



Knight Foundation
School of Computing
and Information Sciences

School of Computing & Information Sciences

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Stress and Anxiety Management App

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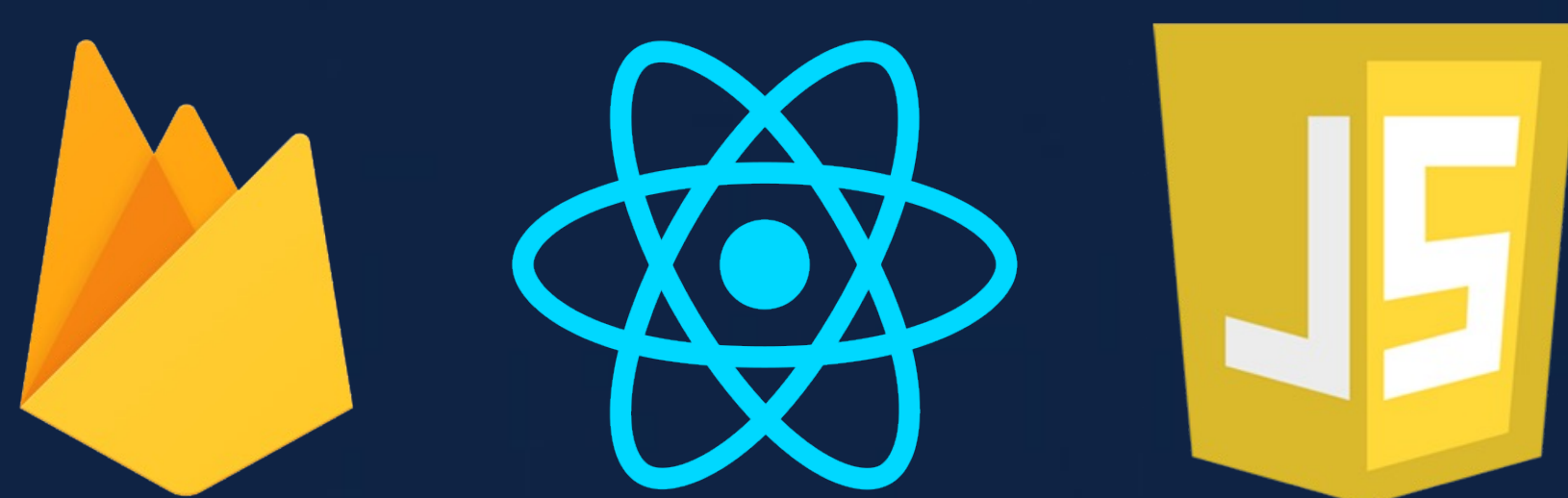


