	<p align="center">M3W • Maintaining and Measuring Mental Wellness</p>	<p align="right">9/8/2015 Revision 3.1</p>
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Project	
Reference:	AAL-2009-2-109
Short Name:	M3W
Full Name:	Maintaining and Measuring Mental Wellness
Website:	http://m3w-project.eu

D53-pub Electronic Communication Platforms and Public Website

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Approval	Name	Organization/Unit

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Document History

Date	Affected	Description of change	Author	Status
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10/06/2013	All	Edited version	J. Vargha	Draft
14/06/2013	All	Formatted and extended version	P. Hanák	Draft
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Date	Version reviewed	Remarks, corrections	Reviewer	New status
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Use Document Status: *Draft, Reviewed, Approved.*

	<p>M3W • Maintaining and Measuring Mental Wellness</p>	<p>9/8/2015 Revision 3.1</p>
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Definitions, acronyms and abbreviations

Acronym	Description
M3W	Maintaining and Measuring Mental Wellness
ECP	Electronic Communication Platform
CMS	Content Management System
SaaS	Software as a Service
WG	Working Group

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1 Introduction

This document (D53-pub) is an abbreviated and public version of the full deliverable *D53 Electronic Communication Platform for Project Partners and Public Website*. The difference is that D53-pub does not describe those – restricted – services that are available only to the members of the M3W consortium.

2 Electronic Communication Platforms (ECP)

2.1 User Register

<https://m3w-project.eu/>; status: public.

The project server has been used also as User Register for players, i.e. users of the M3W Mental Wellness Toolset (MWT), aka M3W Game Server. Firstly, the project server hosted also the MWT, but later the User Register became separated from the Game Server. Its reason is explained in the guide *M3WJS Backoffice Services*.



It is not easy to identify the moment when the process becomes abnormal and the elderly requires serious attention, perhaps medical intervention.

1 2 3 4



Login

Send message

Login or registration

Search this site

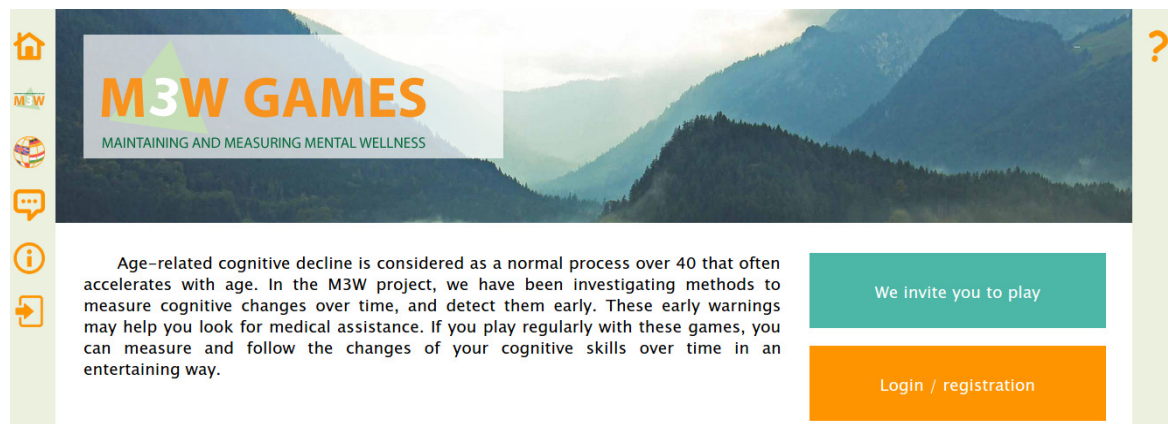
Username or email address *

Type your username or email address here, and press the Next button.
If you are not a registered user in this web site, you may [register here](#).

Next

2.2 Game server

<https://kognito.eu/>, <https://kognito.hu/>; status: public.

