

A silhouette of a man's head in profile, facing left. The interior of the head is filled with a complex, tangled web of white lines, representing a brain or neural network. The right side of the head is fragmented and cracked, with sharp, angular pieces breaking away, suggesting a fractured mind or a digital interface. The background is a solid teal color.

# “Be Anxious For Nothing”

The Online Database Created Tackle Anxiety Disorders

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# Introduction

- This project is a demonstration of utilizing MySQL Database technology and PHP/Html to help create an informative website for individuals struggling with anxiety disorders. The site helps users to find healthy ways to overcome stress, learn about their treatment options ,and find mental health/ counseling services in the Hampton Roads Area. It also allows for users to interact by commenting about stress management techniques and other resources that are available to improve symptoms of anxiety.

# Requirement Analysis

In order to create a resourceful website the following had to be implemented:

- A clear and simple user interface by utilizing CSS
- A page that share the mission of the website and why it was created
- A page that described the five most common anxiety disorders and the physical, psychological, and behavioral symptoms of each illness.
- Pages that explain how to implement stress management techniques, share information about the types of therapy that psychiatrist use to tackle anxiety disorders, and how mental health medications are effective at reducing symptoms
- The creation of MySQL database tables and pages that allowed users and administrators to do the following:
  - submit tips and respond to comments about managing anxiety
  - To Find and update new therapy locations in the database
  - To sign for newsletters about the website



# ANXIOUS FOR NOTHING

[HOME](#)

[TYPES OF ANXIETY](#)

[TREATMENT](#)

[THERAPY LOCATIONS](#)

[SUBMIT TIPS](#)

[GET UPDATES](#)



