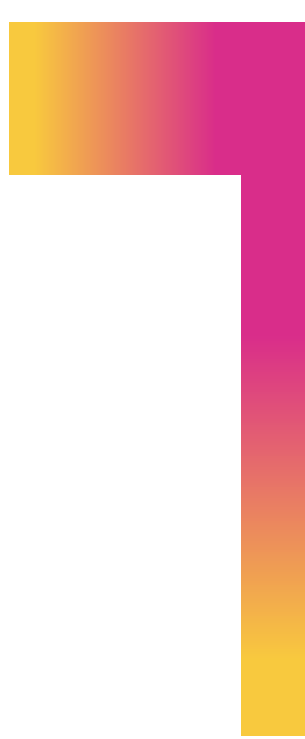




Stress and Anxiety Management Application

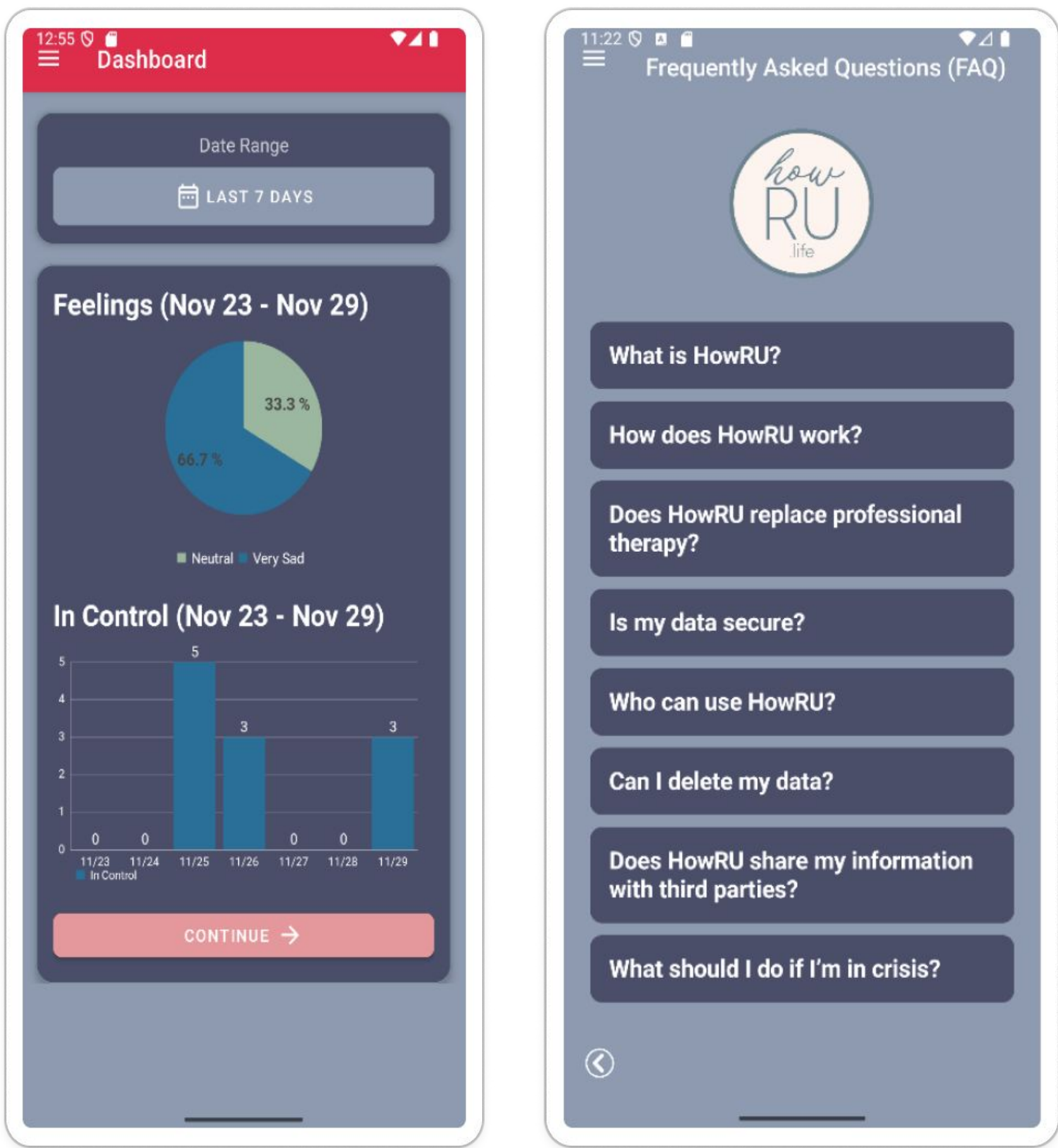
Students: Sidney Bobadilla, Santiago Boscan, Adolfo Cabrera, Nicholas Juman, David Vasquez
Mentor: Liane Sangollo, HR Vision Consulting
Instructor/Faculty: Dr. Masoud Sadjadi, Florida International University

PROBLEM

Address the need of an interactive, maintainable, and cross-platform mobile application to help users manage stress and anxiety.

