



School of Computing & Information Science

Spring 2024 Capstone II Project

Stress and Anxiety Management Software

Student: Oghenetega Idogun

Mentor: Liane Sangollo, HR Vision Consulting

Instructor/Faculty: Dr. Masoud Sadjadi, Florida International University



**Knight Foundation
School of Computing
and Information Sciences**

SYSTEM DESIGN

The web application will use a client-server architecture with HTML, CSS, and JavaScript as the core technologies. The front end will be designed using HTML5 for semantic structure and CSS3 for styling with responsive design principles to ensure compatibility across devices. JavaScript will be utilized for dynamic content and user interactions, with AJAX for server communication without page reloads.

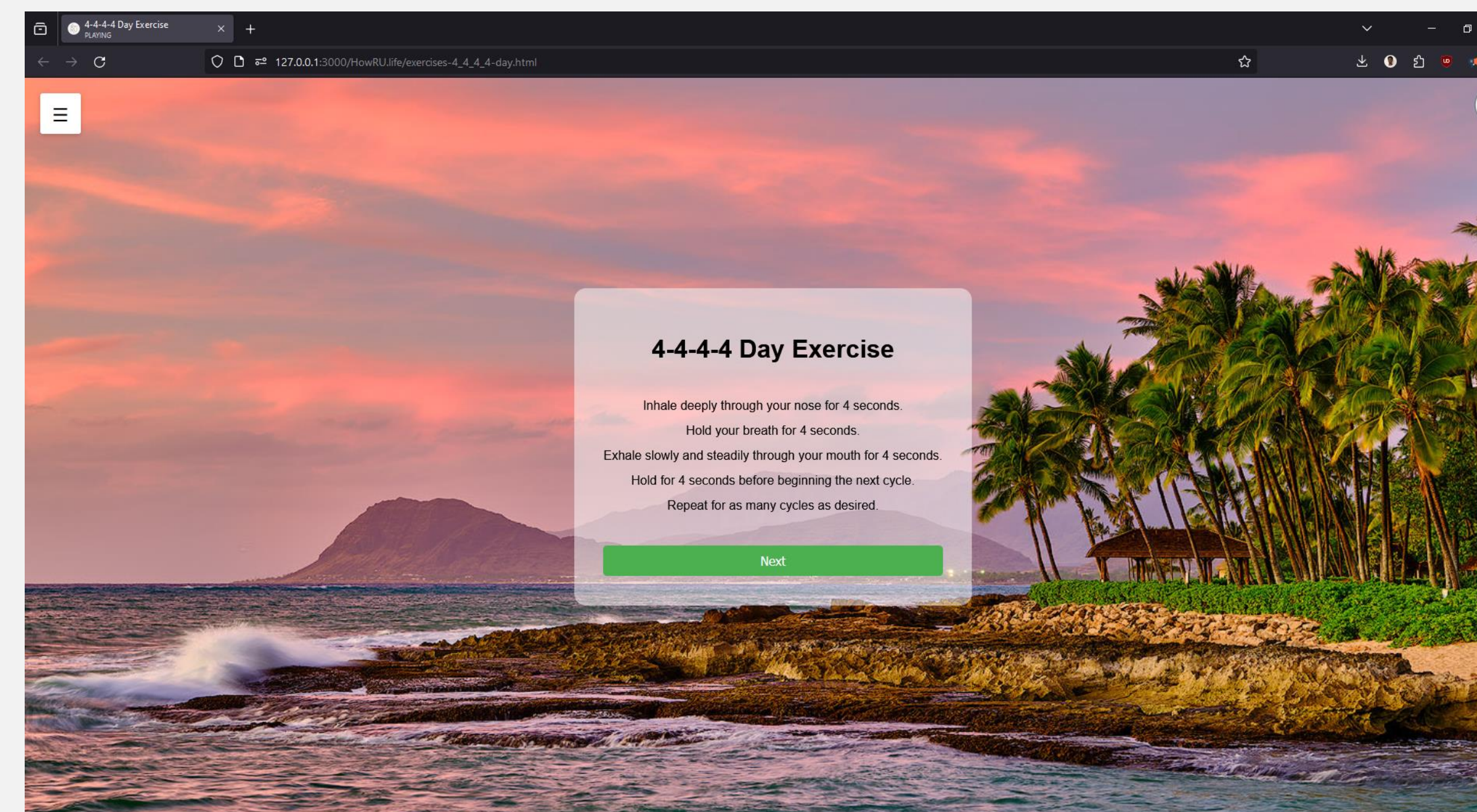
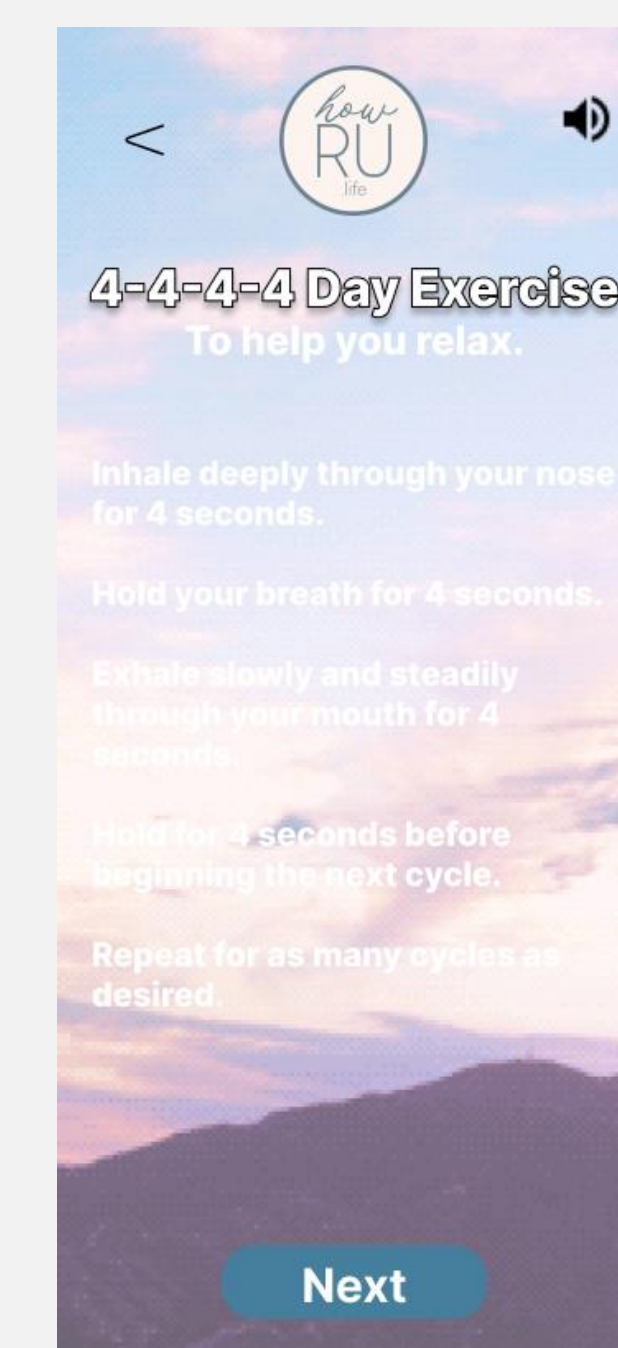
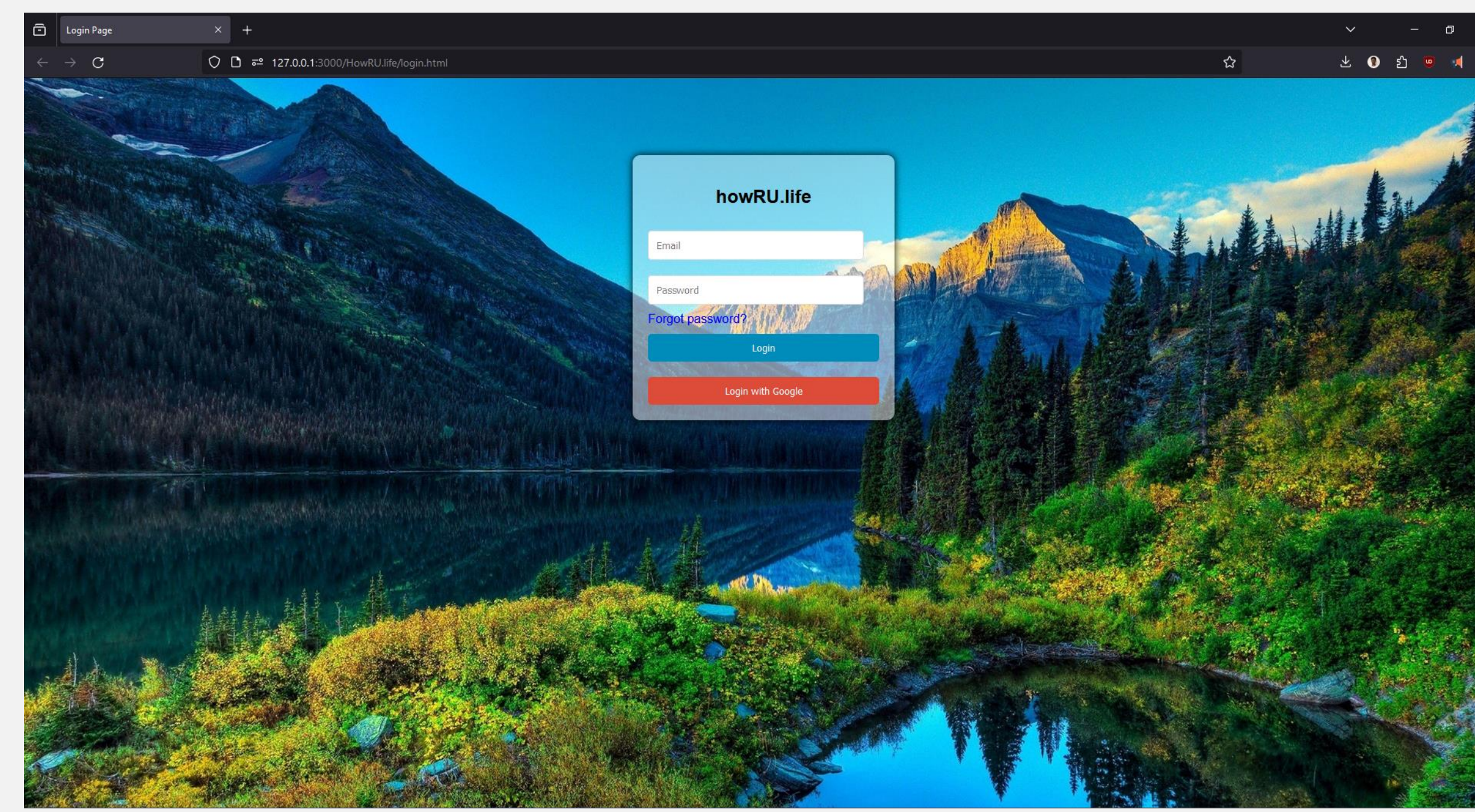
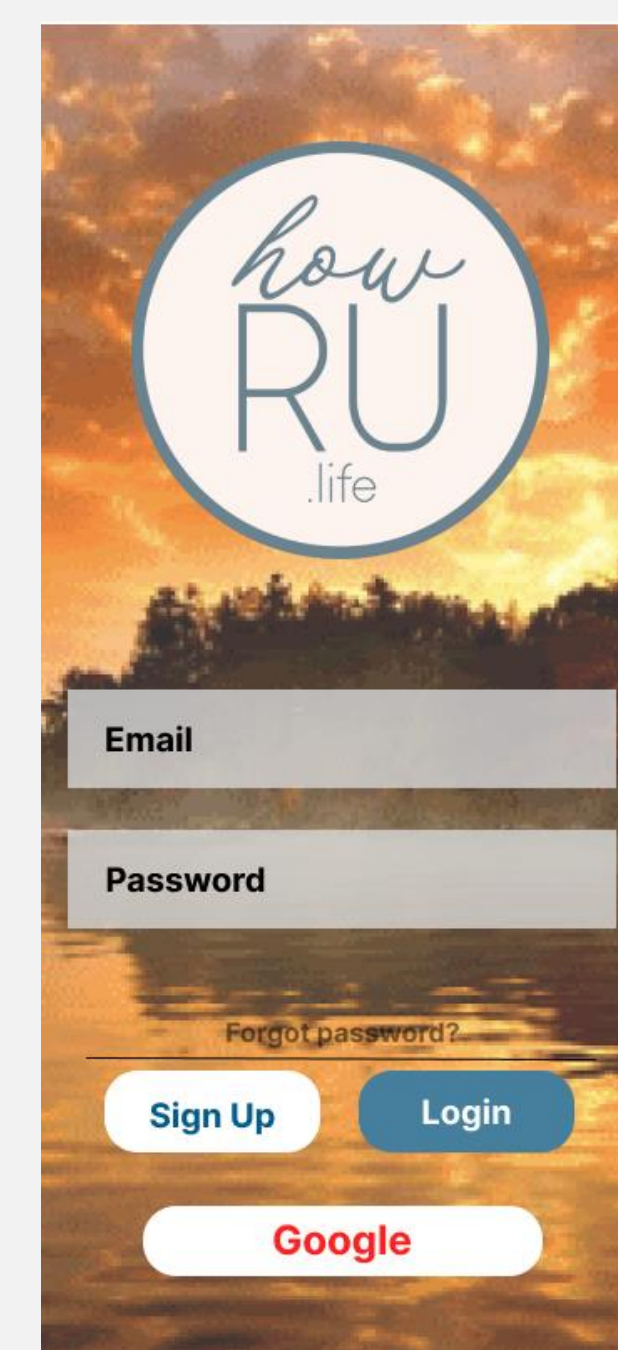
PROBLEM

