

# From Traditional Practices to the Digital Apps: An Empirical Study of the Mental Health Remedies

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## ABSTRACT

We live in a fast-paced society where psychological health concerns such as anxiety, depression, and stress increase day by day. These disorders cause disruptions in one's thoughts, feelings, and behaviors. Also, they disturb one's day-to-day activities such as work and relationships. In recent years, people have started talking more about mental health and the challenges faced in maintaining it. There has been a significant amount of research on finding new ways to assess the mental health of individuals and provide better solutions to their problems. But, even today people find it difficult to approach a doctor for mental health. Also, there is still a deficit of psychologists and psychiatrists in India and medicines are neither the best nor the only solution to mental health problems. Mental health as defined by the World Health Organization (WHO) is a "state of well-being in which an individual recognizes his or her own abilities, can cope with typical life stresses, can work successfully and fruitfully, and can contribute to his or her community." To achieve such well-being, it is important for people to recognize their mental well-being and act accordingly. Our research involves a discussion of various ways, methods, and remedies that can be followed to improve one's mental health and enjoy a better and happier life.

**KEYWORDS** - Mental Health Remedy, Self Help, Psychology, Mental Illness, Emotional Well-being

## INTRODUCTION

Back in 1100 B.C. first mental health issue was discovered in ancient China. Mental health problems were treated then by using Traditional Chinese medicine using herbs and acupuncture i.e. emotional therapy. Before that people of the Persian empire and other empires considered it an act of the devil. Since the ancient

period, people are suffering from mental disorders few of them get treated and a few of them are considered as work of the devil. In Indian rural areas, still, it is very common to consider mental disorder as the work of the devil instead of taking it seriously as an illness. There are a lot of studies in the field of mental disorders and various organizations are still working on it. In 1948 WHO was created and the First International Congress on mental health took place in London. Where it was said that mental health is a condition of a person, which arise due to the fluctuation of biological and social factors. Many researchers found that every mental illness has some cure if it is applied carefully to the person suffering from mental health disorders. In the era of digitalization, there are various devices that can detect the mental health status but this process does not cost-friendly. So we are here to create an application that will be free and will use some questions that are created by the various psychiatrists. On the basis of that questionnaire, it will provide a result if a person is mentally healthy or not. If he/she is not mentally healthy then our aim is to provide an accurate solution and suggest to them the best doctors nearby location.

## LITERATURE REVIEW

The paper shows growing evidence of consumer acceptance has recently fueled clinical and research interest in the potential of mobile health apps for the management of mental health problems[1]. There is currently a growing body of research, including meta-analyses that show reductions in depressive and anxiety symptoms, as well as suicide ideation through mental health apps. The author suggests new forms of care, such as 'digital clinics' to be integrated with health apps for individuals.

In this paper, the author goes stepwise. The steps are Planning for review, conducting the review, Evaluation, and then discussion[2]. In planning, developing the research questions, and selecting the data sources. In conducting, Studying the solutions, and analyzing the research materials. In Evaluation Analysing the data from the selected papers. The author's main purpose is to give a summary of ML techniques that are used to predict mental health issues.

This research looked at how persuasive technology, which tries to influence people's behavior or attitudes for their own goals without using coercion, can be used in the mental health domain, which is part of the Sustainable Development Goals, to improve access to mental health care and equality in general[3]. The study, which also looks at stress, anxiety, and depression, looks at why mental health is such a significant barrier to equality and why persons with mental health disorders have such a difficult time getting health care. It then makes a case for the use of technology in this field. After that, it discusses persuasive technology in its multidisciplinary and transdisciplinary context of behavioral and computer science. Various locations

and platforms are discussed, as well as their efficacy in alleviating stress, anxiety, and depression symptoms. Finally, it considers the potential benefits of such technology in the field of mental health in terms of equity, as well as the concerns that it may entail.

