



Cover page

Project title: CalmMind

Academic Year: 2023/2024

Group Members: Dina Mashayekh

Department Name: Computer Engineering.

Kenana Turabi

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Project Type Software

Supervisor Name: Dr. Ashraf Armoush

Format:

- ☐ Single space, Times New Roman.
- ☐ 12 pt,
- ☐ Maximum 1 page.

Abstract Body:

Items must be provided in the Abstract:

- ☐ Why do you think this project is important? Please explain the significance of this Project in brief.
- ☐ In your point of view what are the important aspects that should be covered in the project?
- ☐ Objective(s): In your view, please explain the main objectives of the project.
- ☐ Methodology: Give a brief outline of the application development process.
- ☐ Had this project been done before? Are there any similar applications available today?
- ☐
- ☐ **Note:** Please deliver this abstract early to ensure that your Project has been approved by the department's projects committee. **Registration will not be done without this approval.**



Project's Abstract:

In an era where mental health is of paramount importance, our revolutionary application strives to empower individuals on their journey towards psychological well-being. This cutting-edge platform combines technology and mental health expertise to provide a holistic and accessible approach to mental healthcare.

Main Features:

Personalized Questionnaire: Our application begins by engaging users in a thoughtful questionnaire, designed to understand their unique mental health needs and concerns. This information acts as a foundation for their treatment journey.

Flexible Appointment Options: Users have the flexibility to choose between online and in-clinic appointments. Online appointments offer various modes, including video, voice-only, or chat, allowing patients to prioritize their comfort and privacy.

Customized Treatment Plans: Each user receives a personalized treatment plan based on their questionnaire responses and diagnosis. This tailored approach ensures that treatment aligns with individual needs and preferences.

Supportive Community "Rooms": Following the questionnaire, users are introduced to themed virtual "rooms" where they can connect with others who share similar concerns and experiences. This feature allows users to ask questions, share insights, and engage in meaningful discussions, fostering a sense of community and support.

Notifications: The application offers timely notifications for appointments, medication reminders, and important updates, ensuring that users stay on track with their mental health care plan.

Location Services: Users can easily find nearby clinics and therapists, simplifying the process of seeking in-person care when needed.

Privacy Controls: Privacy is paramount in mental health care. Our application provides robust privacy settings, allowing users to manage their data and interactions as they see fit.

Booking and Calendar: Seamless appointment booking and an integrated calendar feature make managing appointments and tracking progress effortless.