



School of Computing & Information Sciences

Spring 2024 Capstone II Project

Stress & Anxiety Management App

Student: Rafael Ojeda

Mentor: Liane Sangollo, HR Vision Consulting

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



Knight Foundation
School of Computing
and Information Sciences

PROBLEM

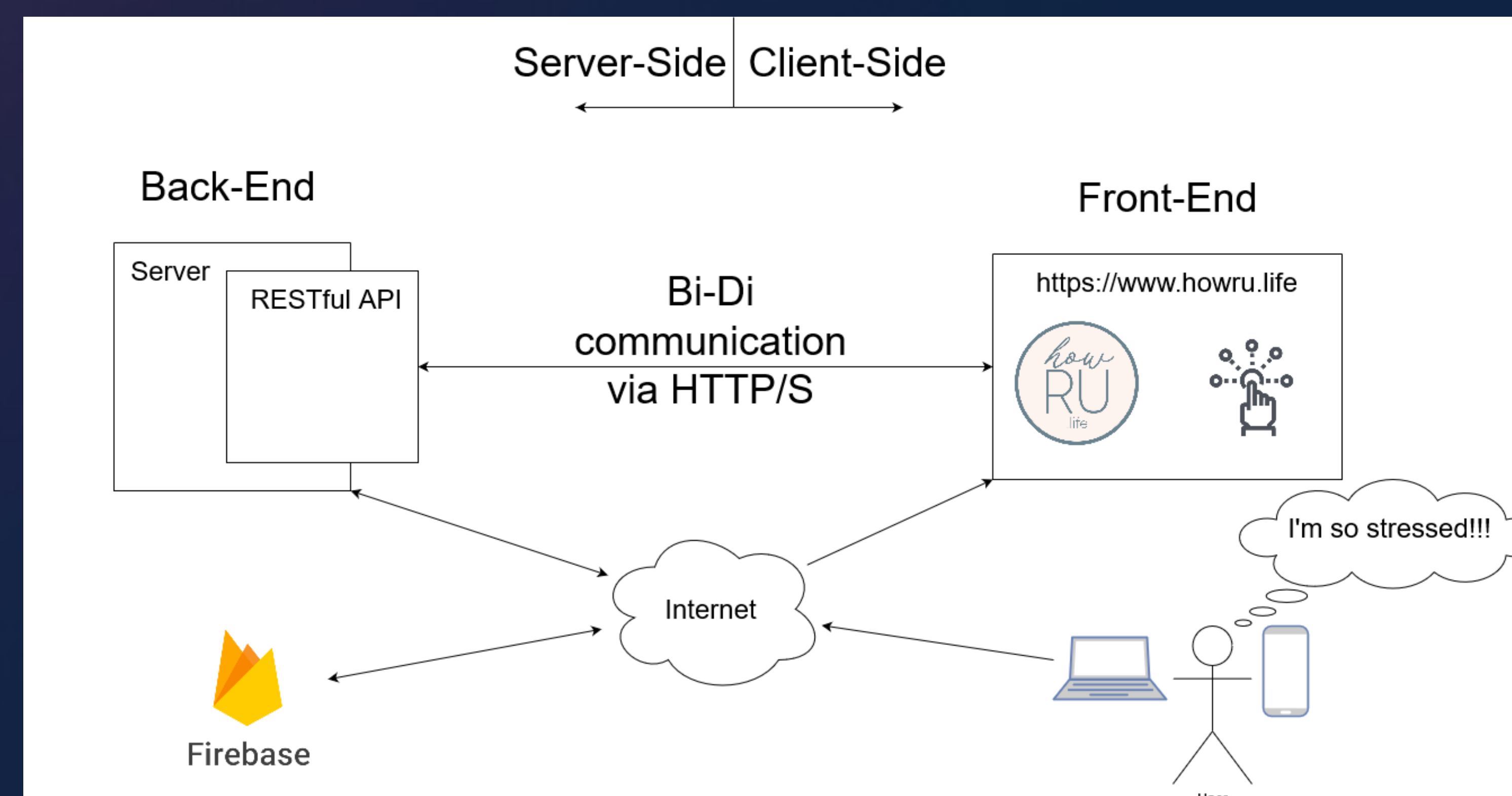
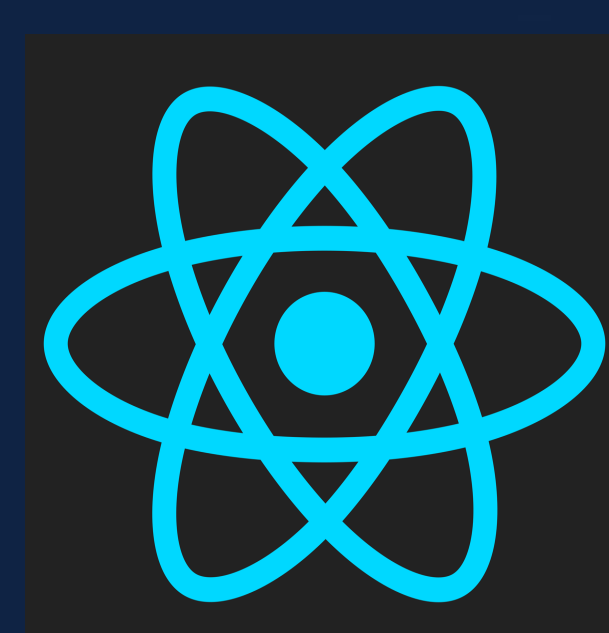
Mental health has taken a backseat to traditional health in recent years. HOWRU.life is a mobile app and website for all ages focused on mental health, well-being, and self-awareness. With a focus on self-reflection and care routines, HOWRU.life seeks to ameliorate the mental health epidemic across the globe.

Our task this semester was to develop a brand new HOWRU.life website.

System Design

The backend of our application consisted of Express, Firebase, Firestore and Node JS. The application included a unique RESTful API in order to create a solid foundation for future development beyond the webapp. It also used Google Cloud Services like Firebase and Firestore to have a secure database with many features right from the start.

TECHNOLOGIES



IMPLEMENTATION

- Migrated application to become a webapp.
- Redesigned UI interface to attract customers. HowRU.Life needed a complete redesign in order to fit customers with larger screens.
- Created a unique RESTful API in order to adjust for future scalability, customization and integration to other systems like Apple.

Frontend: Bootstrap, React
Backend: Express, Node JS
Database: Firebase, Firestore
Other tools: Figma, Git

Summary

The quality-of-life improvements given to HowRU.Life throughout the whole semester expand its ability to reach more clients in the future whenever it is released; As it is no longer restricted to only one platform.

There is plenty of work still left to be done by future groups:

- Update Android application in order to be deployed to the Android Store.

- Deploy website for public access.
- Mobile app & web app synchronization.
- Expand its capability by improving the RESTful API



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