

BHM (Better Help, Mental Health)

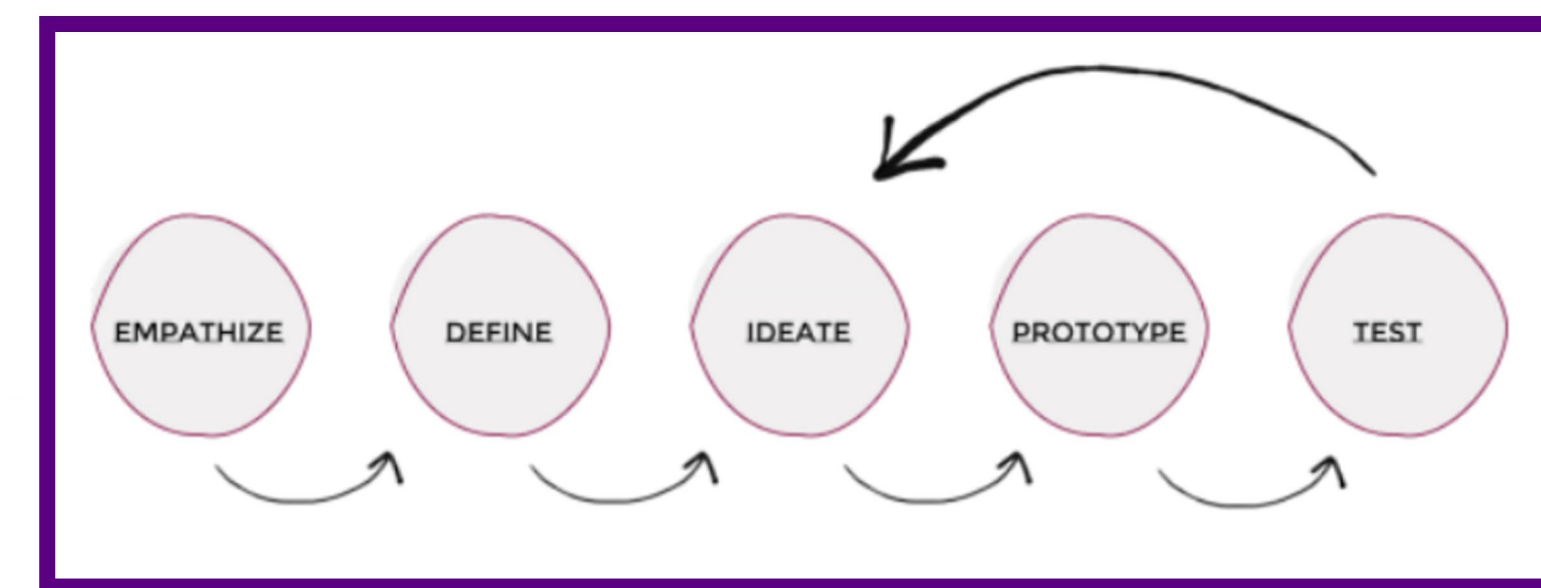


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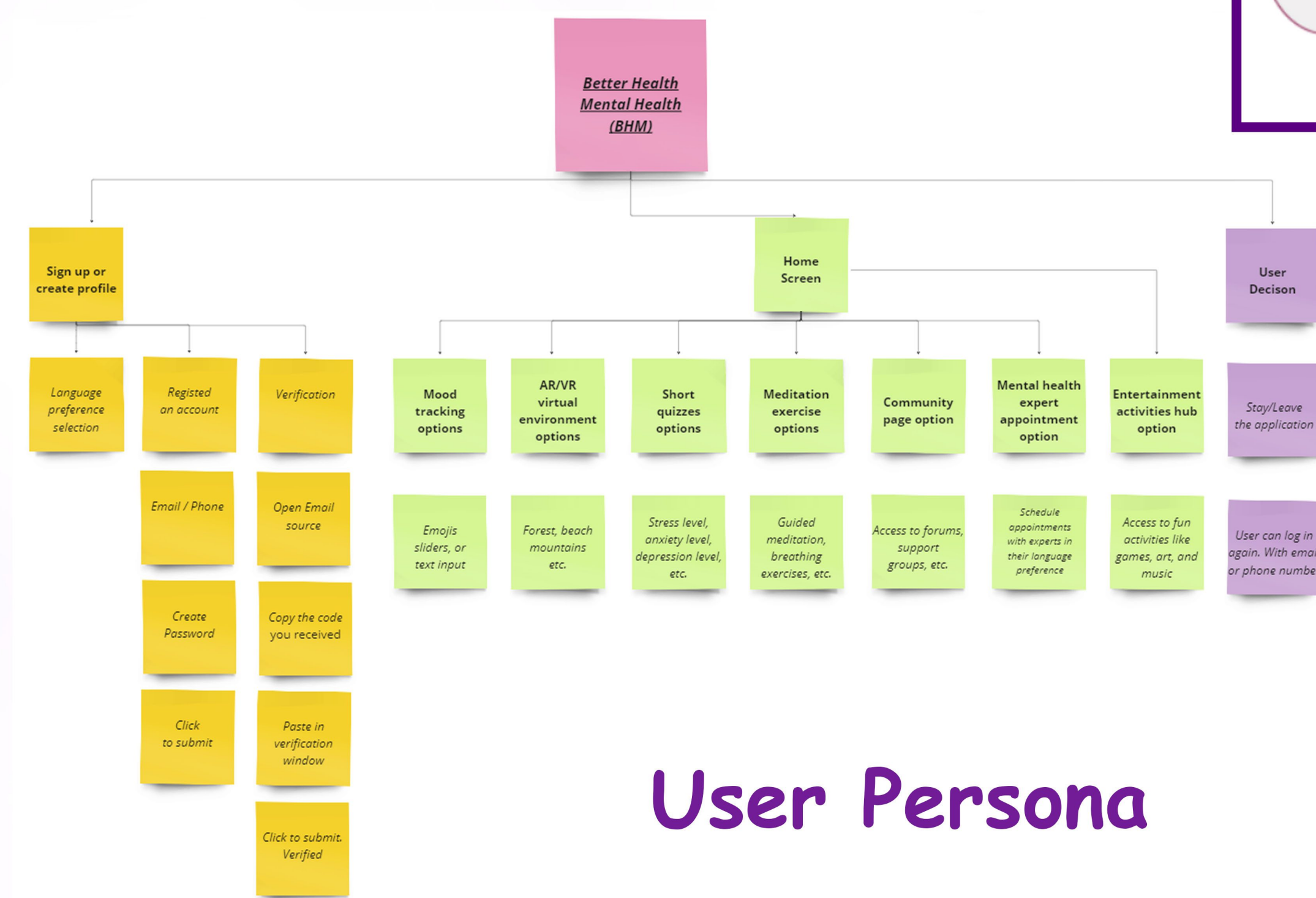
Problem

How can VR-based mental healthcare applications be effectively designed to address the unique needs and challenges faced by international college students in overcoming their mental health issues?

Design Thinking Process



Task Analysis



Top Problem for students:

- limited accessibility
- lack of engagement
- limited real-life exposure
- limited personalization

User Persona

	<p>Bio</p> <p>Priya is a 28-year-old Indian international student pursuing a Master's degree in Business Administration at a university in the United States. She moved to the US for her studies and has been living there for almost two years. Priya is fluent in English and Hindi and has some knowledge of French. She is interested in reading, traveling, and exploring new cultures.</p>	<p>Quotes</p> <p>"Feel pressure from my parents to get married, and I struggle to balance my academic workload and personal life. I want to enjoy my time in the US and focus on my studies and career before making any decisions."</p>	<p>User Scenario</p> <p>Priya is feeling overwhelmed with her academic workload and the pressure to get married. She is experiencing symptoms of anxiety and depression and feels like she has no one to turn to. Priya decides to use a mental health support program designed specifically for international students to seek help anonymously and confidentially. Through this program, she is able to connect with mental health professionals who understand the unique challenges faced by international students and provide culturally sensitive support. With the help of the program, Priya is able to manage her mental health and improve her overall well-being, allowing her to focus on her studies and deal with the pressure from her parents in a healthy way. She is also able to make new friends and connect with other international students who understand her struggles, making her feel less alone and isolated.</p>
<p>Priya Gupta</p> <p>Age: 28 Nationality: Indian Occupation: Master student of Marketing Location: Oswego, NY</p>	<p>Goals</p> <p>Priya wants to excel in her studies and achieve good grades in her program. She also wants to find a balance between her personal and academic life and enjoy her time in the US. Priya is under pressure from her parents to get married, but she wants to focus on her studies and career before making any decisions.</p>	<p>Pain points</p> <p>Priya is experiencing pressure from her parents to get married, which is causing stress and anxiety. She is also struggling to balance her academic workload and her personal life, which can be overwhelming at times. Priya feels isolated and alone as she doesn't have any close friends or family members in the US. She is finding it difficult to navigate the mental health resources available on campus and is unsure about where to seek help if she needs it.</p>	

