

Mental Health Fitness Tracker

Rishabh Tyagi

Department of Information
Technology, Meerut Institute of
Engineering & Technology
rishabh.tyagi.csit.2019@miet.ac.in

Rajat Tomar

Department of Information
Technology, Meerut Institute of
Engineering & Technology
rajat.tomar.csit.2019@miet.ac.in

Dr. Swati Sharma

Department of Information
Technology, Meerut Institute of
Engineering & Technology
swati.sharma@miet.ac.in

Abstract— The term "mental fitness" is more commonly used in the psychology and general science literature, but there is no consensus on its theory, definition, and testing methods. Stigma-free and in plain language, mental fitness mindsets can be used to unobtrusively engage, inform and encourage positive and positive mental health activities in the larger community. For this Delphi survey, we consulted an international panel of experts (n=25) to assess the definition of mental fitness and its four basic principles. Revisions were recommended and the expert consensus was reached, endorsing the definition and four core principles. "Variable ability to use resources and abilities to flexibly adapt to obstacles and advantages to achieve success" is the definitive definition of mental health, wellness, or mental illness. (2) mental health may be understood by the larger community in a similar way as physical health; (3) Mental fitness is measurable. (4) It can improve mental as well as physical strength. The committee also made insightful recommendations for future research and practice.

This research paper provides all the details that any user can use to track their mental health activity and use it for other activities such as exercise, doctor visits, etc. Users of this website application can improve their daily activities and mental health.

Keywords—Wellness, Mental Wellness, actual wellness, positive psychological well-being

I. INTRODUCTION

The possibility of mental wellness isn't new to mental writing. McCarthy (1964) contended that the thought was a reaction to the accompanying allure by the regarded social researcher and general well-being master Dr. McCarthy: Andie Knutson said in a 1963 paper:

"Positive emotional well-being has been left on the doorstep of general society and expert local area as an ignored and starving stepchild...it would be valuable to have another term to supplant positive psychological well-being... that holds the kindness and excited investment of individuals from the emotional wellness calling and their clinical, wellbeing and government assistance partners, but really inspires contribution of individuals from the sociologies" McCarthy (1964) proposed the possibility of mental wellness to represent Knutson's prevalent emotional well-being thoughts. She encouraged the American Mental Affiliation's Psychological well-being Exploration Projects Council to "take your size and perceive how well it fits" (p. 201). McCarthy likewise suggested the utilization of the expression "mental wellness" for President Kennedy's populace-based workout regime to coordinate mental and actual wellness exercises or wellness arrangements in general.

Mental well-being is the alterable capacity to utilize resources and capacities to intellectually conform to regular troubles or advantages to resolve mental issues.

A writing survey shaped the reason for the meaning of mental wellness. This incorporates key terms like variability, appreciation, utilization of learning assets/abilities, versatility, connected with ecological difficulties (or advantages), and inspiration for standard and purposeful commitment. was Dynamic. It is essential to take note that the Reference book of Positive Brain research (Lopez, 2009), when utilized with regards to mental wellness, characterizes 'adaptiveness' as 'the capacity to adjust to changing conditions promptly. .

At long last, this definition implies that rational individuals have various promptly accessible mental apparatuses and abilities that increment their possibilities answering effectively to tough spots and open doors. It additionally implies that elevated degrees of mindfulness and poise are normal for people who are intellectually fit to get mentally adaptable reactions (e.g., Kashdan and Rotenberg, 2010).

- "Mental fitness is measurable"

Prior to operationalizing your psychological wellness model, you really want to make an asset record. Proof-based mental elements that are formative, modifiable, and perceived as a feature of proactive and preventive ways to deal with positive emotional wellness structure the parts of the Asset List. Numerous mental hypotheses, appraisals, and medicines have zeroed in on the attributes of individuals who are accepted to perform well. For instance, Warner and Vroman (2011) found that specific ways of behaving anticipated expanded prosperity. The Proof Based Asset File likewise solidifies key ideas, examination, and drives in the brain research writing.