The research paper talks about the uses of machine learning algorithms and artificial intelligence to detect mental health issues. The research paper follows the standard PRISMA protocol, which stands for Preferred Reporting Items for Systematic Reviews and Meta-Analyses[7]. The mental health problems are categorized into several mental health disorders such as schizophrenia, anxiety and depression, bipolar disorder, posttraumatic stress disorder, and children's mental health problems. Various machine learning approaches are used to predict the different types of mental health issues for predicting depression and anxiety. Convolutional neural networks and vector machines are used. For predicting bipolar disorder and Posttraumatic Stress Disorder (PTSD) support vector machine, for mental health problems among children MLP was used. Hence it concludes that many researchers used various machine learning algorithms only a few give the best accurate result. So it is a challenge for researchers to achieve satisfactory results that could help in clinical practices and decision making.

## METHODOLOGY

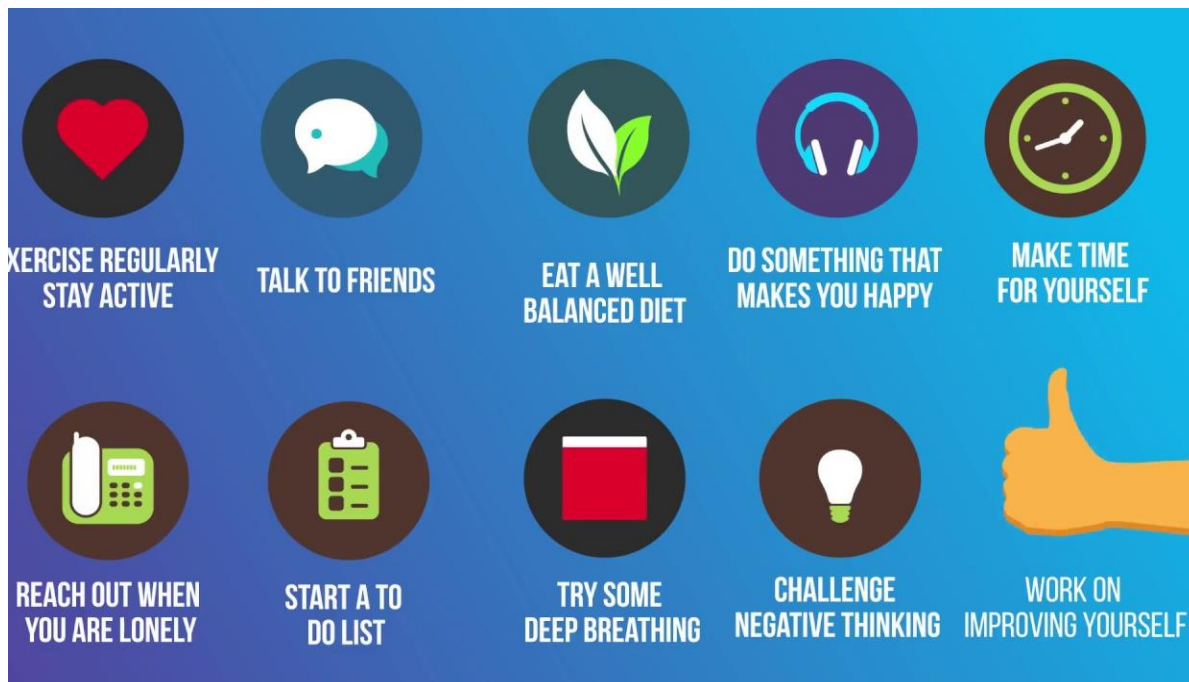


Fig. 1. Mental Health Remedies

Mental Health Disorder is a serious disorder that, if not treated, can worsen over time. To avoid antidepressant medication, there are many natural alternatives. These alternatives can also be advantageous when used in addition with other methods of treatment such as psychotherapy and various medications.

### *1. Purpose: Looking for small ways to assist others.*

Finding a purpose through serving something larger than yourself. It is not necessary to have meaning in order to provide service. Happiness and success cannot be pursued; they come as a by-product of following a path that is greater than oneself. Viktor Frankl's book, *Man's Search for Meaning*, is a powerful look at the importance of finding meaning in life. It is a must-read for anyone looking for an understanding of what truly matters in life.

