



Mindful Being

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ABSTRACT—

Mindful Being application provides the therapy sessions that a user needs due to some difficulties he/she might be facing in life. It is a web-based application that carries out a questionnaire with the user such that an appropriate session is provided to them. This web-app will be built using the languages- html, CSS and JavaScript. Backend of the application will be handled using PHP and MySQL. This application will have a larger scope not only in the present scenario but also in the future considering the importance of mental health. Mindful Being aims at providing particular and free therapy session along with certain material free of cost such as self-help journals and self-help videos to the required user and help them take an upfront in maintaining their mental health and live a stress-free life.

Keywords— Mindful Being application, html, CSS, JavaScript, PHP, MySQL, free therapy, free material, mental health.

Introduction

Therapy is a form of treatment aimed at relieving emotional distress and mental health problems. Therapy is the process of talking to a professional about your thoughts, feelings, and behaviour. This can be helpful for people who are struggling with mental health issues or relationship problems. Therapy can provide you with support, guidance, and tools to help you manage your life. When most people think of therapy, they think of mental illness. However, therapy is not just for people with mental health issues. It can be helpful for anyone who wants to improve their life. Mindful Being displays questions to patients in the form of a multiple-choice way and displays another set of questions related to the answer they choose for the previous question and media based on information entered on the Questionnaire tab of the Patient Profile. Self-help journals, motivational videos and some ppts for the users will be available to the user free of cost so as to get a hold of their feelings and have it validated. Contacts of certain therapists will be provided if the user think they need someone to talk to and have their mind cleared and stay healthy.

User based problem

As mentioned earlier as well, our project intends to save human mindset and validating their feelings maintaining 100% confidentiality. Problem-solving therapy may help address mental health issues, like:

1. Anxiety
2. Chronic stress due to accumulating minor issues
3. Complications associated with traumatic brain injury (TBI)
4. Depression
5. Emotional distress
6. Post-traumatic stress disorder (PTSD)
7. Problems associated with a chronic depression

On the contrary, our web app shall be a “one stop solution for the humans who seek therapy”.

Literature Survey

When we were asked to think about a relevant topic for our final year project, we thought of several topics and rejected them for some or the other reason. Later, we thought of finding an issue which a human being faces if they have any anxiety issues in life and develop a software to overcome the same. That's when we took a short survey by asking our relatives, friends, close friends, neighbors and a couple of more people on their experience of mental

health and commute. By doing so, we found out that earlier, a few years back, there was an issue in finding solution of anxiety problems or having therapy for their mental health purpose. But then there came platforms like “ReGain” who provided therapy sessions. Here, people were asked to call on a number or to login on a website which later provided therapy sessions of thirty minutes or an hour but there was still an issue as people are not convinced properly through therapy sessions. Finding a loophole in service of ReGain and opportunity to make a startup, there came in a model: an aggregator of all therapists. The two highly recognized and successfully functioning models are Talkspace and Betterhelp. Although both the platforms provide exact same service, the major difference was that Talkspace was restricted only up to a couple of countries, while Betterhelp had started his functioning in numerous countries throughout the world. Both the applications have had some limitations like paywall right after login form, too costly, too many advertisements, not user-friendly, etc.

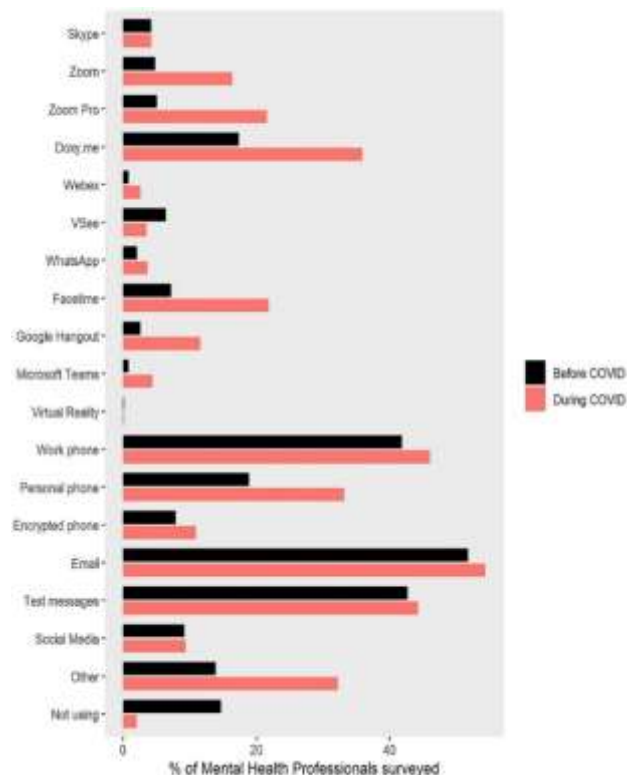
Keeping these limitations in mind we have come with up a one stop solution for the people who are in search of online therapy/sessions. Mindful-Being aims to help the user overcome their stress and anxiety without involving any paywall. It will be a web-based application built using html, CSS and JavaScript while the backend will be handled using PHP and MySQL. This application will be user-friendly giving the user a seamless experience and can have it run on the devices like android mobile phones, computers and laptops. With the help of Visual Studio Code which is a reliable IDE, the application will be built.

