

TALLINN UNIVERSITY OF TECHNOLOGY
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REFLECTIFY

WEB APPLICATIONS WITH C# PROJECT

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Authors' Declaration of Originality

We hereby certify that we are the sole authors of this thesis. All the used materials, references to the literature and the work of others have been referred to. This thesis has not been presented for examination anywhere else.

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1. Introduction

In today's fast-paced and increasingly complex world, maintaining good mental health is more important than ever. However, accessing the necessary tools and resources to support mental well-being can be challenging. This project aims to address this issue by developing a comprehensive digital platform designed to empower individuals to take control of their mental health journey.

The project focuses on the development of a user-friendly interface that integrates various features aimed at enhancing mental well-being. These features include a mood tracker, journaling tool, community interaction, psychology resources and progress tracking capabilities.

By providing individuals with a user-friendly digital platform for managing their mental well-being, we envision a world where accessing support and resources is no longer a barrier. Through features such as the mood tracker, journaling tool, community interaction, and psychology resources, users will have the necessary tools to comprehend, navigate, and enhance their mental well-being. By promoting self-awareness, resilience, and community support, our platform has the potential to contribute to a society where mental well-being is prioritized and stigma is reduced.

2. Overview

Our website will have an intuitive and visually appealing interface, ensuring a seamless user experience. With easy navigation between different sections such as mood tracking, journaling, educational resources, and community interaction, users are encouraged to engage regularly.

We will integrate a mood tracking feature that allows users to log their daily mood using a simple rating scale or emojis. This tool enables users to gain insights into their emotional patterns over time and identify trends that may impact their well-being. Additionally, users can track their progress over time through visualizations and charts. This feature will provide motivation and encouragement for users to continue their journey towards well-being.

Our platform will offer a comprehensive journaling tool where users can freely express their thoughts, experiences and reflections on a daily basis. To inspire users and offer guidance, we will incorporate prompts and suggestions for journaling topics. Through this journaling tool, users will have a private space to explore their emotions and experiences, promoting mental clarity and emotional well-being.

To create a sense of belonging and connection, we will include social features where users can interact with each other, share experiences, offer support, and exchange insights on their mental health journey. Through these interactions, users will have the opportunity to build a supportive network of like-minded individuals, where they can seek guidance and encouragement from one another.

We will provide a comprehensive library of articles covering various topics in psychology, including mental health, cognitive psychology, behavioral therapy, and more. These resources will not only help users understand themselves better but also offer valuable guidance for personal growth and well-being. Moreover, users will have the ability to bookmark their favorite articles for easy access. Furthermore, we will offer a search feature that will allow users to quickly find specific topics or articles, enhancing their browsing experience.

