



**IJIRCCCE**

e-ISSN: 2320-9801 | p-ISSN: 2320-9798



# INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN COMPUTER & COMMUNICATION ENGINEERING

Volume 10, Issue 11, November 2022

**ISSN** INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA

**Impact Factor: 8.165**

9940 572 462

6381 907 438

ijircce@gmail.com

www.ijircce.com

# Mental Health: A Serious Concern

Ranjeet Singh Suryawanshi, Sidhesh Goud, Sidhesh Marne, Arjun Sikchi, SaiSingar, Divyanshi

Department of Engineering, Sciences and Humanities (DESH), Vishwakarma Institute of Technology, Pune,  
Maharashtra, India

**ABSTRACT:** This paper aims to resolve the issue faced by persons who faces problems in mental health. Due to less knowledge among peoples about mental health in our society peoples face many challenges these days, like what should be the first step to fight with mental health, lack of knowledge in treatment, thoughts of society, etc. Thus, to overcome all these issues we have developed a website which will give an analysis or we can say a report about their mental condition. This report is a general analysis based on the quiz we provide in our website. This quiz contains some no. of questions and the user have to answer them. At the end, since answers given by user our website will generate a report. This report is for social awareness. Also, the website is providing some exercises like meditation and all. It will also give contacts of specialist in the field. This website is user friendly and use of mathematical terms such as permutations and combinations are done. The main aim of this website is to remove stigma regarding mental health and create awareness in society of India.

**KEYWORDS:** mental health, treatment, social awareness, analysis, quiz.

## I. INTRODUCTION

Mental health is a huge concern around the world, and India is not far behind. When we look at progress in the field of mental health, it appears to be gradual. In 1954, Dr. Brock Chisholm, the first Director-General of the World Health Organization (WHO), predicted that "there can be no true physical health without mental health". The situation has remained mostly unchanged over the last 60 years. Neuropsychiatric illnesses account for roughly 14% of the global disease burden. Because of a poor understanding of the interplay between mental disease and other health illnesses, the burden of mental disorders is likely to have been underestimated. Prioritization based on the burden of health problems and addressing inequities in connection to determinants and remedies for health problems remain significant topics. Stigmatization of people with mental illnesses is a widespread problem in Indian society. Prejudice may result from these mindsets. Furthermore, discrimination may be one of the reasons why persons suffering from mental illness are unwilling to seek care. While one out of every five people suffers from a mental disease, just 10 to 12 percent will seek help. In order to overcome all these problems faced by peoples in society we developed a website which helps who is suffering from mental illness. In this website we will be providing a quiz to the user. User have to give answers of questions asked. Since the given answers the web will provide a general report or analysis of user's mental health. These websites provide greater benefits to user; thus, it is very user friendly. So, in the web that we have developed we are also providing contacts of specialist in this field. This will give some exercises and diet information to develop mental health on their own Overall, this website will in betterment for persons suffering from mental illness and make them aware of social health.

## II. RELATED WORK

For this research we have briefly studied 10-12 papers and we have found out various problems faced by peoples in order to cure mental health, we have also observed that there are numerous approaches that can be used diagnosis and treatment of mental health. One of the approaches is providing a user-friendly website to check their mental health on their own. Increasing awareness and education in health sector will help a lot and move towards development. Many NGO's and government combinedly arrange programs and seminars on various topic regarding social and mental health. Provide some free facilities to overcome from this stuff. Awareness among peoples in our society plays most important role in this filed. According to statistics, one out of every five people suffers from mental disease symptoms. By the age of 14, 50% of mental health disorders have developed, and by the age of 24, 75% of mental health conditions have developed. Multiple causes can contribute to mental illness. Psychological disorders are the result of complex interactions between the mind, body, and environment. Long-term acute stress, biological causes, drug misuse and overdose, cognitive behavior such as frequent negative thoughts, low energy, and social problems such as financial troubles, breakdowns, isolation, and so on are some of the variables. This brief study of different researches helped us

in finding the proper solution to all the problems that mental illness patient faces in current situation that is to provide awareness in society and give them proper treatment without any hesitation.

### III. SIMULATION RESULTS

We have finalized the domain and topic of the project. With the approach of Design Thinking we will execute the project. Go through information available on web portals to empathize with the problem the user is facing. We have then defined our problem statement.

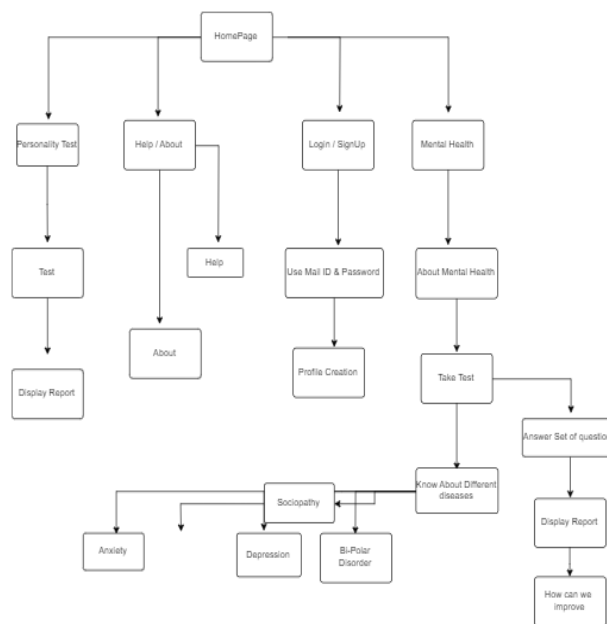


Figure 1

We will gather information from various places like books, and mental health experts. According to the insights we get we will develop set of questions that the user will have to answer, the answer of which will let them know about their mental health. Once the data set is ready, we will make a website. Few of us will work on front end and few on the backend. Once the website is we will be testing it and will check if all functions are working properly. Once this done the website is ready to use for the user.

