

MindCheck

Digital Mental Health Screening for Campus Communities

Centre for Mental Health and Wellbeing · IIT Kanpur

Supporting Document — NABH APEX Case Study Submission

1 · Pilot Data Summary — IIT Kanpur Campus

151	115	76%	16
Total Users	Cloud Sync ON	Opt-in Rate	Guided Check-ins

Questionnaire Results

Scale	Completions	Mean Score	Most Common Severity
PHQ-9 (Depression)	39	10.8	Mild
GAD-7 (Anxiety)	43	8.4	Minimal
PSS-10 (Stress)	40	20.1	Moderate
RSES (Self-Esteem)	39	14.7	Low

PHQ-9 Severity Detail

Minimal	Mild	Moderate	Moderately Severe	Severe
7	11	9	9	3

Cognitive Game Sessions

Go/No-Go (Inhibition)	Attention (CPT)	Number Memory	Counting (Processing Speed)
43 sessions	28 sessions	24 sessions	27 sessions

2 · Admin Analytics Dashboard

The MindCheck admin dashboard (mindcheck-dashboard.vercel.app) provides researchers at the Centre for Mental Health and Wellbeing with real-time, population-level insight into student mental health trends across the IIT Kanpur pilot ? without compromising individual anonymity.

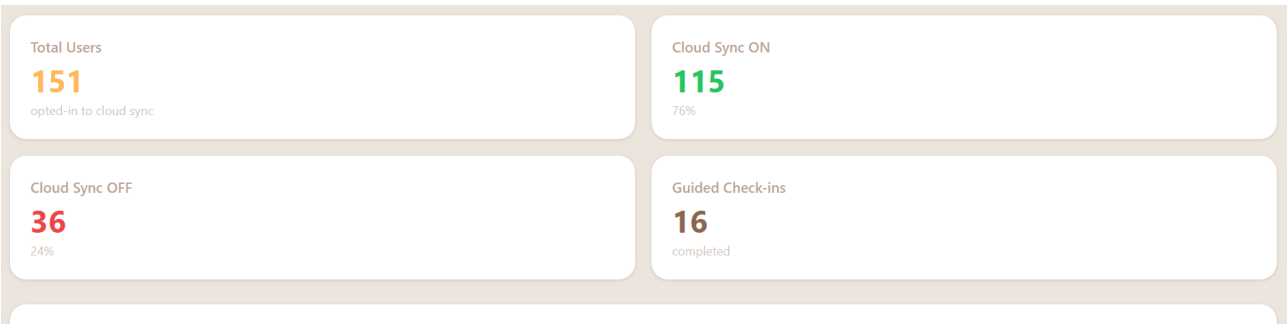


Fig 1 · Overview — Total users (151), cloud sync status (76% opted in), guided check-ins (16)

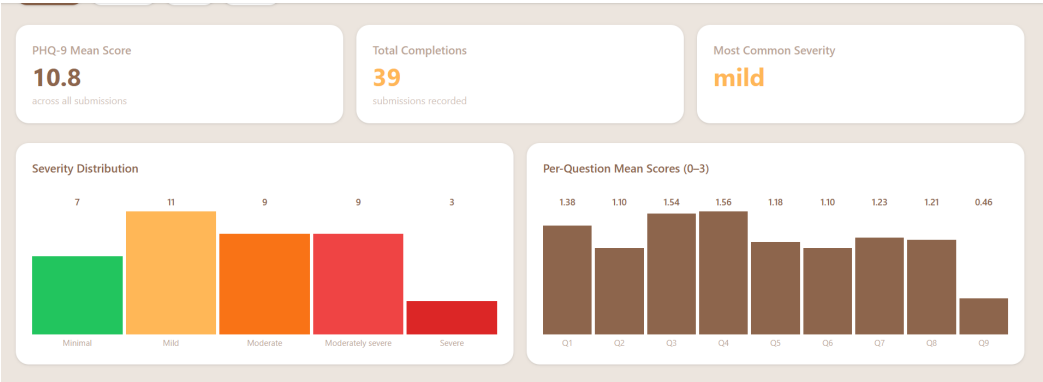


Fig 2 · PHQ-9 Dashboard — Mean score 10.8 (moderate range), severity distribution, per-question means