### *2. Objective*

Make a list of goals that will give you a sense of satisfaction and accomplishment. Many people feel guilty when they set goals because they think they are doing something wrong if their goals are unrealistic or impossible to achieve. Goals are feasible if the following criteria are met:

What you have control over (that is, this endeavor is achievable and practical for you). It may be tested to check if it is functioning properly. Make arrangements for fun activities or events. Don't wait till you're in the mood to accomplish something. To replenish your batteries, take a 30-minute rest.

Measurable (i.e., it can be determined if it is working or not)

### *3. Plan Fun Activities or Events:*

Set aside time to participate in enjoyable activities or events.

Don't put off doing something until you're "in the mood." Allow yourself a 30-minute "break" every day, or schedule a healthy activity. Just remember to tackle these situations with the right perspective (see Engagement). Also, foster gratitude by focusing on what went right today rather than what went wrong. Keeping a gratitude journal is a nice idea.

### *4. Pay attention to the current time.*

The word "mindfulness" is used to characterize this approach. As much as possible, avoid being in your head with self-judgment during activities. Although you may not be able to turn off your self-judgment, you may become aware of it and return to the present moment.

### *5. Get some exercise and consume a healthy diet.*

Moderate exercise, done five times a week for 30 minutes each time, can enhance your mood dramatically. Any action that makes singing from the diaphragm difficult is considered moderate exercise. Pay attention to how your mood is affected by the food or beverage you're drinking. You don't have to stick to fad diets, but anyone who regularly consumes carbohydrates, junk food, and energy drinks would become melancholy.

### *6. Relationships: Surround yourself with individuals that inspire you.*

To help you grow, interact with others on a daily basis (not people that bring you down). While it's great to spend time alone, create a balance and don't isolate yourself for too long, or your melancholy may worsen.

### *7. Keep a Regular Sleep Routine:*

Try to keep a consistent sleep schedule.

Avoid sleeping too little or too much to maintain a healthy sleep pattern. Staying up late one night and then sleeping in the next day is a certain way to foster despair. Also, fixing problems late at night when your brain is half asleep is not a good idea.

### 8. Keep track of your emotional well-being via mental health apps.

Today's mental health applications have proved to be one of the easiest and most accessible methods to be sane in everyday life. They provide helpful ideas, exercises, and monitors for maintaining mental health and a positive work-life balance.

### Psychotherapy is used to treat mental illnesses.

Psychotherapy (talk therapy) has been shown to be beneficial in the treatment of a variety of mental health issues and is available in both inpatient and outpatient cases. An individual or a group of people engages in talk therapy with a therapist (psychiatrist) who can assist them process their emotions and acquiring new coping strategies.

## Treatment of Mental Disorders

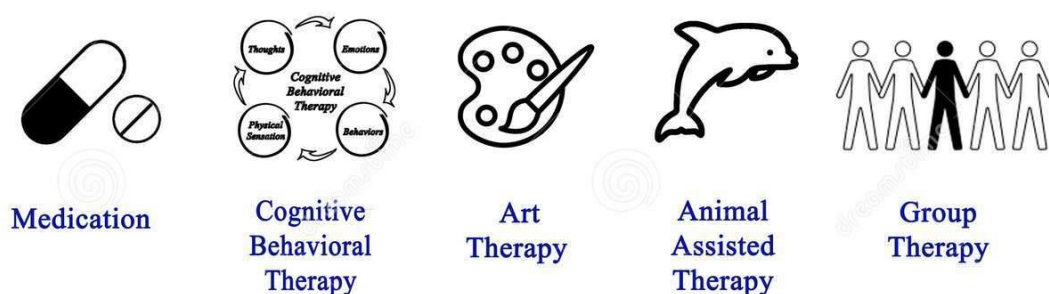


Fig. 2. Treatment of Mental Disorders

There are several forms of psychotherapy to choose from, including:

*Individual therapy* is a type of talk therapy in which a client meets with a therapist one-on-one to address underlying feelings, tragedies, and mental issues using a range of tactics and approaches.

