

eMindGuard - A Holistic Mental Health App

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Introduction

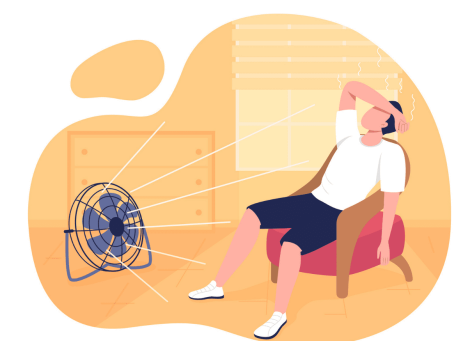
Mental health is a rising concern for young adults in today's digital world, often going unnoticed until it worsens. Early detection and intervention are crucial to prevent escalation.



Social media: Excessive social media use has been linked to increased anxiety, depression, and feelings of isolation among young adults.



Heat Stress: Prolonged heat stress has been shown to elevate anxiety and exacerbate symptoms of depression.



Sunlight: Regular exposure to sunlight is crucial for regulating mood and preventing seasonal affective disorder (SAD).



Air Pollutants: High levels of air pollution are associated with increased rates of depression and cognitive decline.



Location: Urban environments often contribute to higher stress levels, while rural and suburban settings can impact access to mental health resources.

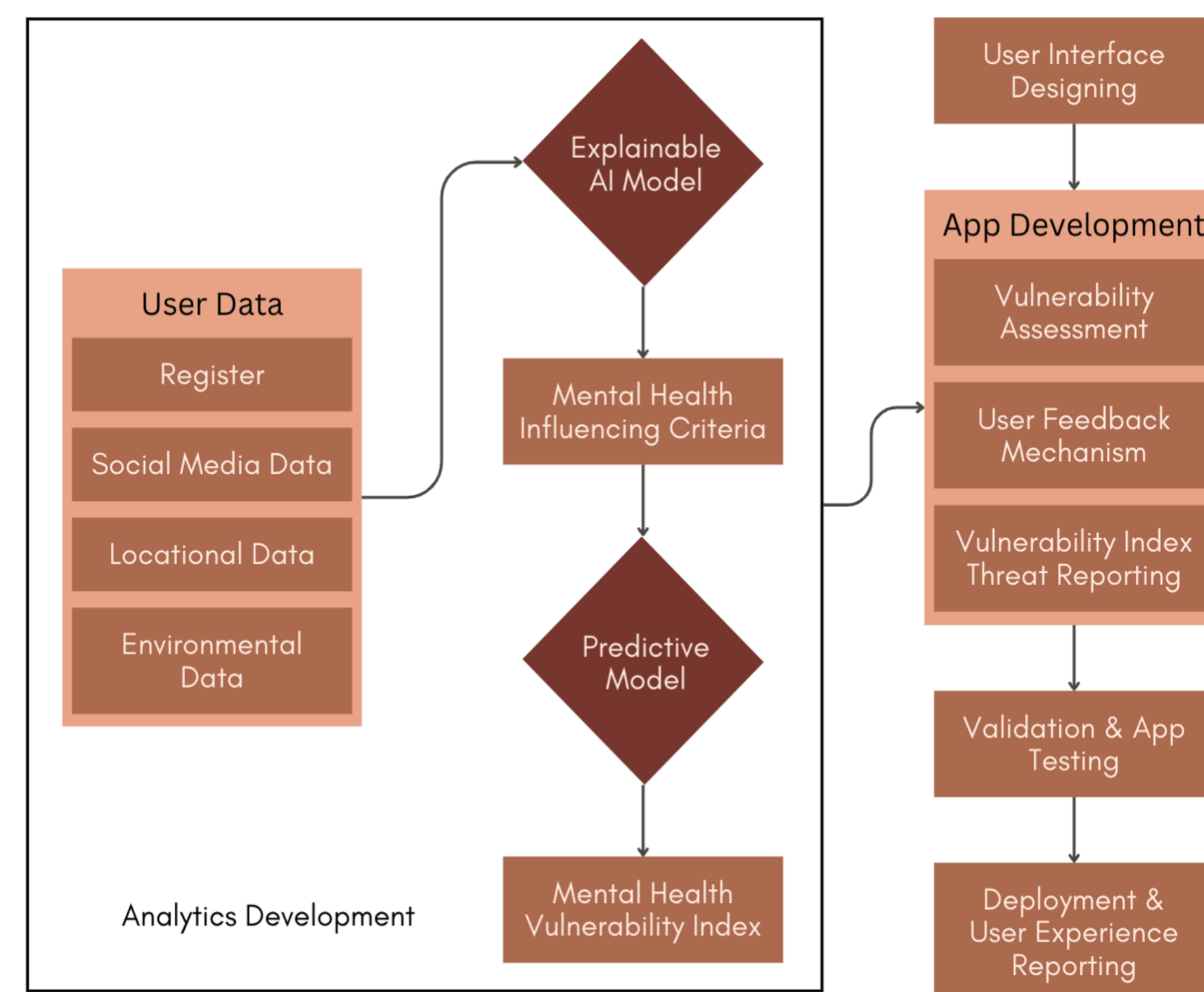


eMindGuard is an innovative mental health assessment app designed for young adults, including college students. It utilizes a unique blend of *Social Media data*, *Environmental factors*, and *Locational information* to offer a comprehensive evaluation of an individual's mental health vulnerability.

Methodology and User Journey

Data Collection

- ✓ **Social Media Data:** The app gathers data from social media platforms to analyze users' emotions, thoughts, and behaviors.
- ✓ **Locational Data:** It utilizes GPS coordinates and points of interest like urban facilities, events, and crime rates.
- ✓ **Climatic Data:** eMindGuard incorporates weather and air quality data, providing insights into external factors that affect mental health.

