

# URBAN PACIFIER

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## ABSTRACT

*This app helps people deal with stress, anxiety, and depression using tools designed to target each of its components. The app provides soothing audio and video in order to calm one's anxiety or stress, a journal for everyday entry about one's feeling and thoughts, a community to share experiences with; everyone works together, meditation techniques for stress relief and rate your feelings to keep track of any improvement. The app will deal with six types of mental health issues such as:*

*Stress – a state of mental or emotional strain or tension resulting from adverse or demanding circumstances,*

*Anxiety - an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination,*

*Depression - a common and serious medical illness that negatively affects how you feel, the way you think and how you act,*

*Post-Traumatic Stress Disorder (PTSD) - a disorder that develops in some people who have experienced a shocking, scary, or dangerous event,*

*Bipolar Disorder - also known as manic depression, is a mental illness that brings severe high and low moods and changes in sleep, energy, thinking, and behavior, and*

*Panic attack - sudden periods of intense fear that may include palpitations, sweating, shaking, shortness of breath, numbness, or a feeling that something bad is going to happen.*

**Keyword :** - Stress management App, solution to mental health issues, forum to interact and listen to audio clips.

## 1. INTRODUCTION

The very first activity that the App user gets to see is the sign up page where he gets to sign up or register with the app. When a new user uses the App for the first time he has to enter details like user name - the name with which he will be recognized on the App, e – mail ID – the mail ID that's currently used by the user, for contacting him/her under any circumstance, and password , that is unique to every user. There exists an option for multiple users to register using the same device. All the data is stored in a tabular form in the SQLite database which can be accessed and verified during the login process. The user can log out when another user wants to access the app using the same device. Upon revisiting the app the user doesn't have to login again unless, logged out.

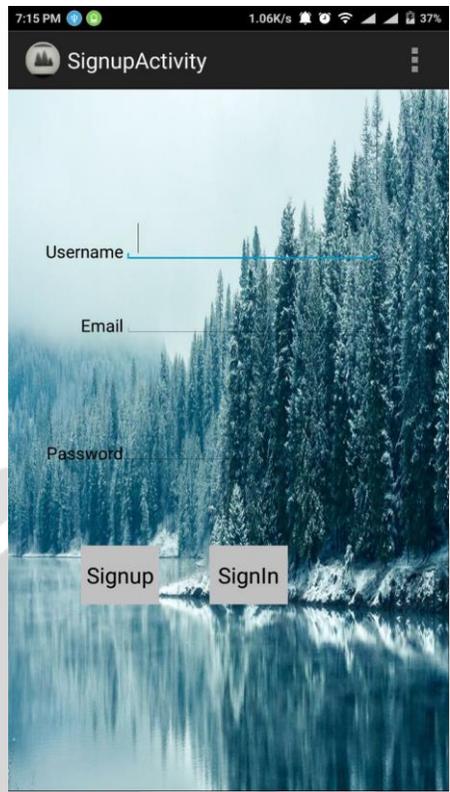


Fig - 1 : Sign up page

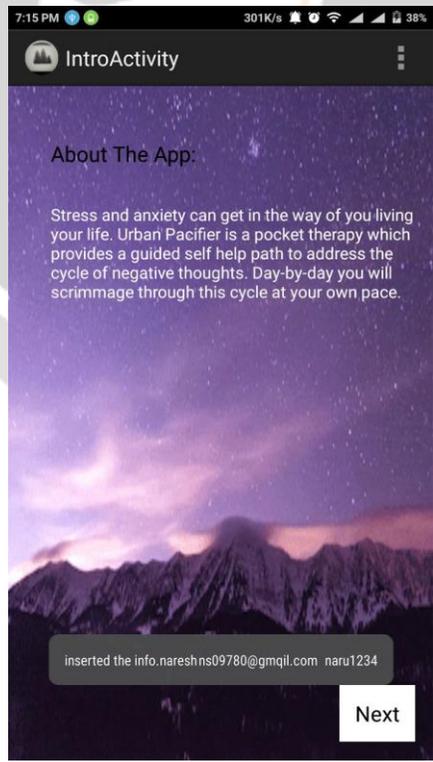


Fig -2 : Introduction page

## 2. PROFILE

In psychology, mood is an emotional state. In contrast to emotions, feelings or affects, moods are less specific, less intense, and less likely to be provoked or instantiated by a particular stimulus or event. Moods are typically described as having either a positive or negative valence.

Following the login activity, the user is asked to rate his/her current mood using the ratebar to gauge the progress before and after using the app. The ratebar will have 5 moods to choose from. The user can choose an option relating to his/her current mood. The app stores the rating of the mood in the database for later reference.



