

## **FMP BRIEF**

### **What**

How to increase the urban population's attention to mental health and at the same time through professional channels to enable most people to get help in time to balance the mentality problem can ultimately avoid urban anxiety.

### **Why**

In recent years, with the rapid development of cities, the population has continued to increase, resulting in intensified social competition, widening income gaps and other emergencies. The mental pressure on people has also increased, and people are facing tremendous psychological pressure.

"Different problem reflected in individuals is that people's happiness in life is generally reduced: they experience anxiety more often, and the incidence of physical and mental illnesses increases, resulting in a series of problems such as poor social adaptability and decreased work efficiency." (Jiang, Zhou, Liu and Xu, 2012). "At the same time, according to World Health Organization surveys and predictions, about 12%–48% of people will be affected by a certain mental illness at some stage in their lives, but only about one-third of them receive treatment" (Wang and Zheng, 2012),

behind this number are people's inattention to psychological problems and the difficulty of obtaining professional help.

Taking China as the research background, first of all, the development of the psychological counseling industry is incomplete, and the number of psychological counselors is far from reaching the demand. Secondly, the fees are unreasonable, and many people cannot afford the cost of psychological counseling. Finally, the consultation effect cannot be guaranteed, and many consultants lack experience and cause secondary injuries (Wang, 2010).

Therefore, the important reason for the existence of this project is to help people living in the city balance their mentality, so that people have a more professional channel to seek help so as to better avoid psychological problems.

## **Who**

Regarding the classification of target groups, first of all, from the perspective of the world, the higher the degree of urbanization in the survival city, the more and more serious people's psychological problems.

The reasons are as follows: "One is because people are beginning to pay attention to their inner needs, but the degree of attention is not very high;

the second is the increasingly fierce economic competition in the development of urbanization, which increases the psychological pressure of people; the third is the increase in social inequality, which brings relative deprivation and psychological imbalance" (Wang, 2010).

Second, from a gender perspective, depression and anxiety are particularly common among women. The prevalence of women over 15 years old in Brazil is 46%, which is four times that of men. In addition, according to incomplete statistics, women are three times more likely to have psychological problems than men, and female patients account for 2/3 of the total number of outpatients (Chen, 2016).

Therefore, the initial target group is a group of women living in cities with greater pressure in life. The main reason is that they take more responsibility for survival in social life. At the same time, differences in the treatment of professional women in the social atmosphere and gender prejudice are also key factors.

## **How**

According to the main target groups and the main factors and background of the project, I think I should start with how to enable women who are more prone to psychological problems to adjust their mentality in time, or how to

provide urban women with professional female psychological counseling so that it can be avoided psychological issues as the main direction.

First of all, in view of the immaturity of the psychological counseling industry, I plan to summarize the most appropriate rules through a lot of research and design an APP as a platform to recruit professional psychologists or psychological counselors to enter the platform to conduct online consultations.

Secondly, the design of this platform also conforms to contemporary people's attention to privacy. Online consultation can better protect users' private information, and can also better reduce users' psychological pressure and avoidance during consultation.

Then, this mobile APP is not only for psychological counseling, but also constantly updates the knowledge related to mental health to increase the user's emphasis on mental health.

Finally, it also provides related psychological tests to enable users to get a preliminary understanding their own psychological condition provides a preliminary data support for follow-up consultations, allowing doctors to have a deeper understanding of the user's condition.

## Reference

Chen, M., 2016. *Patients often do not sleep well due to anxiety, of which female patients account for 2/3*. [online] Zjnews.china.com.cn. Available at: <<http://zjnews.china.com.cn/redian/64969.html>> [Accessed 9 September 2021].

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