



# Digital Mental Health Interventions And Wellness

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## Abstract

The Digital Mental Health Interventions and Wellness is an online digital platform to help the users suffering from anxiety, mental problems, childhood traumas which is nowadays common in the people. But this platform is for those specific people who don't have sufficient money to go to seek psychiatrist for their cure and also for the people who are living away from the city areas who faces problems to go for their cure with the psychiatrist. This research study finds that there aren't enough resources available for the people suffering from mental health mostly in one place so this platform is a way for them to have the resources in one confined place from where they can have solutions to their problems. But why it is good is because this platform doesn't reveal the identity of the users which means make them anonymous to have resources for their use until or unless they don't go with the semi-premium features.

This platform provides resources in form of Audios, Videos, Textual and Custom-pro-version. The mentioned form are the actual routes provided in the website through which the users access the resources. The resources provided in the platform helps users through audios where the users select the audio form of resource which is the one applicable for them like the users think it is somehow related to their problem same as in the video. It offers resources like podcasts of how experts tell the process to overcome the mental health. And in the textual, there will be several ways of fitness which user can follow so that can have good health, balanced diets to make users health good, and in the custom pro version users get ai-integrated feature where they can describe the problems and AI support will provide the solutions based on their problem.

Keywords: Digital Mental, Health Measures, Wellness plans, Anonymous, Freemium, AI integration, Human centered, financially unstable, Remote people

## 1. Introduction

Mental health problems such as anxiety, childhood traumas, inappropriate touched in past, mental disorders are the global issues which have affected to the many people all over the world. As the world is rushing towards the more globalization, such mental issues are also rising in the people not only in the people living in the city areas but also to the people who are living in the remote areas too. But remote people who doesn't a good access to the city to seek psychiatrist and the people having low financial stability or lacks enough funds to go to psychiatrist, could have this platform to have the resources to overcome their mental problems.

Mental problems aren't normal disease problems like fever, fracture which is just the physical problem, but the both. And the people who are afraid of being taunted by the society people just because they have mental problems, could have this platform to get some solution to their problems. That's why these people don't want to reveal their identity, could seek solutions from this digital platform which is one of the features of this platform.

The Digital Mental Health Interventions and Wellness have the anonymity features, which means the users won't have reveal their identity to the digital platform owner. But in the anonymous mode, the user will only be able to access three types of resources audios, videos and textual which is almost the seventy-five percent of what this digital platform provides. There will be several podcasts from the YouTube having the multiple categories in the video's mode, and in audio mode, it will take podcast stored in apple podcast platform, for the textual mode, different documents based on their category will be featured.

By having the combination of eating suggestions and proper way of workout or the exercise, which balances both the physical and mental health of the people suffering from mental problems. Like why physical too because having mental problems leads people to avoid having the food which makes them suffer from the physical health issues, so having a way to balance both is good for their well-being.

And for the best features, its custom pro version, which means users anonymity doesn't remains in this mode, the user need to reveal the identity to the developer of the platform through authentication process which means user need to create the account on the platform. The capability of users to have the opportunity to access these resources without compromising their identity and revealing their identity if their problems haven't been solved using the free resources.

As through the resources, this platform is considered to have Freemium character which means the large number of resources will be free for the users to access and in the premium, it is nothing but having the user to be registered on the platform, not the monitorial charges because this platform is for them who are already facing the issues regarding the financial issues and also being absence from the effective or better way to be easily accessed to the psychiatrist. The users just have to have device which is being capable of browsing websites and the internet which is almost available to every people.

