

Review of: "There's an App for That: Development of a Digital App for Mental Health Issues"

Sunny Tang¹

¹ Northwell Health

Potential competing interests: No potential competing interests to declare.

This paper is an interesting description of a new web-based mental health application targeting young people in Jakarta, Indonesia, written by a commercial interest. It provides a valuable description of a conceptualization and initial development of a type of product that is making a major impact on mental health care. I applaud the open publication of these materials, as it provides a reference point and citation for the field, in general. However, the manuscript itself needs several adjustments to make it conform more to scientific standards.

- The fact that this app is developed for the Indonesian community is a distinguishing feature. This information should be featured more prominently in the abstract, and should be used to define the scope of the paper in the first section of the Introduction.
- Several comments need citations, including:
 - *One consequence of living in a big city is dealing with stress. The congested conditions and fast-paced environment subject residents to the problem of stress. Jakarta, Indonesia's capital city, is ranked among the top 20 cities with the highest stress levels. Jakarta receives the highest scores in categories such as city density, public transportation, traffic jams, green space, physical health, equality, and tolerance.*
 - *Excessive use of social media can contribute to mental health disorders in Indonesians. The constant exposure to perfectly filtered photos on Instagram can make many people feel insecure, while obsessively checking one's Twitter feed before going to sleep can negatively impact sleep quality (CNN Indonesia, 2019).* – CNN cannot be considered a scientific source. Actually I don't know why social media is being discussed here - it does not seem relevant.
 - *In today's world, people tend to experience mental fatigue quickly. While seeking professional help is a good option, the lack of insurance coverage for mental health bills poses a challenge. The high cost of professional consultations is not the only problem. The topic of mental health is also associated with a taboo label, which prevents people from sharing their struggles with others.*
 - *Apart from work-related stress, there are numerous factors that contribute to stress experienced by individuals in this age group. These factors include relationship problems, financial issues, family responsibilities, academic demands, and social expectations. The combination of these factors makes millennials more susceptible to stress. Additionally, the poor quality of sleep and rest, often caused by irregular working hours, further contribute to the high levels of depression and stress among millennials. It can be concluded that the stress experienced by millennials is a result of the challenges and pressures of modern life. Furthermore, millennials' attachment to their smartphones,*

which they find difficult to detach from, unknowingly adds to their stress levels. The constant exposure to entertainment through cellphone and television screens can stimulate the nervous system and increase anxiety levels.

- More details about the mental health incidence, outcomes and available treatments in Indonesia are needed in the introduction.
- The abstract and introduction should also be more clear about the objectives of the app as well as the objectives of this manuscript.
- Geritain.id should be more fully described in the introduction. Perhaps section 2.2 should be moved there.
- Section 2.1 is very vague - I'm not sure what the message is here?
- Typo in PDF version: Section 3.2, "orter's Five Forces framework". The figure is also poor quality and should be better resolution.
- Please clarify: section 2.3a - are these the target demographics for the potential clients of this platform? Perhaps you can introduce the meaning of Segmentation to scientific readers who are less familiar with these business terms - as you do for Positioning.
- In section 2.4 - the screenshots are good, but you should describe the purpose and therapeutic intent of each image.
- The projections and analyses are interesting - their impact would be greater if they could be contextualized and discussed.