E – HEALER:

ONLINE THERAPY WITH IMPROVEMENT MONITORING PLATFORM FOR DEPRESSION USING FACIAL EMOTION RECOGNITION OF YOUTH

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A dissertation submitted in partial fulfillment of the requirements for Bachelor of Science (Honours) Degree in Business Information Systems

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2021

Abstract

In today's generation, depression is one of the most common mental health disorder which is affecting many people's lifestyles especially the youth generation. This impacts on their education, profession and in their daily routine. There are many software applications evolved for depression and reviews of these application indicates that importance given for video conferencing in online therapy is low which leads to several difficulties for clients and the therapists such as lack of engagement and adherence, insufficient time, and also provide insufficient support like lacking in proper evidence and monitoring improvements which is a significant concern of the client's therapy progress. Hence the ultimate aim is to research and develop an effective application for depression therapy which has the ability to predict emotions of the clients using facial emotion recognition and estimating their depression and improvement level. This application will allow the users to connect with the therapists for depression therapy and will have the tendency to assist the therapist and the client to monitor the progress on each session.

Keywords: Evidence based online therapy, e-therapy improvement monitoring, Depression therapy for youth.