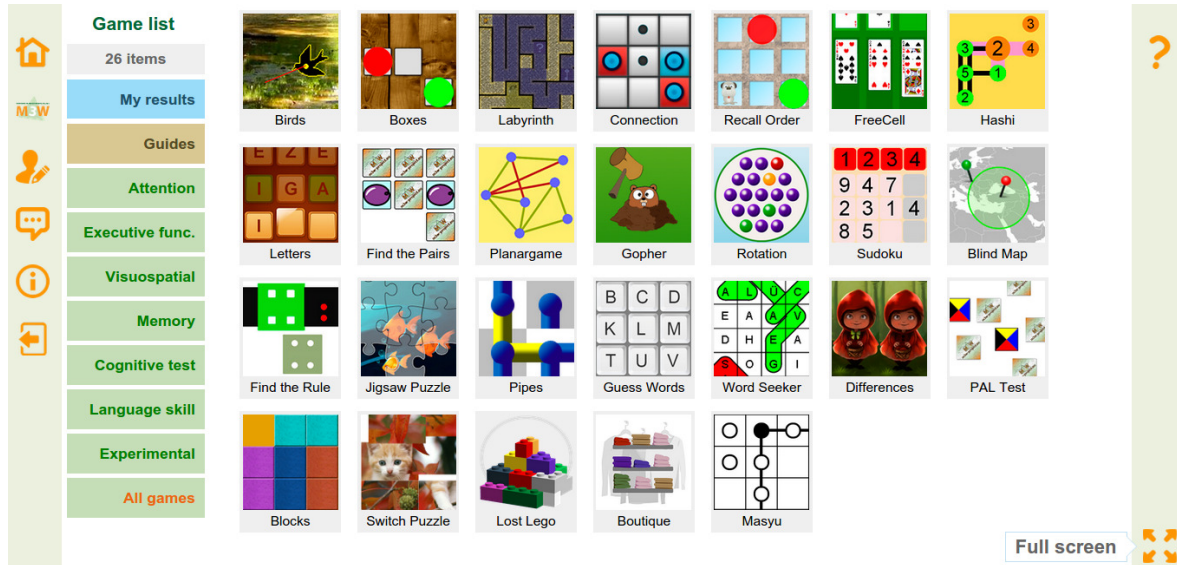


Age-related cognitive decline is considered as a normal process over 40 that often accelerates with age. In the M3W project, we have been investigating methods to measure cognitive changes over time, and detect them early. These early warnings may help you look for medical assistance. If you play regularly with these games, you can measure and follow the changes of your cognitive skills over time in an entertaining way.

We invite you to play

Login / registration

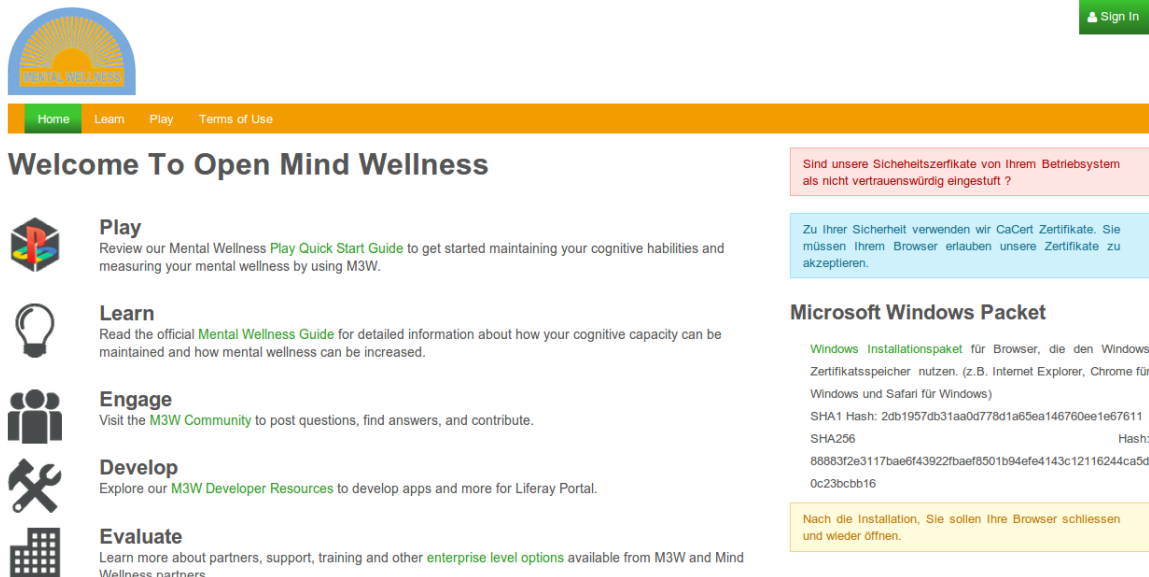
The Game Server hosts the M3W battery of games. The name *kognito* has been chosen as it is easier to remember than the name of the project site; see details in the technical guide *M3WJS Backoffice Services*.

