

Developing a mobile application to support mental health care and personal journaling integrated with a virtual assistant.

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Abstract: In the context where more and more people are facing stress and pressure in life, this topic focuses on developing a mobile application aimed at providing mental health care support and helping users write personal journals. With the goal of building an integrated virtual assistant system to enhance user experience and effectiveness, the research applies methods from both theory and practice to ensure the application provides a comprehensive solution. The expected result is a useful and flexible tool that helps improve mental health while supporting self-observation and personal situation tracking.

Keywords: Mobile application, Mental health care, Virtual assistant, Personal diary, Graduation project