MENTAL HEALTH TRACKER RESEARCH PAPER

Dr. (Mrs.) Snehal Bhujade[1], Rajashree Chilbule[2], Aniket Shambharkar[3],

Abhishek Kotangale[4], Lekanksh Gaikwad[5], Pratik Sahare[6]

Assistant Professor, Department of Computer Technology, Priyadarshini College Of Engineering, Nagpur,

Maharashtra, India[1]

UG Students, Department of Computer Technology, Priyadarshini College Of Engineering, Nagpur,

Maharashtra, India[2-6]

Abstract : The use of technology in mental health has grown significantly in recent years, with the emergence of mental health tracker web applications. These applications allow individuals to track their mood, symptoms, and behaviors, and may offer resources and tools for managing mental health. This paper discusses proposed mental health tracker systems, which typically include features such as mood tracking, symptom tracking, and behavior tracking. Additionally, this paper highlights the importance of conducting a literature survey to better understand the current state of research on mental health tracker web applications, including their effectiveness and potential benefits and drawbacks. A literature survey could provide valuable insights into the most effective features and interventions for these applications, and help identify areas where further research is needed. Overall, mental health tracker web applications have the potential to improve mental health outcomes and offer a valuable tool for managing mental health conditions.

Keywords: Machine Learning, Track Mental Health, Flutter, Mental Health Dataset.

I.   INTRODUCTION

Mental health is an essential component of overall health, but it is often neglected or stigmatized. Mental illnesses affect a significant portion of the population, with estimates suggesting that one in four adults in the United States experience a mental health disorder each year. However, many people do not seek treatment or are unable to access it. One solution to this problem is the development of web applications that can help individuals track and manage their mental health. This paper will discuss the research on mental health tracker web applications and their potential benefits.
Background

Web-based mental health interventions have been shown to be effective in reducing symptoms of depression, anxiety, and other mental health disorders. The use of technology in mental health treatment is becoming more prevalent, as it can provide access to treatment to those who may not be able to attend traditional face-to-face therapy sessions. Additionally, web-based interventions can be delivered on-demand, making it more convenient for users to engage in therapy.

One type of web application that has gained popularity in recent years is the mental health tracker. These applications allow users to monitor their moods, symptoms, and behaviors over time, providing insights into their mental health and helping them identify patterns or triggers that may exacerbate their symptoms. Some applications also provide tools or resources for managing stress, anxiety, or depression. Research on Mental Health Tracker Web Applications There have been several studies on the effectiveness of mental health tracker web applications. One study found that individuals who used a mental health tracker had a significant reduction in depressive symptoms compared to those who did not use the application. Another study found that individuals who used a mental health tracker reported a greater sense of control over their mental health, and were more likely to engage in self-care behaviors. Additionally, mental health tracker applications have been shown to be effective in reducing symptoms of anxiety. One study found that individuals who used a mental health tracker experienced a reduction in anxiety symptoms and an increase in overall well-being.

Benefits of Mental Health Tracker Web Applications
Mental health tracker web applications have several potential benefits. First, they can provide individuals with a greater sense of control over their mental health. By monitoring their moods, symptoms, and behaviors, individuals can identify patterns or triggers that may be exacerbating their symptoms, and take steps to manage them. Additionally, mental health

trackers can provide individuals with a sense of accountability, encouraging them to engage in self-care behaviors or seek treatment when necessary.

Another benefit of mental health tracker web applications is their accessibility. Individuals can access these applications from anywhere with an internet connection, making it easier to engage in self-care behaviors or seek treatment. Additionally, many mental health tracker applications are free or low-cost, making them accessible to individuals who may not have the resources to attend traditional therapy sessions.

II.   LITERATURE SURVEY

One literature survey conducted in 2018 reviewed the existing research on mental health tracker web applications and found that these applications can be effective in improving mental health outcomes. The survey also found that the most effective applications included features such as goal-setting, feedback, and social support. Additionally, the survey noted that mental health tracker web applications can be particularly beneficial for individuals who face barriers to accessing traditional mental health treatment, such as cost or lack of availability. Another literature survey published in 2020 reviewed the existing research on mobile mental health applications and found that these applications can be effective in improving mental health outcomes. The survey noted that mobile applications have several advantages over traditional mental health treatment, including convenience and accessibility. However, the survey also cautioned that not all mobile applications are evidence-based or effective, and that more research is needed to determine which features and interventions are most effective. Overall, a literature survey on mental health tracker web applications would provide valuable insights into the current state of research on these applications and help identify areas where further research is needed. The survey could also provide guidance for developers on the most effective features and interventions to include in these applications.

Mental health knowledge is astronomically defined as knowledge of internal health symptoms, interventions, and coffers available, as well as positive stations and tone- efficacy toward helping others in need. numerous scholars were apprehensive of counseling services and symptoms related to depression, but smaller honored other lot coffers and types of internal health conditions. Health creation and forestallment of internal health issues were under- honored; scholars only championed help- seeking conduct when symptoms were severe. also, scholars passing high situations of depression and torture were less likely to fete symptoms of internal illness than others. colorful internal health knowledge juggernauts have been enforced inpost-secondary settings. Feedback collected through focus groups and checks tended to be positive, though response rates were frequently low and issues following exposure were minimum. juggernauts exercising visual creation accouterments are more effective when they're designed appealingly and with a pupil followership in mind. There's also a need for juggernauts targeted at groups at advanced threat of passing internal torture, similar as LGBTQ and racialized pupil groups. Mental health training programs are associated with short- term increases in tone- reported knowledge, stations, and tone- efficacity. Still, there's mixed substantiation supporting changes to factual behaviors;(quasi-) experimental studies set up many differences in chops following training. Training programs that included factors similar as existential literacy exercises and scripts acclimatized topost-secondary settings were the most effective at perfecting issues. Limitations of studies on training programs include low participation and response rates, lack of long-term follow- up assessments, and the use of instruments that haven't been empirically validated. Faculty, staff and scholars described walls to sharing in training programs, similar as lack of mindfulness about training openings, limited time and coffers, and query about the benefits of training given the part of the person. Support from peers and leaders in the community was a strong enabling factor for sharing in training.