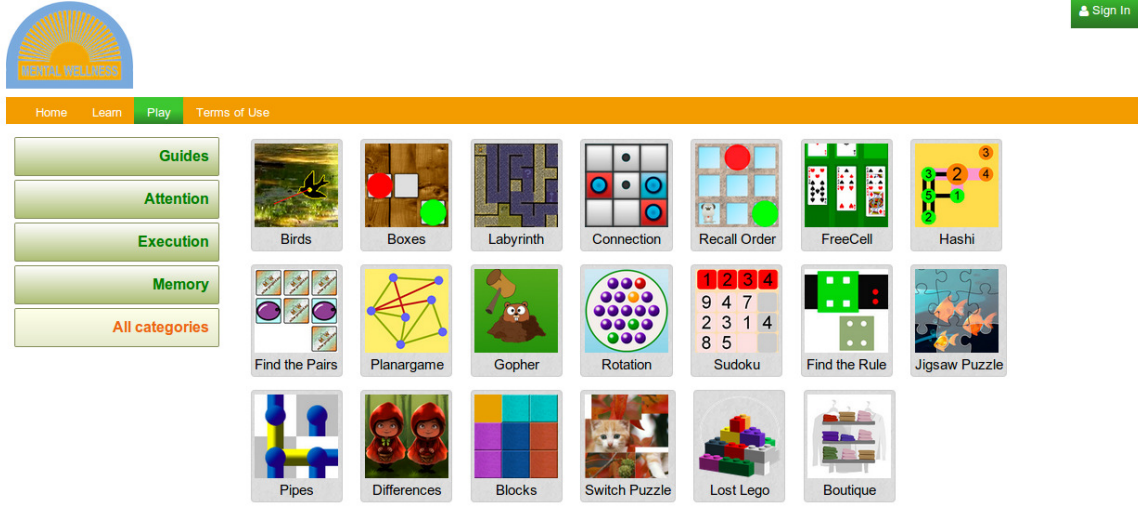


2.3 Experimental servers

2.3.1 In Switzerland

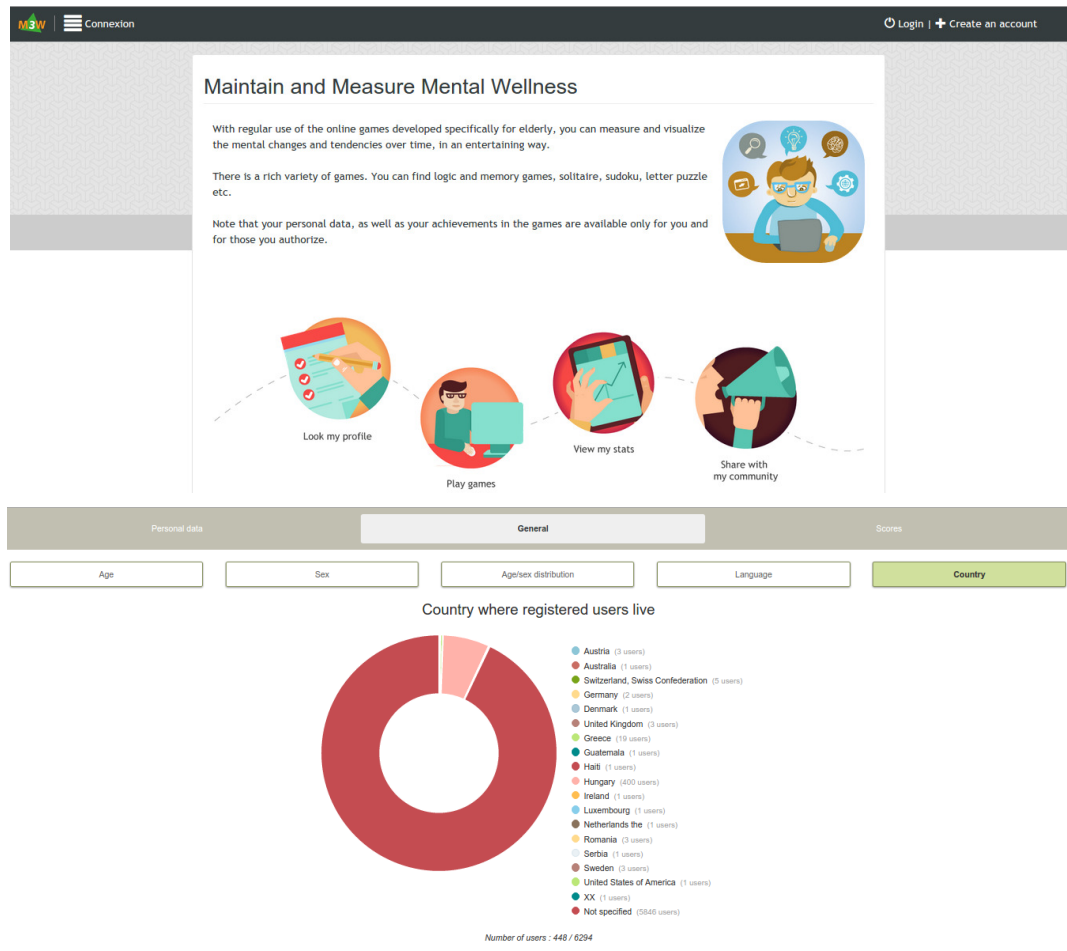
<http://ch.openmindwellness.net>; status: experimental.





2.3.2 In Luxembourg

<https://svr225041.actimage.net>; status: experimental.



Maintain and Measure Mental Wellness

With regular use of the online games developed specifically for elderly, you can measure and visualize the mental changes and tendencies over time, in an entertaining way.

There is a rich variety of games. You can find logic and memory games, solitaire, sudoku, letter puzzle etc.

Note that your personal data, as well as your achievements in the games are available only for you and for those you authorize.