3. ERD

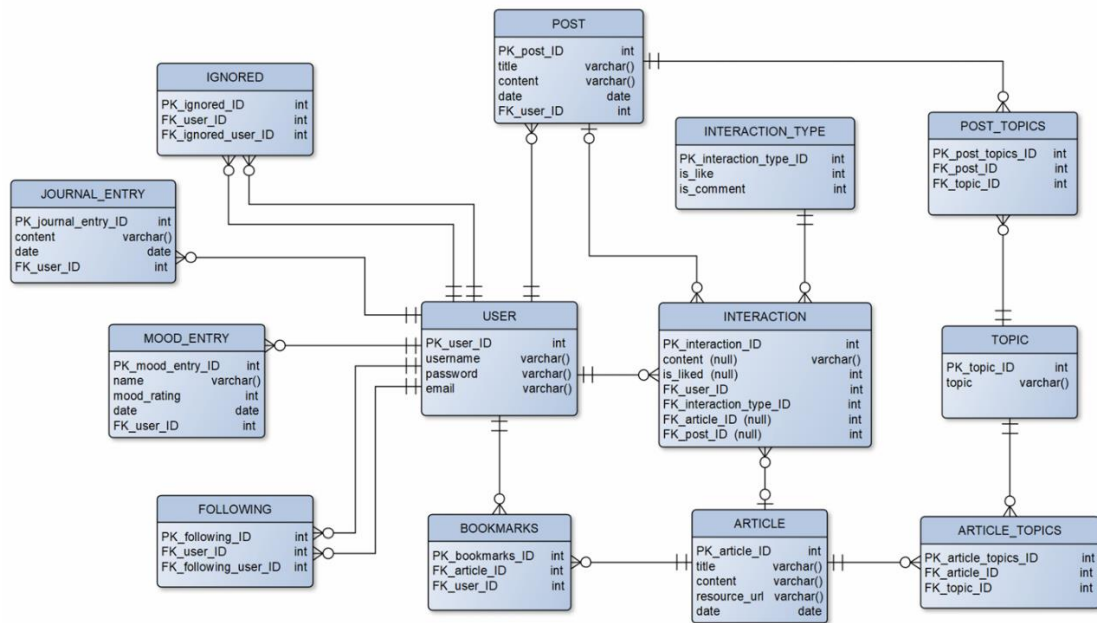


Figure 1. Entity Relationship Diagram.

4. Prototype

The text and prototypes provided here serve a descriptive purpose. The final design of Reflectify web application may differ.

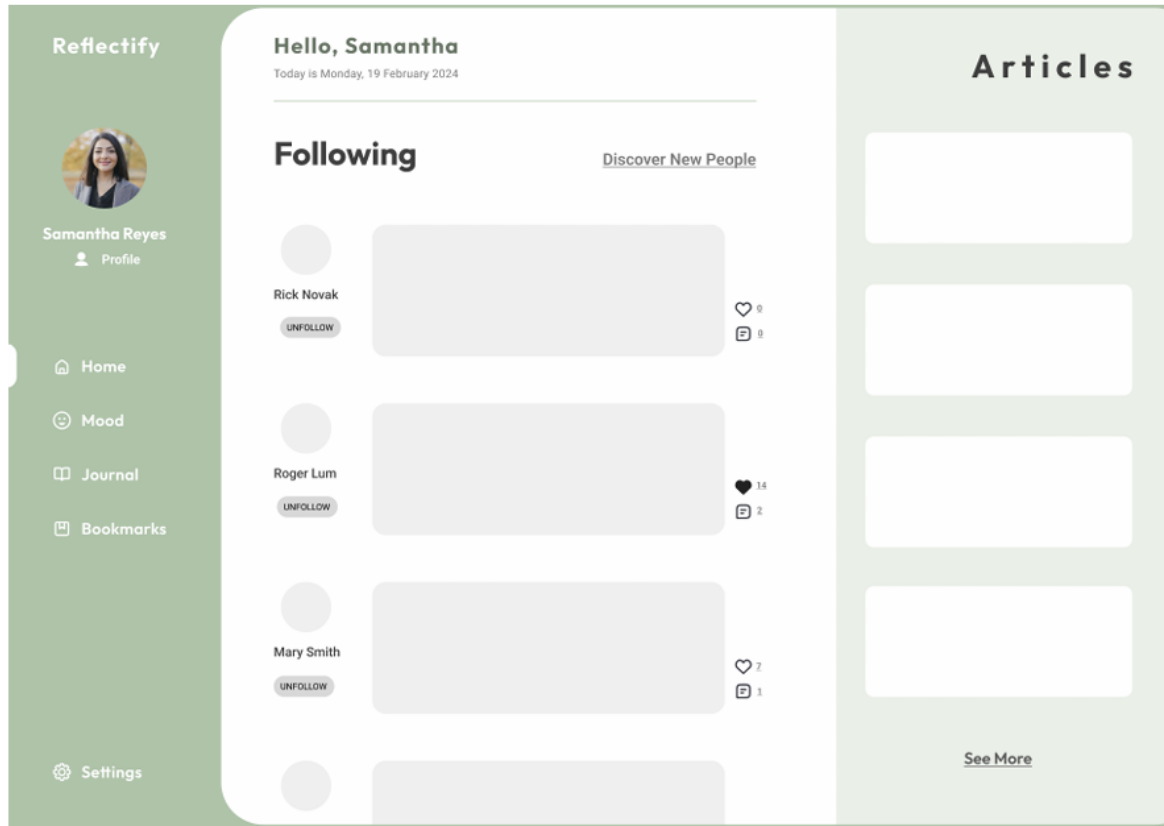


Figure 2. Home page.