**Fig -3:** Mood rating page

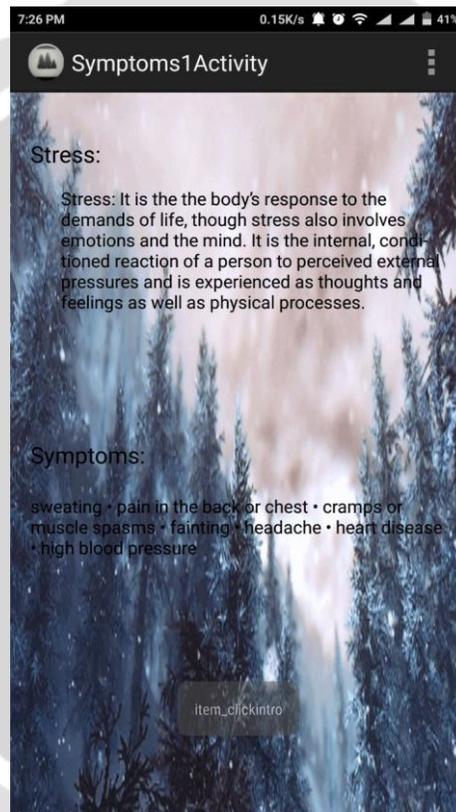
## 3. MAINLINE

Mental health issues can affect the way one thinks, feels and behaves. They range from the most common mental health problems like depression and anxiety to rare problems such as Schizophrenia and bipolar disorder. A mental health problem can feel just as bad, or worse, as any other physical illness. This App has been developed to help out people with the following 6 types of mental health problems – Stress, Anxiety, Depression, Bipolar disorder, Post traumatic stress disorder and Panic attack.

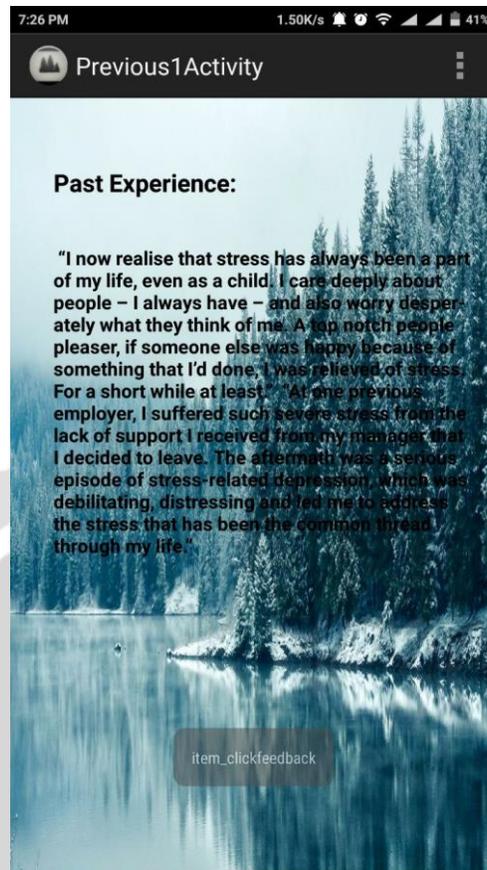
The main motive behind the development of the App is to provide solutions to those suffering from the above mentioned problems. The remedies provided by the App are audio clips , video files ,and doctor's write-up.

### 3.1 STRESS

Stress is a conscious or unconscious psychological feeling or physical situation which comes as a result of physical or/and mental 'positive or negative pressure' to overwhelm adaptive capacities. Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning. Some of the symptoms are low energy, Headaches, upset stomach, including diarrhoea, constipation and nausea, aches, pains, and tense muscles, chest pain and rapid heartbeat.



**Fig -4:** Stress



**Fig – 5 :** Stress – past experience

### 3.2 DEPRESSION

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings, and sense of well-being. A depressed mood is a normal temporary reaction to life events such as loss of a loved one. It is also a symptom of some physical diseases and a side effect of some drugs and medical treatments. Depressed mood is also a symptom of some mood disorders such as major depressive disorder and dysthymia. Experiencing problems concentrating, remembering general facts or details, otherwise making decisions or experiencing relationship difficulties may also be notable factors in these individuals' depression and may also lead to their attempting or actually committing suicide.

