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## **Mobile Oriented Gamification of Mental Health Awareness**

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## Abstract

Mental Health Awareness is acknowledged all around the world which is given a dedicated month, the month of May. Even though in many instances complex systems have been developed to increase the population from understanding such conditions, there is many who are undergoing serious conditions without proper solutions and help. In order to reduce serious conditions of mental health and help the majority beforehand, gamification elements could be applied to change a person's mental health problems. This project extensively covers different aspects and areas in which an Android mobile phone provides gamification aspects whilst having no additional expenses for dedicated interventions and channeling to the user. The proposed solution will be beneficial for any user using this as it has no restriction to being only mental health issue related individuals, but for the majority who might even not know they have such issues.

### Keywords:

Gamification, Mental Health Awareness, Android, Data Analyzing, Recommendation

## List of Glossary

Abbreviation	Definition
GAMMA	Prototype Application Name
IT	Information Technology
PC	Personal Computer
RAM	Random Access Memory
VGA	Video Graphics Array
IDE	Integrated Development Environment
UI / UX	User Interface / User Experience
FDA	Food and Drug Administration
ADHD	Attention-deficit/hyperactivity disorder
KB/s	KiloBytes Per Second