

MentAllay; A Mobile Application for Mental Health

Ben Daia Mounir¹, Chbani Youssef¹, Zahidah Zulkifli¹, Ahsiah Ismail², Ely Salwana³

¹Department of Information Systems, Kulliyah of Information and Communication Technology,
International Islamic University Malaysia

²Department of Computer Science, Kulliyah of Information and Communication Technology,
International Islamic University Malaysia

³Institute of Visual Informatics, Universiti Kebangsaan Malaysia

PURPOSE: Starting with the COVID-19 pandemic in Malaysia, adults in poor general health encompassing both physical and mental health reported significantly higher rates of depression compared to those in good health. Alarmingly, suicidal ideation cases surged to 468 within the first five months of 2021, nearly matching the total annual figures for 2020 and 2019. In response, we developed MentAllay, a mobile application designed to provide a secure community where individuals can share their feelings and thoughts, offering mutual support.

METHODS: The development of MentAllay was informed by comprehensive research, including interviews, surveys, and an extensive review of relevant literature.

RESULTS: The project involves the development of a mobile application focused on user interface (UI) and user experience (UX) design, addressing specific user needs through robust integration and functionality. The UI prototypes were created using Adobe XD, ensuring a visually appealing and user-friendly design. For the front-end development, React Native was chosen due to its cross-platform capabilities and efficiency. The back end was built using Node.js, providing a scalable and reliable server-side environment. Firebase played a crucial role in managing authentication, database operations, and storage, streamlining the development process and ensuring data security and integrity.

CONCLUSION: Overall, the project successfully delivered a robust and user-friendly mobile application, meeting the initial UX requirements and demonstrating the effectiveness of the chosen development tools and methodologies. The positive reception from User Acceptance Test (UAT) participants highlights the application's potential for widespread adoption and future growth. By continually improving the application's features and security measures, we aim to provide a safe, supportive, and enriching environment for all users.

Keywords: Mobile Application Development, Mental Health Application, Islamic Mediation