- *“Mental fitness can be improved in a way similar to physical fitness”*
Through developmental activities, exercise, and regular practice, you can achieve mental fitness that "meets" your identified needs. The brain has the ability to change and adapt as a result of experience and learning new behaviors throughout life, as evidenced by the field of positive psychology and the neuroplasticity literature. FMRI), neuroscientist Davidson (2005) found that people were able to control their emotions when they practiced (Greenwood & Parasuraman, 2010; see also the meta-analysis of Sin and Lyubormirsky, 2009). please). According to the meta-analysis by Bolier et al. Positive psychological intervention activities improve both subjective and psychological well-being. (2013). Diener and Biswas-Diener (2008) refer to engagement activities in their discussion of psychological well-being as a means of improving well-being.

II. Literature Review

The reason and expansive focal point of our surveys, as well as the general inquiries posed to lead our audits, add to a checking audit approach appropriate for investigating a more extensive scope of study plans and strategies. The objective was to plan existing examinations on this subject and distinguish information holes, without making suppositions about the volume, degree, or key discoveries of the literature. A study of state and nearby well-being experts Emotional well-being and mental issues are the fourth need for provincial well-being, as per the WHO. In each of the four of her locales in the US, self-destruction rates for rustic men are higher than those for metropolitan men. Of the 1,253 little regions with \$20 populaces somewhere in the range of 2,500 and 20,000, almost 3/4 don't have a specialist, and 95% don't have a youngster therapist. Admittance to emotional well-being administrations, and worries about self-destruction, stress, discouragement, and uneasiness problems have been distinguished by the state's Provincial Wellbeing Administration as key country medical problems.

Example: There are numerous websites and applications available for this purpose, and they all follow a similar pattern, such as not displaying a proper and simplified view of all graphical interfaces and user interfaces (UI) of the websites and apps.

MoodFit(<https://www.getmoodfit.com/>)

There is certainly not a one-size-fits-all answer for great emotional wellness. Moodfit gives an extensive arrangement of adjustable instruments. Fabricate and reestablish great every day propensities that diminish pressure and construct flexibility. Praise the little wins that lead to greater successes. Work on your mindset.

Everyone is different. We'll help you learn what brings your mood up and down so you can focus your efforts on what matters most

Learn to identify, manage and beat obstacles like rumination and procrastination that increase your stress level and cause frustration.

When you're feeling stressed you can be reactive. Learn to be more thoughtful and responsive instead of reactive. Experience the great personal power in this shift. By taking small, consistent steps toward better mental health you'll develop a sense of agency and empowerment that can improve your self-esteem. Cognitive distortions trick your brain. Learn what distortions automatically happen for you, and how to dispute them and rewire your thinking.

Well, there are many loopholes that we have found in these websites that have pushed us to do the best work in the market.

Search Strategy

We have been scrutinizing all research papers and there is a lot of research being done on this topic and a lot of suggestions being made on this topic, so a few things to expand the research on this topic:

Both "stigma" and "mental" were used as search terms. Additional search terms (e.g. synonyms for stigma) were considered, but due to a large number of results (2534), it was deemed impractical to broaden and broaden the search terms. Based on the selection criteria above, all search results are carefully screened and individually checked for suitability.

III. Mental Disorders

Clinically huge disabilities in an individual's knowledge, close-to-home control, or conduct are known as mental problems. It is normally connected with pain or brokenness in key regions. Psychological sickness comes in many structures. Psychological wellness issues are one more name for mental problems. The last option is a more broad term that incorporates psychological maladjustments, psychosocial messes, and (other) psychological circumstances related to critical misery, useful weakness, or hazard of self-hurt. This reality sheet centers around mental issues as characterized by the Global Order of Infections, 11th Correction (ICD-11).

In 2019, 1 out of 8 of hers on the planet, he said, 970 million individuals experience the ill effects of dysfunctional behavior, with nervousness and burdensome problems being the most widely recognized (1). The quantity of individuals experiencing tension and burdensome problems has flooded in 2020 because of the Coronavirus pandemic. Early projections show a 26% and 28% increment in nervousness and significant burdensome problems, separately, in only one year (2). There are compelling techniques for both counteraction and treatment, however, they are not accessible to the vast majority with psychosis. Shame, bias, and basic freedoms infringement are additionally ordinary.