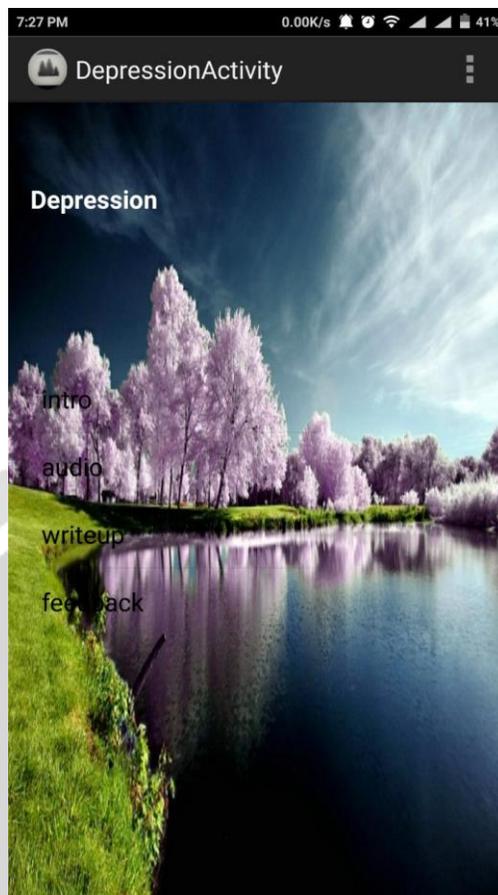


Fig – 6 : Depression

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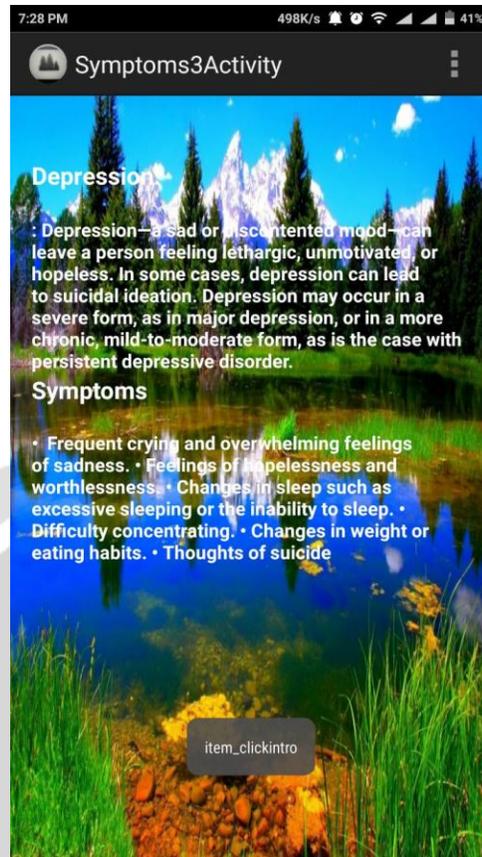
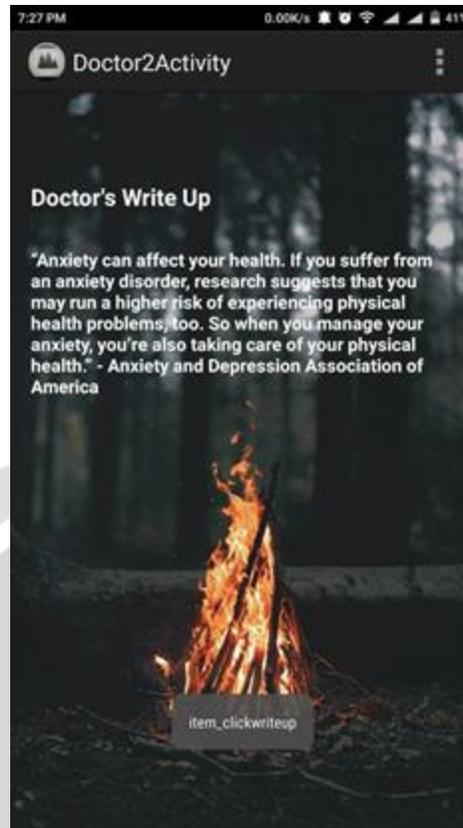


Fig - 7 :Depression – main page

### 3.3 ANXIETY

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general.



**Fig – 8:** Anxiety

### **3.4 BIPOLAR DISORDER , PANIC ATTACK AND POST TRAUMATIC STRESS DISORDER**

Bipolar disorder, previously known as manic depression, is a mental disorder that causes periods of depression and periods of elevated mood. The elevated mood is significant and is known as mania or hypomania, depending on its severity, or whether symptoms of psychosis are present. Mania is the defining feature of bipolar disorder and can occur with different levels of severity. With milder levels of mania, known as hypomania, individuals are energetic, excitable, and may be highly productive. As hypomania worsens, individuals begin to exhibit erratic and impulsive behavior, often making poor decisions due to unrealistic ideas about the future, and sleep less.

Panic attacks are sudden periods of intense fear that may include palpitations, sweating, shaking, shortness of breath, numbness, or a feeling that something bad is going to happen .The maximum degree of symptoms occurs within minutes. Typically they last for about 30 minutes but the duration can vary from seconds to hours. There may be a fear of losing control or chest pain. Panic attacks themselves are not dangerous physically.

Posttraumatic stress disorder (PTSD) is a mental disorder that can develop after a person is exposed to a traumatic event, such as sexual assault, warfare, traffic collisions, or other threats on a person's life. Symptoms may include disturbing thoughts, feelings, or dreams related to the events, mental or physical distress to trauma-related cues, attempts to avoid trauma-related cues, alterations in how a person thinks and feels, and an increase in the fight-or-flight response. These symptoms last for more than a month after the event. Young children are less likely to show distress but instead may express their memories through play. A person with PTSD is at a higher risk for suicide and intentional self-harm.

#### 4. CONCLUSIONS

On the whole, this App has been developed with the intention of helping out people suffering from the most common health issues like Stress , Depression , Anxiety , Post traumatic Stress Disorder , Panic attack and Bipolar Disorder. The remedies provided by the app are in the form of audio clips, video files, Doctor's write-ups , Past experiences and a portal for the existing users to share their experience. The App has been created with the help of Eclipse as the platform. Hence, the App will serve as a pocket therapy for people with mental health problems.

#### 5. REFERENCES

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