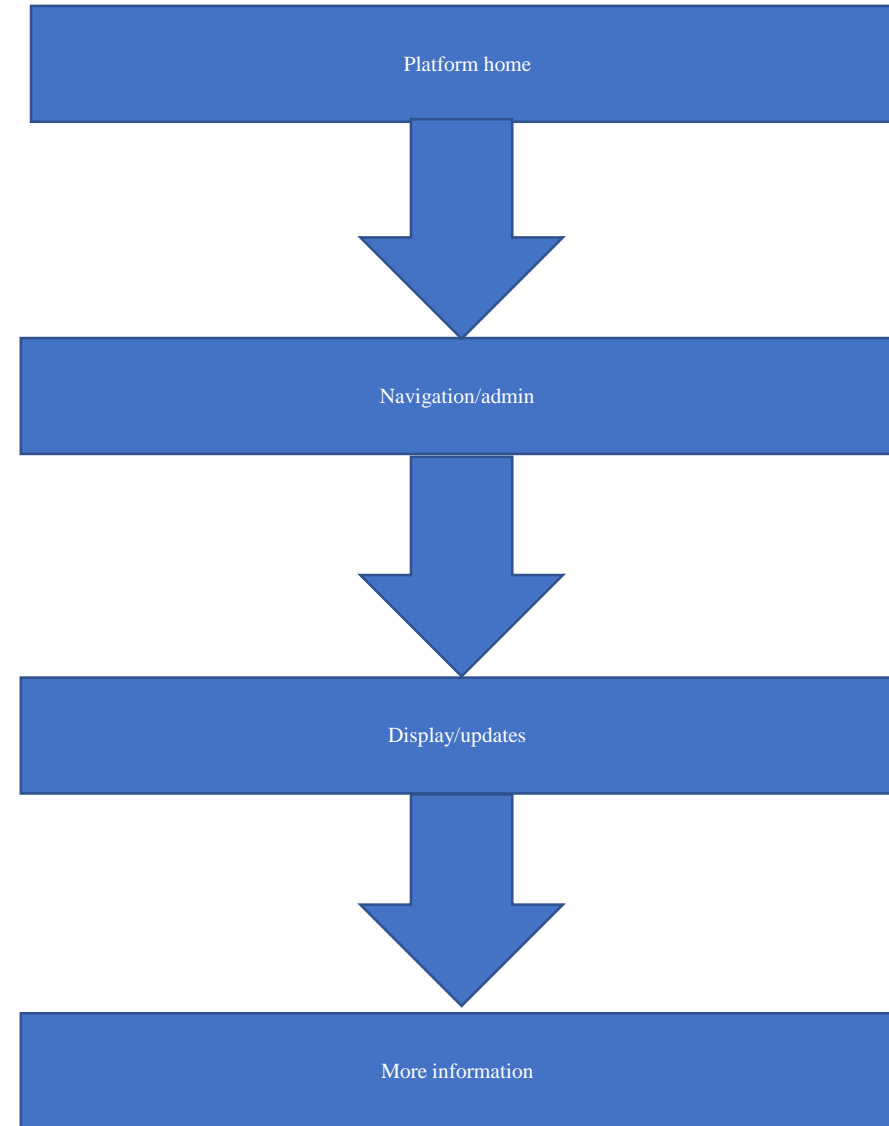
**ABOUT**

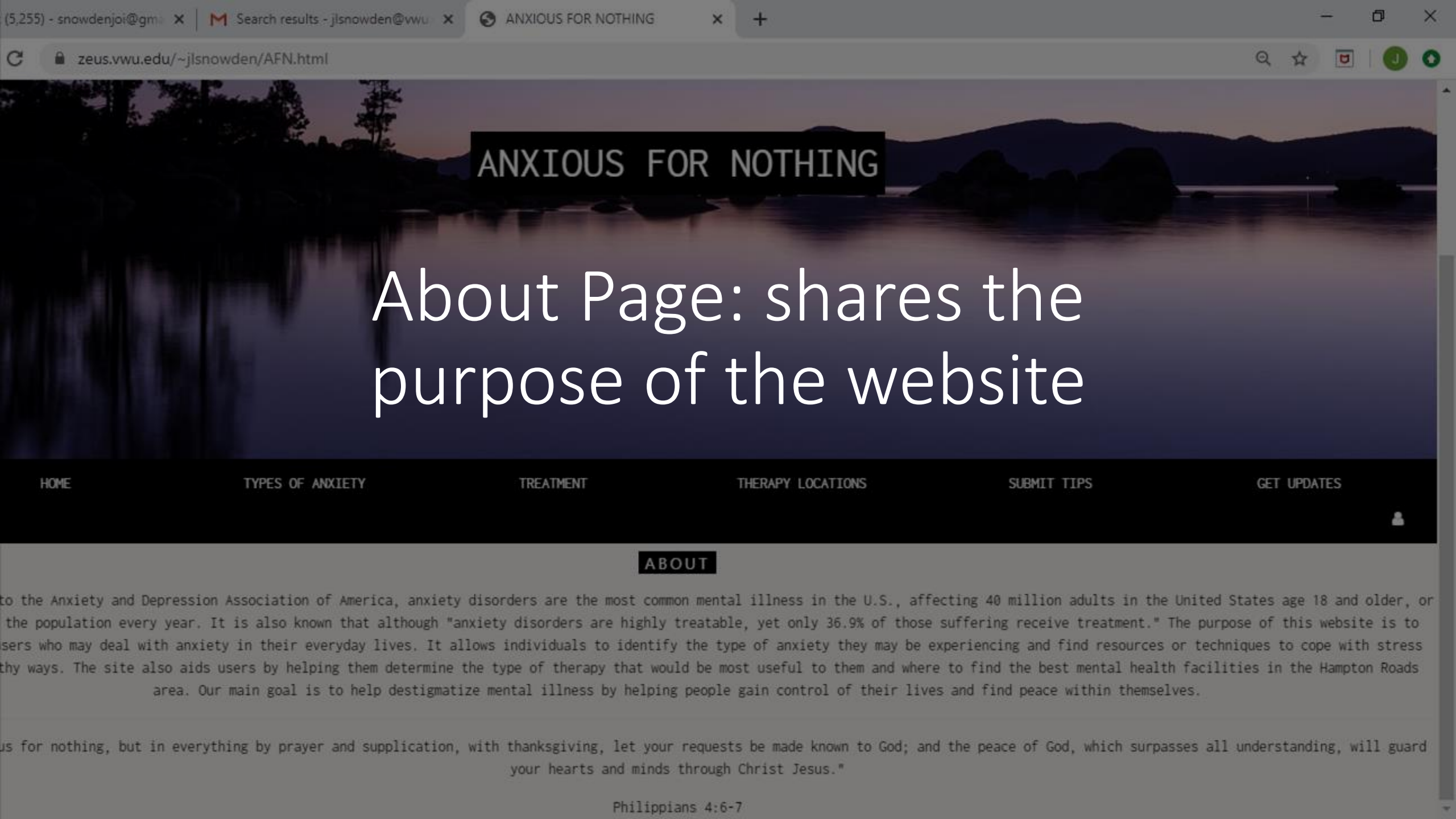
THE WEBSITE HOME |

# Website Flow

- When visiting the site, the user will be sent to the AFN.html page where they can read about the purpose of the website and explore their options through the Navigation Bar.