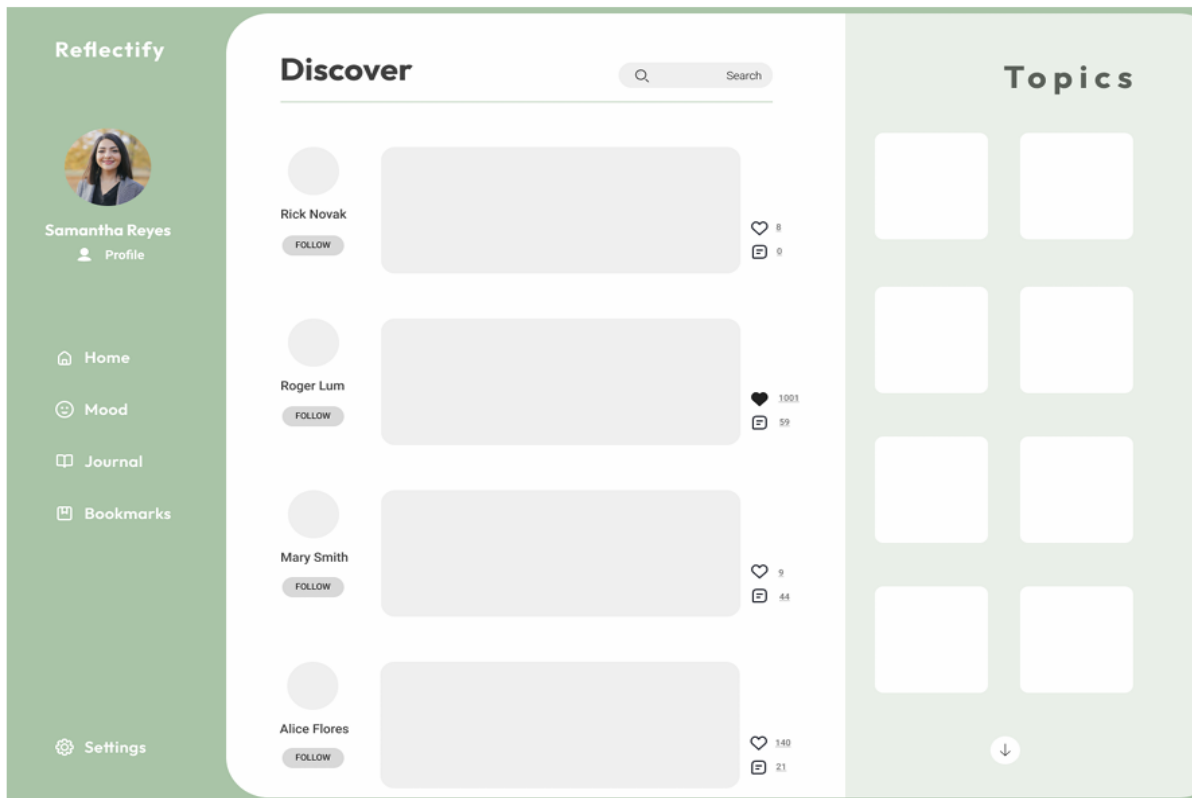


Figure 3. Discover page.