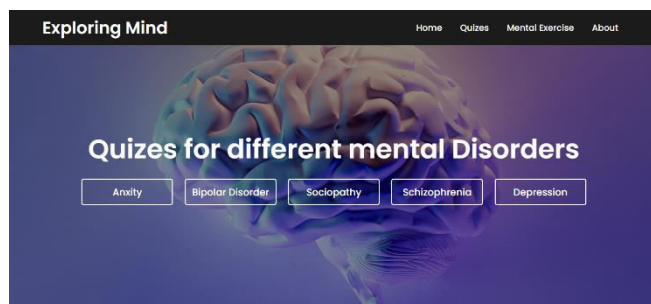


Figure 2

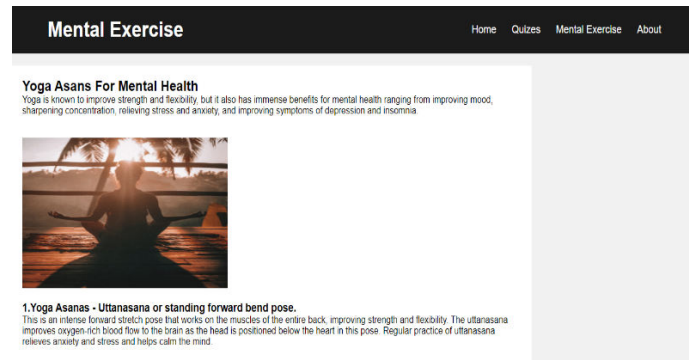


Figure 3

This web page is working efficiently and all the tabs are working properly. This has a quiz on mental health, it will give an analysis of user's mental health. Many peoples will get a benefit of this website and this will create awareness in society as well. Any age group facing such problem and not sharing because of stigma in peoples will have great experience. It will also help students who are studying about mental health.

#### IV. CONCLUSION AND FUTURE WORK

The website that we have developed can be modified in various ways, it's features can be enhanced in future to make it more user friendly. We can add content in different languages of India so it becomes easier for everyone to understand things. We can add more mental and physical exercise to enhance users' health. We can give diet information in detail and can appoint doctor on our web page. Feedback from user plays important role in it. WHO says that about 25% of total suicides are from India. 1.03 trillion USD are projected to be lost in economic output between 2012 and 2030 as a result of mental health issues. Mental and social health is becoming a serious concern in India, which should be stop. In recent years we have observed that the inclination of people is increase in stress, anxiety, depression, etc. But the thinking about mental health is not so good in our society, even in well-educated and literate peoples. In our opinion advance system or digitalization may be the solution for this problem. Hence, we have come up with a website. This web will have a general report of user's mental health based on answers given by users to our quiz. It will create social awareness and remove stigma about mental health amongst people.

#### REFERENCES

1. Artificial intelligence and mobile apps for mental healthcare: a social informatics perspective By: Alyson Gamble.
2. Effective use of social media platforms for promotion of mental health awareness. By: : K. Latha, K. S. Meena, M. R. Pravitha, Madhuparna Dasgupta, S. K. Chaturvedi.
3. Male and female mental health differences in built environment. By: Christina M. Scott-Young, Michelle Turner & Sarah Holdsworth.
4. Mobile health app usability and quality rating scales: a systematic review. By: Peyman Azad-Khaneghah, Noelannah Neubauer, Antonio Miguel Cruz & Lili Liu.
5. Security and Privacy for mHealth and uHealth Systems: A Systematic Mapping Study-By: Leonard Horn Iwaya, Aakash Ahmad, And M Ali Barber.
6. The Development of Mobile-based Application for Mental Health Counseling during the COVID-19. Pandemic. By: St Erly Krisnanik, Ika Nurlaili Isnainiyah.
7. Detecting and Treating Mental Illness on Social Networks By: Akkapon Wongkoblaph, Miguel A. Vadillo, Vasa Curcin.
8. Mental health matters. By: The Lancet Global Health.
9. Smartphone Apps for the treatment of mental health conditions. By: Kit Huckvale, Jennifer Nicholas, John Tourous.
10. Understanding Client Support Strategies to Improve Clinical outcomes in an online Mental Health Intervention. By: Prerna Chikersal, Danielle Belgrave, Gavin Doherty



11. A critical review of background issues, status and future concerns. By: Michael Bauer, Tasha Glenn , John Geddes, Michael Gitlin , Paul Grof, Lars.
12. Perceptions and Opinions of Patients About Mental Health Chatbots: Scoping Review. By: Alaa A Abd-Alrazaq<sup>1</sup>, Mohannad Alajlani<sup>2</sup>.



INNO  SPACE  
SJIF Scientific Journal Impact Factor

Impact Factor: 8.165

 **doi**<sup>®</sup>  
**cross** **ref**

**ISSN** INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA



# INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN COMPUTER & COMMUNICATION ENGINEERING

 9940 572 462  6381 907 438  [ijircce@gmail.com](mailto:ijircce@gmail.com)



[www.ijircce.com](http://www.ijircce.com)

Scan to save the contact details