



ONLINE JOURNALING FOR SELF-AWARENESS OF MENTAL HEALTH

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Abstract

Mental wellness is extremely important in our daily lives. Paying no attention to your mental health might result in extreme stress and a reduction in productivity. There should be a simple way to manage your stress and mental wellness. Our idea, 'Your Online Journal,' is a portable journal that you can use on your mobile devices anywhere. This application allows you to fill in your daily details in several ways. It is a fantastic approach to share both the good and unpleasant things that happened to you over the day. This software will assist you in keeping track of your health as well as designing your own tactics for staying joyful.

1. Introductions

As said by Jim Butcher, an American author, "The human mind is not a terribly logical or consistent place." Therefore, by offering various mental health apps, today's technology can play a key role in assisting psychological difficulties. Journaling, often known as journal writing, is the practice of keeping structured notes of various details. This method was first employed for public recordings in the early 15th century, and was afterward utilized to track one's private life.

Journaling is now widely used to assist people with mental health issues. It is used to allow people to write in a reflective, introspective, and intentional manner. Many mental health professionals suggest that

2020 Mathematics Subject Classification: 92.

Keywords: Mental Wellness; Portable Journal; Your Online Journal.

Received February 11, 2022; Accepted May 13, 2022

individuals should keep diaries to make notes of their thoughts, moods, and experiences. Journaling has traditionally been done with pen and paper, and this is where our mobile app benefits.

Online journaling is a modernized method of keeping a diary. Writing a book journal or a diary takes time and can be overwhelming daily. As journaling is done online, it can be maintained from anywhere at any time. You don't need any stationery to open your device and start writing in your journal. It is also incredibly simple to maintain due to its convenience.

2. Aims and Objectives

▪ Aims

Journaling is a stress-relieving technique that can also be beneficial to your mental development. It aids in the enlightenment of one's mood and monitoring what triggers us. It is also stated that keeping a journal helps in keeping one's memory to stay sharp over time. Many people are advised to keep a journal as a preventative measure for Alzheimer's.

Many people who are too busy or don't have the patience to sit and write at the end of the day can benefit from online journaling. When a person's diary is portable to fit in their pocket, they can take it out whenever they want to and start writing about how they felt during the day. Journaling is something that everyone of any age may do. Many people are hesitant to share their ideas and daily activities with others, which is where online journaling comes into play.

This effort aims to assist you in gaining emotional control and improving your mental health. Making it device-based simplifies things for busy individuals. Without having to organize anything, one can scoop up their device and begin typing about their day. There's no mess in trying to personalize the diary, and no problems with handwriting as well.

▪ Objectives

To ensure availability and accessibility of mental health care for all in the foreseeable future, particularly to the most vulnerable and busy sections of the population.

- To encourage the application of mental health knowledge in general health care and social development.
- To promote citizens’ participation in mental health service development and to stimulate efforts towards self-help in the community.

3. Existing Systems

There are various other sites and applications available online as an online journal. Penzu is a site that can be used as an online journal. The site lets user upload entries of anything. It lets the user customize their entries too. Another working site is, Diaro. The site lets the user create various folders, tags and location-wise entries. It has various customizing options too. Evernote is another site for maintaining a diary. It gives the user to freely customize their entries into various fonts and colors. Bearable is a well-rounded health tracker that helps the user put mental health symptoms into context with their general well-being.

4. Literature Survey

Table 1. Literature Review

Sr. No.	Year	Paper Topic	Author Name	Method	Advantage
[1]	23rd March, 2018	Evidence and guidelines for developing high-efficacy mental health mobile apps.	Pooja Chandrashekar	Smartphone-based apps may expand access to mental health treatment.	The paper has considered various mental health issues with respect to apps.
[2]	May, 2013- December, 2017	An analysis of the efficacy of mobile apps for monitoring and managing mental health symptoms or illnesses.	Kai Wang, Deepthi S Varma, Mattia Proserpi	A thorough literature search was undertaken in PubMed, Cochrane Library, EMBASE, Web of Science, and Google Scholar. Abstracts for mental health apps (targeting depression, anxiety, and bipolar illness)	Gives good insight in acceptability of mobile apps for mental health in all ages