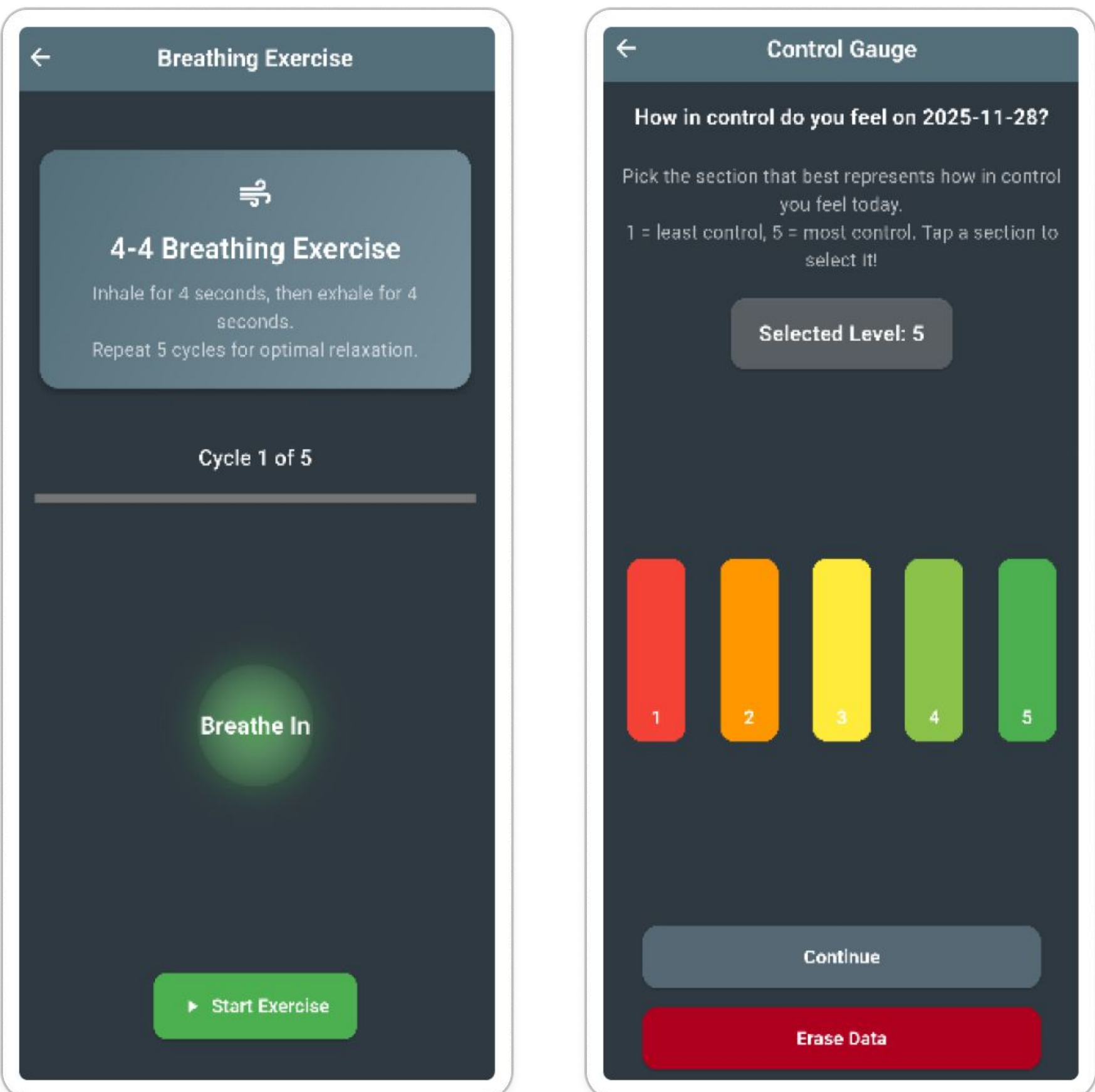
REQUIREMENTS

- Offer visually engaging exercises.
- Implement reusable user interface systems.
- Have a database that tracks user activity and generates graphs from collected data.