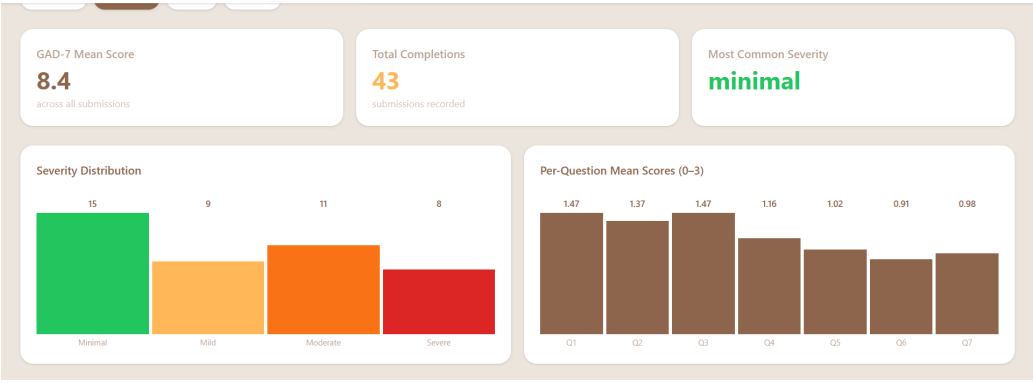


Fig 3 · GAD-7 Dashboard — Mean score 8.4 (mild-moderate range), severity distribution, per-question means

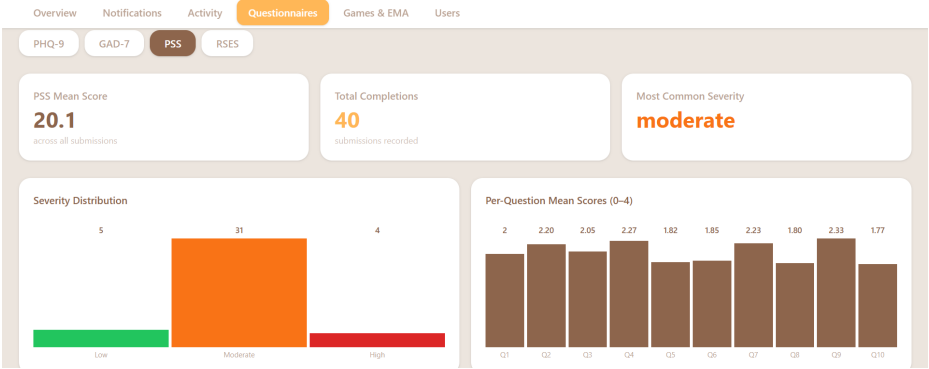


Fig 4 · PSS-10 Dashboard — Mean score 20.1 (moderate stress), severity distribution: Low 5 · Moderate 31 · High 4

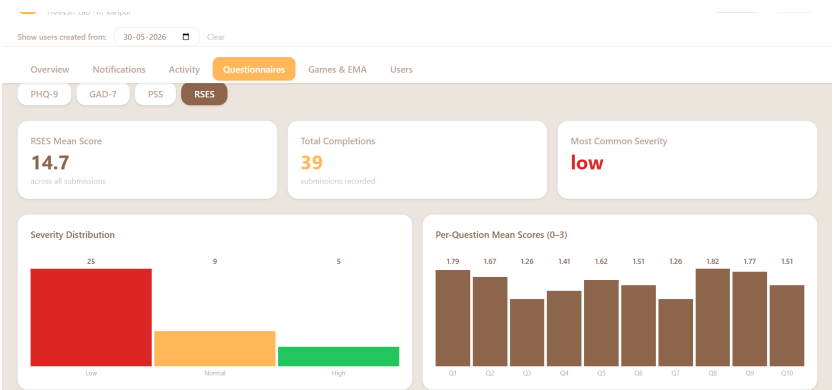


Fig 5 · RSES Dashboard — Mean score 14.7, most common severity: Low self-esteem (25 of 39 users)

FROM

dd-mm-yyyy

TO

dd-mm-yyyy

MIN SCORE

MAX SCORE

SEVERITY

All

SORT BY

Score (High to Low)

Export CSV

User Submissions

38 users

UID	Check-ins	Latest Score	Latest Severity
Os2PD0M4	1	27	severe
1F00rBDw	1	23	severe
g=jCrARm	1	23	severe
YNg3Pd83	1	19	moderately severe
eHDtn2m6	1	19	moderately severe

Fig 6 · User Submissions Table — Anonymised UUIDs with latest score and severity, filterable and exportable as CSV

3 · MindCheck App — User Interface

MindCheck runs as a Progressive Web App (PWA) — no installation required. The following screenshots illustrate the complete user journey from home screen through check-ins, questionnaires, cognitive games, trend tracking, and privacy controls.

