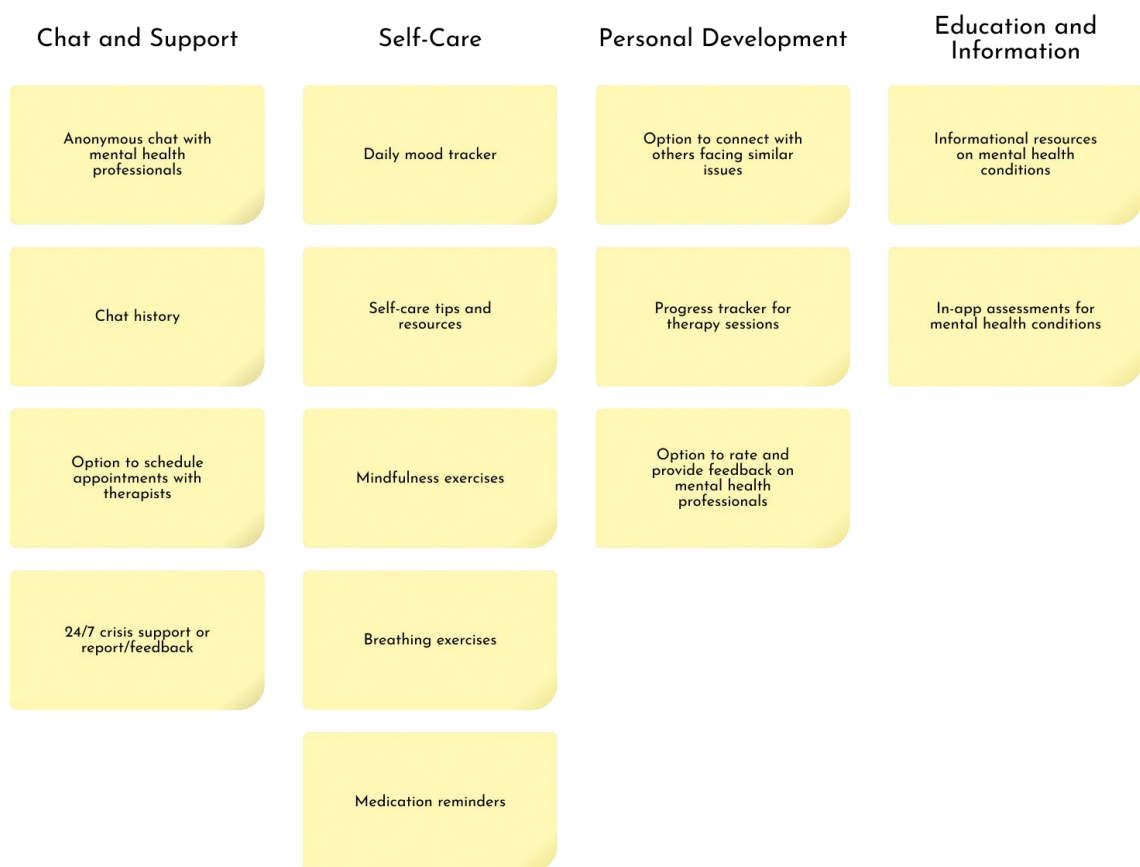


Fig. 4.8 Card sorting

Finally, the card sorting exercise depicted in Figure 4.8 offered a solid basis for logically and intuitively structuring the mental health app's components. Designers and scientists may acquire insight into how people think and identify particular elements by categorizing and labeling cards. This activity will aid in the development of more user-friendly and intuitive software that better fulfills the requirements of those suffering

from mental illnesses. As a consequence, you will have chat and support, self-care, personal development, and education and information categories to employ to arrange the functioning of your app.

CHAPTER-5

Concept Development

After you have examined your study, you may start drawing potential app features that correspond to your discovered requests. A person's mental health management options may include professional treatment, self-help exercises, guided meditations, online discussion forums, and other services.