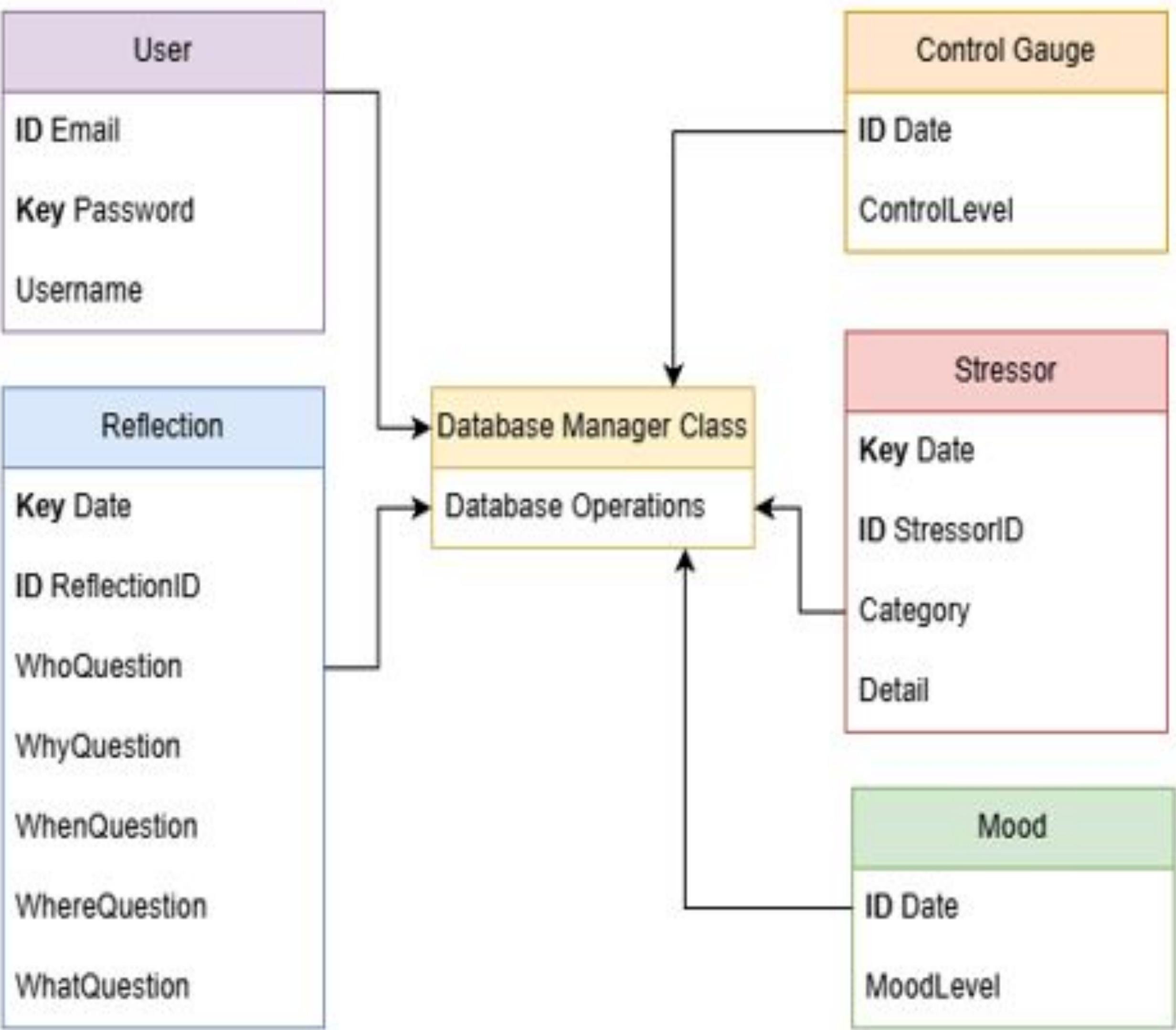


CURRENT SYSTEM

A mobile application for Android and iOS that logs user's activities and provides guided exercises with visual and audio cues.