- Anxiety Disorder

In 2019, 301 million people, including 58 million children and adolescents, suffered from anxiety disorders (1). Excessive anxiety, worry, and abnormal behaviour are hallmarks of anxiety disorders. Symptoms are severe enough to cause significant pain and disability. Generalized anxiety disorder (characterized by excessive worry) Panic disorder (characterized by panic attacks) Social anxiety disorder (characterized by excessive anxiety and worry in social situations) Separation anxiety disorder (characterized by excessive anxiety) are characterized by anxiety or fear of being separated from the person with whom the person shares it in a deep emotional bond), other types of anxiety disorders are among the different types of anxiety disorders. Effective psychotherapy and medications are available according to severity and age.

- Depression

In 2019, 280 million people, including 23 million children and adolescents, suffered from depression. Depression differs from normal mood swings and fleeting emotional reactions to problems in everyday life. A depressive episode lasts at least 2 weeks. It is characterized by a depressed mood (a sad, irritable, or empty feeling) or loss of pleasure or interest in most activities during the day. Other signs include difficulty concentrating, overwhelming feelings of guilt or low self-esteem, lack of hope for the future, suicidal or dying thoughts, sleep disturbances, changes in eating habits, and especially fatigue or lack of energy. Suicide risk is higher in people with depression.

- Bipolar Disorder

Starting around 2019, 40 million individuals in the US have bipolar turmoil. (1). Individuals with bipolar confusion shift back and forth between times of burdensome episodes and hyper episodes. A discouraged state of mind (melancholy, touchiness, vacancy) or loss of interest in exercises a large portion of the day, consistently. Different side effects like happiness or touchiness, expanded action or energy, expanded chattiness, thought contest, elevated confidence, diminished need for rest, distractibility, and imprudent and unsafe way of behaving might be related to craziness. These are only a portion of the side effects of Individuals with bipolar confusion at the expanded hazard of self-destruction. In any case, powerful medicines are accessible, including psychoeducation, stress decrease, working on friendly working, and drugs.

- Post-Traumatic Stress Disorder (PTSD)

PTSD and other mental health problems are very common in conflict-torn areas (3). PTSD can appear after exposure to a frightening or upsetting event or series of events. It is characterized by all of the following: 2) Avoidance of thoughts or memories of the event. or 3) avoiding actions, people, or situations that bring back memories of the event. These symptoms last at least several weeks and severely impair physical function. There is psychotherapy that works.

- Schizophrenia

Approximately 24 million people worldwide, or 1 in 300, suffer from schizophrenia (1). The life expectancy of a patient with schizophrenia is 10–20 years shorter than that of the general population (4). Schizophrenia is characterized by severe cognitive and behavioral problems. Symptoms include hyperexcitability, persistent delusions, hallucinations, thought disorders, and disorganized behavior. People with schizophrenia may have persistent cognitive problems. Fortunately, there are many effective treatments, including medication, psychoeducation, family interventions, and psychosocial rehabilitation.

- Eating Disorders

In 2019, 14 million people, including about 3 million children and adolescents, suffered from eating disorders (1). Anorexia nervosa and bulimia nervosa are two of her examples of eating disorders characterized by abnormal eating, food obsession, and numerous body image issues. Behaviors and symptoms can have a significant negative impact on functioning, cause significant distress, or pose a significant risk to health. Anorexia nervosa often begins in adolescence or early adulthood and is associated with early death from medical problems or suicide. People with bulimia nervosa have a greatly increased risk of substance abuse, suicidal tendencies, and health problems. Family-based therapy and cognitive therapy are two effective treatments.

- Disruptive Behaviour and Dissocial Disorders

In 2019, 40 million people, including children and adolescents, suffering from antisocial behavior disorder (1). It is one of two disorders that cause disruptive behavior and dissociative interactions, better known as a behavioral disorder or oppositional challenge disorder. Persistent problematic behavior such as B. Persistent defiance or disobedience to behavior that repeatedly violates the fundamental rights of others or important age-appropriate social norms, rules, or laws is destructive behavior and characteristic of antisocial disorders. Disruptive and antisocial disorders often, but not always, begin in childhood. Effective psychotherapy, often involving parents, caregivers, and educators, and cognitive problem-solving or social skills classes are available.

