

ABSTRACT

Mental health is a crucial aspect of human development and plays a significant role in achieving the Sustainable Development Goals (SDGs). In Indonesia, mental disorders have become a serious concern, with a national depression prevalence rate of 1.4%. The 15–24 age group has the highest prevalence at 2%, and West Java is the province with the highest rate, reaching 3.3%, according to SKI 2023 data. University students are considered a vulnerable group due to academic and social pressures that may negatively impact their mental well-being.

Although several mental health applications are currently available, many have not fully addressed the specific needs of students. The lack of personalization and limited access to relevant features indicate the need for a more targeted design approach.

This research aims to provide a recommendation for a UI/UX design starter kit based on psychometric scores (PHQ-9, GAD-7, and PCL-5) using a User-Centered Design (UCD) approach. The starter kit is designed to support the development of digital mental health applications that are adaptive to student needs. The outcomes of this study are expected to serve as a reference for designing user interfaces that are not only aesthetically pleasing but also functional and responsive to the psychological conditions of users, especially students in Bandung.

Keywords: *mental health, university students, health application, UI/UX starter kit, sustainable development goals, user-centered design*