OBJECT DESIGN



IMPLEMENTATION

Android Application

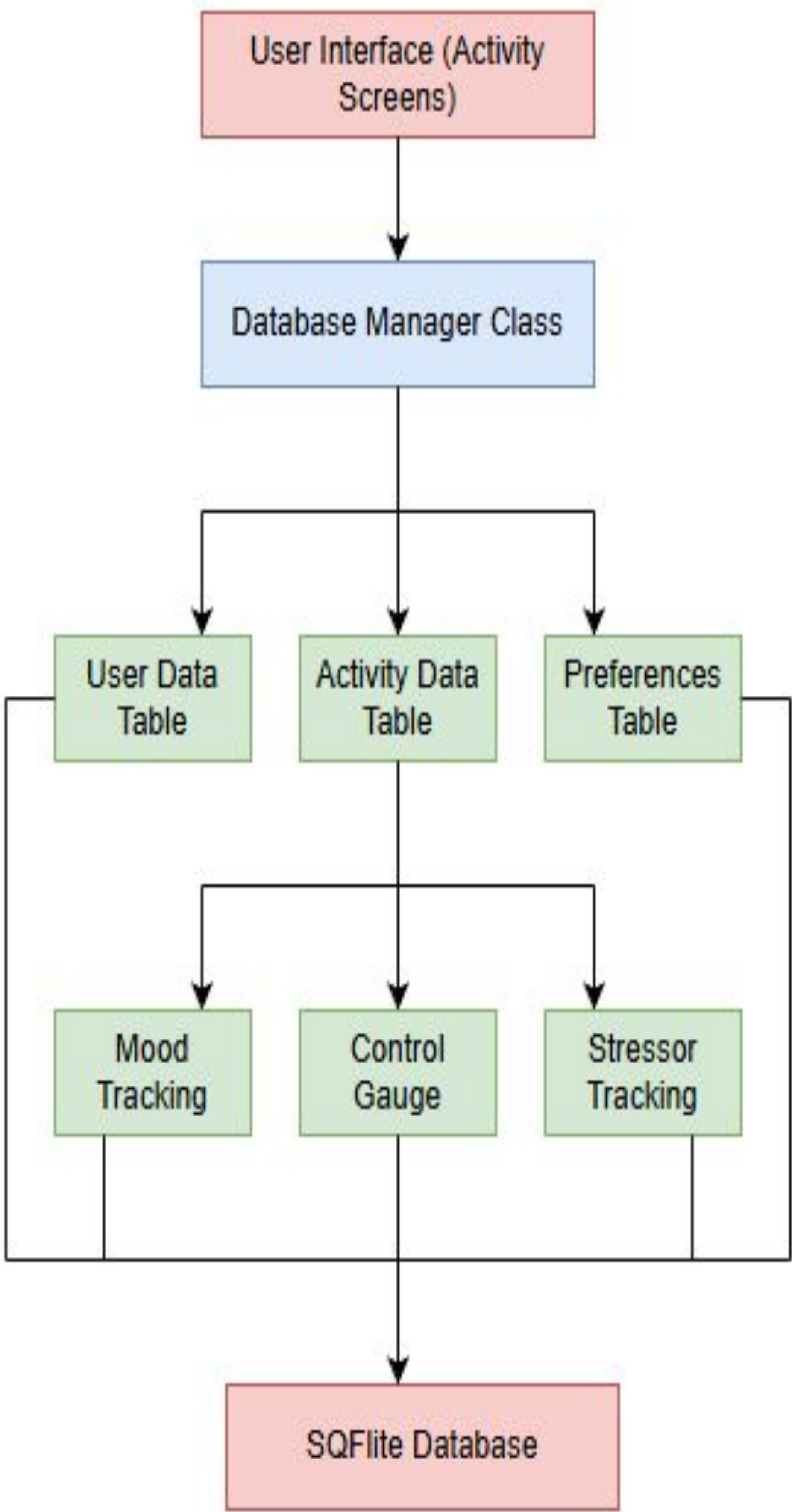
- **IDE:** Android Studio
- **Framework:** Android SDK, Jetpack Compose
- **Language:** Kotlin
- **Database:** Firebase

iOS Application

- **IDE:** Android Studio
- **Framework:** Flutter
- **Language:** Dart
- **Database:** SQFlite



SYSTEM DESIGN



VERIFICATION

- Testings performed on emulator for iOS and Android.
- Unit tests performed for Android application.
- Android and iOS applications presented to the Product Owner for approval.

SUMMARY

HowRu.life is an Android and iOS application designed to help users monitor their mental health. The application records daily activities in a database and presents visual stats to reveal patterns over time.

REFERENCES

Android Developers, "Get started with Compose — Android Developers"

J. Adler and D. Van Brunt, "It is time to realize the promise of the digital mental health transformation: Application for population mental health," J. Med. Internet Res., vol. 27, no. 6.