



# School of Computing and Information Sciences

## Fall 2023 Capstone II Project

# Stress And Anxiety Management App

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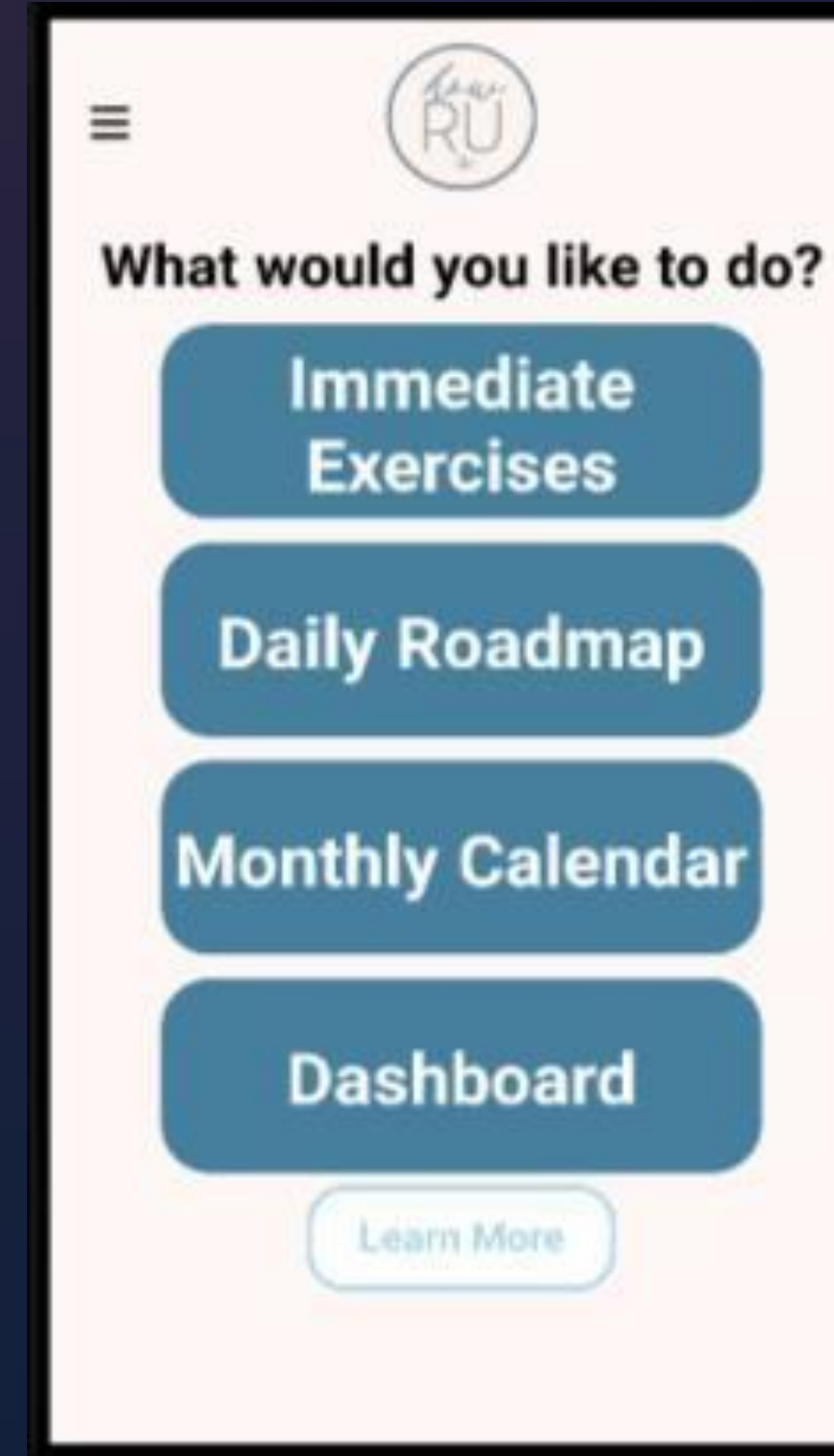
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### PROBLEM

Been able to manage your mental health is not always an Easy task, specially in this day and age, some people might be too busy to be able to schedule a visit with a professional to get some help, here is where how RU .life Comes in and helps. How RU .life is an app that allows their users to keep track of their day to day, how they feel, gives them advice and exercises on how to concentrate, de stress and even help you sleep.

