fact that many approaches while diagnosing mental health issues, may not provide meaningful suggestions on a daily basis for improving mental health. Even if suggestions are provided, those suggestions may not be individually tailored to the specific patient, but instead just provide general guidance for improving mental health, which may or may not improve the specific causes of decreased mental health.

[0005] Mobile computing devices such as mobile phones can provide a great deal of data regarding the mental health of an individual. For instance, digital data such as calendar entries, phone calls, text messages, and other application data can provide insight into the type of activities that an individual is engaging in on a daily basis, and thus may be useful in determining whether an individual is engaging in the sorts of activities that will benefit their mental health and ensure that it remains healthy. Mobile devices are constantly following an individual (in a pocket or purse for example) and can be utilized to provide the necessary information about a user's daily activities that can be used to generate an overall mental health assessment without requiring intrusive psychological diagnostic techniques. As an example, calendar entries on a mobile device can provide insight as to the types of activities that a user is engaging in, and an analysis of those activities can indicate whether the user is performing activities in their daily life that promote mental health, for instance, by causing the brain to release certain neurotransmitters known to promote overall happiness.

[0006] What is needed is a system that can acquire mobile device information and data associated with a user's daily activities, and translate that data into a meaningful analysis of whether the user is maintaining a healthy lifestyle (from a mental health standpoint). Furthermore, rather than simply providing an assessment of whether or not the user is engaging in activities that will promote the overall mental health of the individual, but what is also needed is a system that can use the assessment to the provide the user with guidance as to how to modify their daily routines to ensure that they are able to fully realize peak happiness.

SUMMARY ~~OF THE DISCLOSURE~~

[0007] Accordingly, provided herein are systems and methods for evaluating and improving neurotransmitter levels based on mobile device application data. In one or more examples, the system can be implemented as a computing application that is configured to download information from a user's mobile device that can provide insight into the user's daily mental health. Once the data is acquired, in one or more examples, the application can

[0023] Optionally, the method comprises determining one or more ROH score deficiencies of the user, based on the determined ROH score and the determined optimal ROH score.

[0024] According to an aspect, a system for assessing neurotransmitter levels of a user based on a user's activity data stored on a computing device includes: a memory; a display; one or more processors; and one or more programs, wherein the one or more programs are stored in the memory and configured to be executed by the one or more processors, the one or more programs when executed by the one or processors cause the processor to: receive data from a computing device associated with the user, wherein the received data is associated with one or more activities performed by the user; display a first graphical user interface at the display, wherein the first graphical user interface is configured to display and receive one or more categorizations of the one or more activities performed by the user; determine one or more emotions based on the received one or more categorizations of the one or more activities performed by the user; display a second graphical user interface at the display, wherein the second graphical user interface is configured to receive one or more quantitative ratings corresponding to each of the determined one or more emotions from the user; determine one or more neurotransmitter activity levels of the user based on the received one or more quantitative ratings received from the user; determine one or more optimal neurotransmitter activity levels; determine one or more neurotransmitter deficiencies of the user, based on the determined one or more neurotransmitter activity levels of the user and the determined one or more optimal neurotransmitter activity levels; and generate and display one or more suggestions for increasing the determined one or more neurotransmitter activity levels.

[0025] Optionally, the processor is further caused to display a third graphical user interface at the display, wherein the third graphical user interface is configured to display the determined one or more optimal neurotransmitter activities and the determined one or more neurotransmitter deficiencies.

[0026] Optionally, the third graphical user interface includes one or more user selectable features that when selected by the user allows the user to add an event corresponding to the one or more generated suggestions to an electronic calendar associated with the user.

[0027] Optionally, the generated one or more suggestions for increasing the determined one or more neurotransmitter are generated by selecting one or more entries from a database containing a plurality of suggestions for increasing neurotransmitter levels.