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Mental Health Mood Tracker

Project Context

Mental wellness is critical. Individuals must prioritize their mental health by paying attention to it and seeking medical help whenever symptoms of mental problems or strange behavior arise. In a variety of ways, technology is helping mental health care. Emerging technologies have the ability to provide flexible and personalised mental health support, eliminate obstacles to obtaining mental healthcare, and provide insights into individuals' and populations' mental health and well-being.

This capstone project aims to create an application that will assist every individual in keeping close track of their mental health in the most convenient and easy way possible. The capstone project, "Mental Health Mood Tracker," is software that allows users to track their mental health. The program is intended to aid in the tracking of feelings, moods, stress, and symptoms associated with disorders such as depression, anxiety, post-traumatic stress disorder (PTSD), and bipolar disorder. A mood tracker is an extremely beneficial tool for persons suffering from mental illnesses. They will just enter their mood and emotion for the day and the app will assist them in discovering the causes of their mental health issues. The project mentioned above is quite valuable for individuals to document their emotions every day, and they can link such moods to events that occurred during their day. The capstone project will assist them in more readily identifying what causes their mental illness, allowing them to know exactly which situations to avoid or exercise greater caution in.

Objectives of the Study

General Objectives - the main goal of this project is implement an application that will help the end-users to take good care of their mental health by allowing them to know the causes of their mental health issues.

The project specifically aimed to:

1. To design an application that accept input such as daily moods of patients.
2. To develop an application that will serve as mental health tracker for individuals with mental health issues.
3. To help individuals keep close tracking and monitoring of their mental health.



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4. To assist individuals take care and keep a healthy mind.
5. To evaluate the application in terms of productivity, quality, reliability, efficiency and maintainability.

Significance of the Study

The success of the project will benefit the following individuals or groups:

End-Users. The success of the application will benefit the end-users of the application who are trying to closely monitor their mental wellness. They will have a highly accessible and convenient application that will help them in tracking their mental health by inputting their daily moods that may trigger their condition.

Researchers. The success of the project will be charged to their experience as developers. Their experiences in conducting the project will further improve their knowledge and skills.

Future Researchers. The study will serve as their guide if they wish to develop their own Mental Health Mood Tracker Application.

Features of the System

Here are the modules that could be included in the mobile application:

Daily mood tracking: Allows users to track their mood on a daily basis, using a scale or a set of predefined mood states. Users can also add notes or comments to provide additional context.

Symptom tracking: Allows users to track symptoms related to their mental health condition, such as anxiety, depression, or insomnia. Users can also track the severity of the symptoms and add notes or comments.

Reminders: Allows users to set reminders for tracking their mood and symptoms, as well as for taking medication or engaging in other self-care activities.

Journaling: Allows users to keep a journal of their thoughts, feelings, and experiences related to their mental health. Users can also add photos or videos to their journal entries.



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Mood history: Allows users to view their mood and symptom tracking data over time, in a graphical format. Users can also view their data by different time periods (e.g. daily, weekly, monthly)

Reports: Allows users to generate reports of their mood and symptom tracking data, which can be shared with a mental health professional or therapist.

Self-care activities: Provides users with a list of self-care activities that they can engage in to improve their mental health, such as exercise, meditation, and journaling.

Resources: Provides users with access to mental health resources such as articles, videos, and podcasts.

Emergency contact: Allows users to save emergency contact information, such as a therapist or crisis helpline, and provides a button to call or send a message to the contact.

Personalized recommendations: As the users use the app, the system could generate personalized recommendations based on the user's mood and symptom tracking data, to help the user to improve their mental health.

Secure login: Allows users to create an account and login securely, in order to protect their personal data.

Integration with other apps: Allows users to integrate the app with other health and wellness apps, such as fitness trackers or meditation apps, to get a more holistic view of their health.

Conclusion

Taking care of one's mental health is an important activity that highly needs an effective and efficient system. With this, the researchers of the study developed an application that will help users track their daily moods that may help them identify the causes that triggers their mental health issues. The result of the study showed that the developed application met the needs and requirements of the respondents and intended users. The system solved the gap in implementing an accessible and convenient application that will assist individuals in taking care of their mental health.

The researchers of the study concluded that the implementation of the developed system will significantly benefit users in tracking their daily mood that may affect their mental wellness. The application will allow the users to closely monitor their mental health which is highly essential for their functioning as individuals.



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Recommendations

The proponents of the projects highly recommend the implementation of the Mental Health Mood Tracker Application. The developed system has great potential in assisting individuals who want to track their daily mood that may help them identify the causes of their mental health issues. The researchers highly recommend the use of the system to for the users to take care of their mental wellness in an easy, fast, accessible and convenient way. The intended users of the application should be armed with knowledge in order to correctly utilize the developed app.

The researchers specifically recommend the following:

1. The user should download and install the application their phones.
2. The users should input their daily moods in the application to track the causes of their mental health issues.
3. The system is highly recommended to be implemented for it will make monitoring of mental health easy, accessible and convenient.

Summary

This capstone project intends to develop an app that will help everyone keep track of their mental health in the most convenient and easy way possible. "Mental Health Mood Tracker," the capstone project, is software that allows users to track their mental health. The program is designed to assist in the recording of feelings, moods, stress, and symptoms related with diseases such as depression, anxiety, PTSD, and bipolar disorder. The study's experts concluded that using the established system will greatly aid users in tracking their daily mood, which may affect their mental wellness. The application will allow users to closely monitor their mental health, which is critical for their individual functioning. The Mental Health Mood Tracker Application is highly recommended by the project's supporters. The established approach has a lot of potential for supporting people who want to track their daily moods in order to figure out what's causing their mental health problems. The researchers strongly advise people to use the system to take care of their mental wellness in a simple, quick, accessible, and comfortable manner.