Problem Identified

Although, many problems were solved by startups of such platforms, through our survey we found a major issue which the society is currently facing. The problem is that by having so many platforms resolving the exact same need, it is difficult for the user to compare that which platform is giving right therapy which is suitable for the mental health of patient. Many people seek counseling because they have identified specific goals or issues that they wish to work on. Others may be encouraged by family, friends, or medical professionals to seek help, and in some cases, a person may be mandated to attend therapy as part of a court ruling or by a parent or guardian (if the person is a minor). Whatever the impetus, it takes courage to attend therapy, and it takes dedication to see it through. Together, the client and the therapist will determine the goals of therapy, and if the therapy should be short- or long-term. In many cases, the therapist and client will explore much more than just the client's presenting problem—the issue that first brought the person to therapy. The help of the right therapist can promote self-actualization, empower self-growth, improve relationships, and reduce emotional suffering. That's when we thought that we shall take up Mindful Being as our final year project.

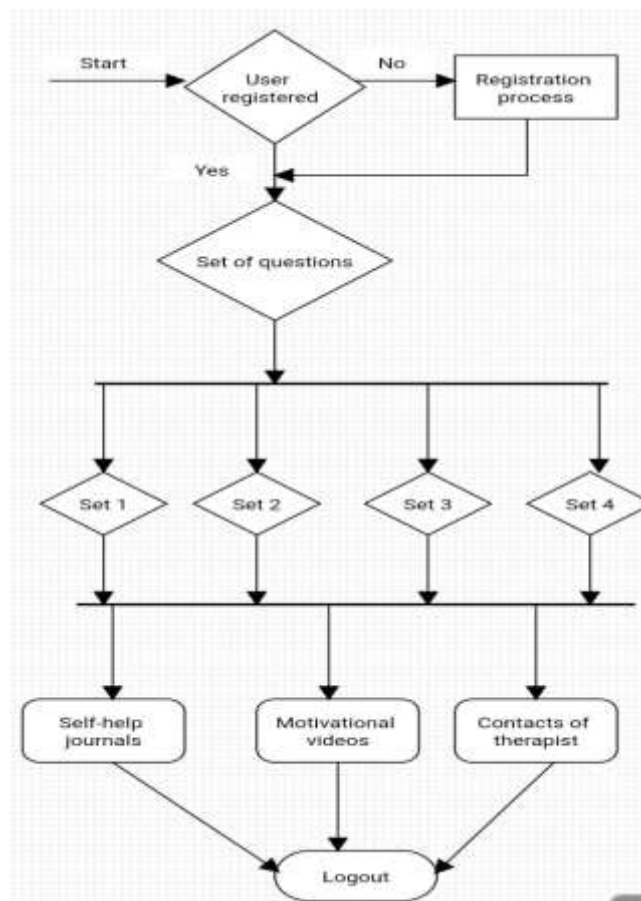
Solution Discovery

Importance to betterment in one's mental health have been increased throughout the years. Due to improvement in technology day by day the need to bring improvement in this sector has also increased and given equal attention. After social media became the bigger picture and the only medium for people to connect, it also gave rise to issues like social anxiety, inferiority complex, losing respect for each other's boundaries, etc. Consider the following chart to see the growth in terms of increasing need for the online therapy/session app before lockdown and after the lockdown due to covid-19 along with the names of applications used to connect psychologists to their patients-



Modeling And Analysis

Developing this project for better usage and experience becomes very important considering the scope of this project going live. In order to develop this project efficiently, we communicated with our senior project mentor and also a couple of corporate developers who are known to us. By discussing with them, we intended to understand how a website/mobile application is developed in actual corporate world and what procedure we should follow to have a smooth development of the project. On understanding everything and having internal discussion with the team members, we planned our project methodology. We would first finalize the features and specifications which shall be implemented in our project. Once we have a clear vision of features to be implemented, we would be first design the web app with an intention to have a decent UI/UX. UI which stands for User Interface is to design how the user will see the website, what colour combinations and buttons our web app will be having, and how every element of web-app will look like. UX which stands for User Experience is to design a website keeping in mind the experience a user. This includes to think on where the button shall be placed, a click on button should display which functionality, to summarize in short, it aims to make sure the user has convenient and efficient user experience so that they wish to re-visit the web app. Once we have our design ready and approved from project mentor, we would be starting with development of actual project. For which, we shall be using development languages like: HTML CSS, JavaScript, using the Visual Studio Code IDE. The major thing in our development phase shall be to integrate APIs of planned commute platforms. Once we have our web app developed and ready, we shall proceed with one of the important things of software development life cycle – Testing. If we want our platform to go live and be of maximum usage to the society, we will have to test the web app to ensure it is bugs free, there doesn't lie any fault in the project and will not fail. For testing as well, we shall be classifying the process into multiple steps to ensure it is tested as much as possible. Once the testing is done, we intend to make this project go live. So far, we have planned to inculcate this methodology of our project, but there might be certain changes in case of any unavoidable interference. We have a technical flowchart readied for the better understanding of how the application will work at the users' side in a simple and hassle-free way.



The algorithm of the application:-

- Start i.e open the app.
- See if you are a registered user.
- If not then register yourself onto the app.
- Once registered, a set of questions (MCQ) will have to be answered.
- Depending upon the choices in answers you've made, another set of questions will be assigned for you to answer (MCQ).

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- Once answered all the questions, the user will be displayed certain options with Self-help journals, motivational/self-help videos and contact numbers of therapists.
 - Logout.

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