## 2. Methodology

### 2.1. Introduction

The methodology process of the digital mental health interventions and wellness is about the study of how the overall platform works. In this section, the user has to visit the platform with the link while is provided in the references section of this research paper. After visiting the website, the user could start to explore the feature of the platform which is related to their problem types like childhood traumas, anxiety or mental disorders, harassed / mistreated in past etc. like so in their suitable resource types. The resource types could be of audios, videos or even the textual form. Most of the mental health people prefers to listen the audio form as their relaxation way which is the one of the best ways to properly consume the content. As seen in multiple movies or even other case studies, Psychiatrist hallucinate the patient on the table like in the lying form and some sort way of, basically to-and-fro of clock so that people focus on at one point, and mental health related doctors could be able to get know about the people's problem and be able to provide the effective solutions.

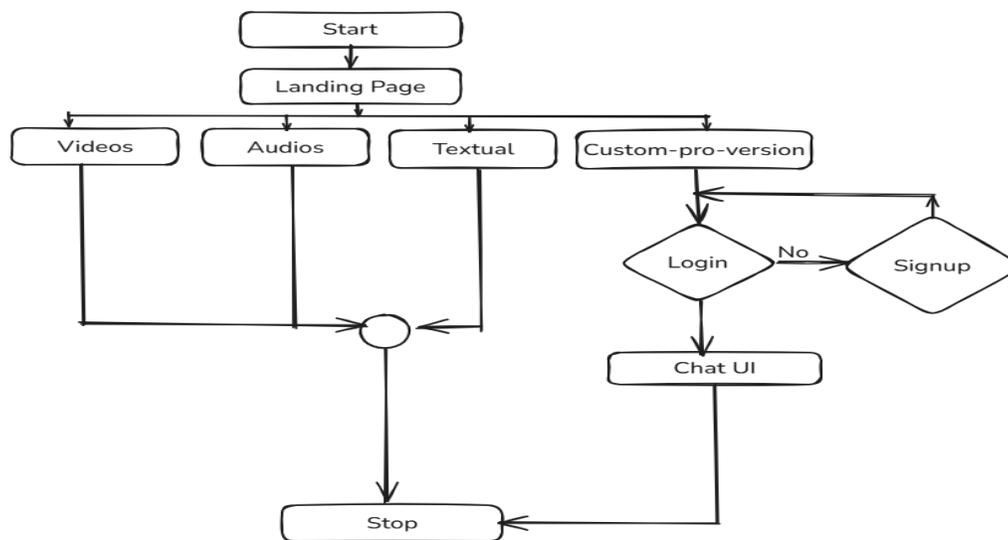


Figure 1: Flow diagram of the platform

From the above flow diagram, after navigating to the sites, user will land on a landing page where there will be routes with the sample provide on the front landing page where background will be having an animation named “background beams” which is the prebuilt component from one of the famous component libraries called “Aceternity UI” with footer providing details of the developer.

### 2.2. Routing process

The routing process indicates how the users will navigate to the different forms of resources as indicated in the flow diagram of Figure 1, which are videos, audios, textual and custom-pro-version.

#### a. Videos route

This route will be navigating with the URL as /videos which comes with a prefix of the URL where the platform is hosted. The video route will be having the different categories for the video resources such as childhood traumas, past harassed issues, some disappointment etc. from which the user will choose their specific resources based on their needs. Users will have accessed to video podcast of experts how they think the mental health affects the people and how the people could overcome through with their approach which will ensure that if following those approaches for long period of time, people will see some positive changes of their problem. The main

platform from where the resources for the video are fetched are YouTube and Dailymotion, which are the big giants of video streaming platform.

#### **b. Audios route**

This audio route will be navigable with the URL as /audios which is the same as the prefix associated with the video resources. The audios route will be having the same feature as of the video route and some extra resources as this is one of the best used form of resources used by user all over the globe. The audio material is available to the users which provide calming and efficient approach to their effective solution.

The main platform where these audio resources will be fetched will mostly be apple podcasts and Cloudinary (one of the major audio files storing platform) where the files from the developer will be stored to be useable in the platform through the link and some other applicable storage medium.

