

Mental Health Kiosk and Stress Score

Aarya Patil¹, Bhakti Pawar², Mr. N.D. Gaikwad³

^{1,2}*AISSMS IOIT*

³*Project Guide, AISSMS IOIT*

Abstract—Mental health has become a major concern among students due to academic pressure, social expectations, and lifestyle changes. This research paper investigates the effectiveness of a Mental Health Kiosk system in identifying stress levels among college students through a stress score assessment. The study examines how digital kiosks can provide quick mental health screening, awareness, and support. Data were collected using questionnaires and stress score evaluations from undergraduate students. The findings indicate that mental health kiosks can help in early stress detection, increase awareness about emotional well-being, and encourage students to seek counselling support. The study concludes that integrating mental health kiosks in educational institutions can contribute positively to student wellness and stress management.

I. INTRODUCTION

Mental health refers to emotional, psychological, and social well-being. It affects how individuals think, feel, and behave in daily life. In recent years, stress among students has increased because of academic competition, family expectations, financial pressure, and social media influence.

Many students hesitate to seek help due to fear, stigma, or lack of awareness. A Mental Health Kiosk is a digital self-service system designed to provide stress assessment, mental health information, and guidance anonymously. Such kiosks can help identify stress symptoms early and direct students toward appropriate support services.

This study focuses on evaluating the role of mental health kiosks in measuring stress scores and promoting mental wellness among college students.

II. LITERATURE REVIEW

Previous studies have shown that technology-assisted mental health systems can improve accessibility to psychological support.

According to World Health Organization, stress and anxiety disorders are among the leading health concerns affecting young adults globally.

Research in digital healthcare indicates that self-assessment tools increase mental health awareness and encourage help-seeking behaviour.

Studies on student wellness programs suggest that anonymous mental health screening systems reduce hesitation in discussing emotional problems.

Mobile and kiosk-based health technologies have been found useful in providing rapid mental health evaluation and awareness in educational institutions.

• Digital systems can provide:

Immediate stress assessment

Privacy and anonymity

Easy accessibility

Mental health education

Referral to counsellors or professionals

III. OBJECTIVES OF THE STUDY

The main objectives of this research are:

1. To study the stress levels among college students.
2. To analyse the effectiveness of Mental Health Kiosks.
3. To evaluate the usefulness of stress score assessment.
4. To understand students' attitudes toward digital mental health support.
5. To suggest improvements for mental health awareness systems.

IV. MENTAL HEALTH KIOSK SYSTEM

A Mental Health Kiosk is a computerized system placed in public or institutional areas for mental wellness screening.

- Features of the Kiosk

Touch-screen interface

Anonymous stress assessment

Instant stress score generation

Mental wellness tips

Counselling recommendations

Emergency support information

Working Process

1. User enters basic information
2. Questionnaire appears on screen.
3. User answers stress-related questions.
4. System calculates stress score.
5. Results and suggestions are displayed instantly.

V. ADVANTAGES OF MENTAL HEALTH KIOSKS

Easy and quick stress assessment

Reduces stigma related to counselling

Encourages mental health awareness

Provides privacy and anonymity

Helps in early identification of stress and anxiety

Accessible to a large number of students

VI. LIMITATIONS OF THE STUDY

Small sample size

Limited to college students only

Responses may vary according to emotional condition

Stress scores are self-reported and may not always be fully accurate

VII. CONCLUSION

The study shows that Mental Health Kiosks can play an important role in identifying stress among students and spreading awareness about mental wellness. Stress score assessment helps students understand their emotional condition and encourages them to seek support when needed.

Educational institutions should adopt digital mental health systems to improve student well-being and create a healthier academic environment. Future studies can focus on integrating artificial intelligence and personalized counselling features into mental health kiosks.

REFERENCES

- [1] World Health Organization, *Mental Health and Well-Being Reports*.
- [2] American Psychological Association, *Stress in Students Survey Reports*.
- [3] J. Smith, "Digital mental health systems in education," *J. Psychol. Stud.*, 2021.
- [4] T. Brown and A. Lee, "Technology-based mental health screening tools," *Int. J. Health Technol.*, 2020.
- [5] R. Kumar, "Student stress management and counselling systems," *Educ. Res. Rev.*, 2022.