

Social Stigmas and Fear: Normalization of
Mental Health in the United States

(Technical Report)

Overcoming Social Stigmas and Fear: Normalization
of Mental Health in the United States

(STS Research Paper)

An Undergraduate Thesis Portfolio
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Bachelor of Science in Computer Science

by

William Ngu

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Preface

How can mental health be managed more efficiently? Successful mental health care is not only effective, but accessible.

How can a mobile application training suite relieve the user's anxiety? The computer science capstone team worked with MindTrails, a UVA research initiative, to create an anxiety training mobile application. The MindTrails website offers training to help users prevent anxious thoughts, but retention is low. MindTrail seeks a new mobile app that may improve retention. My team used React Native and Flask to build the mobile app for iOS and Android platforms. To improve accessibility, the app stores user progress locally and uses notifications to retain users who may be at risk of abandoning the program.

How is the stigma of mental health affected by accessibility to mental health care? In the U.S., although mental health care has become more commonplace, persistent stigmas still deter care seeking by those who need it. Advocacies such as the National Association on Mental Illnesses fight stigma by promoting public awareness of mental illness. Businesses, schools, and prisons respond to mental health matters in their organizations, sometimes in ways that diminish stigma.

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