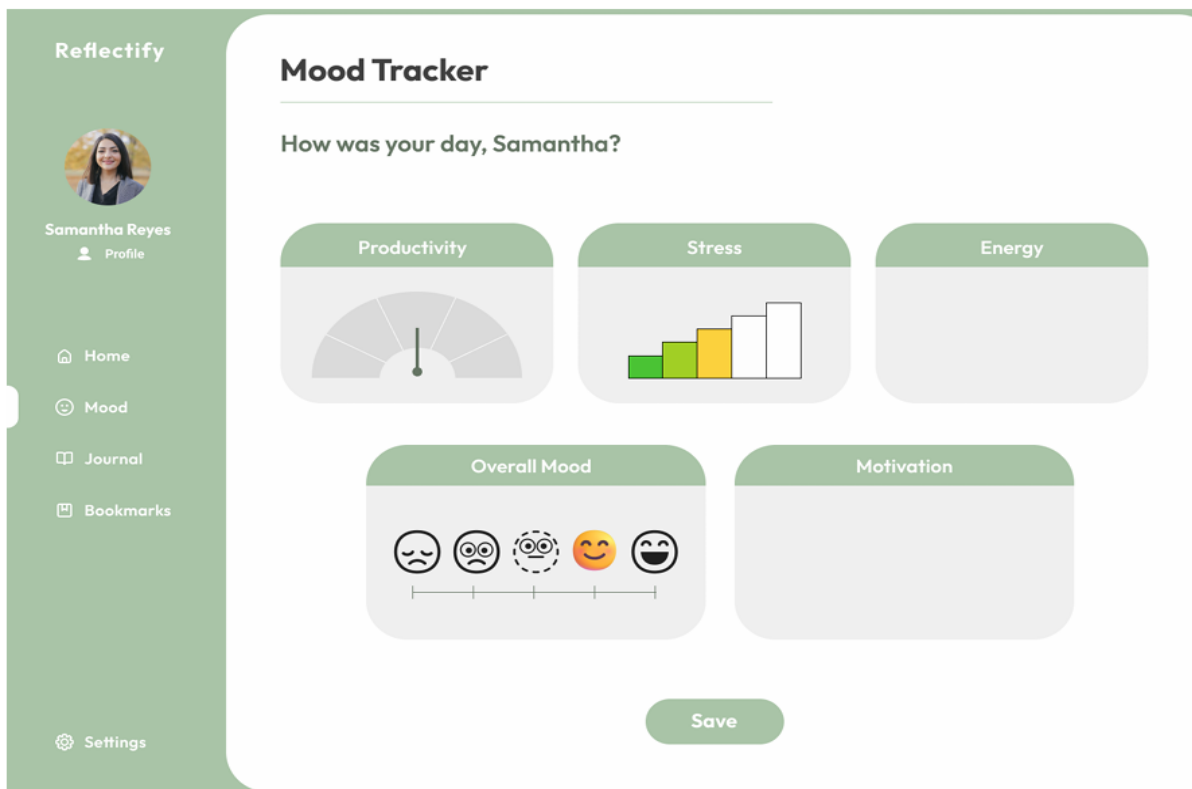


Figure 4. Mood Tracker page.



Figure 5. Mood Statistics page.