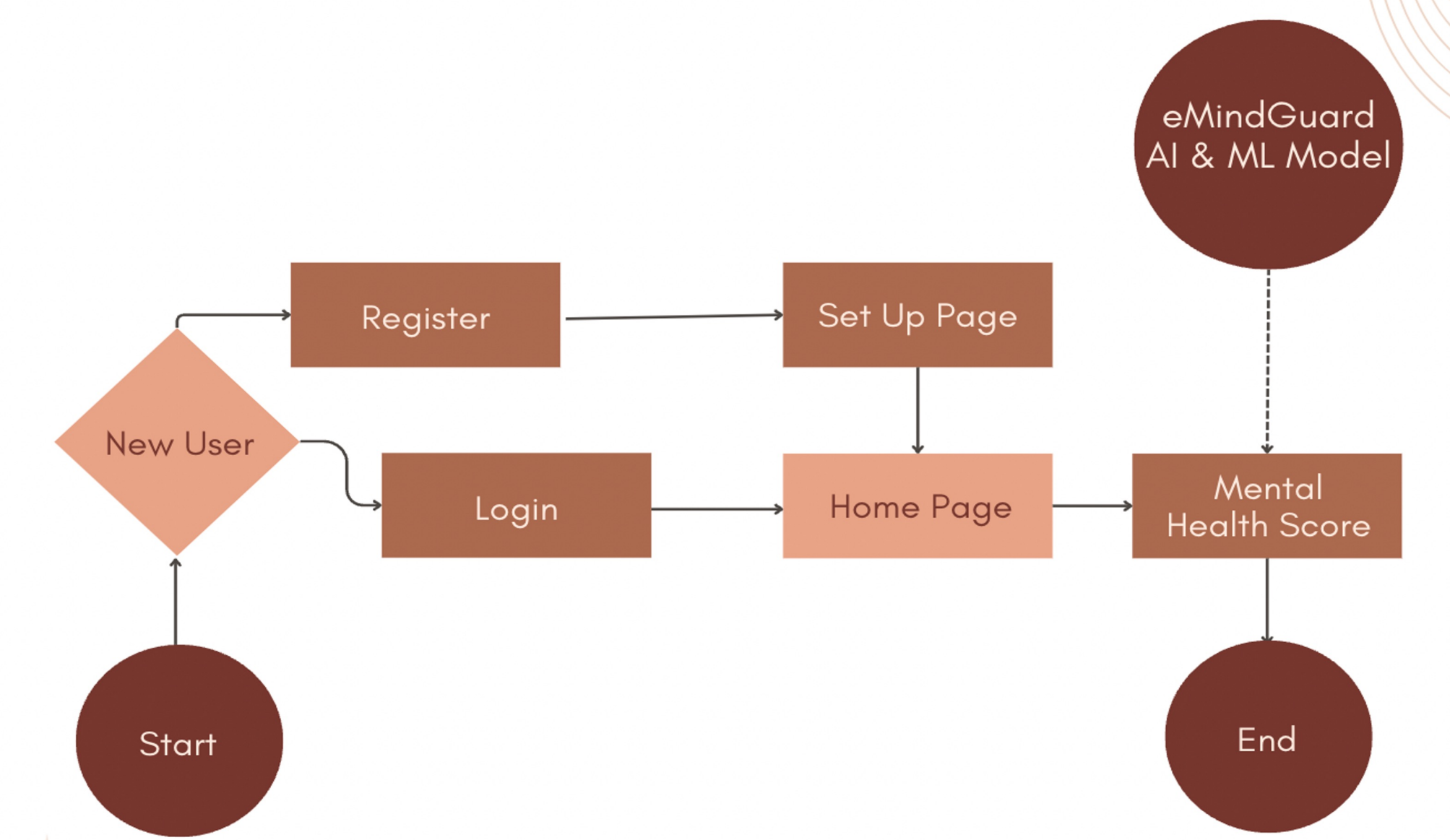


Data Analysis and Predictive Modeling

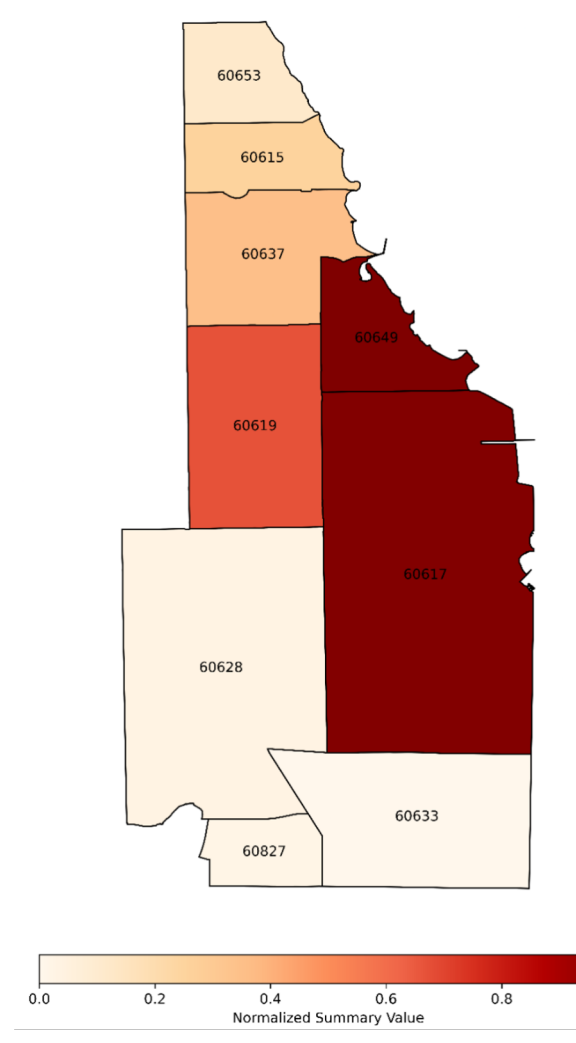
- ✓ **Advanced Analysis:** Using state-of-the-art explainable AI techniques and predictive modeling, the app deciphers complex relationships among various determinants of mental health.
- ✓ **Vulnerability Matrix:** It generates an easily interpretable vulnerability matrix that provides users with a clear understanding of their mental health vulnerabilities and influencing factors.