PROBLEM

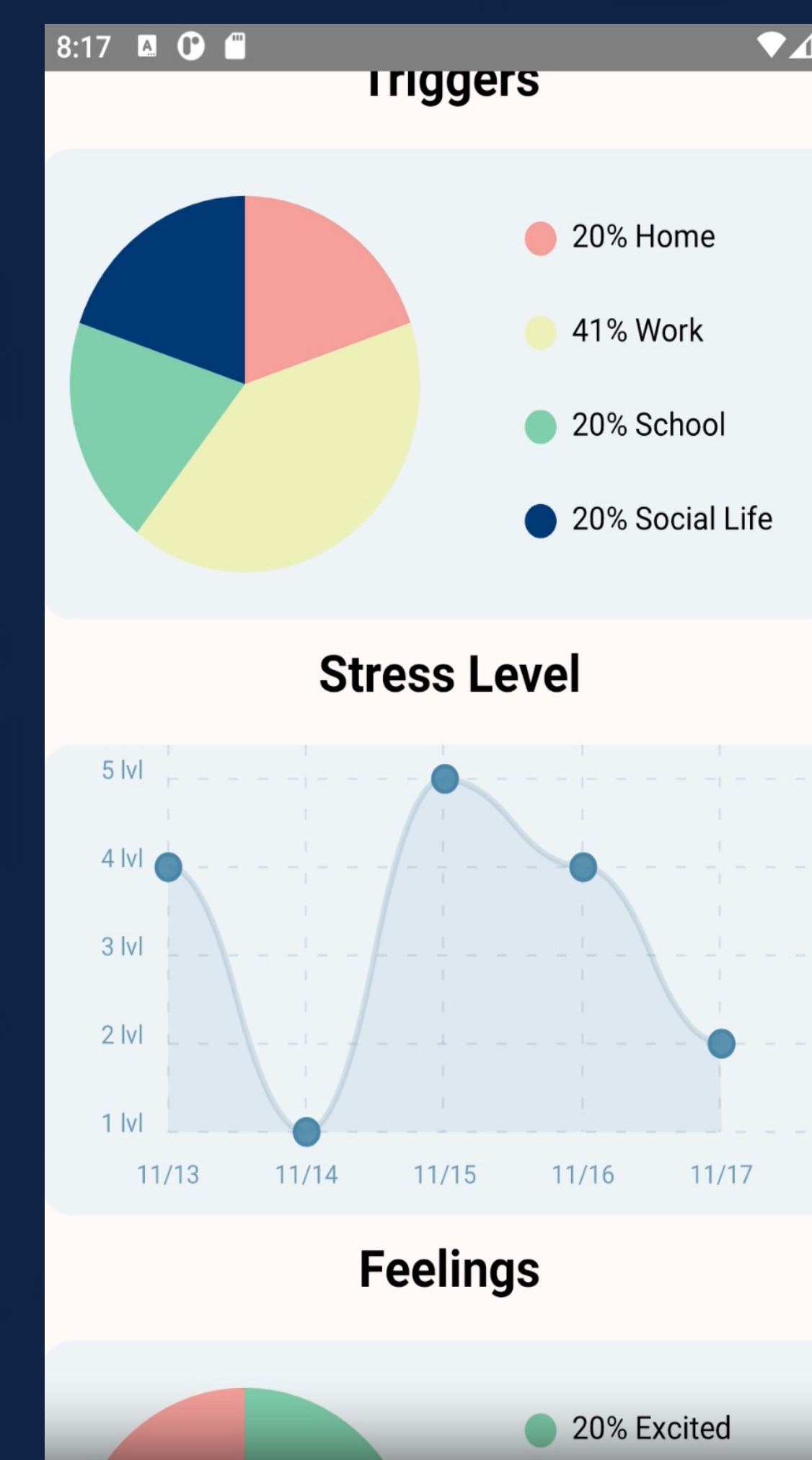
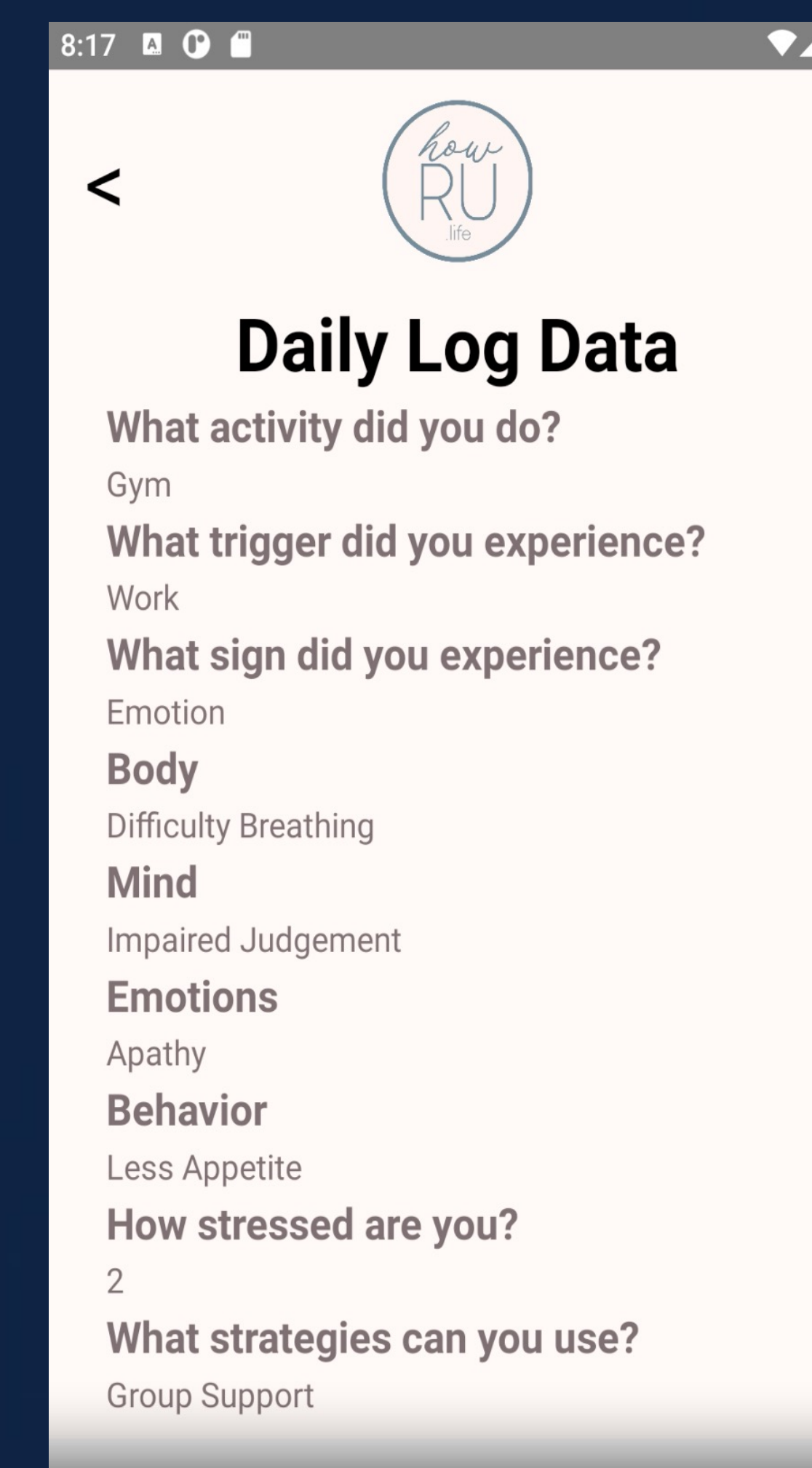
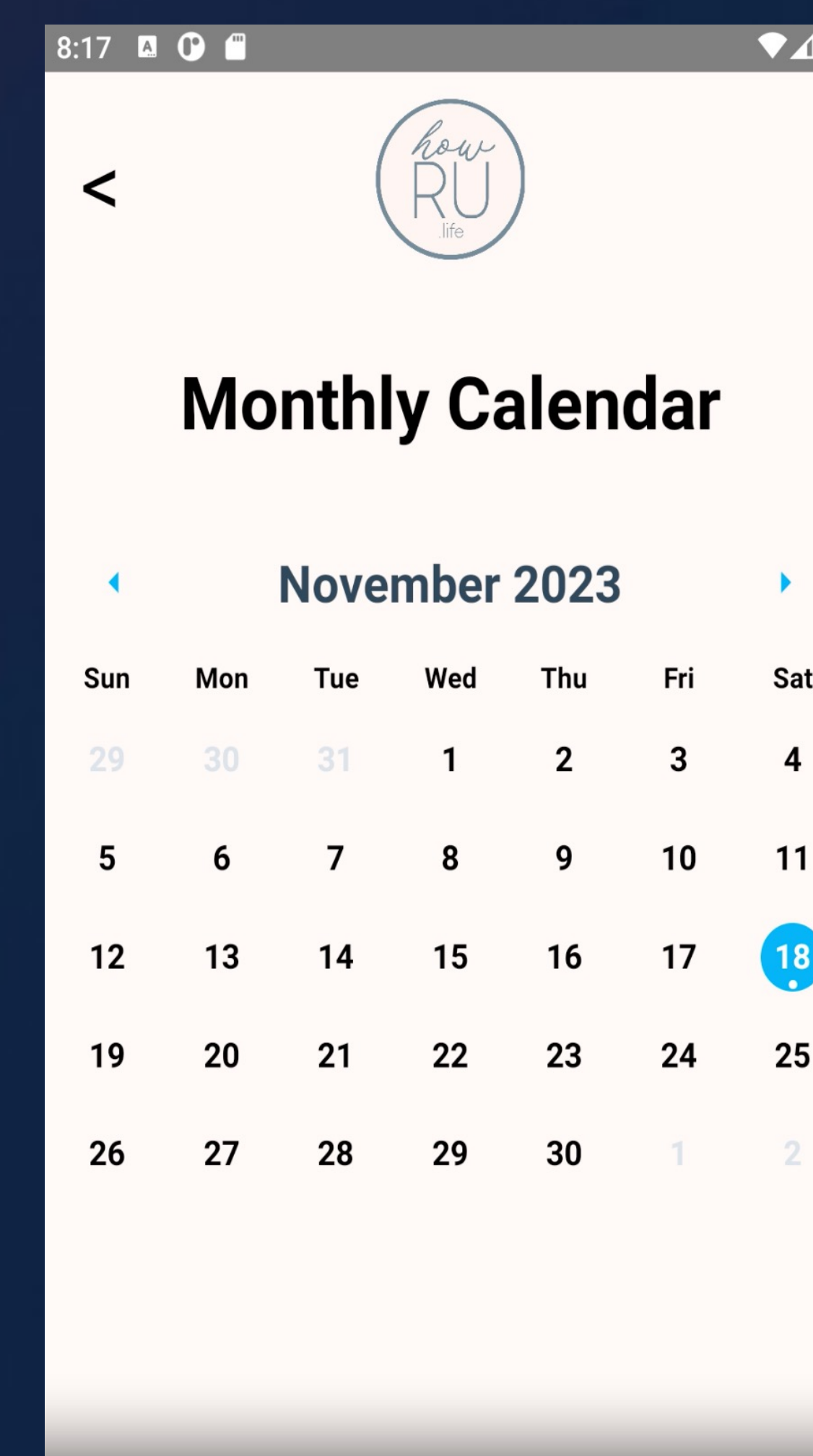
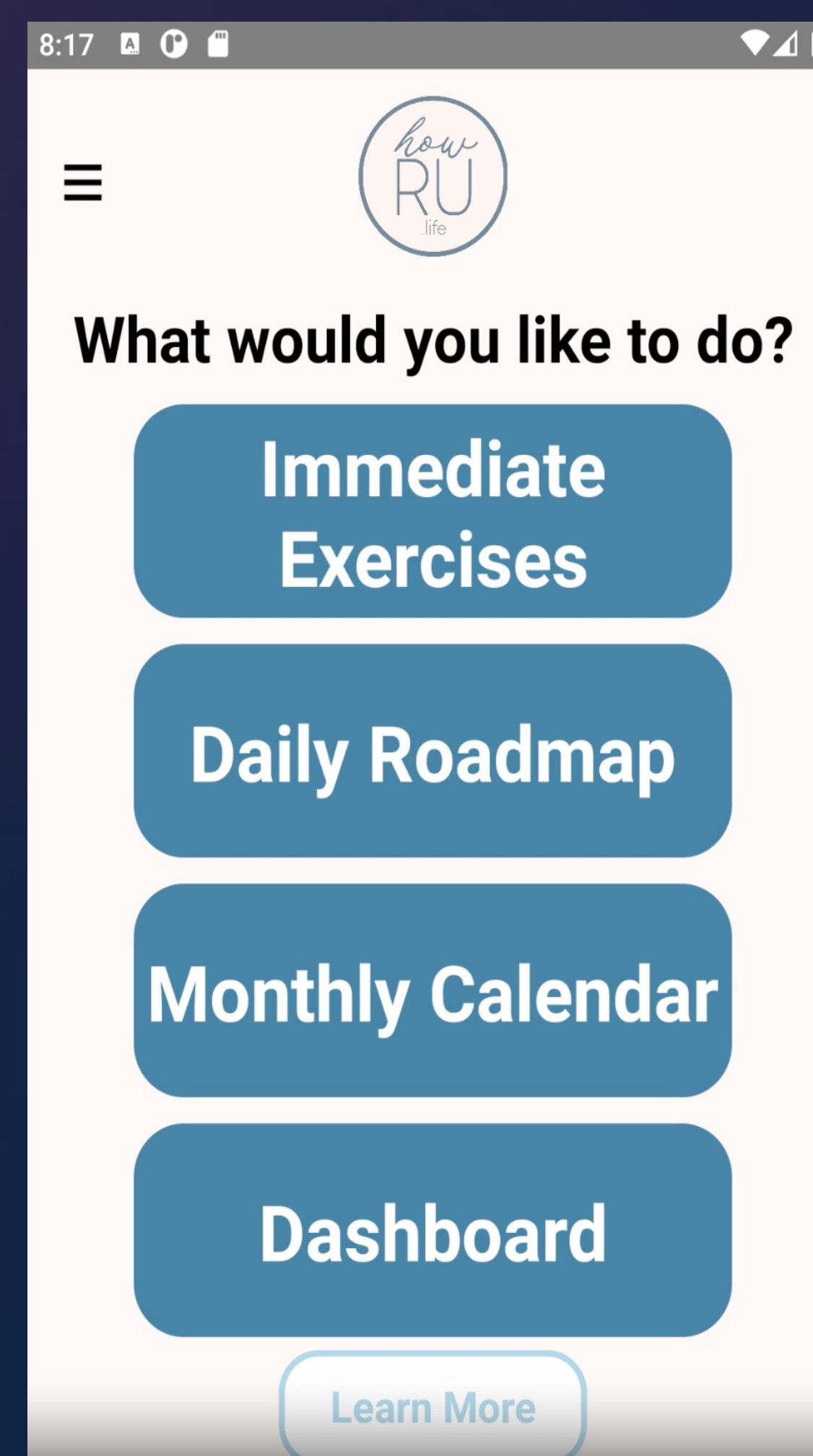
- Mental health is an important factor in shaping an individual's emotions, behaviors, and thoughts, making it crucial to sustain a healthy mental state. HowRU.life is an application dedicated to assisting user in effectively managing their mental health. It provides a variety of exercises designed for mental wellness enhancement. The app also features functionality for daily monitoring of symptoms, feelings, experienced signs, and other significant indicators.
- However, the database of this application still needs some work to better visualize data for the user. The current system fails to capture and record all user-entered data. Moreover, it gives users a hard time seeing a comprehensive analysis of their past data input. This shortcoming can lead to several issues, causing the user to be unable to recognize patterns in their mental state, as they cannot view all their data collectively.