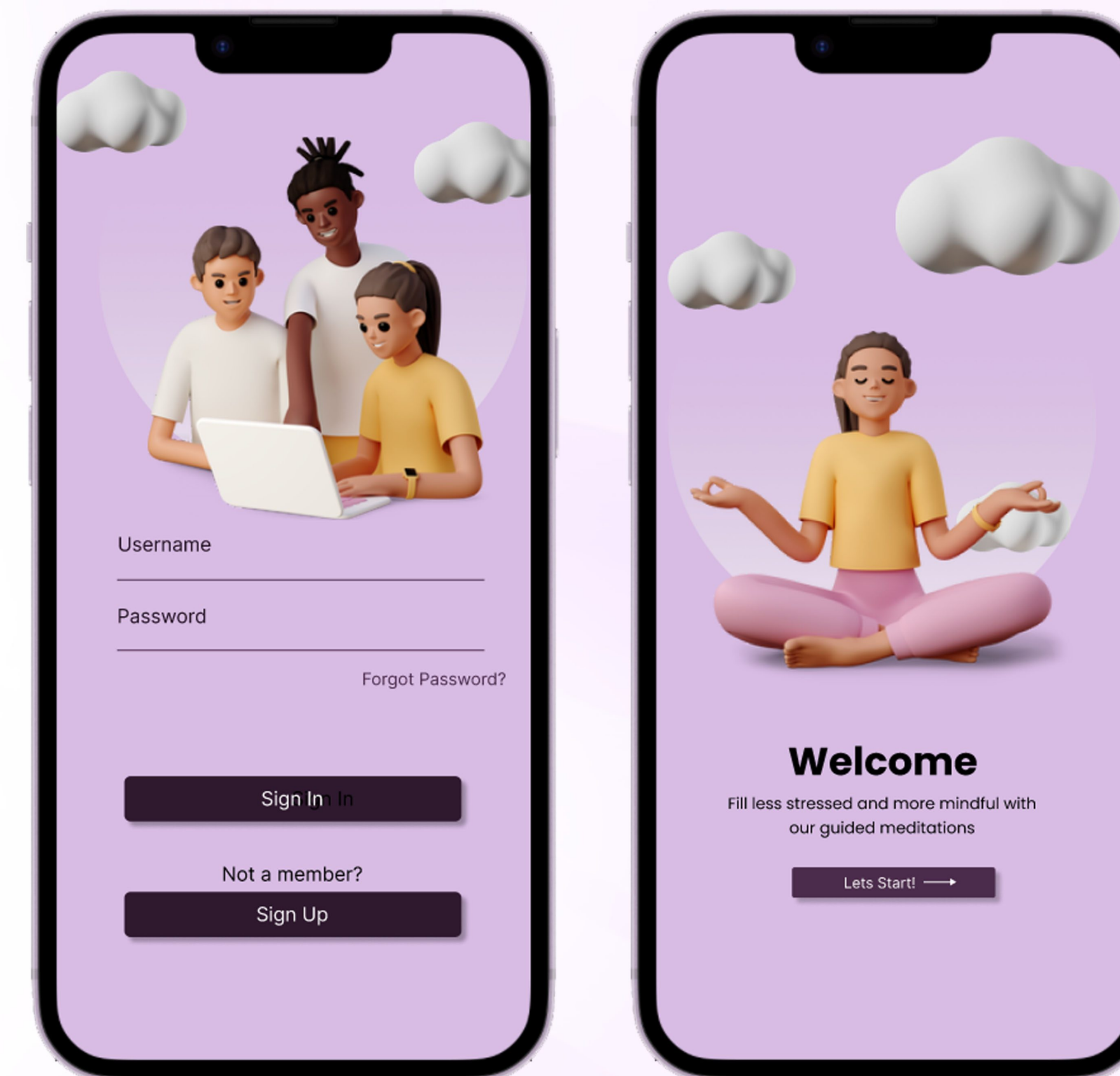
- User's Limitations:
- Language barriers
 - Cultural differences
 - Stigma
 - Privacy concerns

Solution

BHM is a virtual reality-based mental healthcare application designed to address the mental health needs of international college students. The application aims to provide **language support, access to mental health experts, mood tracking, virtual environments, short quizzes, guided meditation exercises, community pages, language preferences, accessible appointments, and entertainment activities.** However, international students face several limitations, including language barriers, cultural differences, technology access, stigma, time constraints, and privacy concerns. The application aims to overcome these limitations and provide personalized mental health support to international students through virtual and interactive means.