- Neurodevelopmental Disorders

Behavioral and cognitive disorders, known as neurodevelopmental disorders are disorders that significantly affect the ability to learn and use specific intellectual, physical, verbal, or social skills during development.

Intellectual developmental disorders, autism spectrum disorders, and attention deficit hyperactivity disorder (ADHD) are examples of neurodevelopmental disorders. Chronic patterns of inattention and/or hyperactive-impulsivity that adversely affect academic, occupational, or social functioning are hallmarks of ADHD. Intellectual developmental disorders are characterized by significant limitations in intellectual capacity and in adaptive behaviors related to the conceptual, social, and practical skill challenges imposed in everyday life. The term "Autism Spectrum Disorder" (ASD) is a broad range of disorders characterized by difficulties in social contact and interactive communication, and persistent, rigid, repetitive, and unchanging patterns of behavior, interests, or activities. refers to

There are several effective alternative treatments, including occupational therapy, speech therapy, psychotherapy, and behavioral interventions. Drug treatment can also be considered for certain diseases and age groups.

IV. METHODOLOGY

After we decided which kind of mental health app we are into, it's time to specify the core features you should include. Many apps become a platform for interaction between patients and therapists. Such mental health app features include lightning-fast onboarding, laconic yet descriptive user profile, and communication features like chats and phone or video calls which will be used by both parties. However, other features differ for patients and specialists.

User-Facing Features

Underneath figure 1 given shows the outline and how the entire site work and their utilization cases are depicted beneath:

- **Join and sign-in:** An ideal sign-up cycle ought to be simple, short, and secure. The application needs to get reproachful of the number of onboarding steps, in case individuals with emotional wellness issues ought to get disappointed and forsake the application. By and by, it's basic to take new clients through the guidelines and administrations bit by bit, obviously portraying the highlights.
- **Patient profile:** Patient profiles are fundamental both for the clients and emotional wellness experts they might manage. After enrollment, clients might have to transfer a photograph, demonstrate their age, orientation, and pronouns, enter their well-being subtleties, like issues, sensitivities, prejudices, persistent sicknesses, and so on, and even join blood tests, experts' reports, remedies, and so on.
- **Content:** Content associated with thoughts, breathing exercises, expanding and yoga works out, requests, rest, etc., and general data on unambiguous mental issues and prosperity can be given in different organizations: texts, photographs, sound accounts, recordings, radio digital broadcasts, live streams, and so forth. The application may likewise create on-request happy, like instructive aides, addresses, online classes, and so forth.
- **Emotional well-being observing:** Self-actually looking at engages clients to recognize conceivably unsafe conditions, figure out viable responses, and foster great psychological wellness propensities. This incorporates devices following clients' mindset designs, feelings of anxiety, rest, triggers, and so forth. For instance, a client can follow their exercises, assess their mindsets over the course of the day, and inspect how diet, exercises, or outer variables can influence their sentiments. A trigger checker empowers the investigation of distressing circumstances that trigger improper activities.
- **Dashboards:** for instance, the psychological wellness following application UX frequently includes a month-to-month schedule that shows the user's mood changes summarized in color code, with the ability to export this data for therapists to improve patient care. A day counter can show how long a patient remains sober. Progress bars will motivate them to continue a planned activity to the end. A mood chart should demonstrate the efficiency of specific medicines or therapy.
- **Proficient assistance and backing:** Various applications partner clients with trained professionals, examiners, consultants, and other guaranteed subject matter experts. Patients might search for them in the application's data set utilizing standards like specialization, capabilities, expenses, area, plans, and so on. On the other hand, the application's calculation can naturally coordinate a client's condition and necessities with a proper subject matter expert.
- **Message pop-ups and updates Notices:** Updates, and alerts are essential for remaining mindful of game plans, taking prescriptions, laying out a customary timetable, self-observing, and journaling. Push warnings can allure clients to open the application by asking how their day is going, rousing and encouraging them with reports of their accomplishments, moving statements, and confirmed messages, and advancing unique offers, merchandise, administrations, limits, and so forth.
- **Crisis help:** Patients who have pressure or mental breakdowns, foolish thoughts, and different issues that require prompt arrangements ought to have the option to settle on a crisis decision or make an impression on their advisor and guardians with a single tick. For instance, it could be a speedy crisis call to 100, somebody from a pre-saved rundown of contacts, or the all-day, every-day backing of your administration.