**Fig. 1. Flow chart shown the system design**





# ANXIOUS FOR NOTHING

About Page: shares the purpose of the website

HOME

TYPES OF ANXIETY

TREATMENT

THERAPY LOCATIONS

SUBMIT TIPS

GET UPDATES

## ABOUT

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.8% of the population every year. It is also known that although "anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment." The purpose of this website is to help users who may deal with anxiety in their everyday lives. It allows individuals to identify the type of anxiety they may be experiencing and find resources or techniques to cope with stress in healthy ways. The site also aids users by helping them determine the type of therapy that would be most useful to them and where to find the best mental health facilities in the Hampton Roads area. Our main goal is to help destigmatize mental illness by helping people gain control of their lives and find peace within themselves.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Philippians 4:6-7

# Types of Anxiety Page

- Gives description and symptoms of the six common anxiety disorders which include, [Generalized Anxiety Disorder](#), [Panic Disorder](#), [Post Traumatic Stress Disorder](#), [Obsessive Compulsive Disorder](#), and [Social Anxiety](#).





### GENERALIZED ANXIETY DISORDER (GAD)

Although it is normal to feel worried and now and then, individuals who suffer from GAD are in a persistent state of worry majority of the time. People with GAD tend to worry about many aspects of life such as job or school performance, money, health or family. Even if an issue seems minor to others, those suffering from this disorder find it extremely difficult to stop excessive worry or panic and can fear disastrous outcomes when there is no reason to be concerned. They have an inability to relax and feel that they are always on edge and tend to overthink solutions in order to prepare for the worst scenario. A person may be diagnosed with this disorder if they show symptoms for six months or longer .

#### Signs and Symptoms:

##### Physical:

- Increased Heart Rate
- Muscle Tension
- Sweating
- Hot and Cold Flashes
- Twitching/ Nervous Ticks

# Options Page

- Give brief description about Therapy, Tips and Techniques, and discussions using medication as an aid for mental illness. Each description will have links that will expand more about topic.



# MY OPTIONS FOR HELP

## MANAGEMENT TECHNIQUES

Click on **MANAGEMENT TECHNIQUES** to learn healthy methods used to minimize anxiety symptoms at home.

