

FLORIDA INTERNATIONAL UNIVERSITY



Capstone II Final Presentation

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Stress and Anxiety Management App

Team Members(s): Alexander Coronel, Rubens Nicolas, Brian
Rufin, Joshua Stone, William Garcia

Product Owner: Liane Sangollo
Professor: Dr. Masoud Sadjadi

Knight Foundation School of Computing and Information Sciences

Florida International University

Problem Definition

Issues

- Outdated UI limits dynamic and modern Interaction
- No option to select or personalize strategies and actions
- No way to log or view selected strategies and actions
- No feature to rate strategy/action effectiveness
- No visibility of effectiveness ratings in the log
- No flexibility to adjust effectiveness ratings over time.

User Needs

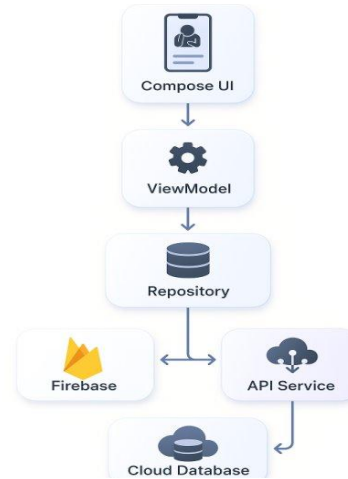
- A modern, intuitive interface suited for today's users
- Ability to select and personalize strategies and actions
- Visual tracking of selected strategies and actions
- Option to rate and adjust effectiveness over time
- Visual display of effectiveness ratings

Project Management

- Github: For version control this allow for collaboration between team members, managing code changes and gave teammates rollback functionality if needed.
- UI/UX: Figma was used to design screens, XML was used to make the screens.
Updated version uses Jetpack compose.
- Sprint: Scrum and sprint Planning was used to refine and get more clarifications on features based on the needs of the product owner.
- Agile: Agile development was used with constant improvements made based on testing.

System Design

- Compose UI: User interface and input
- ViewModel: State and logic manager
- Repository: Data coordinator
- Firebase: Backend services
- Api Service: Firebase communication layer
- Firestore: Cloud data storage



Feature Map



Use Case

- Ensuring user navigation through the app easily with a modern and responsive interface.
- Allowing users to choose and tailor strategies and actions to their needs.
- Ensuring user and database can keep track of what strategies/actions have been selected.
- Let users rate the effectiveness on how well a strategy and action worked.
- Ensuring users can monitor and evaluate the effectiveness over time.
- Allowing users to update previous rating based on new insights.



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Demo

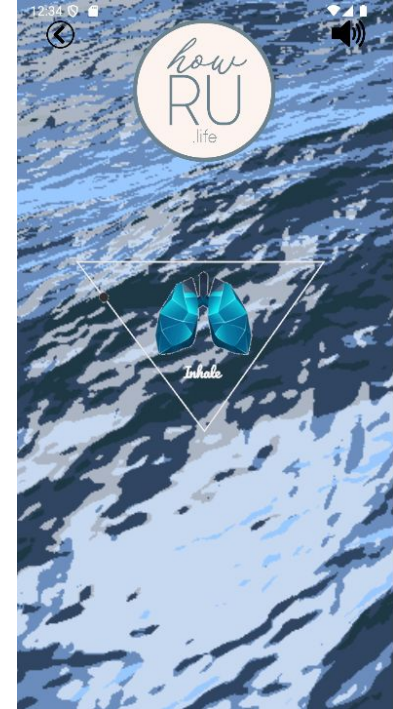
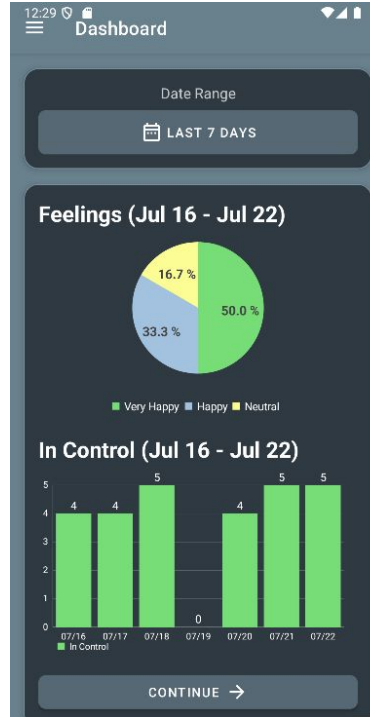
The logo for 'how RU .life' is a circular emblem. Inside the circle, the word 'how' is written in a cursive script, 'RU' is in a large, bold, sans-serif font, and '.life' is in a smaller, lowercase sans-serif font below it.

Stressor = Body Reaction + Situation
Anxiety = Anticipation + Event (real or imagined)

What are the signs?

- Body
- Mind
- Feelings
- Behavior

CONTINUE



Summary



- HowRU.Life is a self-awareness and a stress-anxiety tracking app
- The app uses a structured daily log sequence, enabling users to record strategies, actions and effectiveness rating without sacrificing on flexibility and adjustability over time
- Firebase services were optimized for authentication, Firestore storage, and seamless cross-device data syncing
- Ongoing improvements should focus on continuation in the use of Jetpack compose allowing app future multiplatform support, UI code sharing and modern & future-proof support by JetBrains and Google