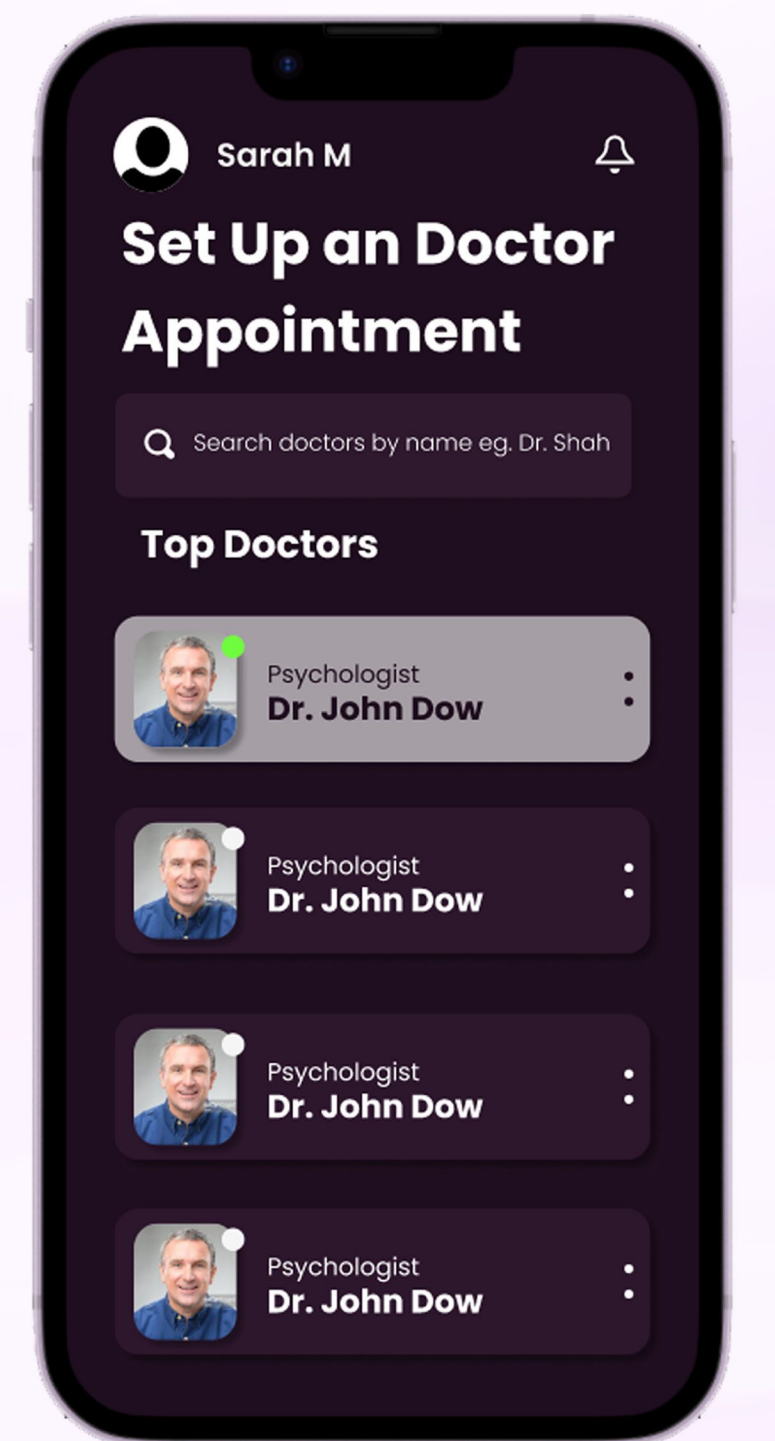
Mood Tracking

The Mood Tracking page in the VR-based Mental healthcare application is a crucial tool for international college students to track their mood and emotions over time, identify patterns and potential triggers, and take an active role in managing their mental wellness.