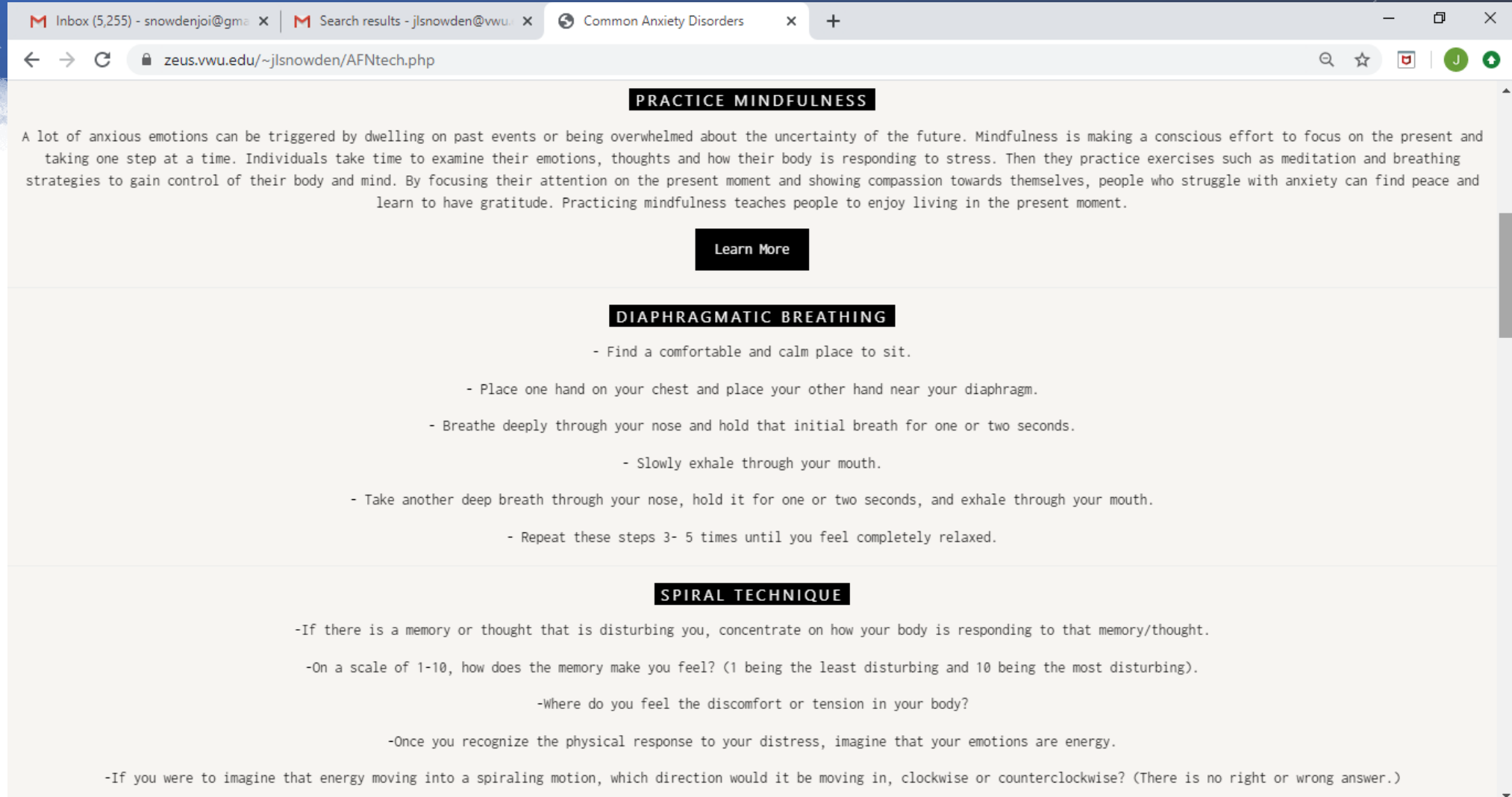
## TYPES OF THERAPY

Click on **TYPES OF THERAPY** to find out about different methods that are used by therapist to tackle anxiety disorders.

## USING MEDICATION

Click on **USING MEDICATION** to learn about different medications used to treat anxiety disorders and how it works on a chemical level.

# Anxiety Management



The image is a screenshot of a web browser window. The browser's address bar shows the URL "zeus.vwu.edu/~jlsnowden/AFNtech.php". The page content is organized into three sections, each with a bolded title in a black box. The first section, "PRACTICE MINDFULNESS", includes a paragraph about mindfulness and a "Learn More" button. The second section, "DIAPHRAGMATIC BREATHING", lists five steps for the breathing exercise. The third section, "SPIRAL TECHNIQUE", lists four steps for the spiral technique.

**PRACTICE MINDFULNESS**

A lot of anxious emotions can be triggered by dwelling on past events or being overwhelmed about the uncertainty of the future. Mindfulness is making a conscious effort to focus on the present and taking one step at a time. Individuals take time to examine their emotions, thoughts and how their body is responding to stress. Then they practice exercises such as meditation and breathing strategies to gain control of their body and mind. By focusing their attention on the present moment and showing compassion towards themselves, people who struggle with anxiety can find peace and learn to have gratitude. Practicing mindfulness teaches people to enjoy living in the present moment.

[Learn More](#)

**DIAPHRAGMATIC BREATHING**

- Find a comfortable and calm place to sit.
- Place one hand on your chest and place your other hand near your diaphragm.
- Breathe deeply through your nose and hold that initial breath for one or two seconds.
- Slowly exhale through your mouth.
- Take another deep breath through your nose, hold it for one or two seconds, and exhale through your mouth.
- Repeat these steps 3- 5 times until you feel completely relaxed.

**SPIRAL TECHNIQUE**

- If there is a memory or thought that is disturbing you, concentrate on how your body is responding to that memory/thought.
- On a scale of 1-10, how does the memory make you feel? (1 being the least disturbing and 10 being the most disturbing).
- Where do you feel the discomfort or tension in your body?
- Once you recognize the physical response to your distress, imagine that your emotions are energy.
- If you were to imagine that energy moving into a spiraling motion, which direction would it be moving in, clockwise or counterclockwise? (There is no right or wrong answer.)

## EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY (EMDR)

Eye Movement Desensitization and Reprocessing Therapy (EMDR)- is a form of therapy that helps individuals reduce the emotional and visual memories associated with a traumatic experience. EMDR is commonly used with people with Post Traumatic Stress Disorder (PTSD), but it can be used for anyone who believes that trauma from past events has an impact on negative thoughts and behavior in the present. EMDR is usually done by encouraging the patient to focus on a disturbing memory while simultaneously participating in a form of bilateral stimulation. This can either be done through eye movement or hand tapping. This bilateral stimulation allows individuals to process and desensitize that traumatic memory. Reprocessing also helps patients to gain new insight about their thoughts and emotions that are associated with the event. This form of therapy aids individuals in having more control over the negative experiences of their past and can help to reduce anxiety in the future. Once a memory is desensitized, patients can work with their therapist to tackle other memories and gain new insights that lead to positive thoughts and behaviors.