#### **c. Textual route**

This textual route will have the almost the same navigating route as both audios and videos just its /textual will be different from the them as it is the one differencing it from them in terms of routing. The content or resources provided in this route will be text with some of the pictorial presentation of how it will result in next step or the process of how it will be solving the users' problems. The tips given in this route will help people them have self-care, and to guide people to have proper exercises which help them to burn their calories for the fatty people which is the main anxious problem of fatty people.

#### **d. Custom-pro-version route**

The Custom-pro-version is the best feature of this platform although the routing process of this route is somewhat same to other routes only its main suffix will be differentiable. In order to access this route, the user needs to have registered on the platform. This feature is free for now, but in near future it could charge cost.

The main factor differentiating this route from other are: -

- **Authentication:** As the user need to be registered, so this process is referred as authentication process. In this, the user first has to go through the signup process which have the route as /signup with the prefix of the website domain where user need to fill username based on their choice, email the one they would have because the user verification might need in future if there will be any issue related to their account on this platform, and obviously have to create the password and have to confirm their password so that it will be obvious that their entered password is the one they are trying to have. After the signup process, the user will be directly navigated to login page where the user needs to enter their credentials to further move to the main route of the platform.
- **User's privacy:** In this route, the user's privacy won't be anonymous because the developer needs to have some verification process of the user whether they are the real user or even the person accessing this platform is the same person or not. As the user's data is the main concern also nowadays.

### 3. Developed Impact

The developed impact of the digital platform is featured on the basis of other major distinguishing areas such as Market gap impact, Area impact, financial impact and the social impact. The purpose of developing the digital platform for mental health problems is to have such major impact because without having purpose of developing such platform is useless. So, the major areas of impact are discussed as:

#### 3.1. Market gap impact

The platform offering the resources for mental health problem are very less in the market. Even if there are some platforms having the solution to the mental illness, cost money or even more money which is not possible to be able to paid by poor people.

The already existing platform doesn't usually come with AI integrated feature which gives this digital platform extra weightage of filling the market gaps for the solutions of mental problems.

The free and premium route makes this digital platform able to scale to a greater number of users efficiently, having the capability attracts the users to the platform.

#### 3.2. Area impact

This developed digital platform could be accessible to every area which is also possible for the people living far remote places as well as the people living in the hilly regions because to access this platform it just requires a device able to browse internet and obviously the internet.

The area it could really impact are the medical sector providing the counselling for such mental problems as well as to be able to guide some semi expert professional, to better counselling of their mental health patients.

This platform design would make it possible to connect the people living really far, basically rural areas and urban areas to narrow down the accessibility of the digital mental health solutions.

#### 3.3. Financial impact

Right now, the accessing of this digital platform is free of cost, including the premium feature too, which should be the way to be benefited from the platform, like by having the subscription charges, or even having its other modes which have more content with premium model that will help the sustain for the longer run.

As this platform offers no cost digital platform, which is the best for the people having low income and suffering from such mental problems, who doesn't have enough financial help to go to the person able to provide therapy in physical.

As this digital platform is having the feature to help people by providing the resource to people to overcome their mental problems, makes it a potential reason to seek for the investment from the people who are able to fund such works.

### 3.4. Social impact

This development helps to provide literacy to the people because of its mental health resources to the people able to talk freely and openly, like improving the mindset of the people towards the mental problems.

It empowers user to have a sense of knowledge to control over their mental health problems and make them able to develop their well-being for the sake of them as well as their families.

And in terms of its social impact, as I was able to come with this idea because I had seen such problem on the social media which usually happens with the people in the society, so it's a major breakthrough to be able to give hand to solve the problem of society even if it's too little.

## 4. Future Sustaining Enhancements

Based on the current model of the digital platform, there are several enhancements which could be done to make it running for long term. As each and everything existing in the model is for the help of the people to provide them the basic approach to have relief as well as some good positive impact in the user's mental problems. So, the various points which could be considered to make it long lasting and being more and more helpful for the people are as follows: -

### 4.1. Enhancement on implementing new AI model

As the custom-pro-version is one the best features for this model as of now, so the better the AI model will perform, the better the responses the user will have for the mental health problems.