Navigation: Look my profile, Play games, View my stats, Share with my community

Personal data: Age, Sex, Age/sex distribution, Language, Country

Country where registered users live

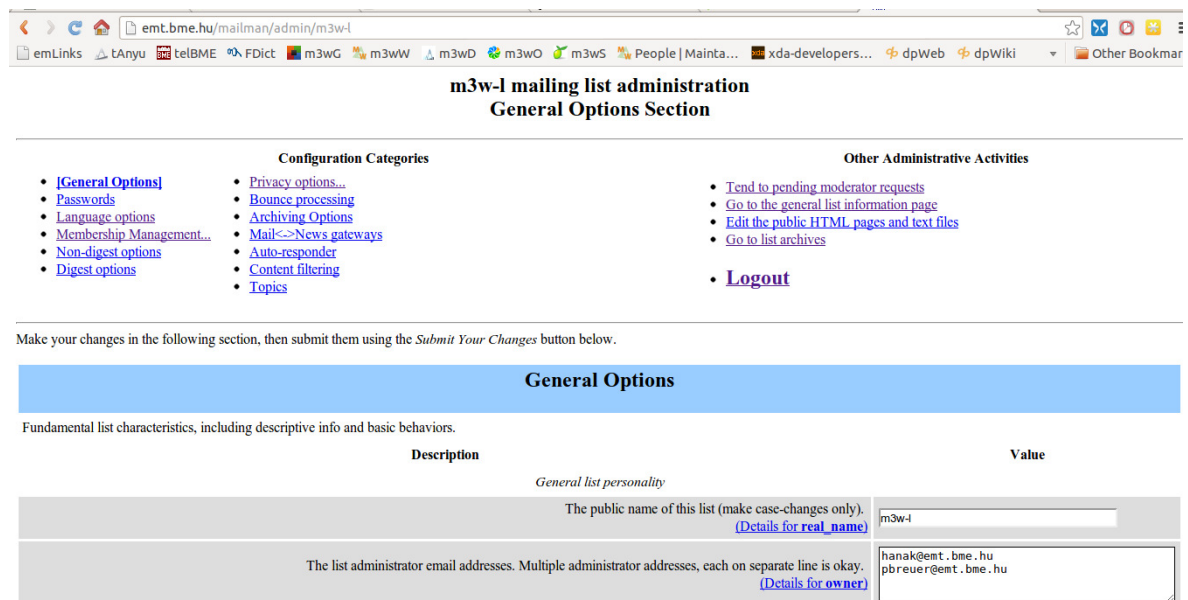
Country	Number of users
Austria	3 users
Australia	1 users
Switzerland, Swiss Confederation	5 users
Germany	2 users
Denmark	1 users
United Kingdom	3 users
Greece	19 users
Guatemala	1 users
Haiti	1 users
Hungary	400 users
Ireland	1 users
Luxembourg	1 users
Netherlands the	1 users
Romania	3 users
Serbia	1 users
Sweden	3 users
United States of America	1 users
XX	1 users
Not specified	5840 users

Number of users : 446 / 6294

The Game Servers host the M3W battery of games and other services. The server of ZHAW (ch.openmindedwellness.net) in Switzerland has been used for experiments with real players, and for alternative user interface developments. The server of Actimage (svr225041.actimage.net) in Luxembourg has been used for implementation experiments and alternative user interface developments, and for data visualization.

2.4 Mailing lists

The public mailing lists support the communication between the project members and the players. They also archive the letters. Mailing lists are operated by BME EMT under Mailman¹.



The screenshot shows a web browser window with the URL `emt.bme.hu/mailman/admin/m3w-l`. The page title is "m3w-l mailing list administration" and the section is "General Options Section".

Configuration Categories

- [\[General Options\]](#)
- [Passwords](#)
- [Language options](#)
- [Membership Management...](#)
- [Non-digest options](#)
- [Digest options](#)
- [Privacy options...](#)
- [Bounce processing](#)
- [Archiving Options](#)
- [Mail<->News gateways](#)
- [Auto-responder](#)
- [Content filtering](#)
- [Topics](#)

Other Administrative Activities

- [Tend to pending moderator requests](#)
- [Go to the general list information page](#)
- [Edit the public HTML pages and text files](#)
- [Go to list archives](#)
- [Logout](#)

Make your changes in the following section, then submit them using the *Submit Your Changes* button below.

General Options

Fundamental list characteristics, including descriptive info and basic behaviors.

Description	Value
<p><i>General list personality</i></p> <p>The public name of this list (make case-changes only). (Details for real_name)</p>	m3w-l
<p>The list administrator email addresses. Multiple administrator addresses, each on separate line is okay. (Details for owner)</p>	hanak@emt.bme.hu pbreuer@emt.bme.hu

2.4.1 m3w-pl@m3w-project.eu for players (obsolete)

m3w-pl@m3w-project.eu (e-mail language: Hungarian)


This is a list for distributing circular letters of team members to players taking part in testing. Members of the lists are players. Only selected project managers and contact persons can send mail to this list.

2.4.2 mail@m3w-project.eu for feedback from players

mail@m3w-project.eu

Members of the list are selected project managers and contact persons who are authorized to answer the letters received by this list from the players.

¹ Mailman, the GNU Mailing List Manager. <http://www.gnu.org/software/mailman/>

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2.4.3 Support for national communities (m3w-pl-??@m3w-project.eu)

Later during the project, more mailing lists have been set up for national player communities. The membership on these lists is managed **automatically** on the basis of the User Register: an active player becomes member of the mailing list in their selected language; see details in the technical guide *M3WJS Backoffice Services*.

m3w-pl-hu@m3w-project.eu (mailing list for players in Hungarian)

m3w-pl-en@m3w-project.eu (mailing list for players in English)

m3w-pl-de@m3w-project.eu (mailing list for players in German)

m3w-pl-fr@m3w-project.eu (mailing list for players in French)

m3w-pl-el@m3w-project.eu (mailing list for players in Greek)

3 Public Website

<http://m3w-project.eu/>

Status: public, with restricted areas for authenticated users.

Technical editors of the webpages have been J. Vargha and P. Hanák; contents have been edited by J. Mallász, P. Breuer, J. Vargha and P. Hanák. The webserver has been operated by BME EMT.

The pages are written in English, some shorter Hungarian parts are also inserted. If needed later, we plan to publish pages written in more languages – these can be Hungarian, French, German and Greek besides English.