User Journey

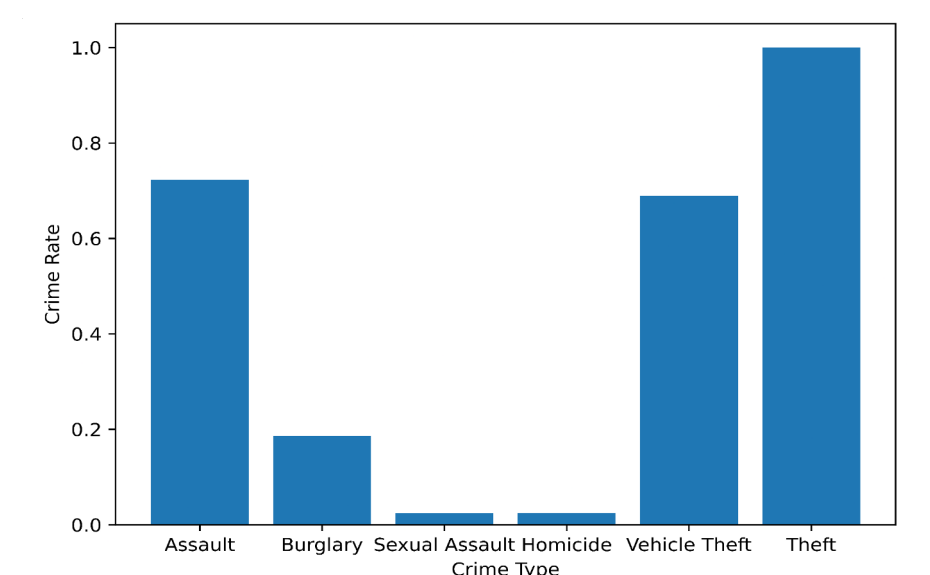
From initial sign-up and personal setup to receiving your tailored mental health assessment, driven by our sophisticated AI & ML model.



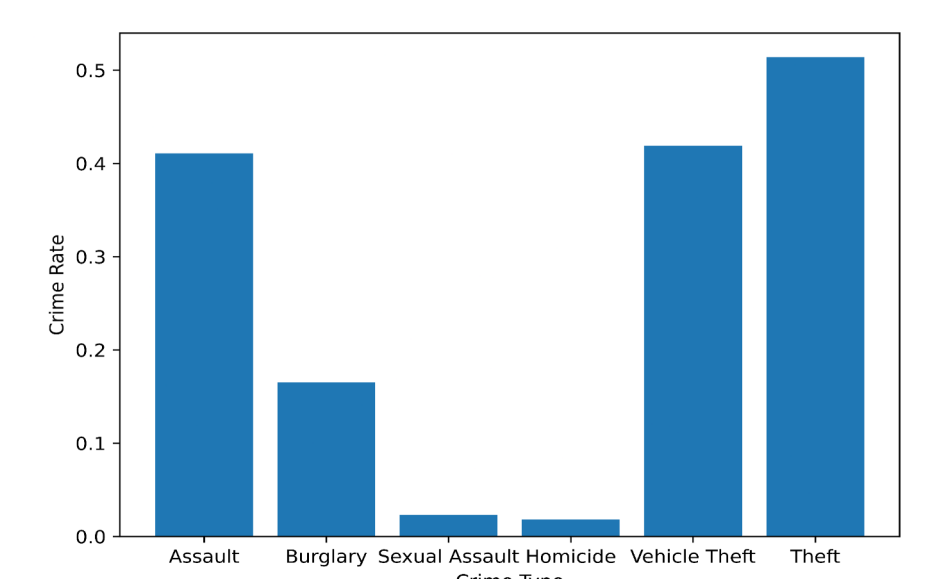
Crime Data Integration



Crime Data of ZIPCODE 60617



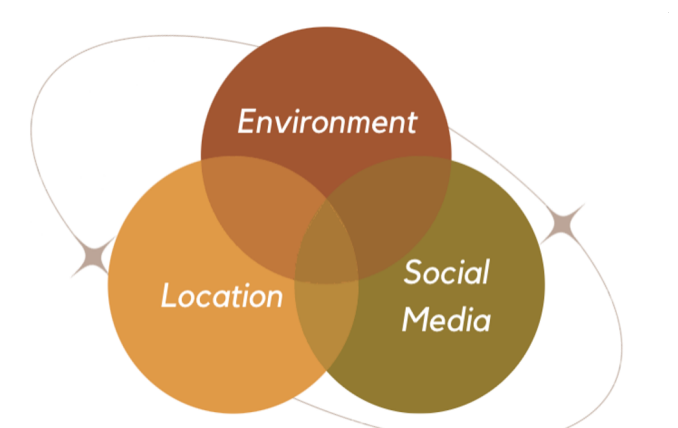
Crime Data of ZIPCODE 60619



eMindGuard Mobile Application



Why eMindGuard ?



Holistic: eMindGuard combines social media sentiments, environmental data, and location for a full mental health picture.

Transparent: Explainable AI ensures clear and insightful assessments.

Personalized: Custom suggestions and alerts support users in critical moments.

Sponsors Our work is sponsored by Cardiff-UIC System Seed Grant and Global Wales Partnerships Fund.



Scan to Visit eMindGuard Web Portal