Home Screen & Check-in Menu

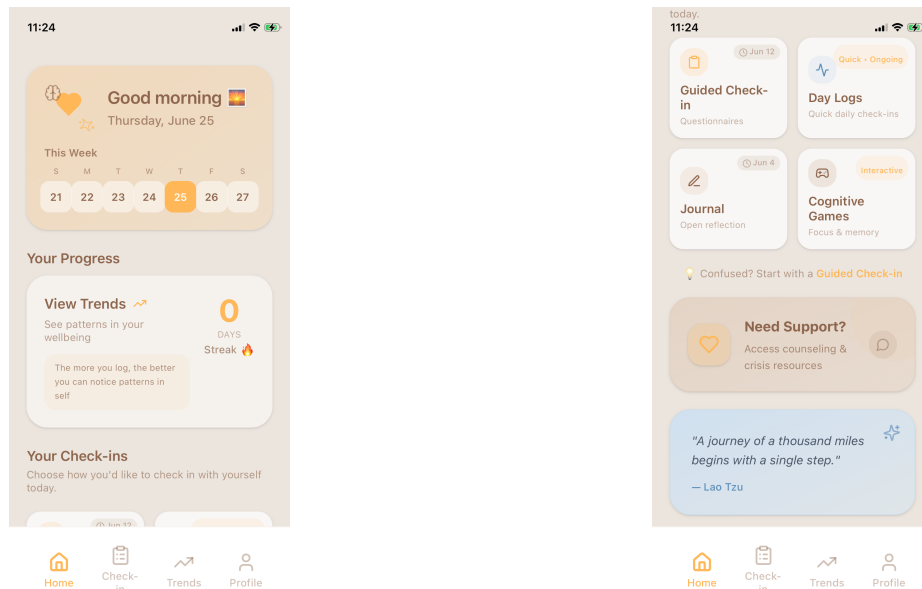


Fig 7 · Home screen with weekly calendar and streak tracker (left) · Check-in options: Guided check-in, Day Logs, Journal, Cognitive Games, and crisis support (right)

Questionnaire & EMA Check-ins

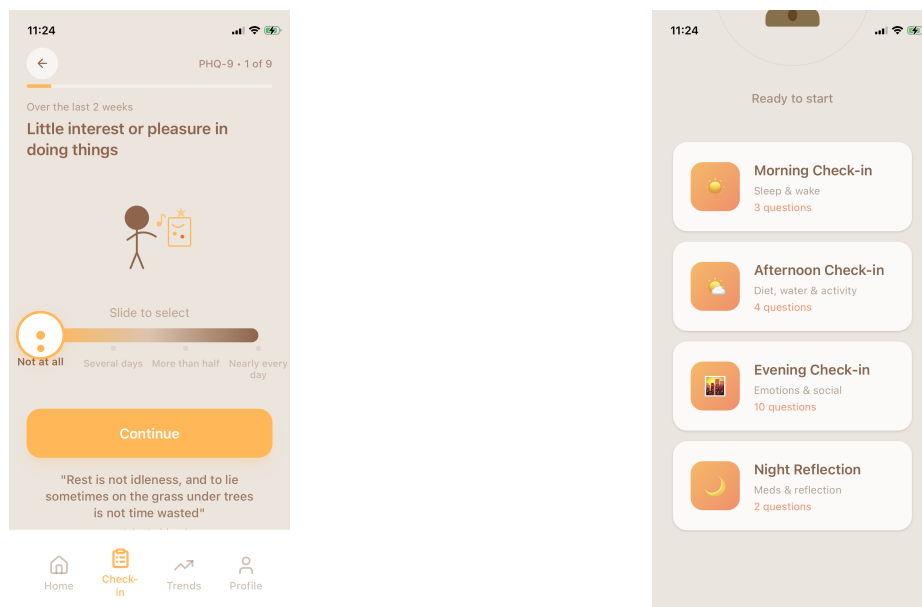


Fig 8 · PHQ-9 item with slider response and wellbeing prompt (left) · EMA check-ins: Morning (sleep), Afternoon (diet/activity), Evening (emotions/social), Night (reflection) (right)