Prioritize the features that benefit your users the most and are consistent with the goals of your project. The another stage is to form a unpleasant model of the app, which clients may assess and comment on for utility and convenience. To reenact the user encounter, you might got to make wire frames or mock ups of your app's client interface.

5.1 USER FLOW

The user flow of an app refers to the sequence of actions or activities that a user does within the app to complete a task or achieve a goal. Show the user's progression through your app, from the first login or landing page to the end action or consequence.

You must construct an successful client stream to guarantee that your app is natural, user-friendly, and fulfills the requests of your target audience. Get it your users' motivations, objectives, and torment spots, at that point plan your app to assist them through the method consistently and instinctively.

Before creating a user flow, you should first determine the primary activities, or actions, that your app's users are likely to undertake. This necessitates user research, analysis of user behavior and feedback, and the mapping of several user pathways within the program.

Diagrams like those in Figs. 5.1, 5.2, and 5.3 may be used to illustrate the user flow once the core roles and user paths have been established. As a result, it is simpler to see

possible issues or places for improvement, and designers are given the opportunity to make modifications to the app's design before actual production starts.

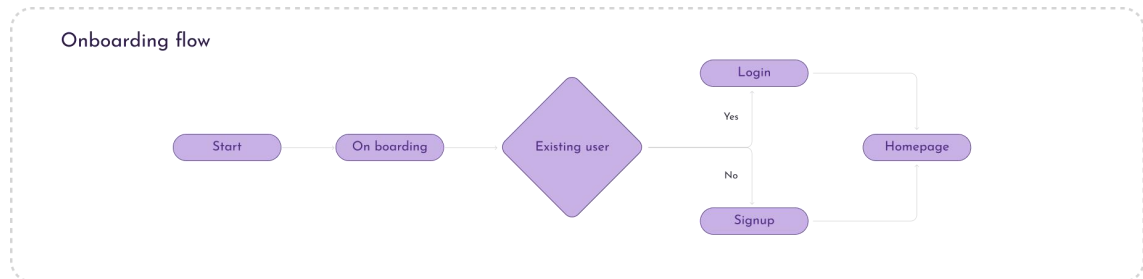


Fig. 5.1 User flow for on-boarding process

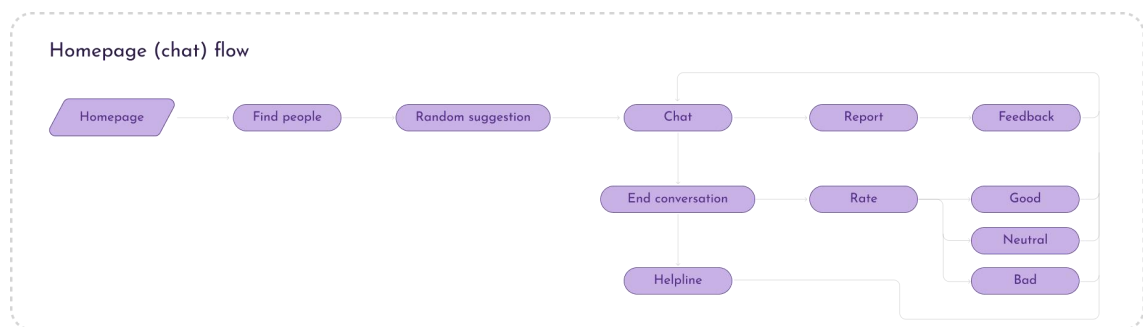


Fig. 5.2 User flow for the chat section

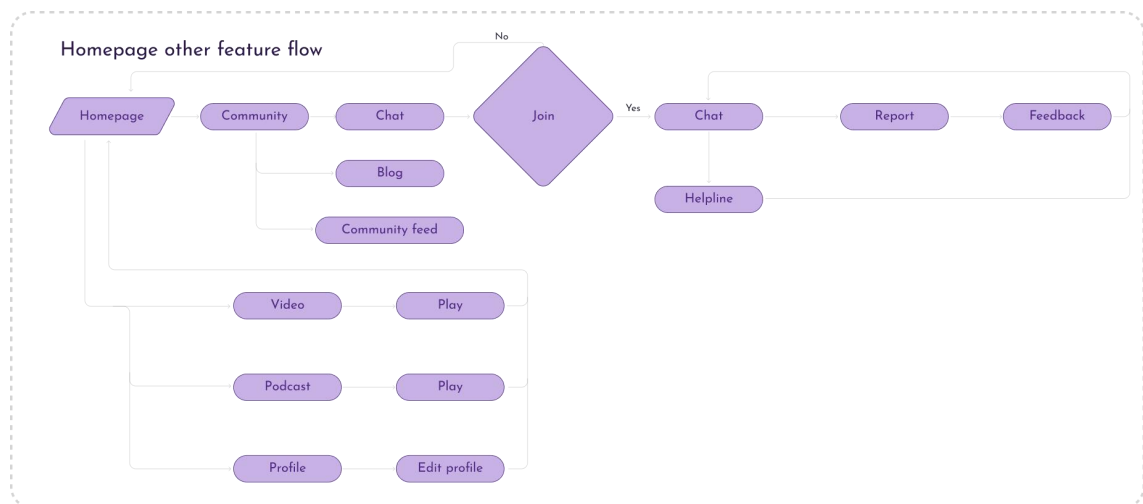


Fig. 5.3 User flow for the homepage

5.2 INFORMATION ARCHITECTURE

Information architecture is critical for developing intuitive and user-friendly software. The app's interface should make it easy for users to find what they are searching for, with straightforward navigation menus and organized information for comparable themes. Instead of utilizing technical jargon or medical words, adopt straightforward English. Individual pages or sections should be examined for user experience, including clear headers and subheadings, as well as prompts or calls to action.

