**UNIVERSITI TEKNOLOGI MARA**

**DEPRESSION CONDITION TEST USING MOBILE APPLICATION**

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**JANUARY 2019**

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# ACKNOWLEDGEMENT

# ABSTRACT

Nowadays, much of clinical psychologist work has focused on treating individuals with depression. From day to day, much mobile application has being developed. Despite the growing number of mental health applications available for smartphones, the perceived usability of these applications from the perspectives of end users or health care experts has rarely been reported even it is vital. The objective of the project is to design systems that can analyses user depression condition so that users know their condition. Then, this project also develop a system that can assists people to practice some techniques to overcome some of the symptoms then lead them to get some help. Besides, this study also gets an approval from a few experts to make sure it is sufficient and effective to the target user. It was observed that much clinical psychologist work has focused on training individuals with depression nowadays. Depression is not diseases that can be detected easily even by a closest people and the worst thing it can lead to suicide. This project is focus on 18 to 25 years old user that needs to know their depression condition. This project use mobile application platform as it is the most famous platform among teenagers at that range. Other than that, an agile methodology has been implemented in this project as a guideline. The result from this study shows that it can be used by the teenagers and can motivate user to seek for help from an expert.

Keyword: Depression Test, Depression Anxiety Stress Scale (DASS), real-time, Android Based, mental health mobile application.

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# CHAPTER 1

# INTRODUCTION

This chapter is briefly explained about a personalized budget package for mobile applications using informational queries. Its include the project background, problem statement, objective, scope and significant

## 1.1 Project Background

Nowadays, especially in Malaysia everyone talk about depression. This is because there are so many issues about depression being highlighted in social media Based on American Psychiatric Association article, Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.(Parekh, n.d.)

People who have depression will affect their life severely. They have trouble performing at work or school and lost interested in normal family or social activities. However, many people didn't realise they have depression problem and just feel miserable or unhappy without knowing why. An untreated major depressive episode lasts an average of nine months. At least half of the people who experience an episode of major depression will have another episode of depression at some point.(National Institutes of Health (US); Biological Sciences Curriculum Study, 2007)

Moreover, there are many applications being develop in order to help depression person in Apple Store and Apple Store as mobile phone is a famous platform among users nowadays. A research has been made and the result is a mobile phone depression screening application can motivated some users to seek a depression diagnosis.( Lyndal Trevena, 2016)