

Chapter 10

Psychology With Mahnoor App: Android-Based Application for Self Assessment, Psychology Dictionary, and Notes

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ABSTRACT

One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide, according to the World Health Organization. Keeping in mind the above facts, Self Assessment Psychology Dictionary and Notes app has been designed and developed to educate psychology students and psychological patients. With the help of this application the user can do different physiological tests like Hads Mood, Internet Addiction Test, The Robertson Emotional Distress Scale, Beck Anxiety Inventory and Zung Self-Rating Anxiety Scale. The application has a smart algorithm that calculates the result on the basis of the user inputs. The application also generates the certificate for the user to share and use it for further treatment. The application provides detail information about psychology and psychologist. Apart from that, the application has a psychology dictionary of psychology-related topics.

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1. INTRODUCTION

Psychology is the study of mind and without mind the invention of science and technology was impossible. Psychology plays a pivotal role in the medical sciences when combining with technology. The use of technology has been drastically developed over the past few decades. Peoples use technology for various purposes such as Scientific Research, Engineering, Medical Appliances, Agriculture, Showbiz, Entertainment and so on. Advancement in mobile technology students and society give preference to technology for the sake of easiness and reliability and use their smartphones for learning aim also.

The use of cellular technology in health care has been identified as M. Health (Donor et al., 2013; Lu Luxton, MacKinnon, Bush, Michigan & Rieger, 2011), which involves the use of large-scale mobile devices Such as smartphones, tablets, personal digital assistants and so on. Recent portable devices Many scholars have stated this Potential Benefits of Mobile Healthcare Overcoming Potential Barriers Cost, transportation, lack of medical care, lack of insurance or The long waitlist (Zeph et al., 2014; Dolan, Gonzalez, & Campbell, 2014; He Heffner, Wellardga, Mercer, Kentz, & Breaker, 2015; Lu Luxton, Hansen, & Steinfeld, 2014; Ro Rupak et al., 2015; Lui, Marcus, & Barry, 2017).

Through psychology, people can better understand how the body and mind work. In the twenty-first-century peoples are involved in depression, anxiety, distress and sometimes they want to test it but due to busy life and time-consuming system of doctors, they are unable to do so. For that reason, it is comfortable to just install the application from play store and test different psychological level. This knowledge can be helpful in making decisions and avoiding stressful situations. It can help with time management, setting goals and achieving goals and leading an efficient life. In addition, the insights you gain as a psychologist or psychology student can be crucial to better understanding your relationships and those around you. Whether you are dealing with friends, family, colleagues, or your significant other, understanding the human mind and behavior can help you build stronger and more successful relationships (Philippe, 2017).

Using this application “Self Assessment Psychology Dictionary and Notes” users can get complete guidance of psychology dictionary, notes and psychological test name it self-assessment for every person. The previous work is done related to self-assessment and psychology in different ways some or online and other websites also exists which are paid and unpaid. The specialty of this application is that it combines the multiple features at one platform which is the best package for the students of psychology, those are new to psychology and want to study it at a specific level.

According to the importance of psychology and psychological test, the application “Self Assessment Psychology Dictionary and Notes App” is developed in the manner to give benefits to the students and learners of psychology and also to the general people who want to check their different psychological level such as anxiety, distress, internet addiction, and moods. The student can use it either for dictionary aim or for notes. All the relevant study material is grouped together in one application in a portable form. Users can download it from Google Play and use it everywhere offline. The dictionary is made according to the need for psychology students and applicable everywhere. Users can just type the initial word the application will recommend the suggested word to complete the search. However, the different chapters related to the psychology field are added to the application. The application also provides history and a period of psychologists to help the students to know about the history of psychology.

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