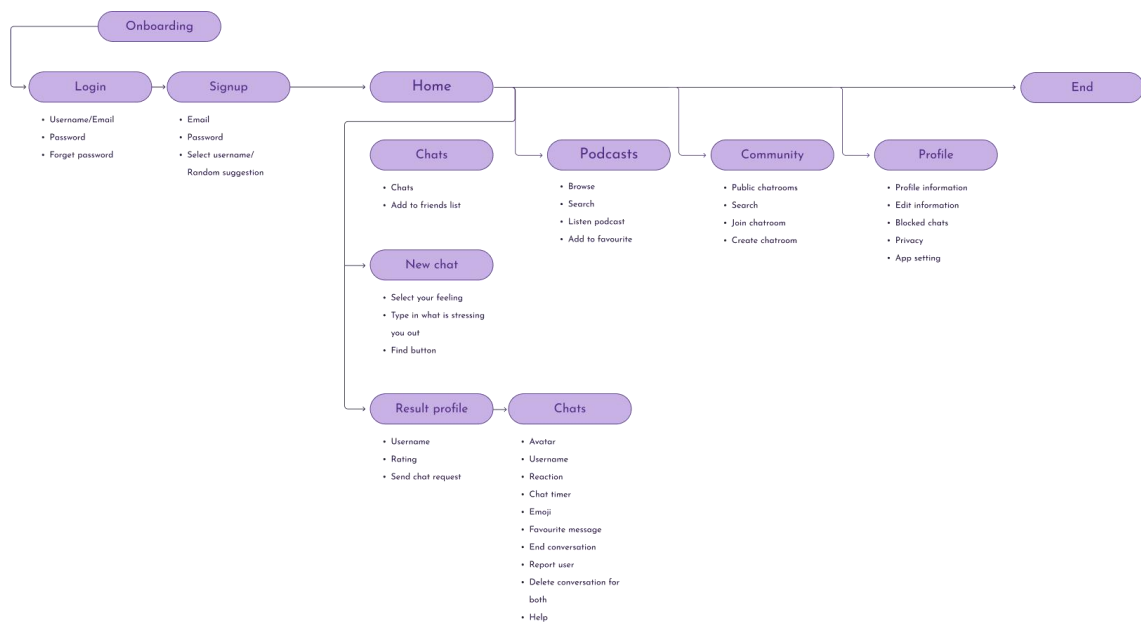


Fig. 5.4 Information architecture

5.3 LOW FIDELITY WIREFRAMES

Low quality wire-frames are simple sketches used in the early phases of the design process to show the basic structure and functionality of an app or website. The wire-frames in fig. 5.5, which illustrate numerous design characteristics with simple forms and lines, are intended to be simplistic and devoid of detail. Low-quality wire-frames are used to test out numerous design concepts rapidly without getting bogged down in the details.