In the second phase of the project this server has accomplished also the players' registration (c.f. User Register).

3.1 Drupal


The M3W project's public website is based on the popular, widespread Drupal Content Management System (CMS). Still, Drupal is more than a CMS. It is a *Software-as-a-Service* (SaaS) solution that is perfect for a small business and scalable for any large enterprise.²

BME EMT has been successfully used Version 6 of Drupal on its servers for several public websites in other projects. Meanwhile, Version 7 of Drupal has been published which made reasonable to base the M3W project's website on this newer version.

Drupal 7 contains more new features and architectural changes than any previous version. In addition, it has considerable improvements in **performance** (how fast it can handle a single request), and **scalability** (how many requests it can handle at the same time, or the amount of information it can store and process).³ Based on these results,

² 7 Top Benefits of Drupal CMS | Alliance Interactive | <http://www.allianceinteractive.com/blog/7-top-benefits-drupal-cms>

³ Performance and Scalability in Drupal 7 | Drupal Watchdog | <http://drupalwatchdog.com/1/1/performance-scalability-drupal-7>

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we have expected that the Drupal 7 would not only be suitable for the relatively small task to disseminate the M3W project, but we would be able to solve the administration of a large number of players and manage the large amount of data resulted by the players' activity.

3.2 The M3W Project's Public Website

On one hand, the site is an introduction that contains basic information about the M3W project, gives a brief description of the project partners with links to their own website, and contact data. On the other hand, the project participants have published articles on the website, and post press materials related to the project, data of events, photos, etc. All of these information are available for anonymous users (visitors of the website not logged in).

3.2.1 The homepage (frontpage) before 2014



1 MAINTAINING AND MEASURING MENTAL WELLNESS
M3W

2 HOME THE PROJECT PARTNERS PUBLICATIONS EVENTS RELATED TOPICS CONTACTS

3 SEARCH
Search this site

3 USER MENU

- Login
- Register as a gamer

M3W – Maintaining and Measuring Mental Wellness

The change of mental abilities is a normal process which already affects the population over 40 and strengthens with the age. Reading books, playing card and board games, solving crosswords are popular tools for keeping the mind fresh. With the spread of computers and computer networks computerized games are becoming more and more popular among the elderly. There are many websites offering games for everyone, however, only few of them are designed for the elderly as far as content, ergonomics, psychology, abilities, etc. are concerned. On the other hand, a continuously increasing number of websites are opened for the 50+, 60+ and older which rarely offer on-line games for the visitors.

The aim of the M3W project is to utilize the fact that on-line games are able to collect behavioural data in order to measure mental (and motoric) abilities and especially their changes over time. If we can measure states and especially state changes in a scientifically sound way and a strictly controlled environment then we can provide better and more timely help for the elderly and their families. The main objective of the project is to develop a mental wellness toolset for self usage (i.e. for the individuals and their families), and only to a lesser extent for the medical experts (psychiatrists, psychologists, carers, etc.).

Our goal is to measure and visualize mental changes, tendencies in an entertaining way, and to give indications, sort of warnings, alarms or reports, to the effected persons and their relatives or friends that it is advisable to visit a physician. Our ambition is to compare one's mental wellness to his/her own past mental wellness conditions (in relative values), while it is definitely not our aim to compare one's mental ability to others' (in absolute values, like the Intelligence Quotient).

The project, supported by the AAL Joint Programme (ref. no. AAL-2009-2-109) has started on December 1st, 2011, with a duration of 36 months.

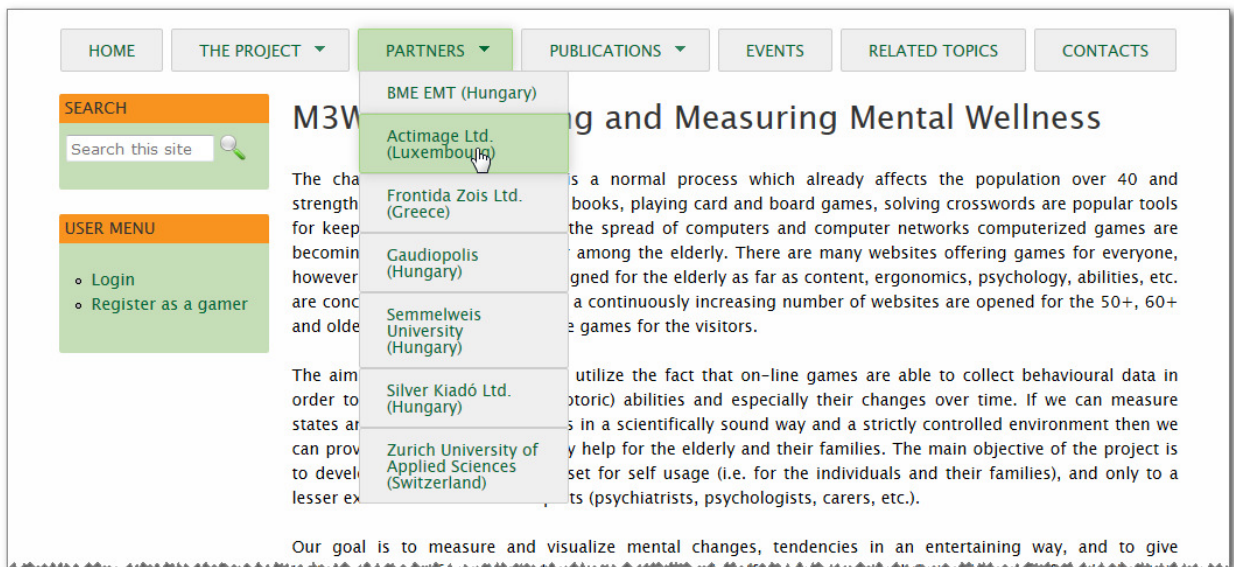
4

Partners: actimage, silverkiadó, zhaw, AAL, NIH, National Development Agency, LUXINNOVATION, BBT OFFT UFFT