Find out which type of therapy we recommend:

Choose a type of anxiety that best describes your experience:

- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorder
- Panic Disorder
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)

submit

GO BACK

# Types of Therapy

# Table for Type of Therapy Recommendation



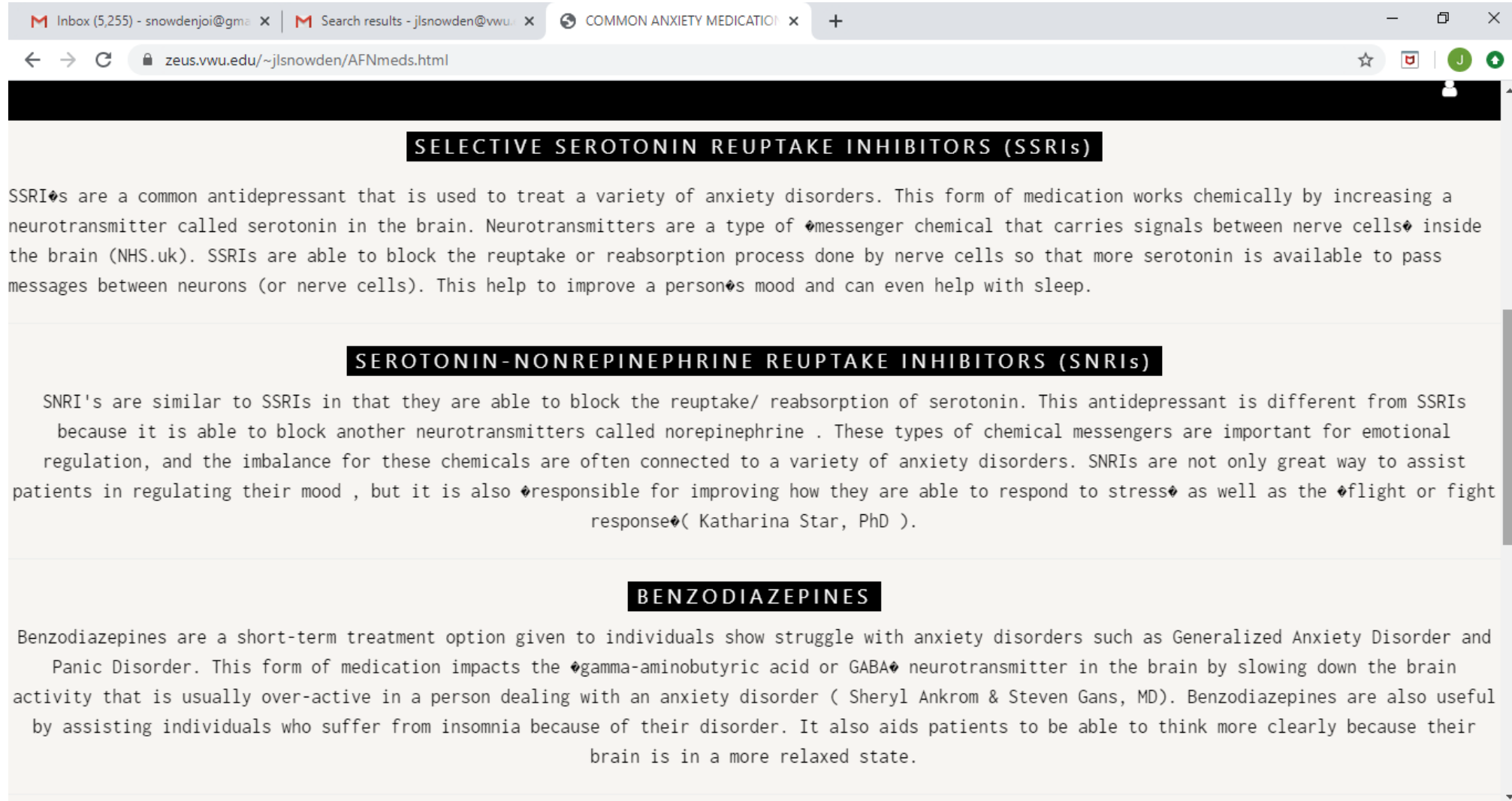
## THERAPY RECOMMENDATION

### RESULTS

Main Recommendation	Second Recommendation
Cognitive Behavioral Therapy	Panic-Focused Psychodynamic Therapy