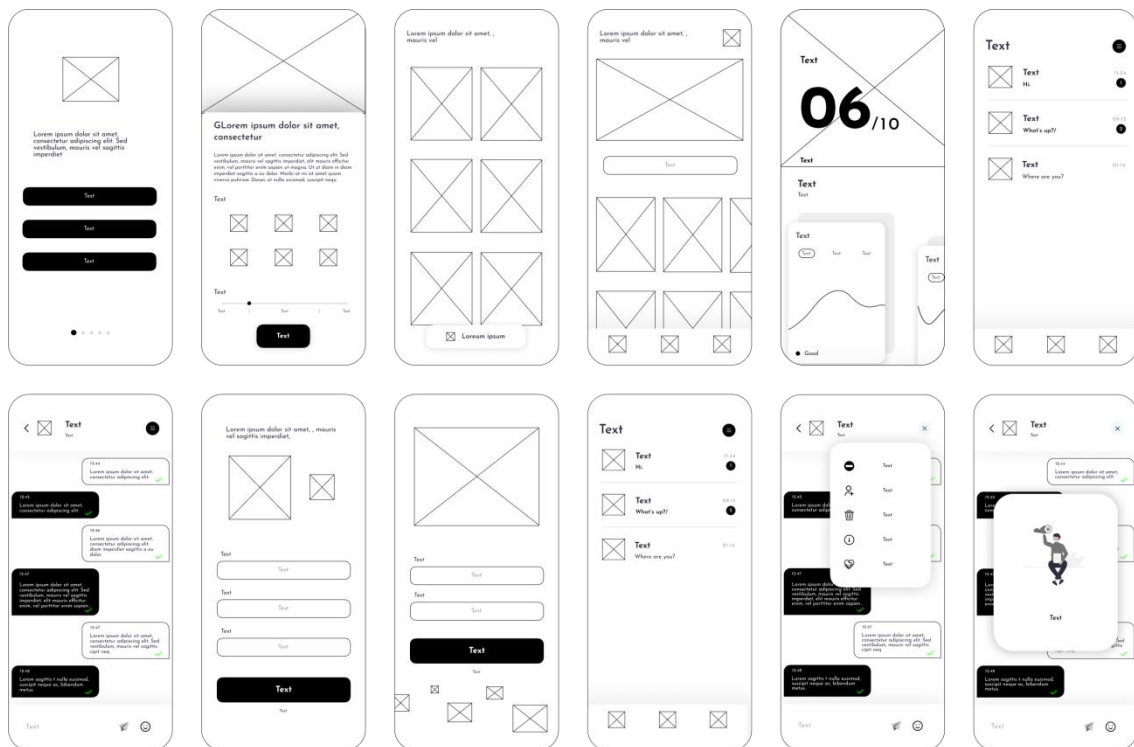


Fig. 5.5 Low-fidelity wire-frames

5.4 HIGH FIDELITY WIREFRAMES

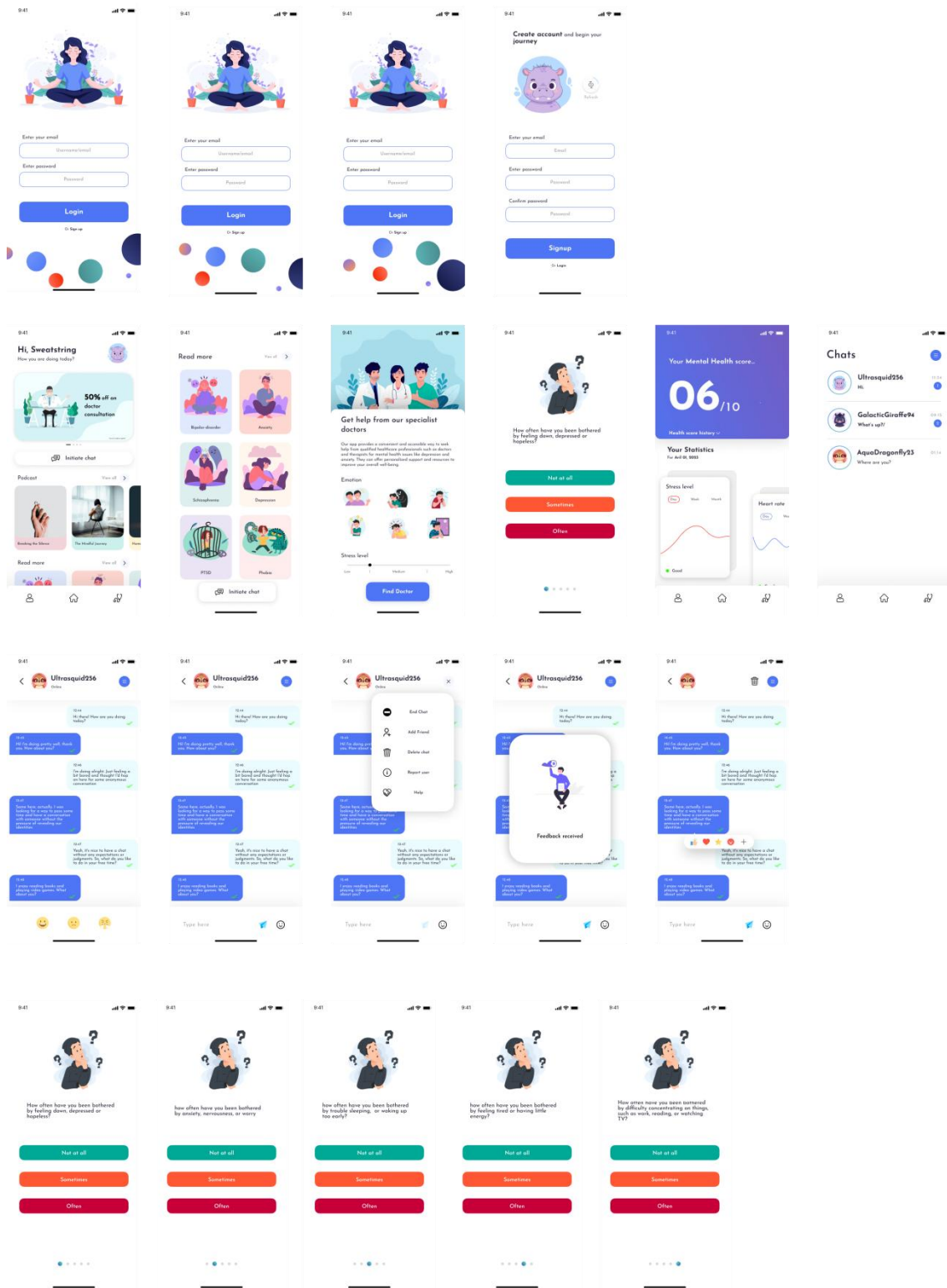


Fig. 5.6 High-fidelity wire-frames

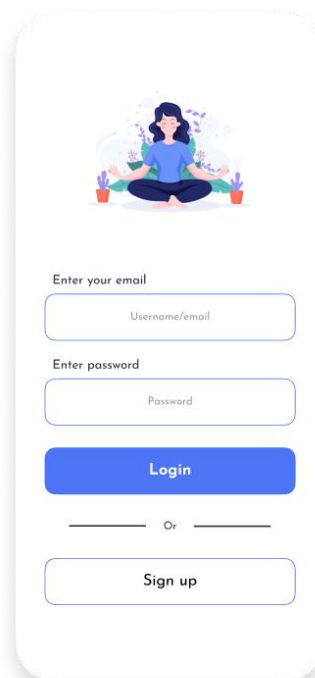
A crucial aspect of the app development process is creating high-fidelity wireframes that thoroughly and precisely portray your app's UI design. Figure 13 shows "wire

frames," which are basically floor plans that explain each piece of her app's UI, from the placement of buttons and icons to the flow of the user experience.

We may guarantee that your app's design and functionality match the desired user experience to avoid costly adjustments and potential consumer frustration down the line. High-fidelity wire frames may also be used to get feedback from stakeholders and potential users, allowing you to make early decisions on app structure and functionality. It is critical to test your app in order to uncover any problems and verify that it fits the demands of your target market.

5.5 CONCEPT DESIGN

Screen 1:-



Enter your email

Username/email

Enter password

Password

Login

Or