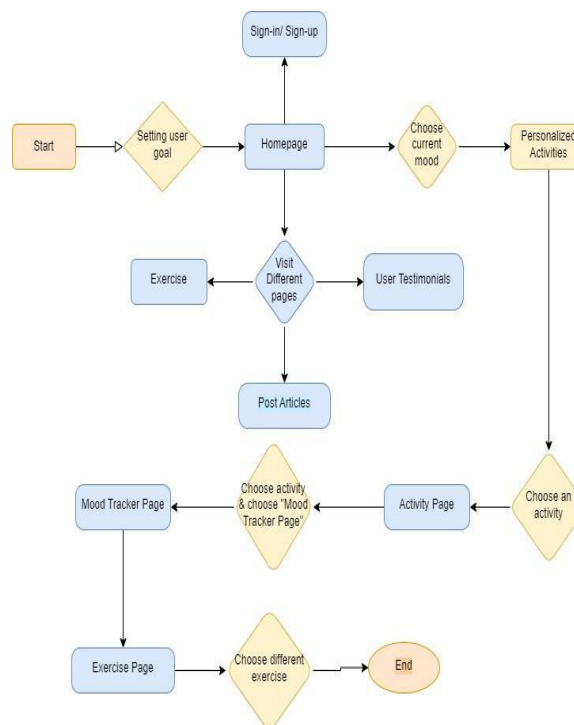


Fig 1: USER ACTION FLOW DIAGRAM

V. Doctor Facing Features

- Join and sign-in: Join will similarly be fast, secure, and irrefutably associated with a social record.
- Specialist profile: An undeniable client profile is an irrefutable necessity considering the way that when patients search for an arranged capable, they ought to have a lot of familiarity with their experience, strength, capacities, tongues, and so on. The base huge data can include name, photograph, specialization, contact subtleties, rating and audits, evaluating (an hourly charge, for instance), available hours for plans and other correspondence
- Booking apparatus: Experts need to well deal with their commitment and plan. This part ought to be made with a schedule where they can coordinate plans, leave notes, and so on. It's likewise conceivable to solidify this part with distant stages, for instance, to typically move new clients' information to your continuous CRM.
- Patient profile: The association of a treatment cycle guesses that consent ought to be a lengthy patient profile with their clinical history, current end, plans, lab results, reports, photographs, and so forth. Mental thriving experts ought to comparably rapidly get reports, evaluations by different prepared experts, and different data centers for seeing a patient's condition and dealing with their treatment
- Communication with patients: An expert ought to have the option to converse with their patient through sound/video call or live talk. Sharing documents inside chats are useful. Numerous medical services applications utilize a chatbot to get some information about their side effects and concerns first, so specialists can all the more likely grasp the issue before an immediate discussion.
- Analytics and dashboards: Dashboards are typically web applications where experts gather different data from the patients' cell phones to screen their advancement, create reports, change the treatment, and so on. Experts additionally need the right measurements to follow, oversee and advance different parts of their training, for example, day to day/week after week/month to month number of patients, number of patients over a specific period, new demands, all out income over a specific period, income per client, and so on.

VI. Experimental Result Discussion

These are the created outcome measurements while running the site under various circumstances:



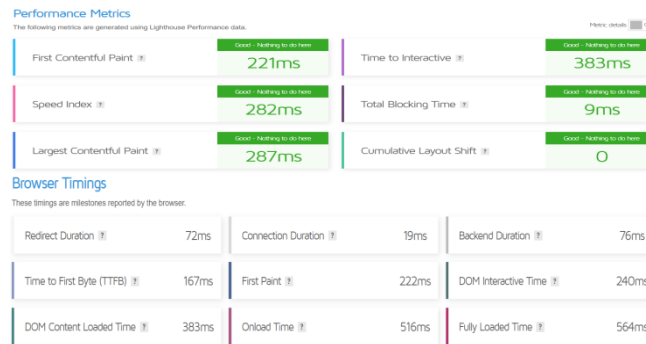


Fig 2: Performance Metrix

The above Fig 9.1 describes that outcome is produced with the auxiliary information that is framed with the assistance of python libraries and tests on the positive condition by us and we utilize this webpage to test its different phases. We made this webpage beginning as indicated by the Light-footed model and we tried it by utilizing numerous instruments from unit testing strategies to the black box and white box procedures we utilized various components to create the ideal outcome e conveyed our site on the AWS and finished up the outcome. site functioning admirably and thereby a portion of the things are severe and we are overseeing them cooperate appropriately.