GO BACK

# Using Medication as Aid



The image is a screenshot of a web browser window. The address bar shows the URL "zeus.vwu.edu/~jlsnowden/AFNmeds.html". The browser has three tabs open: "Inbox (5,255) - snowdenjoi@gmail.com", "Search results - jlsnowden@vwu.edu", and "COMMON ANXIETY MEDICATION". The page content is displayed on a light gray background with a dark header bar. The text is in a monospaced font. There are three main sections, each with a bolded title in a black box. The first section is titled "SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIs)" and describes how SSRIs work by increasing serotonin levels in the brain. The second section is titled "SEROTONIN-NONREPINEPHRINE REUPTAKE INHIBITORS (SNRIs)" and explains that SNRIs block the reuptake of both serotonin and norepinephrine. The third section is titled "BENZODIAZEPINES" and states that they are used for short-term treatment of anxiety disorders by slowing down brain activity.

**SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIs)**

SSRIs are a common antidepressant that is used to treat a variety of anxiety disorders. This form of medication works chemically by increasing a neurotransmitter called serotonin in the brain. Neurotransmitters are a type of messenger chemical that carries signals between nerve cells inside the brain (NHS.uk). SSRIs are able to block the reuptake or reabsorption process done by nerve cells so that more serotonin is available to pass messages between neurons (or nerve cells). This helps to improve a person's mood and can even help with sleep.

**SEROTONIN-NONREPINEPHRINE REUPTAKE INHIBITORS (SNRIs)**

SNRIs are similar to SSRIs in that they are able to block the reuptake/ reabsorption of serotonin. This antidepressant is different from SSRIs because it is able to block another neurotransmitter called norepinephrine. These types of chemical messengers are important for emotional regulation, and the imbalance for these chemicals are often connected to a variety of anxiety disorders. SNRIs are not only a great way to assist patients in regulating their mood, but it is also responsible for improving how they are able to respond to stress as well as the flight or fight response (Katharina Star, PhD).

**BENZODIAZEPINES**

Benzodiazepines are a short-term treatment option given to individuals who struggle with anxiety disorders such as Generalized Anxiety Disorder and Panic Disorder. This form of medication impacts the gamma-aminobutyric acid or GABA neurotransmitter in the brain by slowing down the brain activity that is usually over-active in a person dealing with an anxiety disorder (Sheryl Ankrom & Steven Gans, MD). Benzodiazepines are also useful by assisting individuals who suffer from insomnia because of their disorder. It also aids patients to be able to think more clearly because their brain is in a more relaxed state.

# Important Codes For Website

- The Most significant codes for the website :
- The AFNtipsaction.php code allows for users to inserted tips and displayed them for the tips and techniques page
- The AFNlocationsdisplay.php code displays the database table for therapy services and uses a selection form to narrow the search by each city selected
- The secure log in and log out feature allows website administrators to safely retrieve data from users , reply to comments, and update therapy locations .



Name of Facility	City	Address	Zip Code	More Information
Liberating Lives Christian Counseling & Psychological Services	Norfolk	6325 N Center Dr #208	23502	<a href="#">Click Here</a>
Family Insight, PC	Norfolk	13, 6330 N Center Dr #200	23502	<a href="#">Click Here</a>
McNeill Therapy & Testing Services	Norfolk	6330 Newtown Rd #525	23502	<a href="#">Click Here</a>
Relationship Counseling for Individuals Couples and Families in Norfolk	Norfolk	129 W Virginia Beach Blvd #204a	23510	<a href="#">Click Here</a>
Sunrise Counseling and Psychological Services	Virginia Beach	780 Lynnhaven Pkwy #340	23452	<a href="#">Click Here</a>
Thriveworks Counseling	Virginia Beach	516 S Independence Blvd #104	23452	<a href="#">Click Here</a>
Meridian Psychotherapy	Virginia Beach	4509 Whitechapel Dr.	23455	<a href="#">Click Here</a>
Susan E Masterson LCSW - Masterson Psychotherapy	Virginia Beach	4445 Corporation Ln	23462	<a href="#">Click Here</a>
Paramount Counseling Inc.	Newport News	105 Nat Turner Blvd	23606	<a href="#">Click Here</a>
Thriveworks Counseling	Newport News	8 San Jose Dr #3e	23606	<a href="#">Click Here</a>
TPMG Behavioral Health	Newport News	11818 Rock Landing Dr Suite 101	23606	<a href="#">Click Here</a>
Harry W. Cole Jr, PhD	Newport News	802 Suite B Lockwood Ave	23602	<a href="#">Click Here</a>
Thriveworks Counseling	Chesapeake	3804 Poplar Hill Rd suite d	23321	<a href="#">Click Here</a>
Cognitive Behavior Therapy Center	Chesapeake	1403 Greenbrier Pkwy #215	23320	<a href="#">Click Here</a>
Empowerment Counseling Center	Chesapeake	1015 Eden Way N suite b	23320	<a href="#">Click Here</a>
Bonheur & Associates Counseling Center	Portsmouth	5939 Village St	23703	<a href="#">Click Here</a>
Renewed Perspectives Counseling and Consulting LLC	Portsmouth	3300 Tyre Neck Rd suite a	23703	<a href="#">Click Here</a>
Watermark Psychological Services (Dr. Lisa Mazzio)	Norfolk	821 W 21st. Street	23517	Call 757-349-8832
Nichole Weiler (Counselor)	Norfolk	250 W Brambleton Ave Ste 101	23510	Call (757) 450-7660