				were provided on mobile devices for people of various ages were considered.	
[3]	31st March, 2015	In the Mental Health Social System, Mobile Apps for Mental Health: From Infusion to Diffusion.	Marlene Lynette East, Byron C Havard	The combined potential of mental health mobile apps for learning and personal improvement, as published in this study, provides enough evidence to persuade mental health professionals to include these technologies into their teaching and practice.	Shows the possibility for future growth in mental health mobile apps based on technology usage and acceptance theory, mHealth organization-al initiatives, and re-search regarding how humans learn.
[4]	2008-2013	A thorough review of the use of smartphones in the delivery of mental health programmes.	Tara Donker, Katherine Petrie, Judy Proudfoot, Janine Clarke, Mary-Rose Birch, Helen Chris-tensen	They included studies that compared the impact of mental health apps (for depression, anxiety, substance use, sleep difficulties, and so on) provided on mobile devices to a control group or used a pre-to-post-test design.	Systematic assessment of the scientific evidence supporting the usefulness of mental health apps for all ages on mobile devices (such as smartphones and tablets).
[5]	25th January, 2019	Patient Interest and Barriers to Engagement in Mobile Apps for Depression and Anxiety: A Cross-Sectional Survey Study	Jessica Lipschitz, Christopher J Mil-ler, Timothy P Ho-gan, Katherine E Burdick, Rachel Lippin-Foster, Ste-ven R Simon, James Burgess	100 people were chosen at random from each subset and sent a paper survey with questions about their de-mographics, overall health, mental health, technology	The present use of mHealth therapies for mental illness, as well as factors that may influence their use, were investigated from the patient's perspective in this research.

				ownership or use, interest in mobile app interventions for mental illness, reasons for use or non-use, and interest in specific features of mobile apps for mental illness.	
[6]	2019	The impact of the exercise environment on acute stress levels and wellbeing: maximising the mental health benefits of exercise.	Klaperski Sandra, PhD; Koch Elena; Hewel Daniel; Schempp Anja; Müller Jana	Mood, tension, and anxiety levels, as well as perceived exercise intensity and the naturalness and tranquility of the exercise setting, were all measured using questionnaires before and after an indoor or outdoor exercise session. Outdoor exercise surroundings, on the other hand, were seen as more peaceful, and exercise sessions in more calming environments were linked to greater stress reduction.	Effects of exercising in different environments were studied, making it clear that natural environments have better mental health impacts than other types of exercise.
[7]	March, 2021	What should we be doing about mental health promotion and prevention in primary care vs. what we are really doing?	Miranda Budd, Ameera Iqbal, Charlotte Harding, Erlina Rees, Gita Bhutani	The goal of this review article is to compile important guidelines for promotion and prevention in primary care, identify evidence-based preventive treatments and promotion techniques, and ultimately	There is now a greater emphasis on mental health promotion and prevention as part of a push for 'parity of esteem' between physical and mental health.

				summarise the intervention's characteristics and efficacy.	
[8]	16th April, 2020	Covid-19: Pandemic-related mental health repercussions require immediate examination, according to an article.	Elisabeth Mahase	The surveys, which were performed in late March 2020 by Ipsos MORI (1099 people) and the mental health research charity MQ (2198 people), asked people about their concerns regarding mental health and covid-19, as well as what was helping them manage.	Better monitoring systems and the rapid rollout of evidence-based programmes and treatments that can be accessed remotely the immediate and long-term solutions suggested by the authors.
[9]	07th February, 2022	Delphi research was conducted to identify best practises for the supervision of mental health and psychosocial support in humanitarian crisis.	Áine Travers, Nadeen Abujaber, Kelly A McBride, Pia Tingsted Blum, Nana Wiedemann, Frédérique Valières	The current study employed a Delphi consensus-building methodology to investigate levels of agreement on key ideas and concepts relevant to supervision in humanitarian contexts among a varied sample of MHPSS stakeholders (n = 48).	The current study's findings are analysed in terms of its implications for a set of recommendations for MHPSS supervision in humanitarian contexts that will be released soon.
[10]	2017	A Narrative Review and Recommendations for Future Research on the Prevention of Mental Health Disorders Using Internet and Mobile-Based	David Daniel Ebert, Pim Cuijpers, Ricardo F. Muñoz, Harald Baumeister	The single experiment on the prevention of general anxiety did not produce good results in terms of eating disorders. Although psychological therapies	The paper incorporated mindfulness-based methodologies, acceptance and commitment therapy, and psychodynamic approaches.