Sign up

Fig. 5.7 On-boarding screen

To utilize the Digital Platforms, you must have a unique username. Its primary function is to preserve user privacy. Other than an e-mail address, no other personal information is needed. As illustrated in the graphic, email addresses are solely needed for verification. 5.6. This strategy ensures that critical user information is secured and that potential hostile entities are kept at bay. Furthermore, unique usernames prevent two users from becoming mistakenly entangled, providing for a more smooth and efficient

experience. This method also fosters user trust by demonstrating the platform's commitment to preserving user privacy and personal information from prying eyes.

Screen 2:-



Fig. 5.8 Get help screen

Based on the user's current experiences and emotions, the app includes the option to seek help from a mental health expert. This will be an invaluable tool in encouraging mental wellness. When users access the screen, they are greeted with a simple and user-friendly interface that encourages them to enter their current mood and feelings. This tool analyzes user input and compiles a list of mental health specialists who specialize in relevant topics using powerful algorithms.

Users have a number of alternatives accessible to them, enabling them to select the professional who best meets their requirements and tastes. The app screen also has a chat or message option that allows users to communicate in real time with mental health specialists, offering a secure environment in which to seek guidance and assistance. This function guarantees that consumers may communicate with mental health specialists regardless of their location, time, or other constraints.

Screen 3:-

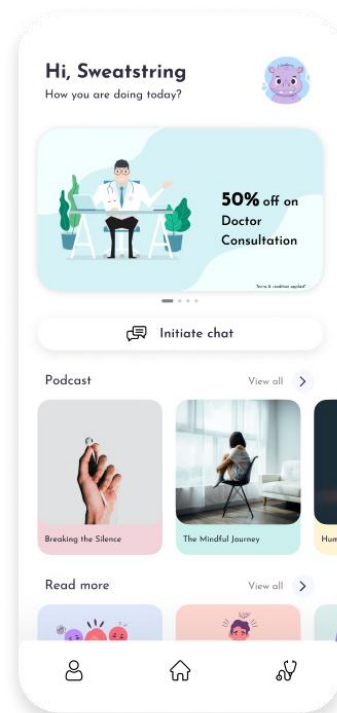


Fig. 5.9 Home screen

Every digital platform's home screen design, which serves as a gateway to a plethora of crucial features that deliver a pleasurable user experience, is at the heart of its fundamental operation. In this way, users may quickly access features like starting new discussion requests, exploring chat rooms, listening to podcasts, and navigating to the conversations, profile, and community sections thanks to the home page's clear and simple layout.

