



School of Computing & Information Sciences

Fall 2023 Capstone II Project

Stress and Anxiety Management App

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

PROBLEM

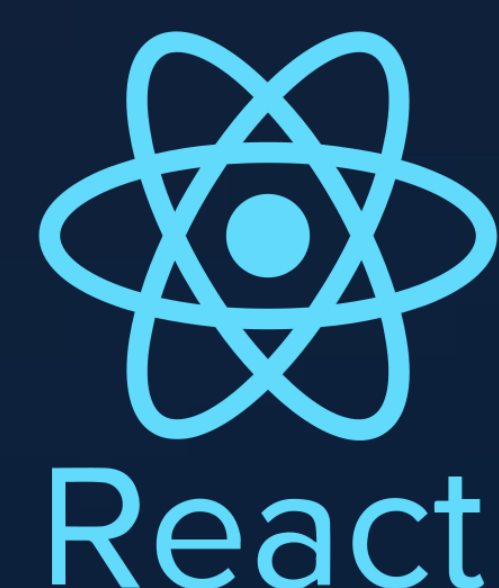
Many people struggle with stress and anxiety, but may not be able to manage it properly due to a lack of information about how their stress manifests, what causes it, and what strategies work for them. The HowRU.life application provides a way for users to track their symptoms, triggers, coping mechanisms and more.

This semester, the app was lacking an effective way of summarizing the users' stress data. Without being able to see this data all at once, the user cannot identify patterns in their behavior that would allow them to manage their stress better.

APP DESIGN



TECHNOLOGIES USED



IMPLEMENTATION

- Created a Dashboard with the following features using react-native-chart-kit
 - Bar chart displaying the user's intent to change their stress level
 - Bar chart displaying how in control the user feels of their stress
 - Pie chart displaying frequency of stress triggers
 - Line graph displaying user's stress level
 - Pie chart displaying user's feelings
 - Pie chart displaying user's signs of stress
 - Pie chart displaying user's strategies for stress management
- Added a Monthly Calendar using react-native-calendars where users can see the Daily Log data entered for any given day

SUMMARY

Overall, we improved the user's experience in the HowRU.life application by incorporating more ways for them to view their stress data. By having a dashboard that summarizes trends in their stress, the user can more easily identify causes and effective ways to manage it. Additionally, they can keep track of their progress and see how their stress data has changed over time.

We also improved the user's experience by adding the calendar with the Daily Log data. This is important because the user can actually pinpoint specific days after looking at their trends. Without being able to see past Daily Logs, filling out this information lacked any purpose. Now the user can go back and gain insight to how they were feeling at that time.



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