Reach

Destigmatizing Mental Health and Its Diagnosis
Our Grand Challenge

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Introduction:

- Our grand challenge is finding an accurate way to evaluate and analyze different mental health disorders based off of results from our comprehensive survey, "Reach."
- Throughout history, evaluating and diagnosing mental health disorders has been notoriously difficult, but our team has come up with a way to confidentially provide emotional support, mental health resources, and an accurate diagnosis for those in need (Erhart, 2014).
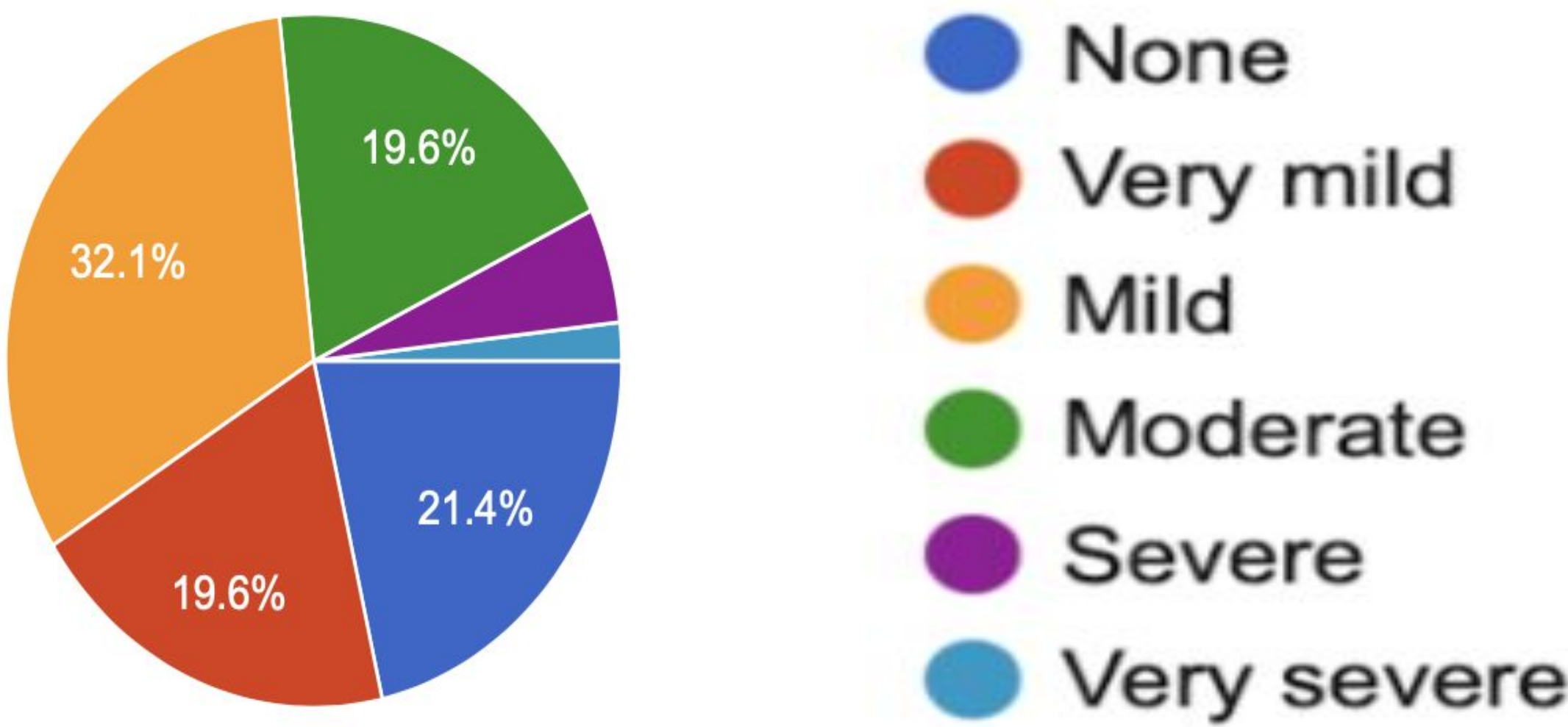

Figure 1: "How much bodily pain have you had during the past month?" Mental health heavily impacts how the body reacts. In this case, the question refers to bodily pain, which is a negative indicator that an individual's mental health isn't doing well.