For instance, tapping the profile button directs users to a personalized profile page where they can review their discussion history, modify their profile details, and look over extra information like chat frequency and other engagement metrics.

Users may personalize their client encounter by personalizing their profile page with this include, which permits them to do so based on their inclinations. Furthermore, the community button on the homepage joins clients to a dynamic center of open chat rooms and gatherings with dialog on a assortment of points.

This application permits clients to browse a assortment of already-existing communities,

connect one of them, or begin a modern one. By permitting clients to connected with individuals who share their interface, this include advances a sense of community and advances a inviting and changed culture on the website.

Screen 4:-

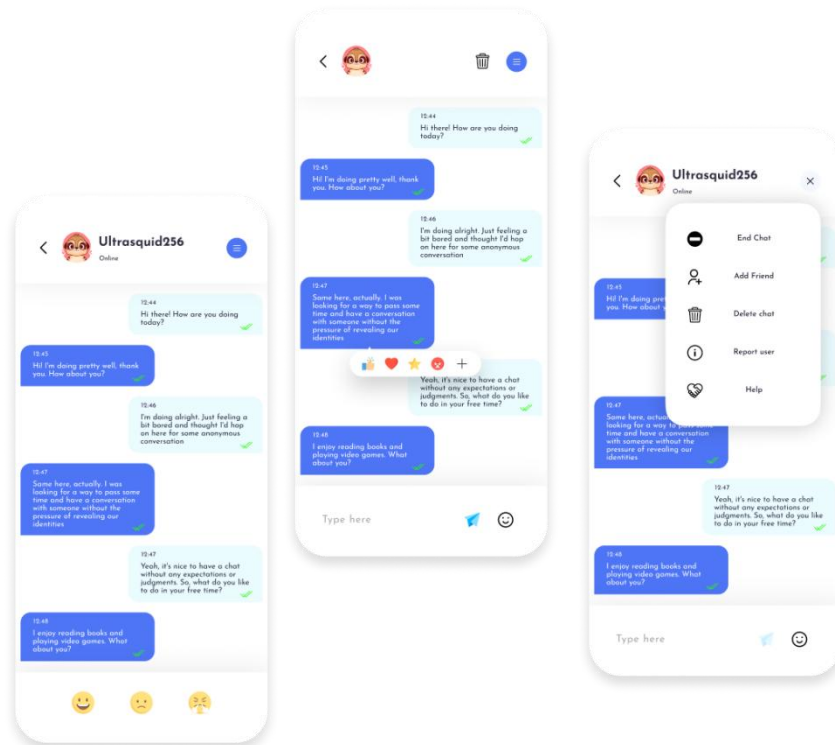


Fig. 5.10 Chat Screens

In this design, each user in a chat is asked to offer feedback on their experience. The feedback panel displays a rating system of good, neutral, and unsatisfactory, allowing users to review their experience with a single tap. Users can also provide feedback by filling out the Enter Feedback form. You may email your feedback after submitting it by hitting the send button. Feedback data is utilized to intelligently analyze and enhance the matching process, resulting in higher-quality discussions.

The platform may better understand how to match users based on their tastes and enhance the overall user experience by asking feedback from both users in a chat. Overall, this theme provides users with an easy and effective approach to express comments and contribute to the platform's continual progress.

Figure 5.9 depicts a design that connects two users in a private, secure, and anonymous chat session. To remind users who they are talking to, chat windows display buddy avatars and names. Users may SMS her messages interactively and type messages intelligently in the chat box. Favorite messages, comments, stickers, polls, and more conversation features are available to enhance your chat experience. Users may manage their discussions using the control panel. You may stop discussions, report persons, delete talks, see FAQs, and get assistance if necessary.

Overall, this design delivers a private, secure, and anonymous talking experience, as well as a variety of features that make chatting more pleasurable and interesting.

