

Mobile App (Android only)

Here are all the prerequisites and tools you need to run the Anxiety & Stress Management app application locally on your machine. Follow these steps to set up your development environment and get started.

Downloads:

- GitHub Desktop: Used for group work and version control.
<https://github.com/apps/desktop>
- Android Studio: IDE used to code/debug and run emulator
<https://developer.android.com/studio>

Note: Clone the repository to your local machine on GitHub Desktop (File -> Clone Repository...)

User Manual: Guide to Start the App

Step 1: Open GitHub Desktop

- Launch GitHub Desktop.
- Navigate to the desired repository and branch.
- Select the project and choose **"Open in Android Studio"** (or manually open the folder from Android Studio).
- Android Studio will automatically sync the Gradle files and dependencies.

Step 2: Launch Android Studio and Configure Project

- Open Android Studio and load the cloned project.
- Allow Gradle to sync and install any required plugins or libraries.
- Make sure the project contains a valid `google-services.json` file in the `app/` directory to connect to Firebase.
- If needed, sign in to Firebase via Android Studio to link the project properly.

Step 3: Run the App on Emulator or Device

- Click the green **Run** button (▶) in Android Studio.
- Choose either a connected physical Android device or a virtual emulator to deploy the app.
- Monitor Logcat for logs, errors, and debugging messages.