SYSTEM DESIGN

- Our system's backend is built on Node.js and Firestore database. Node.js provides a robust server-side platform, while Firestore offers efficient real-time data storage and management. This combination enables us to seamlessly develop and scale our applications across different platforms and services.
- For the front end, we utilize HTML, CSS, and JavaScript, along with modern libraries like React, to create a responsive and engaging user interface. This setup allows us to deliver a consistent, high-quality user experience across various devices and platforms.



APP DESIGN



IMPLEMENTATION

- Implemented a Monthly Calendar to help users in tracking their daily log data. By clicking on the date in the calendar, users will be redirected to the Daily Log Data page for a complete view of their entries for the specific date.
- Added a Dashboard to enable users to visualize their past data effectively. The dashboard showcases data in various formats, such as pie charts, bar charts, and line charts, enhancing the display of diverse data points.
- Rearranged the database and integrated a new data collection to log and store every piece of user input, ensuring complete data capture for future use.

REQUIREMENTS

Various software and tools are required to test and run the application successfully when using a Windows OS or macOS machine.

- Android Studio (Android)
- XCCode (IOS)
- GitHub
- Firebase
- Figma
- React Native

SUMMARY

In conclusion, the enhancements made to the HowRU.life application significantly improves its functionality and user experience. The introduction of a Monthly Calendar allows for efficient tracking of daily mental health data, offering users easy access to comprehensive information with just a click on a calendar date. The addition of a Dashboard with diverse data visualization tools like pie charts, bar charts, and line charts enables users to better understand and analyze their mental health patterns over time. These improvements collectively address the initial challenges faced by the app, making it a more effective tool for managing and understanding mental health.



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