Powered by Drupal

The site's frontpage (<http://m3w-project.eu>) has four main horizontal sections:

1. The *header* with the project's logo and a slideshow with cropped screenshots of a few games to illustrate the core element of the project.
2. The *navigation bar* with the main menu with horizontally arranged menu items. This is a drop-down menu, i.e. some of the menu items have child items, opened downward when the mouse is moved over them.
3. The *content* section with the page title and the content of the page (text, images, etc.) This section is narrower than other sections above and below, and arranged to right to give room for the sidebar, arranged to left. The sidebar is a placeholder of different blocks. Here are two such blocks: the *Search block* and the *User menu block*.
4. The *footer* with the logo images of the supporting agencies (first row), and with the project partners' logo images (second row). All logos are links to the websites of their owners. The third row indicates that the site is powered by [Drupal](#).



3.2.2 The homepage (frontpage) since 2014



M3W • Maintaining and Measuring Mental Wellness

Now, you can get this assistance on M3W website.
We invite you to play...

1 2 3 4

HOME THE PROJECT PARTNERS PUBLICATIONS EVENTS RELATED TOPICS CONTACTS







Senior Academy

Serious games

Club for the Elderly

Over 40

M3W – Cognitive Training for Mental Wellness

Dear Visitor!

Age-related cognitive decline is considered as a normal process over 40 that often accelerates with age. In our days, fortunately, there are methods to measure such mental changes over time and detect them early. These methods may give some assistance to any further healthcare steps if needed.

Now, you can get this assistance on the M3W website. With regular use of the online games you can measure and visualize mental changes and tendencies over time, in an entertaining way.

[We invite you to play...](#)



Login

Dear Visitor!

If you completed your registration and want to play with the games any time in the future you must log in to the M3W website (unless your browser remembers your last session). You may login:

- With your Google, Facebook or LinkedIn account: just click on its name in the left bar.
- With your username and password: click on the Login button in the left bar and enter the data.

Details: [How to login](#)

Registration

Dear Visitor!

Registration consists of (1) creating a new account, (2) performing the PAL Test. Usage is free.

- Account creation is easy if you have a Google, Facebook or LinkedIn account: just click on its name in the left bar.
- Else click on the Registration button, enter a few data, including a valid email address, then read your mail and follow the instructions.

Details: [How to register](#)

Data handling

Dear Visitor!

The personal data you enter at the registration and the results you achieve in the games are treated confidentially. Only you and authorized experts of the M3W project have access to them.

Details: [Data handling regulations](#)

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[Impressum](#) | [Data handling regulations](#)