		Interventions		have a great deal of potential for preventing mental health problems, their current influence on illness burden reduction is debatable.	
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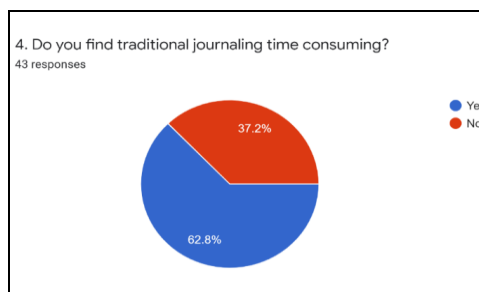
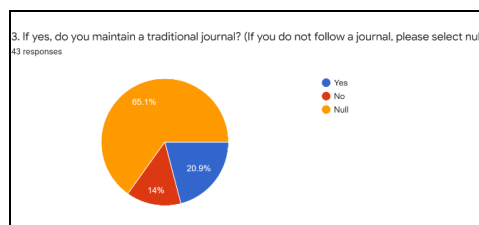
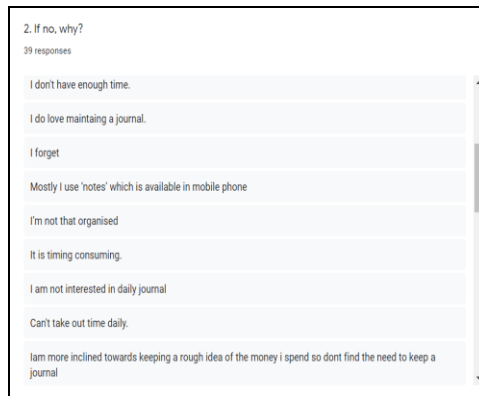
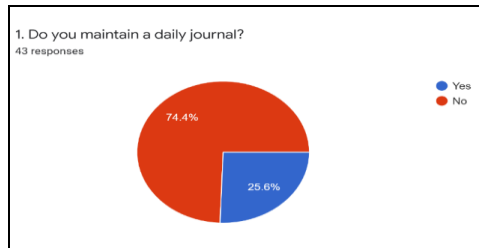
5. Study Purpose

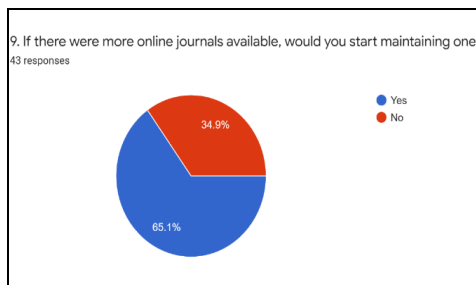
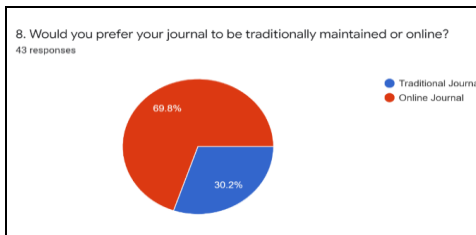
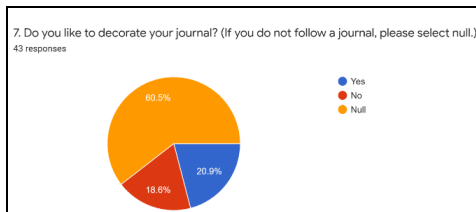
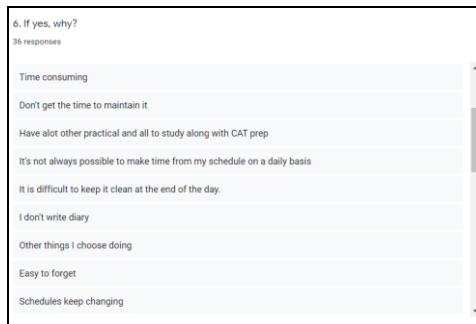
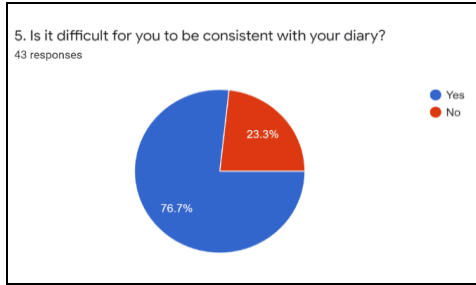
In today’s life, the amount of stress and anxiety in people has been increasing. The age of people starting to face these problems is also descending. It is high time we start encouraging the use of online journals and seeking help for personal growth. Schools, colleges and offices should carry out seminars helping people with their mental health problems and provide the best solutions to them.