*Family therapy* is a sort of psychotherapy in which members of a family meet with a therapist to deal with issues. Family therapy is typically conducted by a professional marital and family therapist (MFT) who specializes in family counseling.

*CBT* stands for cognitive behavioral therapy, and it is the most extensively utilized psychotherapy technique. It can be used to describe a person, a group, or a family. CBT therapists assist clients in replacing negative thoughts with positive ones.

*Dialectical behavior therapy (DBT)* is a kind of psychotherapy that is frequently used to treat persons who suffer from antisocial personality disorder (BPD). It has, however, been proved to be beneficial in the management of a variety of different ailments. DBT emphasizes accepting and validating harmful thoughts, feelings, and behaviors, as well as finding a balance between acceptance and denial.

*Psychosocial therapy* is a form of psychotherapy that aims to enhance the quality of people's relationships by teaching them new skills in communication. Couples counseling or individuals who are sad and have problems relating to others might benefit from this form of treatment.

*EMDR (eye movement desensitization and reprocessing treatment)* is a sort of therapy that is used to treat post-traumatic stress disorder i.e.(PTSD). EMDR stimulates the brain with back-and-forth eye motions, which helps to recall memories of traumatic circumstances so they may be addressed.

### **Ideas to consider:**

While not intended to be complete, the following are some possible responses to present policy-related challenges in mental health.

- The creation of low-cost, user-friendly mental health evaluation techniques and devices.
- More money for mental health services, as well as a more equal allocation of such services.
- Identifying risk factors for mental disorders using well research and review articles, so that basic preventive measures can be evidence-based. Early detection and treatment are not always possible, which might increase the illness burden. The research study is also necessary for the second area.
- Bottom-up initiatives, such as the chain-free campaign, must be reinforced with top-down policy and legislation development to improve the quality of service and patients' dignity and rights.
- Global acceptance for harm reduction strategies in conjunction with evidence-based prevention and promotion initiatives to address drug addiction problems. In order to support harm reduction, it may be required to develop/amend laws. Initiatives in basic health care are an effective strategy to reduce society's large number of alcoholics and drug addicts.
- Adherence to the IASC guidelines explained how to provide comprehensive coverage for survivors and how to execute psychological therapies at varying degrees of need.
- Planning advocacy efforts, anti-stigma programs, and fund-raising using results-based formats.



- Appropriate funds for mental health strengthening and support

Talk to a doctor or therapist to decide the best treatment plan for your depression. Many lifestyle changes, including eating a healthy diet, exercising frequently, and getting enough sleep, might help you feel better. Always check with your doctor when taking any nutrients to treat depression, since they may have side effects or combine with any drugs you're taking.

## CONCLUSION & FUTURE WORK

Many various strategies and algorithms for testing and solving mental health problems had been developed.) There are still a lot of things that can be improved.

Furthermore, there are several issues that have yet to be found. They were put to the test in a machine with a variety of settings. Learning in the field of mental health. As far as categorizing the Data on mental health is a difficult problem to solve in general. The features employed in ML algorithms will change over time. The classification's performance is greatly influenced.

Machine learning can be a beneficial technique in helping to comprehend psychiatric diseases, according to existing studies and research. It may also aid in the differentiation and classification of mental health issues among individuals for future therapy. Data derived from the integration of numerous sensor modalities included in technologically advanced equipment has shown to be a useful resource for identifying the person's mood and responses of patients, among other things.

It's worth noting that most studies and researches are still challenging to validate their findings due to a lack of acceptable validated data, particularly from external sources. Aside from that, most machine learning algorithms may not perform consistently across all problems. The machine learning models' performance will vary depending on the information samples collected and the data's characteristics. Furthermore, preparatory procedures such as cleaning the data and parameter tuning might have an impact on machine learning models in order to reach optimal results.

As a result, it is critical for researchers to explore and analyze data using multiple machine learning algorithms in order to select the algorithm with the highest accuracy. Not only that but the researchers' obstacles and constraints must be handled with caution in order to produce good results that can improve clinical practice and decision-making.



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