

**PSYCH.IT APP - ANDROID APPLICATION FOR  
MENTAL HEALTH SCREENING**

**THESIS**

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**T7154**

THESIS/SP 620.0042 C81 2017

**May 2017**



✓ **PSYCH-IT APP – ANDROID APPLICATION FOR  
MENTAL HEALTH SCREENING**

**Undergraduate Thesis  
Submitted to the Faculty of the  
College of Engineering and Information Technology  
Cavite State University  
Indang, Cavite**

**In partial fulfilment  
of the requirements for the degree  
Bachelor of Science in Information Technology**



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**May 2017**

## **ABSTRACT**

**CRTEZ, JOSEPH ANGELO L. and VERGARA, RONCEL B. Psych-it App – Android Application for Mental Health Screening.** Undergraduate Thesis. Bachelor of Science in Information Technology. Cavite State University, Indang, Cavite. May 2017. Adviser Mr. Mark Philip M. Sy.

The study was conducted on February 2016 to April 2017 in Cavite State University- Indang Campus, Indang. This mobile application will help to bridge out communication between the guidance unit and the students. In addition, it can help in the mental health promotion and awareness. The mobile application provides information from the University Guidance Services Unit; information about health, self-care, and college life and such. In addition it will also help in raising awareness on mental health as it comes with general information about mental health and mental illness and psychological quizzes. The mobile application also features an anonymous online counseling which enables the students to address problems or seek help in just a click away.

The proponents used the Incremental Model as the methodology of developing the study. The computer hardware used in the development of the mobile application has the following software specifications; HP Pavilion dv4 Notebook PC with Intel Core i3-2310m 2.10GHz processor, 4.00 GB (RAM) and runs on 64-bit Windows 7 Home Premium operating system and a computer with Intel 4 core i5 3570, 3.40 GHZ processor, 8.00 GB (RAM) and runs on Windows 8.1 operating system.

The proponents used the following software in the development of the mobile application: Adobe Photoshop CC for the design and image enhancement, Android Studio for the Integrated Development Environment (IDE), Java programming language

for building the app, XML for the design and layout, Firebase for the database and server and Microsoft Word 2007 for the documentation.

The developed application was evaluated using two different questionnaires which were adapted by ISO 9126: technical and non-technical questionnaires. 147 respondents answered the non-technical questionnaires including the 10 IT experts to measure the rating of the mobile application to its functionality (4.63), reliability (4.67), usability (4.70), user-friendliness (4.67), efficiency (4.60), maintainability (4.70) and portability (4.70).

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# **PSYCH-IT APP – ANDROID APPLICATION FOR MENTAL HEALTH SCREENING**

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An undergraduate thesis submitted to the faculty of the Department of Information Technology, College of Engineering and Information Technology, Cavite State University – Main Campus, Indang, Cavite. In partial fulfilment for the degree Bachelor of Science in Information Technology with Contribution No. 200. Prepared under the supervision of Mark Philip M. Sy.

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## **INTRODUCTION**

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and to cope with challenges (WHO). Mental health is essential to personal well-being, family and interpersonal relationship, and the ability to contribute to community or in the society. Mental health includes emotional, psychological, and social well-being of a person. It affects how we think, feel, and act. It is important at every stage of life, from childhood and adolescence through adulthood. It is the key to a person's well being.

Guidance is the process of giving advice or suggestions or instructions to people who deals with problem, whether spiritual or psychological. Counseling, like the same thing with guidance, includes giving of advice. According to Woolfe et. al (2009), counseling is concerned in working with the clients to explore the issues underlying a wide range of psychological, social and relationship problems It involves listening and