Talking about mental health has a big stigma around it. People facing mental health problems and who are trying to overcome their problems with help are usually tagged as lunatics or crazy. This stigma has to be washed for everyone. Talking and sharing one’s difficulties is considered a taboo. We need to make it easy for everyone to openly get help from the field experts.

6. Study Survey

We surveyed our friends and family on the topic of ‘Online Journaling vs. Traditional Journaling.’ This is an age-inclusive survey that will help us get closer to our project’s success. This survey asks about the practice of keeping a journal, what sort of journal one keeps, and one’s feelings towards online journaling. We received 43 responses from individuals ranging in age from 13 to 52 years old.





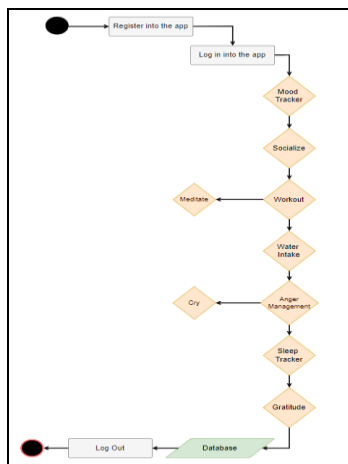
According to the results of this poll, more people would be interested in keeping a daily notebook if it were available online and off-hand.

Many different surveys about online journaling are being conducted. It is stated in one of the surveys, following a journal is stated to have resulted in reduced depression symptoms and anxiety after one month, with a bigger benefit after the first month.

7. Advantages

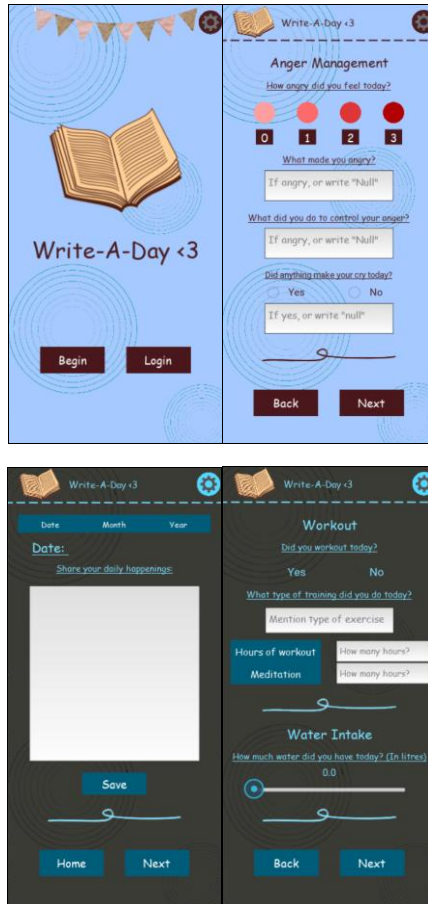
- Easy to use.
- Could be used anywhere and anytime.
- Less time-consuming than writing.
- Easier to maintain than a traditional journal.
- Two themes to choose from, dark and light.
- Pre-asked questions to fill in.
- Previous date data can be accessed.

8. System Architecture



This is an activity diagram of our project.

9. Design Details



10. Conclusion

In conclusion, it is high time people should take their mental health seriously. More device-based applications related to mental health should be

made available to people. Our project implements one such method of journal writing, into a similar format.

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