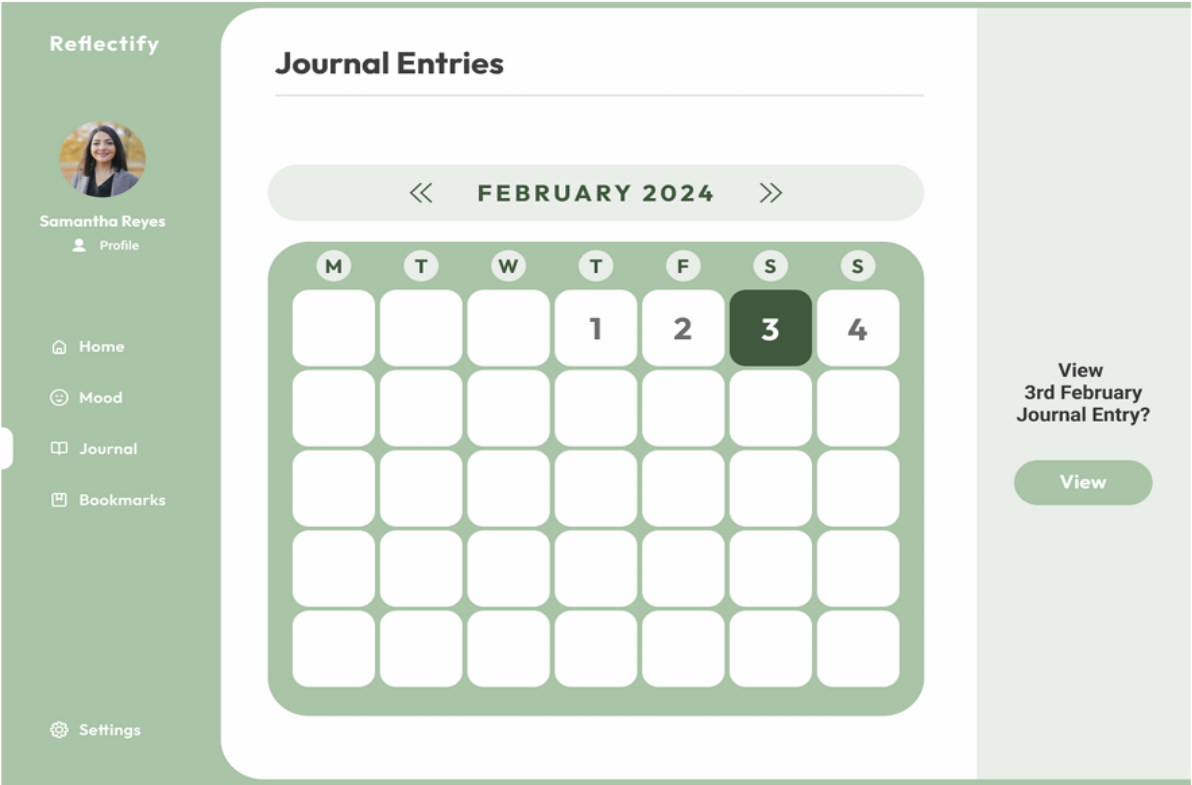


Figure 6. Journal Entries page.



Figure 7. Journal page.