Journal & Emotion Logging

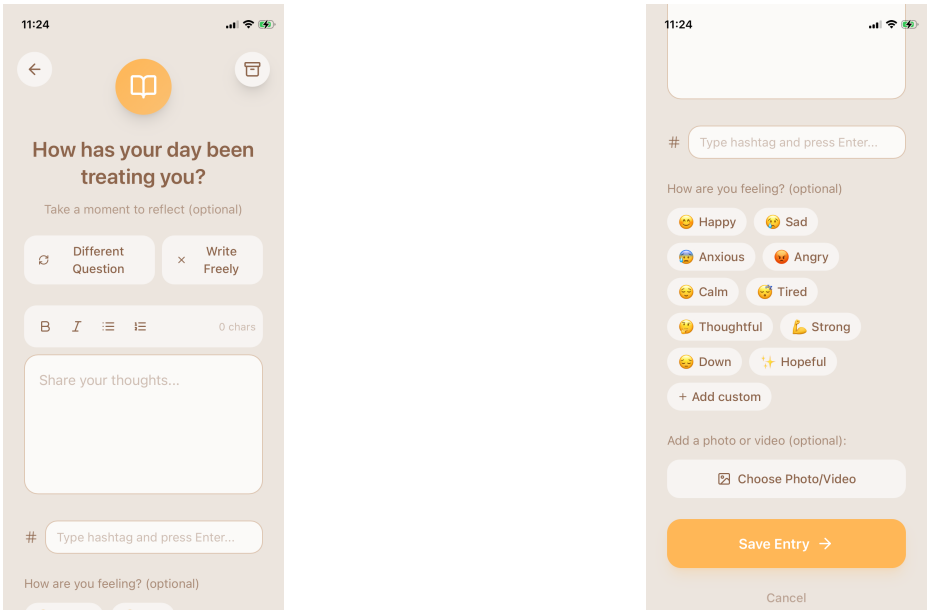


Fig 9 · Open-ended journal with reflective prompt (left) · Emotion tagging with 10 preset emotions + custom option (right)

Cognitive Games

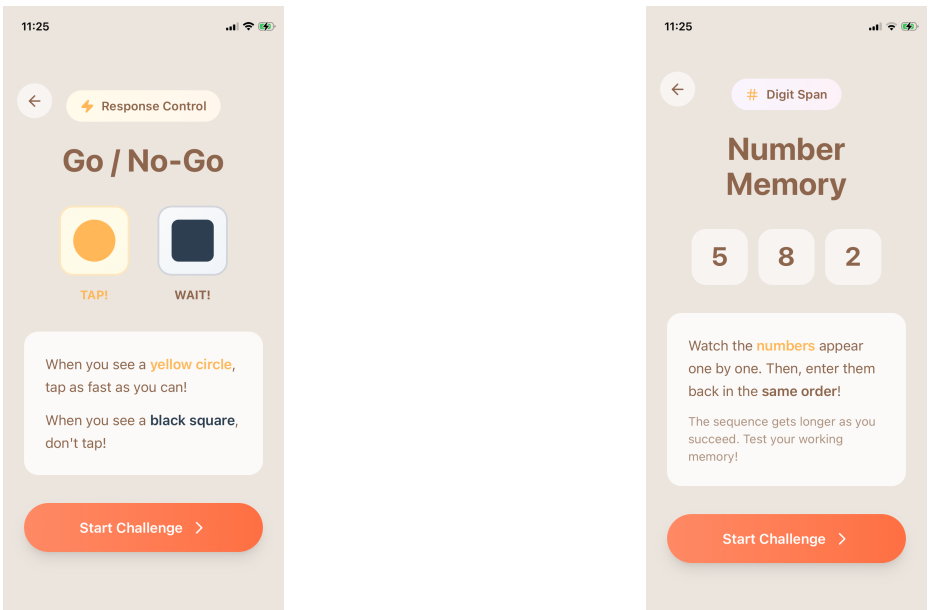


Fig 10 · Go/No-Go task measuring response inhibition (left) · Number Memory (Digit Span) measuring working memory capacity (right)