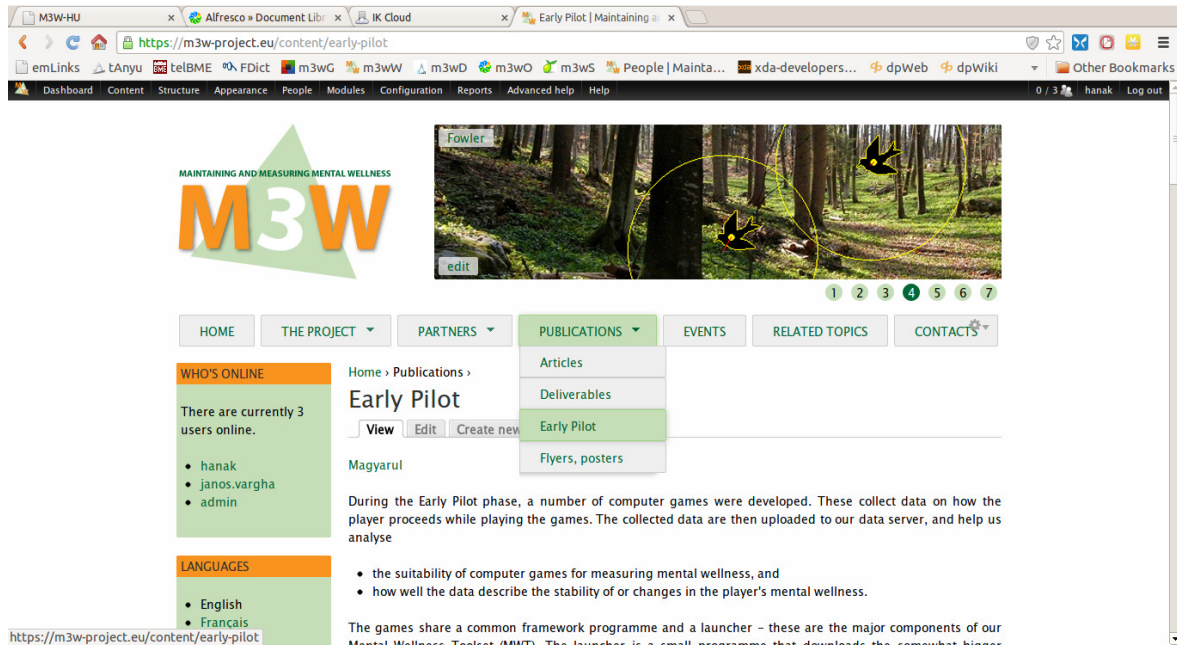
Powered by [Drupal](#) 7.36

3.2.3 Main menu

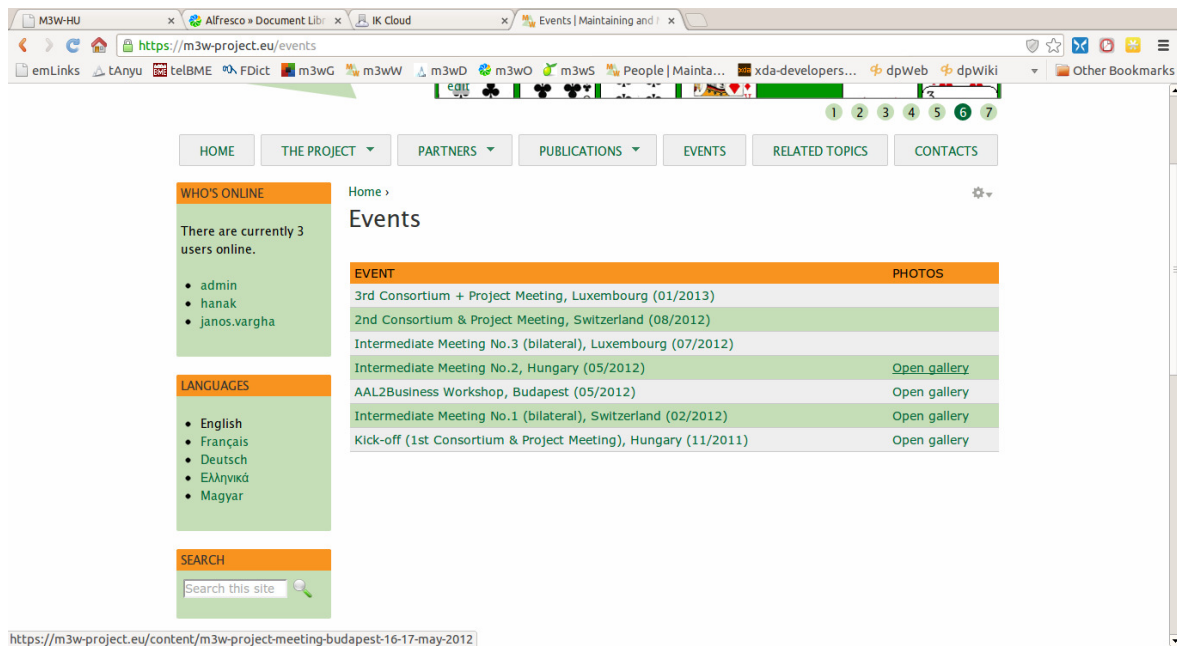
The main menu structure, with all parent items expanded (in the browser, this situation never happens as only one branch can be expanded at the same time; the connecting lines are also used in the illustration only, they do not appear on the webpage):



In this tree structure, in two cases the first child menu items are the leaves (*THE PROJECT* and *PARTNERS*), because they have a fixed number items. However, in the case of *PUBLICATIONS*, the number of leaves will grow as the project progresses, and may become too long. To avoid this inconvenience, the first child items of the *PUBLICATIONS* parent item linked to *list pages*. This *content type* is devoted to display sorted lists of selected items (articles, deliverables, etc.). If the number of the items exceeds a certain limit, the list will be divided into separate pages, which can be achieved via the pager at the bottom of the list. These lists are produced by the Views module, and inserted into the list pages.

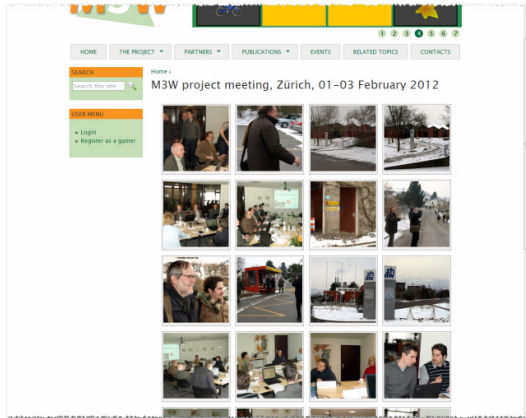


In the case of *EVENTS*, there are no child menu items, it is directly linked to a list page. In the table, a formatted list of events and, if exists, linked photo galleries can be accessed directly from the list of events.