Methods:

For simplicity and time efficiency purposes, instead of using Python as originally planned to code our app, our group decided to do the following:

- Google Forms: used to actually create our form and send it out to willing participants
- Discord: platform to create anonymous, private group chat feature after the users complete the survey
- Wix: professional website builder we used to design and publish the website Reach
- Health Questionnaires: picked and chose questions to use in our own questionnaire
- TypeForm: extended the Google Forms to include a fourth "none of the above" option and let users be placed into multiple groups
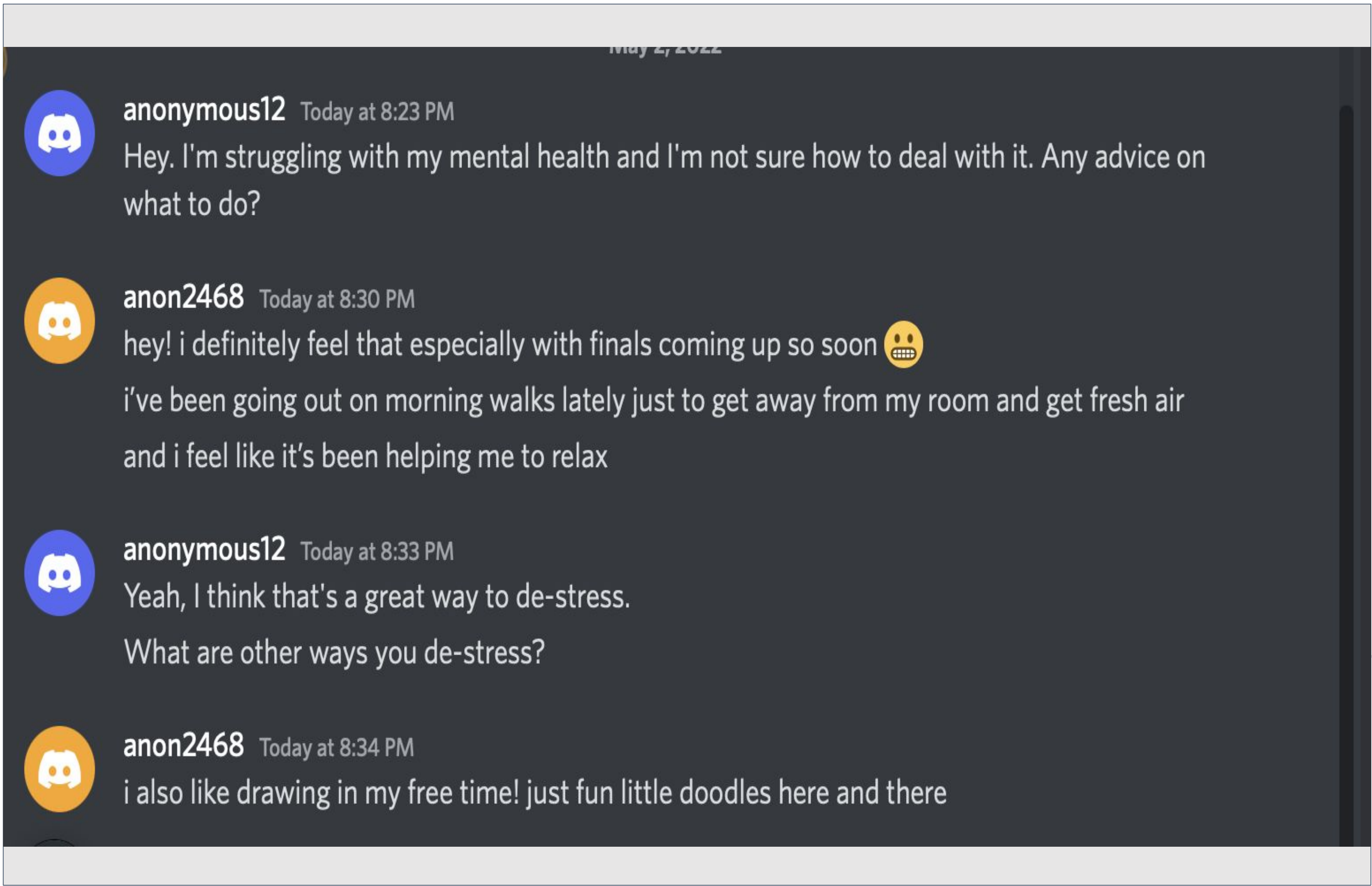

