ABSTRACT

The increasing prevalence of mental health disorders among Indonesian adolescents, as evidenced by data from the Basic Health Research (Riskesdas) and the Indonesia National Adolescent Mental Health Survey (I-NAMHS) 2022, prompted the development of the MentalS App. Adolescents are particularly vulnerable to anxiety disorders, which have shown a high prevalence. Therefore, a widely accessible solution is needed to provide early intervention and mental health support. The MentalS App, a mobile application, was developed to assist adolescents in monitoring and managing their mental health. The app includes features such as a generalized anxiety disorder test, a daily journal, a psychologist location and contact finder, and early intervention options. User testing was conducted using the System Usability Scale (SUS) method with 25 respondents, yielding a score of 78.8, indicating that the app has a good level of usability. User evaluations confirmed that the MentalS App is effective and reliable as a tool for improving adolescent mental well-being.

Keywords: *Mental health, adolescents, mobile application, anxiety disorder, early intervention, System Usability Scale (SUS).*