

Mental Health Tracker

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Abstract: *Mental health and well-being have become prominent issues in the realm of public health. Globally, the prevalence of mental health disorders is on the rise, contributing significantly to the burden of disease worldwide. However, resources and services allocated to address these disorders remain disproportionately inadequate compared to the magnitude of the issue. A substantial majority—ranging from 75% to 85%—of individuals diagnosed with mental health conditions in low and middle-income countries (LMICs) are deprived of treatment due to factors such as limited awareness, shortage of mental health professionals, and pervasive stigma surrounding seeking help.*

In the context of India, this treatment gap is further exacerbated in rural areas by factors including low literacy rates, inadequate understanding of mental health, insufficient mental health services, and a shortage of trained professionals. Socioeconomic disparities and a lack of accessible transportation further hinder access to primary healthcare facilities.

To address these disparities in mental health treatment, the imperative lies in developing innovative healthcare delivery models that can be seamlessly integrated into the existing public health infrastructure. A foundational step in this direction involves the identification and categorization of symptoms and emotional states. This is where mood tracking emerges as a crucial instrument. By enabling individuals to monitor their emotional fluctuations, mood tracking provides a valuable mechanism for better understanding one's mental well-being.

The MHT project represents a comprehensive initiative aimed at tracking and assessing an individual's mental well-being through mood analysis. Moreover, it offers a range of preventive measures and coping strategies to assist individuals who may find themselves slightly below the threshold of optimal mental health. By leveraging mood tracking and implementing actionable interventions, the MHT project endeavors to narrow the treatment gaps prevalent in mental health care, thus contributing to a healthier and more resilient society.

Keywords: Mental health tracker

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