



**UNIVERSITY OF
WESTMINSTER** 

BSc (Hons) in Business Information Systems
6COSC012C – Final Year Project

**FORITFY: A solution to enhance parental engagement of
employed parents in IT industry with children undergoing
stress, anxiety, and depression**

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Abstract

Healthy involvement of parents in the lives of the children promotes a child's emotional, social and cognitive development. However, for employed parents in the IT industry spending quality time with their children is challenging and limited due to heavy workloads and busy schedules. The situation worsens when their children are diagnosed with mental health conditions such as stress, anxiety, and depression. Two of the key defensive mechanisms to protect children from such conditions are pre-diagnosis and enhancing parental engagement in the child's life. Identification of the particular mental health condition and enhancing parental engagement however have become challenging due to lack of knowledge and awareness, unnoticed of the signs and symptoms, and lack of idle time among employed parents.

The project aims to address the identified problems, design, develop and evaluate a prototype that will help parents to diagnose the mental health condition of their child by the form of a set of questions and voice analysis, and enhance their involvement in aiding the child during the healing process by conducting the activities suggested by the system, based on the diagnosed mental health condition. Thorough research was conducted through a literature survey to validate the background and identify the requirements that would suit the proposed solution and obtain a deeper understanding of the importance of parental engagement and the existence of stress, anxiety, and depression among children and their complex needs. The findings were further evaluated by the experts and non-experts via questionnaires and interviews.

In Sri Lanka, a family is highly valued and it is considered that parents should spend ample time with the children and, mental health conditions amongst children are considered a stigma, hence there is a lack of applications that focus on mental health conditions and parental engagement. Therefore, to exploit this gap and by considering the requirements identified, "Fortify" is introduced. The solution implemented received praise from experts and non-experts who gave their feedback on the usefulness of the application in aiding the employed parents to enhance their engagement with their children undergoing stress, anxiety, and depression.

Keywords: Parental engagement, employed parents, mental health condition among children, stress, anxiety, depression, voice analysis, IT Industry.