### Narrow Search for Locations

City:

# Code For Therapy Table

```
<h5 class="w3-center w3-padding-65"><span class="w3-tag w3-wide">THERAPY LOCATIONS IN HAMPTON ROADS</span>
</center>
<hr>

<center>

Display Table

<hr>
<?php

$host = 'localhost';
$user = 'johndevan';
$password = 'johndevan';
$database = 'johndevan';

$conn = mysql_connect($host, $user, $password);
$query = "select * from PLACES";
print "The query is <i> $query </i> ";
mysql_select_db($database);
$result_id = mysql_query($query, $conn);
if($result_id)
{
    print '<table border=1>';
    print '<TH> Name of Facility <TH> City <TH> Address <TH> Zip Code <TH> More Information ';
    while($row = mysql_fetch_row($result_id))
    {
        print '<TR>';
        foreach ($row as $field)
            print "<TD> $field </TD> ";
        print '</TR>';
    }
    print '</table>';
}
else
    print "Fail.<p>";

mysql_close($conn);
?>
```

Display Table

MYSQL Table

```
mysql> mysql> show columns from PLACES;
+-----+-----+-----+-----+-----+-----+
| Field | Type | Null | Key | Default | Extra |
+-----+-----+-----+-----+-----+-----+
| PLACE | varchar(1000) | YES | | NULL | |
| CITY | varchar(1000) | YES | | NULL | |
| ADDRESS | varchar(1000) | YES | | NULL | |
| ZIP | int(11) | YES | | NULL | |
| MORE_INFO | varchar(1000) | YES | | NULL | |
+-----+-----+-----+-----+-----+-----+
5 rows in set (0.01 sec)

mysql>
```

Connected to zeus.vwu.edu

```
<h5 class="w3-center w3-padding-65"><span class="w3-tag w3-wide">RESULTS</span></h5>
</center>
<hr>

<center>
<?php

$city = $_POST['city'];

$host = 'localhost';
$user = 'johndevan';
$password = 'johndevan';
$database = 'johndevan';

$conn = mysql_connect($host, $user, $password);
$query = "select PLACE, ADDRESS,ZIP,MORE_INFO from PLACES where CITY='$city' ";

//print "The query is <i> $query </i> ";

mysql_select_db($database);
$result_id = mysql_query($query, $conn);

if($result_id)

Select City From
table
(Narrow Search)

print '<table border=1>';
print '<TH> Name of Facility <TH> Address <TH> Zip Code <TH> More Information ';
while($row = mysql_fetch_row($result_id))
{
    print '<TR>';
    foreach ($row as $field)
        print "<TD> $field </TD> ";
    print '</TR>';
}
?>
```

Select City From  
table  
(Narrow Search)

-This gives you more time to slow down your racing thoughts.

### TIPS SHARED BY PEOPLE LIKE YOU!

Name	Advice
Jane C.	Get more sunlight. It improves vitamin D levels and brightens your mood.
Dave	Exercise helps to relieve my stress. I run in the morning to manage my anxiety.
Bob	I like going for long walks to reduce stress.
Joy	Get a support animal.
Joi	This is a test.
David	Take breaks in between tasks to reduce the feeling of being overwhelmed.
Jane B	Smile!
Tom J.	Try mindfulness meditations. They are super useful.
Jill	Yoga is great practicing mindfulness.
Tom c.	Drink more water.
Milo p.	I use talkspace.com for a therapist online.
AFN STAFF	If you have any questions about the management techniques mentioned, let us know. :)
AFN STAFF	Check out BetterHelp.com for online Therapy.
Adam	Download the Calm meditation app. Its Great!
Nai	Meditopia is also a good app for mindfulness meditations.
AFN STAFF	Thanks for the tip Nai.
AFN STAFF	Here is "3 Instantly Calming CBT Techniques For Anxiety" <a href="https://www.you">https://www.you</a>

## Submitting Tips

Users can submit useful tips and administration can answer questions.