While there are numerous web applications addressing mental health, few offer seamless integration with daily life activities and social interaction, which are crucial for holistic mental wellness. The lack of a unified platform that consolidates mental health tracking with lifestyle management and social support represents a gap in current offerings. There is a need for a web-based solution that is not only a tracker but a companion, blending lifestyle management with mental health support in a user-friendly and community-driven environment.

VERIFICATION

- Cross-Browser Compatibility:** Test with browsers including Chrome, Firefox, Safari, and Edge.
- Responsive Design Testing:** Use Chrome DevTools for assessing responsiveness on various devices.
- User Feedback:** Conduct usability tests to gather targeted user insights.
- Code Validation:** Check HTML/CSS with W3C Validator for standard adherence.
- Accessibility Check:** Review application's accessibility compliance with WCAG.

WEB APPLICATION DESIGN



SUMMARY

This project aims to develop a web-based mental health companion that goes beyond mere tracking. By combining mental health monitoring with lifestyle management and a supportive community, it bridges the gap between living well and mental well-being. The platform will use engaging UI/UX practices to ensure a seamless user experience while respecting privacy and fostering a sense of community.

IMPLEMENTATION

- 1.Integrated Lifestyle and Mental Health Tracker:** A dashboard allowing users to monitor both their mental health and daily activities like exercise, diet, and sleep.
- 2.Community Support Forums:** A section built with HTML forms for users to share experiences and support each other, moderated for safety and positivity.
- 3.Responsive Design:** Use of media queries and flexible grid layouts to ensure the app is accessible on any device, from desktop to mobile.

REQUIREMENTS

The development and testing of our web-based software requires various tools preferably:

- Visual Studio Code:** Preferred editor for coding with powerful extensions.
- Figma:** For designing the UI/UX .
- GitHub:** For codebase collaboration
- Browser Developer Tools:** Built into browsers like Chrome or Firefox for testing and debugging.



**Engineering
& Computing**

ACKNOWLEDGEMENT

The material presented in this poster is based upon the work supported by XXXXX (name of the project sponsor: federal, state or local government, or corporate partners, where applicable). We/I thank XXXX for his/her/their assistance and mentorship that I/we received throughout the senior design project.

FLORIDA INTERNATIONAL UNIVERSITY