VII. Technology Stack Used

Step	Technology	Benefit
Project Requirements	G-Suite	The entire course of action of mechanical assemblies and applications in the G-Suite is helpful for close-to-home prosperity application improvement. It helps sort the records, make presentations, and once over the means.

Prototyping	Balsamiq	Prototyping mirrors the certifiable working of the application. With a model making an everyday presence-like version of the last game plan is possible without coding.
Design	Figma	Making a profound prosperity application design gives pieces of information into responsibility and joint effort. It helps structure the application as indicated by the client's eye improvement, appeal, and nature.
Hosting	AWS	Without facilitating, you can't convey your application on any kind of application store.

Server	<ul style="list-style-type: none"> ● MongoDB (Database) ● LoadNinja (Testing) 	<ul style="list-style-type: none"> ● Picking the right help for every one of these capabilities is fundamental for precise and ideal execution. ● Plus, understand how to make design mental health applications for manual scaling.
Backend	<ul style="list-style-type: none"> ● NodeJs ● Python 	The backend construction of the application guarantees viable uptime, speed, execution, and convenience.
Frontend	React.Js	The front-end advancement of the psychological well-being application makes the connection point and chips away at commitment.

Implement- ation	3rd party integrations	<ul style="list-style-type: none"> • Pay ment Gate way: Platf orm- spec ific SDK • Geol ocati on: Goo gle Map s or Core Loca tion API • Soci al Sign - Ups: Ope nID or SA ML • Push Noti ficati ons: Fire base Clou d Mes sagi ng
---------------------	---------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

VIII. CONCLUSION

Phones fill the treatment opening. Knowing how to manufacture advanced close-to-home health applications can help you with reaching treatment. Thusly, whether or not there are different prescriptions, they don't show up in patients. The arrangement and pattern of close-to-home health applications ought to be accurate and fussy. Nevertheless, to ensure its sufficiency, rules, and prescriptions ought to be cutting-edge and maintained by evidence. The comprehensiveness of mobile phones has engaged mental prosperity application designers and specialists to convey mental health treatment in any spot they are. This adds to the association of society. Dealing

with incidental effects like PTSD, stress, bipolar disorder, strain, over-the-top excited issue, schizophrenia, and dietary issues at home can be liberating and helpful. Save time, money, and effort. Getting to applications on your phone from home grows your productivity. Whether or not your profound prosperity application design doesn't give intensive thought, it's useful for logging and actually looking at data. Without a doubt, even trained professionals and psychotherapists to a great extent recommend their patients to use such applications. Clinical staff can then separate the data and begin fitting treatment measures. Ask yourself, is online amusement making us less related or making us more related? The reaction isn't incredibly significant. People could have 1086 mates on Facebook.