III.   PROPOSED SYSTEM

Proposed mental health tracker system includes features such as mood tracking, symptom tracking, and behavior tracking. Users can record their mood throughout the day, track specific symptoms such as anxiety or sleep disturbances, and monitor behaviors such as exercise or medication adherence. Some systems may also include prompts or reminders to encourage users to engage in self-care behaviors or seek treatment if necessary. In addition to tracking features, some mental health tracker systems may also provide resources and tools for managing mental health. Overall, the proposed mental health tracker system aims to provide individuals with greater awareness and control over their mental health, and may be a valuable tool for managing mental health conditions. However, it is important to note that these systems should not be a replacement for professional mental health treatment, and we have resources so that individuals can seek medical advice if they are experiencing significant mental health symptoms. We have used a random forest algorithm as it gives higher accuracy for out use case.
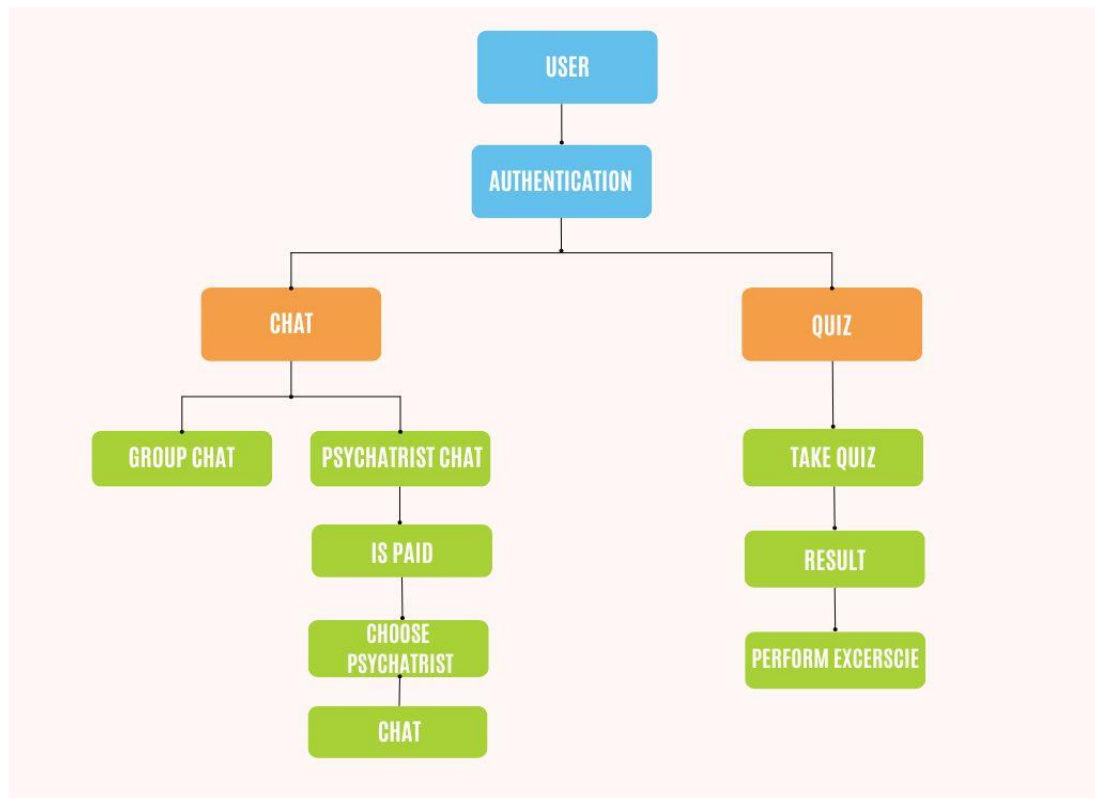
IV. CONCLUSION

In conclusion, a mental health tracker website can be a helpful tool for individuals who want to monitor and manage their mental health. By tracking their moods, stress levels, sleep patterns, and other factors, users can gain insight into their mental well-being and identify patterns and triggers. The website can also provide features such as goal setting, journaling, reminders, and data analysis to help users take care of their mental health. However, it is important to note that such a website should not replace professional medical advice or treatment. A mental health tracker website can be a useful complement to therapy and other mental health support, but it is not a substitute for it. Overall, a mental health tracker website can empower individuals to take control of their mental well-being and make positive changes in their lives.

Another benefit of a mental health tracker website is that it can help reduce stigma around mental health issues. By providing a tool for individuals to monitor and manage their mental health, the website can help normalize conversations about mental health and encourage individuals to seek help when they need it. Additionally, the data collected by the website can be used to identify trends and patterns in mental health that can inform public health policies and interventions. However, there are some potential downsides to using a mental health tracker website. For example, users may become overly reliant on the website and neglect other forms of self-care, such as exercise, socializing, or seeking professional help. Additionally, users may become anxious or stressed about tracking their mental health and worry about their scores or progress. Therefore, it is important to use the website mindfully and seek professional help if needed.

Overall, a mental health tracker website can be a useful tool for individuals who want to take charge of their mental well-being. By providing a way to track and monitor mental health, users can gain insight into their emotions, stress levels, and other factors that impact their well-being. However, it is important to use the website mindfully and in conjunction with other forms of self-care and professional help.

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