

#### RESEARCH EXHIBITION IN MATHEMATICS & COMPUTER SCIENCES

## REMACS 5.0

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Research Exhibition in Mathematics and Computer Sciences (REMACS 5.0)

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#### **Editors**

Rafiza Ruslan, Mohamad Najib Mohamad Fadzil, Noorfaizalfaird Mohd Nor, Mohammad Hafiz bin Ismail

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## **Preface**

It is with great pleasure that we present this extended abstract book, titled "The 5<sup>th</sup> Research Exhibition in Mathematics and Computer Sciences (REMACS 5.0)". This book is a collection of research work in the fields of Computer Science and Mathematics, contributed by the final year students from Universiti Teknologi MARA, Perlis Branch. The aim of this book is to showcase the diversity and depth of research in these two interrelated fields.

Mathematics and Computer Science are two fields that have seen tremendous growth and advancement in recent years. With the rise of new technologies and the increasing demand for data-driven solutions, researchers in these fields have been working hard to develop new theories, algorithms, and models that can help solve some of the most pressing problems of our time. This book is a testament to their hard work and dedication.

The abstracts in this book cover a wide range of topics, including algebra, analysis, logic, computer architecture, algorithms, artificial intelligence, machine learning, computer network, netcentric computing and many more. The work presented here is both theoretical and practical, and has the potential to impact many areas of society, from finance and healthcare to education and security.

We hope that this book will serve as a valuable resource for future students in the fields of Mathematics and Computer Science. We also hope that it will inspire more students to pursue innovative and groundbreaking research in these two fields. Finally, we would like to express our gratitude to all the contributors for their hard work and dedication, without which this book would not have been possible.



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## **EVENT SCHEDULE**

8:00 – 8:30 am
•Registration

8:00 am - 12:00 pm
•FYP Project Presentation

12:00 - 2:00pm •Lunch Break

2:15 – 2:35 pm
•National & Wawasan Setia Anthems
•Doa Recitation

2:35 – 2:45 pm
•Welcoming Address by Director of REMACS 5.0

2:45 – 2:55 pm
•Officiating & Closing Remarks from Rector of UiTM Perlis

2:55 – 3:00 pm • REMACS 5.0 Montage

3:00 – 4:00 pm

Awarding of Winners:

Best Poster

Best Project Award

Photo Session

•End of Ceremony

**Dress Code: Formal / Corporate** 

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# **EXTENDED ABSTRACTS**

#### HEALER - MENTAL HEALTH PERSONAL DECISION AID

#### Huda Nabila Ishak and Norfiza Ibrahim

College of Computing, Informatics and Media, Universiti Teknologi MARA Perlis Branch, Malaysia

#### **Abstract**

Healer is an application whose goal is to help adults recognise their mental health problems and control the symptoms. The goal of this project is to develop a personal aid for adults who are struggling with mental health problems. A design science research methodology (DSRM) was used to develop and evaluate materials to help address the identified problems. During the evaluation, the benchmark scale was measured, analysed, and recorded. The results demonstrate that the attractiveness scale is above average, the perspicuity scale is excellent, the efficiency scale is good, the stimulation scale is above average, the dependability scale is above average, but the novelty is bad. The design and development of the Healer achieved all of the objectives of this study, including outlining the requirements and techniques for developing a mobile mental health application.

Keywords: Mental Health, Anxiety, Panic, Depression, Mental Health Disorders, Adults

#### 1. Introduction

Healer is an application whose goal is to help adults figure out their mental health problems and control the symptoms. The scope of this project is to develop a personal aid for adults who are struggling with mental health problems. The first module in this project is the mood tracking module. Personalisation tests will be done where the user will be prompted to choose their feelings and answer questions that they have been facing to identify their mood and symptoms. Second is the exercise recommendation module. From the personalisation test, a diagnosis will be made as well as suggestions of exercises treatment will be offered. Third module is the motivational quotes where in this module, simple yet needed consolation is offered to users in the form of motivation quotes that will help them get their lost motivation. Lastly is the expert treatment that will help them locate experts from psychology and counselling units available around them.

#### 2. Methodology

Data were acquired through a survey utilising the User Experience Testing method (UXT). The User Experience Questionnaire (UEQ) consisted of 26 questions, each represented by a pair of words having opposing meanings. To accomplish the UXT, adults between the ages of 18–50-year-old were approached. The evaluation procedures were held at UiTM Perlis. The respondents were given an Android smartphone to use during the evaluation procedures and 10 minutes to explore the prototype of the application. Following the completion of the application by the responders, a Google Form questionnaire based on User Experience Testing (UXT) was issued for evaluation.

#### 3. Results and Discussion

As a consequence, personal information such as gender, age, occupation, and education level were collected for the demographic questions in the first phase of the survey. This user experience testing had 30 participants that took part in the testing. The questionnaire's scales provide a full view of user experience. Both traditional usability criteria like efficiency, perspicuity, and dependability, as well as user experience elements like originality and stimulation, are measured. The UEQ has a 7-point Likert scale and twenty-six components that represent the main characteristic. The benchmark

scale was measured, analysed, and recorded. The results demonstrate that the attractiveness scale is above average, the perspicuity scale is excellent, the efficiency scale is good, the stimulation scale is above average, the dependability scale is above average, and however, novelty is bad.

#### 4. Novelty of Research / Product

Poor mental health is a complex and widespread psychological issue affecting adults in both industrialised and developing countries. Various psychological and psychiatric surveys done in a variety of developed and developing countries indicated that the incidence of stress, anxiety, and depression (SAD) is significantly greater among adults than in the general population (Mofatteh, 2020). One of the ways to help those in need is giving the treatment they really need and entertain their problem as early as possible to avoid regretting it later. Personal recommender system may help in aid or assist adults with mental health problems receiving the treatment they need according to their symptoms and diagnosis. It can be done by taking a personalisation test that will require them to identify their moods and symptoms that will be analysed by the system to generate a diagnosis of the problem. According to the personalised diagnosis, a treatment can be offered to them with hope will help them to get better. Pedrelli et al., (2015) emphasised that technology-based programmes for detection and early treatment would have the benefit of giving anonymity, being accessible at any time, and possibly being cost-effective.

#### 5. Conclusion

The personality test proved successful in capturing users' symptoms, making a diagnosis, and providing personalised exercise treatment suggestions to help people with mental health problems understand and control their mental health condition. Moreover, they can make use of the application to control their symptoms and seek experts' help.

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