Trends & Longitudinal Tracking

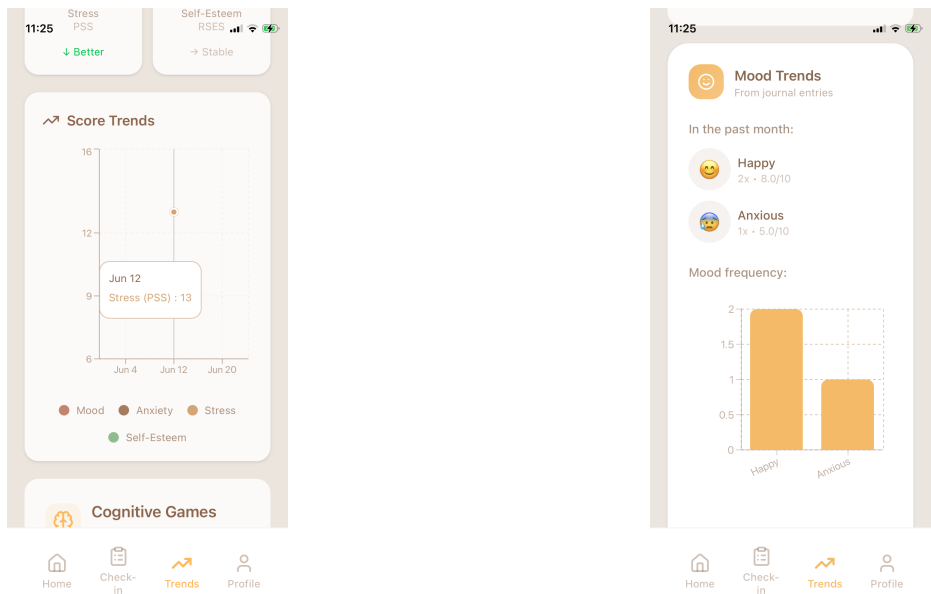


Fig 11 · Score trends across Mood, Anxiety, Stress (PSS), and Self-Esteem (RSES) (left) · Mood frequency chart from journal entries (right)

Privacy Controls & Support Resources

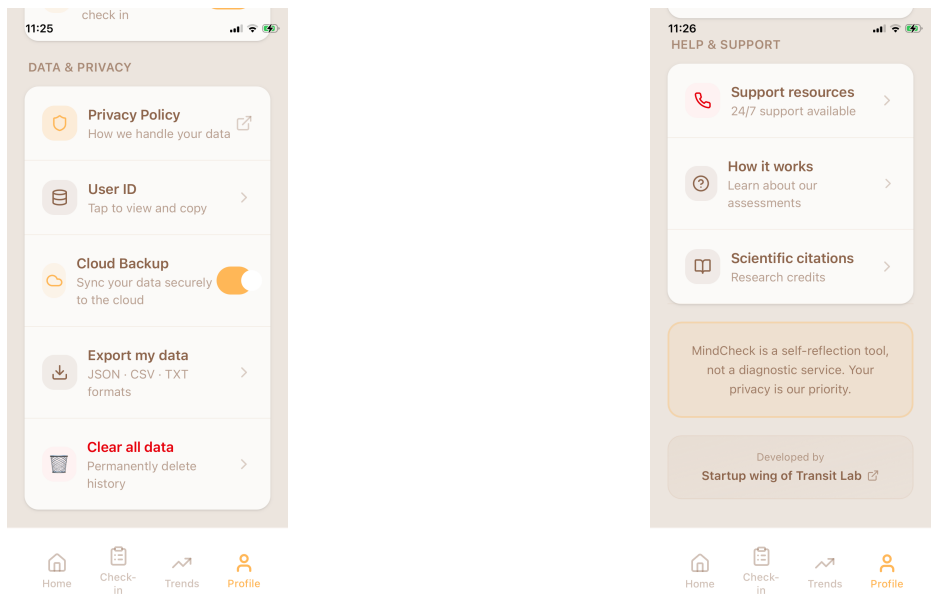


Fig 12 · Data & Privacy — cloud backup toggle, data export (JSON/CSV/TXT), clear all data (left) · Help & Support — 24/7 crisis resources, scientific citations, app disclaimer (right)

4 · Key Design Principles

Not a diagnostic tool	MindCheck explicitly identifies itself as a self-reflection tool, not a diagnostic service. Scores prompt users toward support rather than labelling them with a condition.
Privacy-first architecture	All locally stored data is encrypted. User identity is fully anonymised. Users can toggle cloud sync, export their own data, or permanently delete all history at any time.
Crisis connection built-in	A persistent 'Need Support?' prompt connects users to campus counselling and national 24/7 helplines — ensuring elevated scores become a bridge to care, not a dead end.
Counsellor-ready longitudinal data	Students can share symptom trend history with counsellors, giving clinicians objective data across sessions rather than relying solely on in-clinic recall.
No installation required	PWA architecture means any student with a browser can access MindCheck instantly — dramatically reducing adoption friction in a stigma-sensitive environment.
Cognitive + self-report integration	Game-based tasks (Go/No-Go, Attention, Working Memory, Processing Speed) run alongside validated questionnaires — a combination not previously digitised or deployed in any Indian mental health setting, enabling future predictive research.

Live app: mindcheck-pwa.vercel.app · Admin dashboard: mindcheck-dashboard.vercel.app · Developed by the Centre for Mental Health and Wellbeing, IIT Kanpur