On the photo gallery pages, each photo is represented by a thumbnail. Clicking on a thumbnail starts a slideshow of the images. In the example below, starting from the trunk (the navigation bar), following the ramification of branches we arrive to the photos

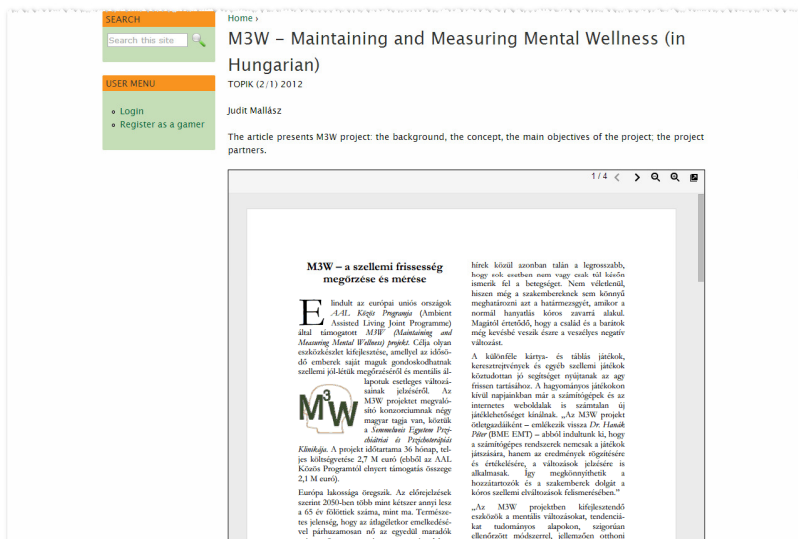
as a certain kind of leaves on the tree structure of the M3W projects website. Photos are shown only to authorized, i.e. registered users.



3.2.4 Contents

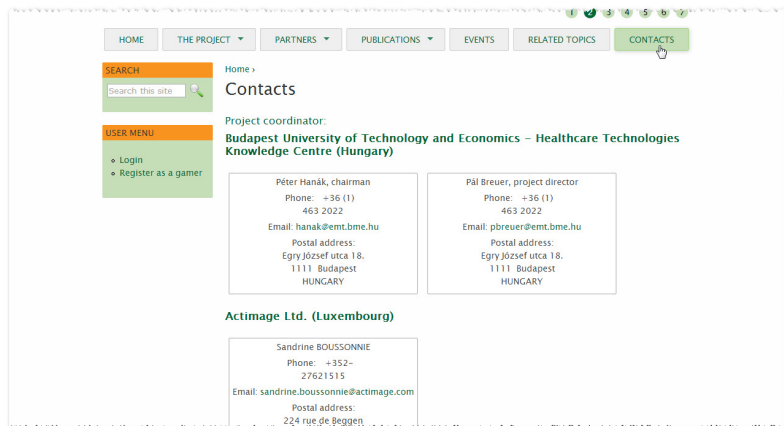
All contents of the website are organized into this logical structure to provide access to any content pieces as easily as possible.

In addition to texts with inserted images and photos, some content are produced in PDF files, and these contents require specific PDF viewer plugin to display them embedded in the webpage:



This feature is provided by the Embedded Google Docs Viewer module, based on the PDF viewer of Google Docs.

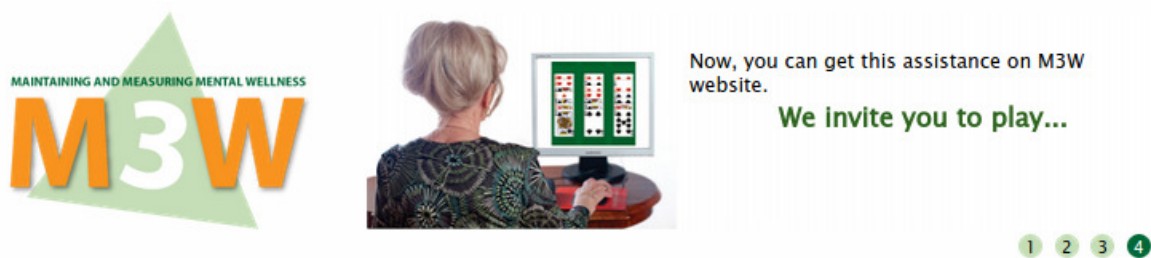
The last item on the main menu is the CONTACTS. In our case, this not a form to send message directly to an email address, which is the default contact method in Drupal, but a simple list of contact names and their contact data:




3.3 Player management


The features described above can be accessed by any visitors of the website, even if they are not logged in.


Users registered on the website can access and use more features. Depending upon their *roles*, users can administer the whole site, or edit the content, and – which is more important for the M3W project – they can be players, or manage the players (e.g. doctors).






Registration

 **Send message**

 **Login or registration**

After the successful registration, we send you a letter to activate your account.



If you have a Google, Facebook or LinkedIn account, you can easily register through these social services. Press the appropriate button on the left side, and follow the instructions. We recommend this registration method.

Secured by LoginRadius

Otherwise, you can register here with your email address. Fill the form below and press the Register button.



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Registration with e-mail address *

Type your valid email address here.

Password *

Confirm password *

Provide a password for the new account in both fields.

Birth year *

Gender *

Education *

CAPTCHA

This question is for testing whether you are a human visitor and to prevent automated spam submissions.



What code is in the image? *

Enter the characters shown in the image.

[Register](#)

Users can directly register with a username and password, or with one of their Google, Facebook or LinkedIn accounts; see; details in the technical guides (*M3WJS Backoffice Services*, *M3WJS User Guide*, etc.).