As AI model works based on the prompt user have provided, so it will be necessary for the user to give the prompt in more detailed and concise manner so that the AI could process it accurately and can provide the solutions more effectively.

### 4.2. Engaging users through games

As the resources in the model are videos, audios and textual which is only for the purpose of helping the users to be in relief of their mental problems, so these relief process can be finer tuned with the entertainment factor and in entertainment factor, the challenges through the game would be a better choice.

### 4.3. Content globalization

The current model is applicable of providing the content in two languages only which is English and Hindi, so to market this platform model in the global market, the translation language of different highly speaking language would be needed. The highly spoken language except above two languages is Chinese, Spanish, French, Bengali, etc. so providing translation of the content in this language could make the model to reach the global market more and more.

### 4.4. User support and feedback through real users

Mental health problems could highly have positive impact on the people as more as the users will get an environment to freely share their problems and be able to anticipate that such problems are not only to few people but more and more people. So, the engagement of the such users in proving support to other such users could be helpful for them. So, to provide such a way to users on the platform could really have some positive impact towards the people mindset.

#### 4.5. Implementing model in wearable items

Nowadays, wearable items are rapidly been increasing is use towards the people. As seen in market that wearable items have feature to provide user helpful support of their fitness, like heartbeats and other such things, so, it is a good way to implement this model in wearable items so that user can get their improvement process through such wearable items.

#### 4.6. Implementing AR and VR

The excitement of playing games and watching videos in virtual reality (VR) have been increasing day by day. As AR and VR improves the user experience of the people, so having implementation of this model in such devices could highly impact the experience having counselling feel like the users are having the counselling with face-to-face with psychiatrist.

#### 4.7. Tying up with organizations

Organizations such as school, colleges as well as the corporates where students and working individuals feel pressured. Students feels pressured for their assignments or works to be completed on time, being not able to study without too much burden which becomes the reason to students and in case of the corporate employee to have their target achieved and not having promotion could make them feel anxious. So, tying up with such organization could help platform have users to help them being relief.

### 5. Conclusion

This model of Digital Mental Health Interventions and Wellness platform provides the way of having resources to help the people suffering from anxiety, mental disorders, etc. With the facility of having an effective resource in terms of audios, videos and textual makes users consume content and getting a way to have anonymous mode to get self-counselling following the proper steps as will be directed by the videos, audios and notes. The current developed model is somewhat the basic platform to help mental health problems which could have significant positive impact on the people's mental problems. With the implementation of having AI features, which is nowadays one of the most used helping solutions for all other problems so with those application, it is being implemented to have counselling responses based on the user's problem prompt.

The implemented AI model is from one of the most trusted organizations in the world which is Google. The implemented model version is Google Gemini Flask 2.0, which is the current best free model used by people all over the world. So, the way people have trust on the google responses, so it might will help the people to give the best responses for the user's problem.

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#### Conflict of Interest

The authors of the Digital Mental Health Interventions and Wellness states that there is no monetary benefit with the current state of the developed digital platform as well as states of having no conflict of

interest regarding such platform who helps people with free of cost and the publication of this research paper.

## References

The flow diagram of the platform used in the model is from one of the open-source available diagramming tool named excalidraw

<https://excalidraw.com/#json=d3wrLqB8E6bf4Qodsl1iU,SOHwQf8GLkcUNwwB3lvugQ>

The animation which makes the look of the digital platform really cool is background beams which is used from the open-source platform named Aceternity UI

<https://ui.aceternity.com/components/background-beams>

The front-end development as well as the backend development includes the full stack framework of the libraries based on the react is Next JS

<https://nextjs.org/>

The authentication process involves tokenization mechanism which is with the help of JWT

<https://www.npmjs.com/package/jsonwebtoken>

To store the data of the users, the used database is MongoDB, which is one of the opensource database

<https://www.mongodb.com/docs/>