GO BACK

# Form For Users

## Code For Tips table

```

<center>
<?php
$name = $_POST['name'];
$advice = $_POST['advice'];

$host = 
$user = 
$password = 
$database = 

$conn = mysql_connect($host, $user, $password);
$query = "insert into TIPS values
        ('$name', '$advice')";
//print "The query is <i> $query </i> ";
mysql_select_db($database);

if(mysql_query($query, $conn))
    print "<P> <P>";

else
    print "<P>Insert fail.<p>";
mysql_close($conn);
include("AFNtipsdisplay.php");
?>
</center>

```

Is there a tip/technique that isnt mentioned? Share it w

Name (You can choose to be anonymous ):

What is your helpful advice to others?  
(Please be mindful that what you choose to share will be public.)

## MySQL Table

```

Database changed
mysql> show columns from TIPS;
+-----+-----+-----+-----+-----+-----+
| Field          | Type          | Null | Key | Default | Extra |
+-----+-----+-----+-----+-----+-----+
| NAME           | varchar(100)  | YES  |     | NULL    |      |
| ANXIETY_TIPS   | varchar(3000) | YES  |     | NULL    |      |
+-----+-----+-----+-----+-----+-----+
2 rows in set (0.00 sec)

mysql>

```

Connected to zeus.vwu.edu

Secure Log in /  
Log out Feature



```
<?php session_start();
```

```
if($_SESSION['psw']==NULL && $_SESSION['user']==NULL)
```

```
{  
    $pass=$_POST['pass'];  
    $_SESSION['psw']= $pass;
```

```
    $user=$_POST['user'];  
    $_SESSION['user']=$user;  
}
```

```
else  
{  
    $pass=$_SESSION['psw'];  
    $user=$_SESSION['user'];  
}
```

```
if(
```

```
else  
{  
    ?>
```

```
<center>
```

```
<p><a href="AFNdisplaynewstable.php" class="w3-button w3-black w3-padding-large w3-large"> NEWSLETTER TABLE </a></p>
```

```
Click on <b>NEWSLETTER TABLE</b> to see who signed up for updates.
```

```
<p>
```

```
<p><a href="AFNadmintips.php" class="w3-button w3-black w3-padding-large w3-large">ADD TIPS/ ANSWER QUESTIONS </a></p>
```

```
Click on <b>ADD TIPS/ ANSWER QUESTIONS </b> to interact with users and answer their questions about the website.
```

```
<p>
```

```
<p><a href="AFNupdatelocations.php" class="w3-button w3-black w3-padding-large w3-large"> UPDATE THERAPY LOCATIONS </a></p>
```

```
Click on <b>UPDATE THERAPY LOCATIONS </b> to add more therapy locations for users.
```

```
</center>
```

```
^G Get Help
```

```
^C WriteOut
```

```
^R Read File
```

```
^Y Prev Page
```

```
^X Exit
```

```
^J Justify
```

```
^W Where Is
```

```
^V Next Page
```

```
Connected to zeus.vwu.edu
```

## INPUT LOGIN:

Username:

Password:

```
<center>
```

```
<center>
```

```
<h5 class="w3-center w3-padding-65"><span class="w3-
```

```
</center>
```

```
<hr>
```

```
</h2>
```

```
<form action=AFNadminaction.php method=post>
```

```
Username:<input type=textbox name=user>
```

```
<p>
```

```
Password:<input type=password name=pass>
```

```
<p>
```

```
<input type=submit value=Submit>
```

```
<input type=reset value=Reset>
```

```
</form>
```

```
<p>
```

```
</center>
```

```
</h1>
```



# Conclusion

- The website was successful at sharing providing proper resources for users to understand more about most common anxiety disorders and how they can be treated. Administrators can safely retrieve information from users ,and interact with them for support, and update new mental health facilities within Hampton Roads.
- To expand the project, a database can be created and dedicated to nonprofit organizations who provide mental health services for unserved communities and veterans who can't afford counseling. The project can also be extended to include other anxiety disorders that are less common and where to seek treatment. Lastly, a database can be created to provide research studies about therapy methods and their effectiveness.

# Works Cited

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