The app still needs some working on, mainly on the stability part, as well as fixing some errors to ensure it does not crash under certain circumstances.

### APP DESIGN

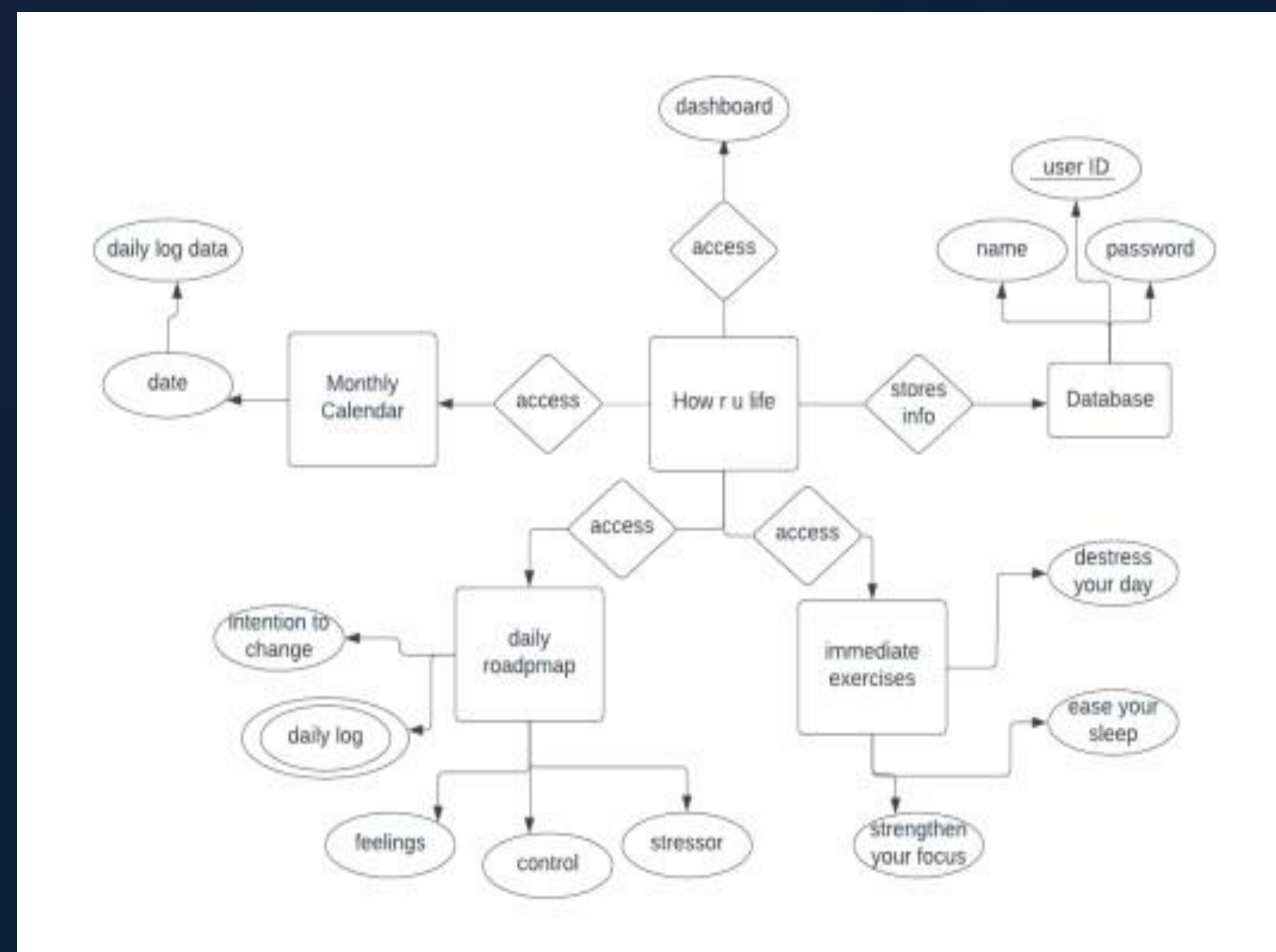
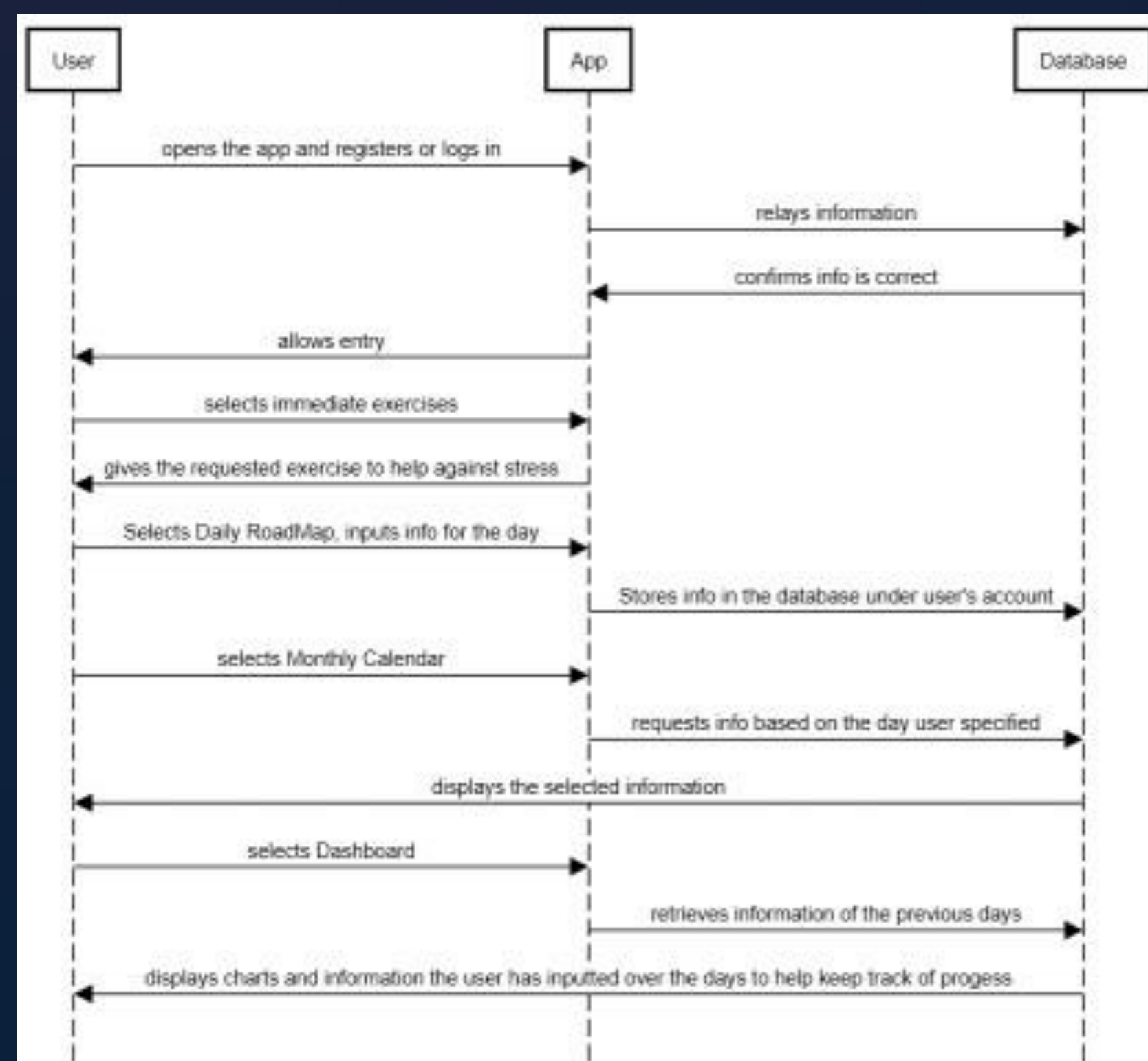


### IMPLEMENTATION

During the semester, we worked on improving and updating The stress and anxiety management app, listed are a few Of the changes we did:

- Fixed an issue where Icons were showing on incorrect screens.
- Added new charts to have an easier time visualizing the user data, such as triggers chart, feelings chart, stress level chart.
- Added a new screen to be able to keep track of the data of the user among multiple days, via a calendar implementation.
- Adjusted the database to ensure it properly stores all the user info and can be displayed on the app.

### DIAGRAMS



### SUMMARY

We were able to greatly enhance How RU life with a lot of new features and quality of life adjustments, like the new charts and calendar screens that allow the user to quickly check and monitor their past data in order to keep a better track of their day to day life. Still, it requires more updates to be able to reach its full potential, nonetheless, How RU life is a great app to help people take control of their mental health.

### WORKED WITH



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### 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'll thank XXXX for his/her/their assistance and mentorship that I/we received throughout the senior design project.

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