IX. REFERENCE

- [1] Robinson, P., Oades, L. G., & Caputi, P. (2015). Conceptualizing and measuring mental fitness: A Delphi study. *International Journal of Wellbeing*, 5(1), 53-73. doi:10.5502/ijw.v5i1.4
- [2] Mental Health Wikipedia (https://en.wikipedia.org/wiki/Mental_health)
- [3] React dev (<https://reactjs.org/docs/getting-started.html>)
- [4] WHO. (<https://www.who.int/news-room/fact-sheets/detail/mental-disorders>)
- [5] Mental Health and COVID-19: Early evidence of the pandemic's impact. Geneva: World Health Organization; 2022.
- [6] Moodfit website (<https://www.getmoodfit.com/>)
- [7] Murray, C., and Lopez, A.D. (eds.) *The Global Burden of Disease*. Cambridge, MA: Harvard University Press, 1996.
- [8] Gamm, L.; Hutchison, L.; Bellamy, G.; et al. Rural healthy people 2010: Identifying rural health priorities and models for practice. *Journal of Rural Health* 18(1):9-14, 2002.
- [9] U.S. Department of Health and Human Services. *Healthy People 2010*. 2nd ed. With Understanding and Improving Health and Objectives for Improving Health. 2 vols. Washington, DC: U.S. Government Printing Office, November 2000.
- [10] Kessler, R.C.; McGonagle, K.A.; Zhao, S.; et al. Lifetime and 12-month prevalence of DSM-III-R psychiatric disorders in the United States: Results from the national comorbidity survey. *Archives of General Psychiatry* 51(1):8-19, 1994.
- [11] Kessler, R.C.; Costello, E.J.; Merikangas, K.R.; et al. Section 2: Chapter 5: Psychiatric epidemiology: Recent advances and future directions. *Mental Health, United States, 2000*. Washington DC: Superintendent of Documents, U.S. Government Printing Office, 2001, 29-42.
- [12] Shaffer, D.; Fisher, P.; Dulcan, M.K.; et al. The NIMH diagnostic interview schedule for children version 2.3 (DISC- 2.3): Description, acceptability, prevalence rates, and performance in the MECA Study. *Methods for the epidemiology of child and adolescent mental disorders Study*. *Journal of the American Academy of Child and Adolescent Psychiatry* 35(7):865-877, 1996.
- [13] Ritchie, K., and Kildea, D. Is senile dementia "age-related" or "aging-related"? Evidence from a meta-analysis of dementia prevalence in the oldest old. *Lancet* 346(8980):931-934, 1995
- [14] Ahmed, A., Stewart, D. E., Teng, L., Wahoush, O., & Gagnon. (2008). Experiences of immigrant new mothers with symptoms of depression. *Archives of Women's Mental Health*, 11, 295-303. doi: 10.1007/s00737-008-0025-6
- [15] Alvridez, J., & Azocar. F. (1999). Distressed women's clinics: Preferences for mental health treatments and perceived obstacles. *General Hospital Psychiatry*, 21, 340-347. doi: 10.1016/S0163-8343(99)00038-9
- [16] Bathje, G. J., & Prior, J. B. (2011). The relationships of public and self-stigma to seeking mental health services. *Journal of Mental Health Counselling*, 33, 161-176. Retrieved from <http://essential.metapress.com/content/g632039274160411/>
- [17] Belloch, A., del Valle, G., Morillo, C., Carrió, C., & Cabedo, E. (2009). To seek advice or not seek advice about the problem: The help-seeking dilemma for obsessive-compulsive disorder. *Social Psychiatry and Psychiatric Epidemiology*, 44, 257-264. doi: 10.1007/s00127-008-0423-0
- [18] Hepworth, N., & Paxton, S. J. (2007). Pathways to help-seeking in Bulimia Nervosa and binge eating problems: A concept mapping approach. *International Journal of Eating Disorders*, 40, 493-504. doi: 10.1002/eat.20402
- [19] UNHCR. 2014 Global Trends: World at War. Geneva: United Nations High Commissioner for Refugees; 2015.

- [20] Fazel M, Wheeler J, Danesh J. Prevalence of serious mental disorder in 7000 refugees resettled in Western countries: A systematic review. *Lancet*. 2005;365:1309–14.
- [21] Tempany M. What research tells us about the mental health and psychosocial wellbeing of Sudanese refugees: a literature review. *Transcult Psychiatry*. 2009;46:300–15.
- [22] Mollica RF, Sarajlic N, Chernoff M, Lavelle J, Sarajlic IV, Massagli MP. A longitudinal study of psychiatric symptoms, disability, mortality, and emigration among Bosnian refugees. *JAMA*. 2001;286:546–54.
- [23] Lie B. A 3-year follow-up study of psychosocial functioning and general symptoms in settled refugees. *Acta Psychiatr Scand*. 2002;106:415–25.
- [24] Roth G, Ekblad S, Agren H. A longitudinal study of PTSD in a sample of adult mass-evacuated Kosovars, some of whom returned to their home country. *Eur Psychiat*. 2006;21:152–9