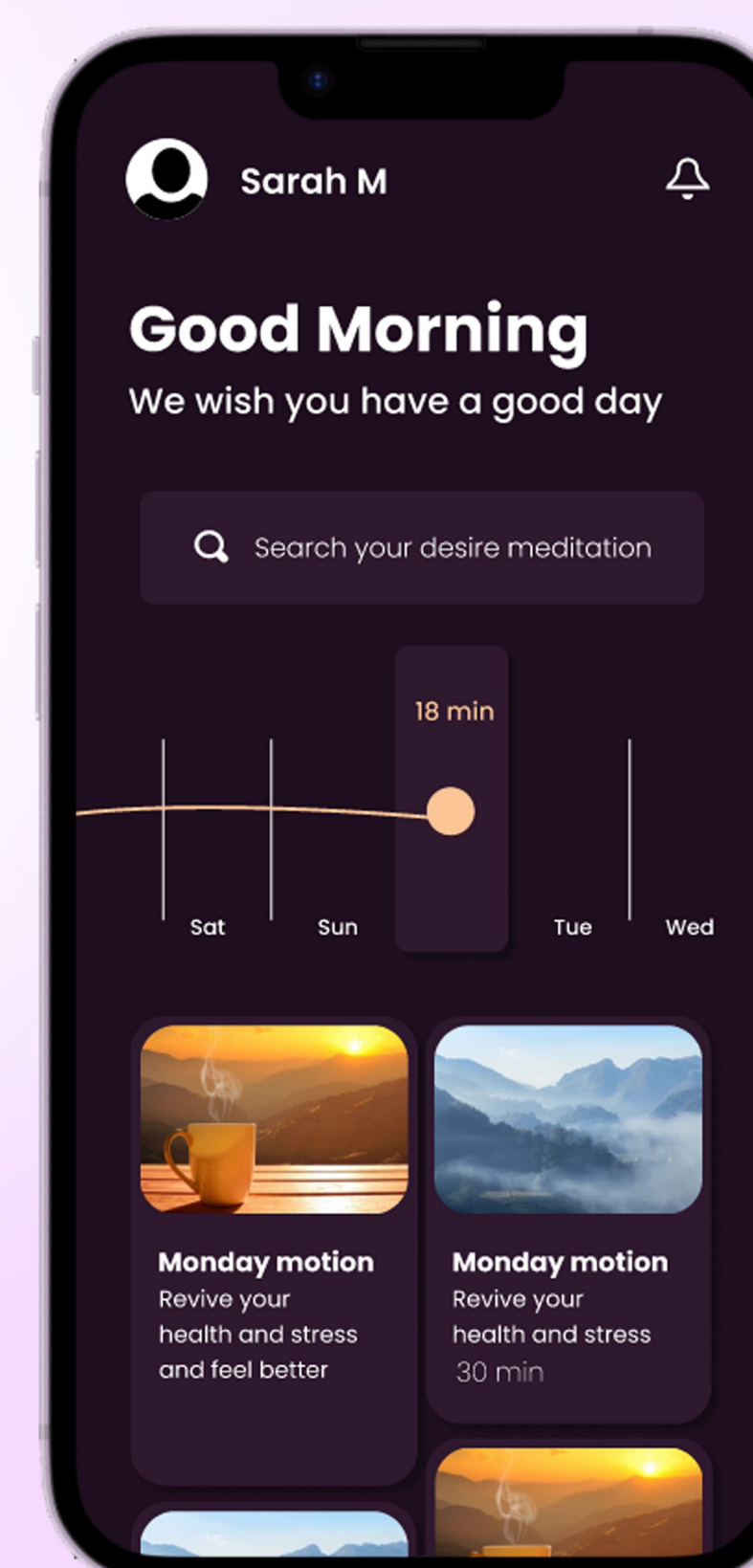
Set Appointment

Set Appointment page is a crucial feature that allows international college students to schedule appointments with mental health professionals conveniently. With the page's help, students can easily find and select a suitable mental health specialist based on their specific needs, preferences, and availability. This reduces the barriers to accessing mental healthcare services and encourages students to seek the help they need. By providing a user-friendly and streamlined process for scheduling appointments, the app can improve the students' mental health outcomes and support them in their journey towards better mental wellness.



Meditation

Meditation page provides a virtual space for guided meditations that can help students to reduce stress and anxiety, improve focus, and promote relaxation. By offering meditation tailored to the app students tool for mental a range of exercises different needs can provide with a practical managing their health concerns.



Community

Community page offers a safe and inclusive space where students can connect with each other, share their experiences, and provide support.



This fosters a sense of belonging and reduces feelings of isolation and loneliness. In addition, the page can serve as a source of practical advice and resources for managing mental health concerns.