Screen 5:-

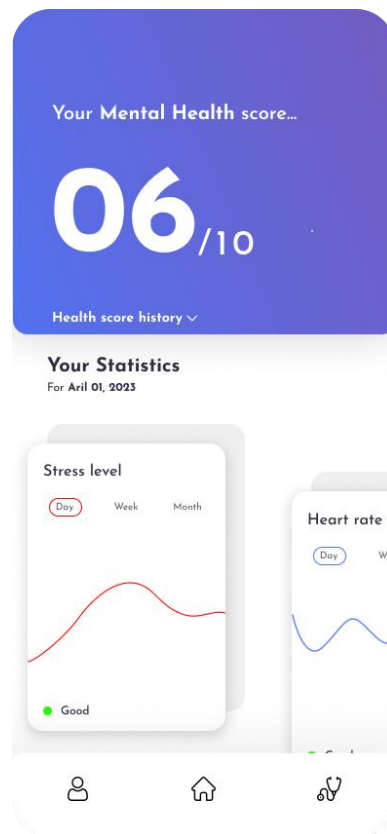


Fig. 5.11 Score screen showing other parameters

The app screen, which displays the user's mental health score as well as practical ideas for improving it, is a great tool for fostering mental well being.

When the screen is accessed, it provides the user's mental health score in a visually appealing and intuitive interface. It is developed using complex algorithms that assess

user replies to particular mental health queries. As illustrated in Figure 5.10, this score is provided in a straightforward, easy-to-understand style to assist users in assessing their mental health state. Furthermore, the app screen provides practical advice suited to the user's specific requirements and preferences in order to enhance their mental health.

These alternatives might include methods for relaxation, exercise, phoning friends and family, or receiving expert care from a mental health professional. Users may set objectives and track their headway over time, which gives them a sense of achievement and propels them to keep seeking after great mental health.

5.6 CONCLUSION

In the frenzied and upsetting environment of today, mental well being has developed as a major issue. In spite of the fact that there has been an increment in open mindfulness of mental ailments as of late, there's still shame joined to getting treatment for mental well being issues and constrained get to administrations. Given these troubles, the thought of mental well being apps—which contain a run of highlights counting proficient exhortation, podcasts, chat rooms, gatherings, and so on—is an critical implies of upgrading and protecting the prosperity of those with mental sicknesses.

Such programs offer clients a secure and private stage for talking with individuals who have had comparable encounters, which is one of its primary benefits. Individuals with mental disarranges commonly encounter depression and separation, which can make their side effects more regrettable. On the other side, mysterious chat capabilities permit clients to have significant discussions with others without recognizing their characters, which makes it less demanding for them to open up and get the assistance they need. In addition, the program's Professional Help feature is crucial since it enables customers to access qualified support just when they need it.

The lives of persons with mental diseases may be significantly impacted by their ability to communicate with mental health professionals like therapists and counselors. Additionally, the podcast feature gives users access to crucial resources that they may use whenever they want to comprehend and cope with mental health issues. The app's

chat rooms and community highlights are moreover basic for progressing the mental well being and prosperity of its clients.

These gatherings empower clients to communicate with others who have gone through comparative things, trade thoughts, and offer bolster and support to one another. The app helps lessen feelings of loneliness and isolation linked to mental health illnesses by establishing a sense of community and connection. In conclusion, the improvement of a mental well being application with highlights like master offer assistance, podcasts, chat rooms, and community is an vital and required endeavor that has the potential to essentially make strides the lives of endless individuals.

This computer program has the potential to altogether move forward the lives of people enduring from mental well being issues by advertising a private and private stage for people to look for offer assistance and administrations, dispensing with disgrace, and progressing mental well being and well-being. As mental well being picks up energy as a significant concern in advanced culture, the advancement of such an app may be a imperative step in guaranteeing that individuals receive the bolster and consideration they ought to live solid and satisfied lives.

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