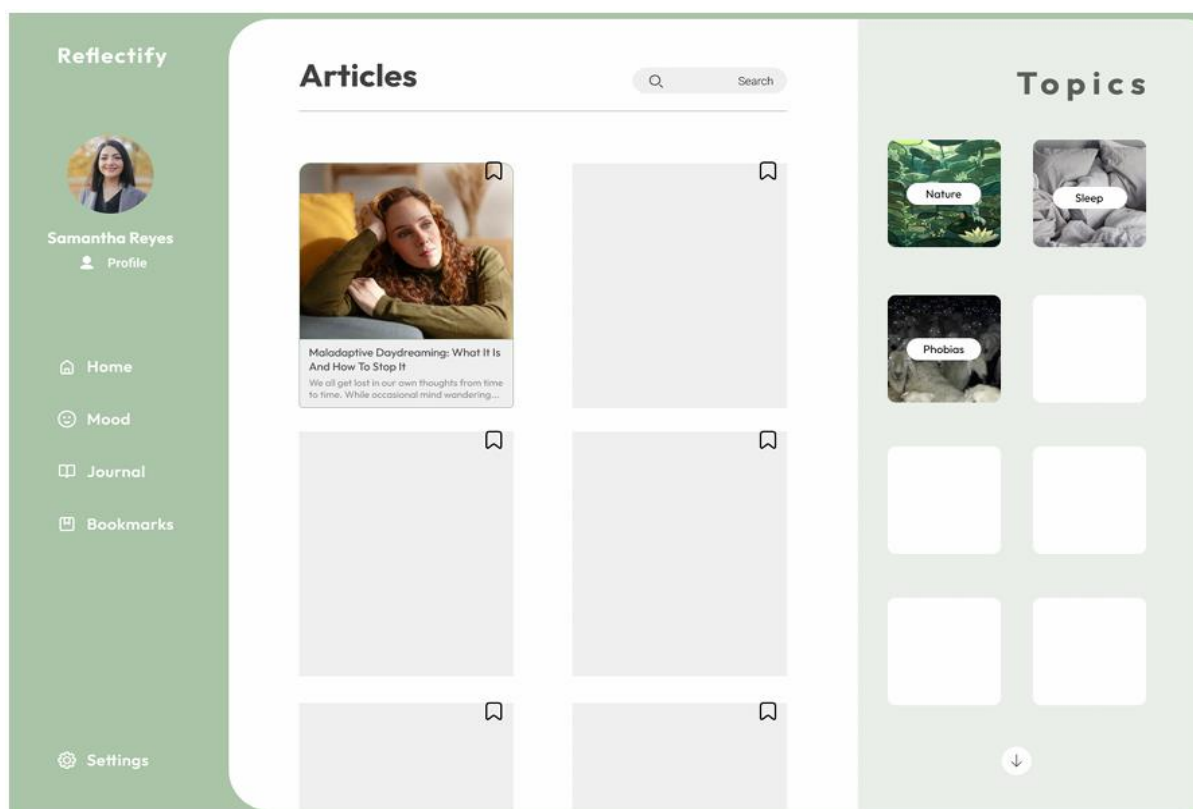


Figure 8. Articles page.