Figure 3: "How does our anonymous chat feature work?" This image displays the chat function of our project where users with the same survey result can discuss their experiences with one another.
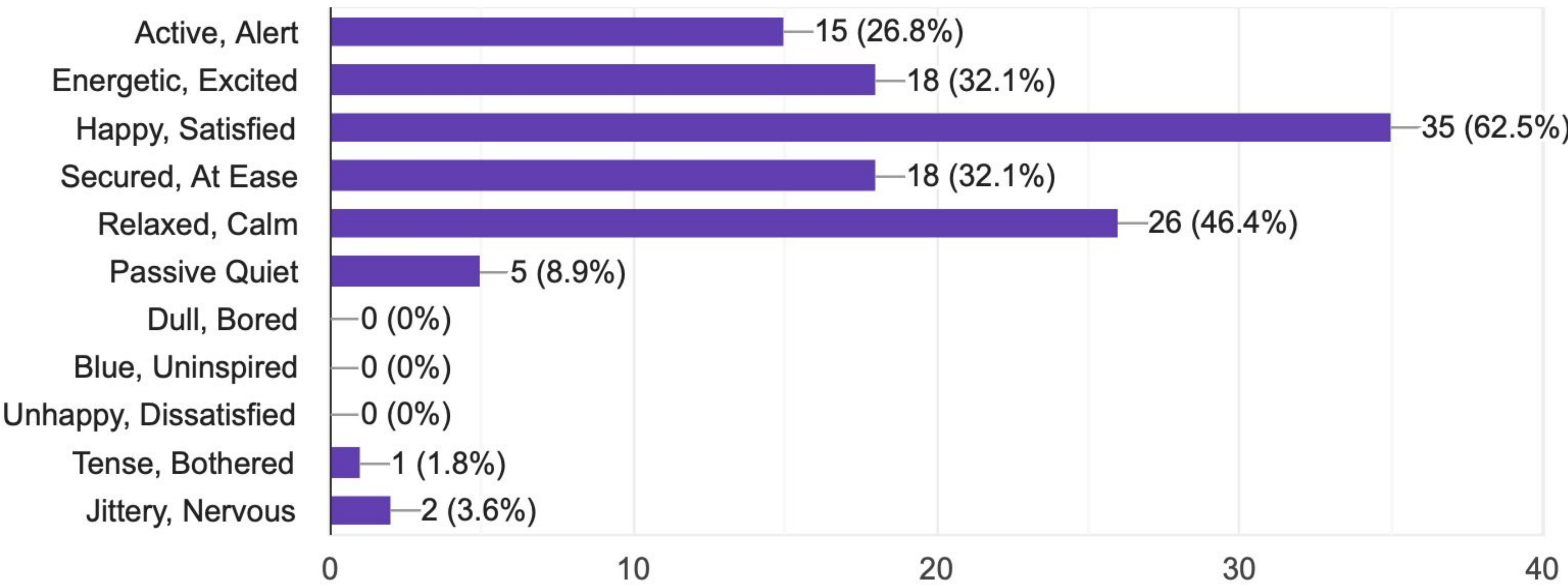

Figure 2: "How does watching your favorite movie make you feel?" According to our expert therapist from SCI 200, including filler questions between tedious health inquiries alleviates the respondent from the mental stress of consistently having to think about their health.

Results:

- We have developed innovative solutions to help combat and spread awareness and understanding of various mental health disorders that tend to be common in students.
- Made a website that contains redirects to helpful resources for those seeking help
- Created a google form that allows users to self-evaluate through a series of questions
- Received anonymous results from 56 users who were anonymously placed in either the depression, ADHD, or anxiety discord chats based on their results
- Created a user satisfaction survey in order to get feedback

Figure 4: "What are the different categories participants were put into?" This data visualization shows the various results people answered based off of our survey and the frequency at which they occurred.

Conclusion:

- We learned how to advertise an idea to a large group of people in a way that prompts users to want to take it.
- Out of all the different mental health disorders, anxiety was the most frequent result in comparison to depression and ADHD.
- We learned useful ways to evaluate a person's mental health such as using pre-existing mental health surveys:
  - SF36
  - WEMWBS
  - GHQ12
  - DSM5
- We learned how to operate Google Forms, Discord, Wix, and TypeForm.