



Mental Health Tracker-MHT

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ABSTRACT

The creation and assessment of a mental health tracker intended to make it easier for people to monitor and manage their mental health. Self-report surveys, mood logs, and symptom checklists are all integrated into the tracker's user-friendly interface, which enables users to record and evaluate their mental health conditions over time. In order to evaluate usability, engagement, and the effect of consistent tracking on mental health outcomes, we carried out a pilot study with a varied participant base. According to the results, regular usage of the tracker improves communication with mental health specialists, coping mechanisms, and self-awareness. This study opens the door for future advancements in mental health by demonstrating how digital technologies may advance mental health literacy and offer useful data to physicians and consumers alike.

Keywords: Symptom checklists, Queries, Self-awareness.

1 Introduction

The significance of mental health has gained considerable recognition in today's fast-paced and often overwhelming environment. Despite this growing awareness, individuals frequently encounter challenges in identifying effective self-monitoring tools that can assist them in managing their mental well-being. In response to this need, our study introduces an innovative web application designed to facilitate the monitoring of mental health through an intuitive mood selection feature. This application empowers users to engage in meaningful self-reflection regarding their emotional states by providing them with a diverse array of mood options to choose from, including but not limited to joy, sadness, worry, anger, and peacefulness.

Upon selecting a mood that resonates with their current emotional experience, users are guided by the application to answer a series of tailored questions that are specifically relevant to their chosen mood. These questions are meticulously crafted to assess the intensity of symptoms associated with the selected emotional state, allowing for a comprehensive evaluation of the user's mental health. By responding to these inquiries, users can gain deeper insights into their emotional patterns and triggers, fostering a greater understanding of their mental health landscape.

The application processes the users' responses to generate a detailed report that outlines their emotional state and provides a score indicative of the severity of their symptoms. This scoring system not only highlights the intensity of the user's current emotional experience but also



facilitates a more nuanced assessment of their overall mental health condition. Such insights are invaluable for individuals seeking to navigate their emotional well-being and can serve as a foundation for informed decision-making regarding their mental health.

Recognizing that some users may experience heightened distress, the application goes a step further by offering personalized recommendations and coping strategies tailored to their specific needs. These resources are designed to promote resilience and self-management, equipping users with practical tools to cope with their emotional challenges. Furthermore, in instances where the assessment reveals significant concerns regarding a user's mental health, the application seamlessly connects them with licensed mental health professionals for further evaluation and support. This feature ensures that users have access to appropriate care when they need it most, bridging the gap between self-awareness and professional intervention.

Overall, this online program aspires to enhance mental health awareness and accessibility by integrating mood tracking, symptom assessment, and referral capabilities for professional assistance. By fostering a proactive approach to mental well-being, we aim to empower individuals to take charge of their mental health journeys. Our hope is that this cutting-edge technology will serve as a valuable resource for individuals seeking to improve their mental health, ultimately contributing to a more supportive and informed community that prioritizes emotional well-being. Through this initiative, we envision a future where individuals are equipped with the knowledge and tools necessary to navigate their mental health effectively and confidently.

2 Related Works

In recent years, a variety of mental health tracking applications and systems have emerged, reflecting the increasing recognition of the importance of mental well-being. Existing systems typically focus on mood tracking, symptom assessment, and providing users with resources for self-help. Here are some notable related works and existing systems in this domain

- **Moodfit:** Allows users to track moods, set goals, and access mindfulness and CBT tools, visualizing mood patterns over time.
- **Daylio:** A micro-diary app that enables users to log moods and activities, helping them understand the impact of daily activities on their emotions.
- **Woebot:** An AI-driven chatbot providing emotional support and personalized insights using cognitive behavioral therapy principles.
- **Happify:** Focuses on positive psychology, offering activities and games to improve mental well-being while allowing mood tracking.
- **MyTherapy:** Primarily a medication reminder app, it also tracks mood and mental health symptoms alongside medication adherence.
- **Sanvello:** Combines mood tracking, guided meditations, and CBT techniques to manage stress and anxiety, offering personalized insights and resources.
- **Youper:** An AI-powered assistant that helps users track their mood and provides mindfulness tools and coping strategies.



While these applications offer valuable self-monitoring and emotional management tools, there remains a need for integrated systems that provide comprehensive assessments and easy access to professional mental health resources. Our proposed web application seeks to fill this gap by combining mood tracking, symptom evaluation, and referral features in a user-friendly format, enhancing the overall mental health management experience.

3 Proposed Work Explanation

Implementation of mental health tracker [MHT] for fulfilling , productive life and to priorities mental well being for ourselves and our communities.

3.1 System Overview

The proposed mental health tracker web application aims to provide users with an intuitive platform for monitoring their emotional states, assessing their mental health, and receiving appropriate guidance. The system focuses on user engagement and personalized feedback, ensuring that users can easily navigate their mental health journey.

3.2 System Components

User Interface (UI)

- **Mood Selection Dashboard:** A visually engaging interface displaying a range of moods (e.g., happy, sad, anxious, angry, calm) that users can select.
- **Progress Tracking:** A section where users can view their mood history and trends over time.

Mood Assessment Module

- **Dynamic Questionnaires:** After mood selection, users will be directed to a tailored questionnaire consisting of mood-specific questions designed to gauge the severity of symptoms.
- **Scoring System:** Each response will be assigned a score, which will contribute to an overall symptom severity score.

Symptom Severity Analysis

- **Threshold Levels:** The application will categorize scores into predefined ranges (e.g., mild, moderate, severe) to assess the user's mental health state.
- **Personalized Feedback:** Based on the score, users will receive immediate, tailored guidance and coping strategies.

Guidance and Resources

- **Self-Help Resources:** Users will be provided with articles, exercises, and tools.

3.3 Technology Stack

Frontend Technologies

- HTML, CSS, JavaScript for responsive design.
- React or Angular for a dynamic user experience.



Backend Technologies

- Node.js or Python (Django/Flask) for server-side logic.
- RESTful API for communication between frontend and backend

Database Management

- SQL or NoSQL database (e.g., PostgreSQL or MongoDB) for storing user data, mood selections, and assessment scores securely.

3.4 Security and Privacy

- **Data Encryption:** All user data will be encrypted both in transit and at rest to ensure confidentiality.

3.5 User Consent

The application will adhere to GDPR and HIPAA regulations, requiring explicit consent for data collection and providing options for data deletion.

User Engagement Strategies

- **Notifications:** Regular reminders for users to log their moods and complete assessments.
- **Gamification Elements:** Incentives such as badges or achievements for consistent tracking and engagement.

This proposed mental health tracker web application aims to create a comprehensive and user-friendly platform for individuals to monitor and manage their mental health. By integrating mood assessments, symptom severity analysis, personalized guidance, and professional referrals, the application seeks to promote a proactive approach to mental well-being, ultimately enhancing access to mental health resources and support.

4 Conclusion

The proposed mental health tracker web application significantly enhances self-monitoring and management of mental health. By enabling users to select from a wide range of moods and engage in targeted assessments, it promotes self-awareness and meaningful reflection on emotional states. The dynamic scoring system determines symptom severity and offers personalized feedback tailored to individual needs. Additionally, the referral system connects users with mental health professionals for those experiencing severe symptoms, bridging the gap between self-management and professional care. This proactive approach empowers individuals to take charge of their mental health while improving access to support. As mental health remains vital to overall well-being, this application aims to enhance mental health literacy and foster a more informed community. By leveraging technology to create an effective resource, we aspire to positively impact the mental health landscape, improving users' quality of life and resilience against emotional challenges.



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