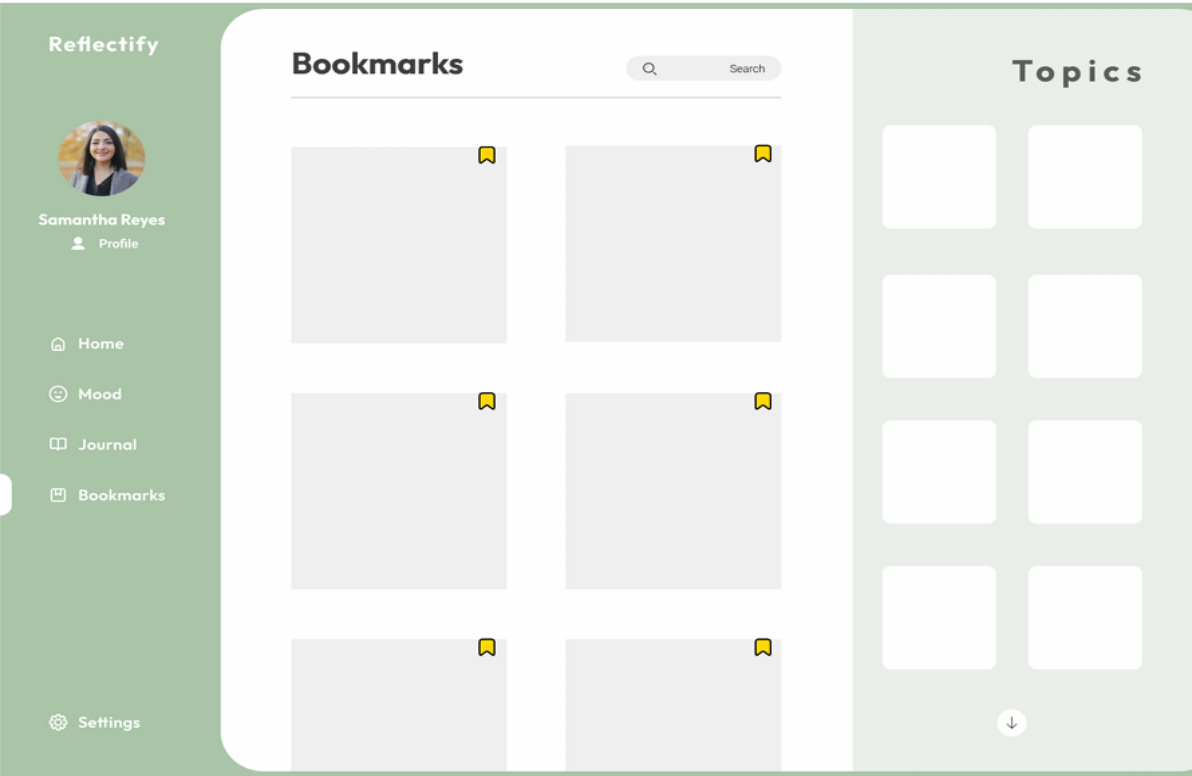


Figure 9. Bookmarks page.

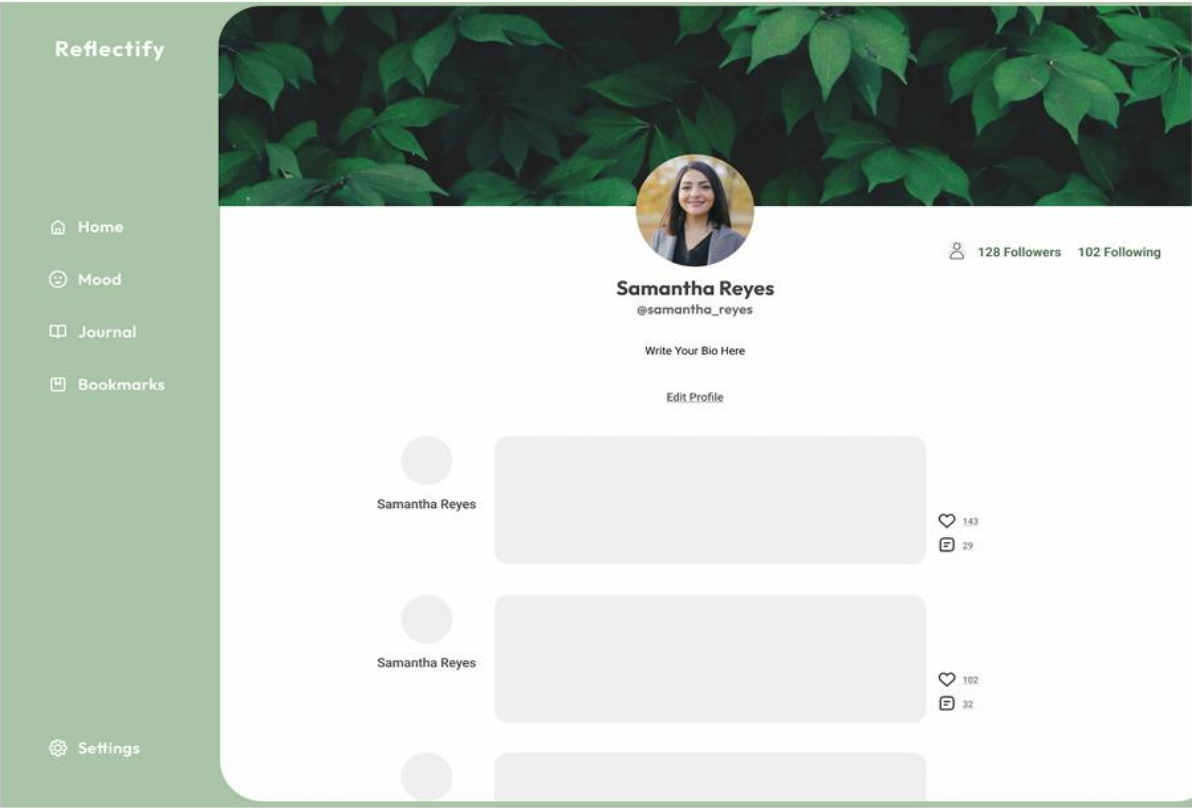


Figure 10. Profile page.