



Engineering
& Computing

FLORIDA INTERNATIONAL UNIVERSITY



Stress And Anxiety Management Application HowRU.life

Team Members

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The Problem

Many people struggle with stress and anxiety but may not be able to manage it properly due to the lack of information to identify the specific triggers and patterns that contribute to their emotional distress. HowRU.life is an application dedicated to assisting the user in effectively managing their mental health. The app features functionality for daily tracking of symptoms, feelings, experienced signs, and other significant indicators. It also provides a variety of exercises designed for mental wellness enhancement.

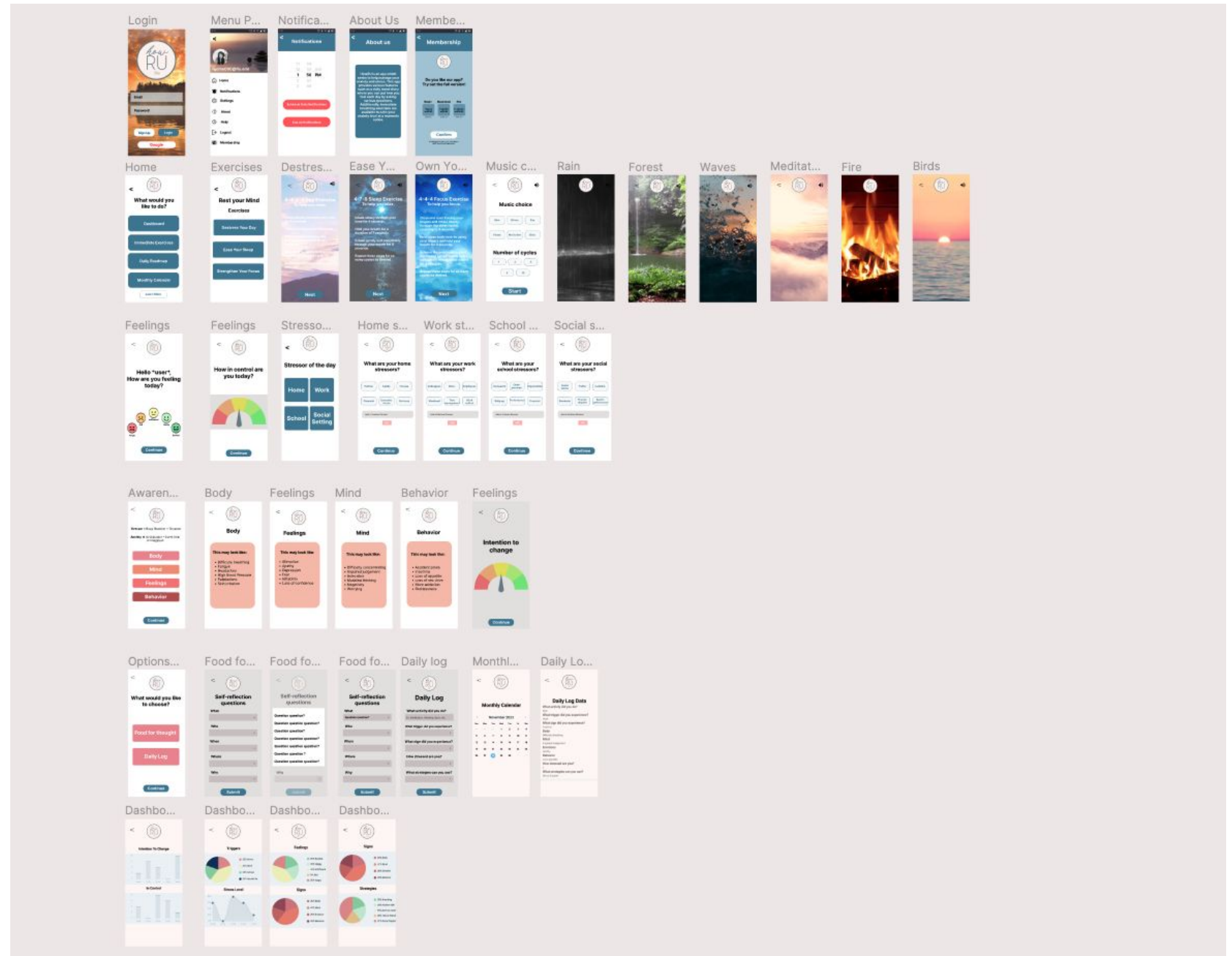
However, the application lacks an effective way of summarizing the users' data, and the current system fails to capture and record all user-entered data. Moreover, it gives users a hard time seeing a comprehensive analysis of their past data input. This shortcoming can lead to several issues, causing the user to be unable to recognize patterns in their mental state, as they cannot view all their data collectively.

User Stories

- User Story 1: As a user, I want to see the Stress & Anxiety Management App to have a clear and easy-to-use page.
- User Story 2: As a user, I want the Stress & Anxiety Management App to summarize my daily log data for a quick and better overview.
- User Story 3: As a user, I want the Stress & Anxiety Management App to offer a seamless transition between different screens.
- User Story 4: As a developer, I want to remove all unnecessary elements on every screen to ensure a user-friendly interface.
- User Story 5: As a developer, I want to develop a feature to make user to retrieve their logged data for any chosen day.
- User Story 6: As a developer, I want to collect and visualize all the past user-entered data into charts to help the user identify their emotion patterns.

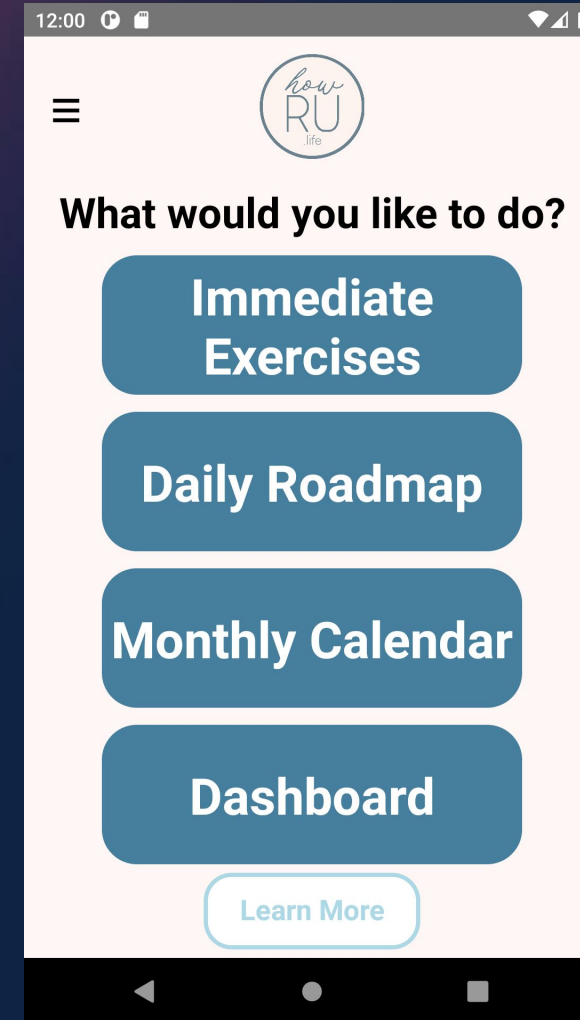
Figma User Interface Design

FIU



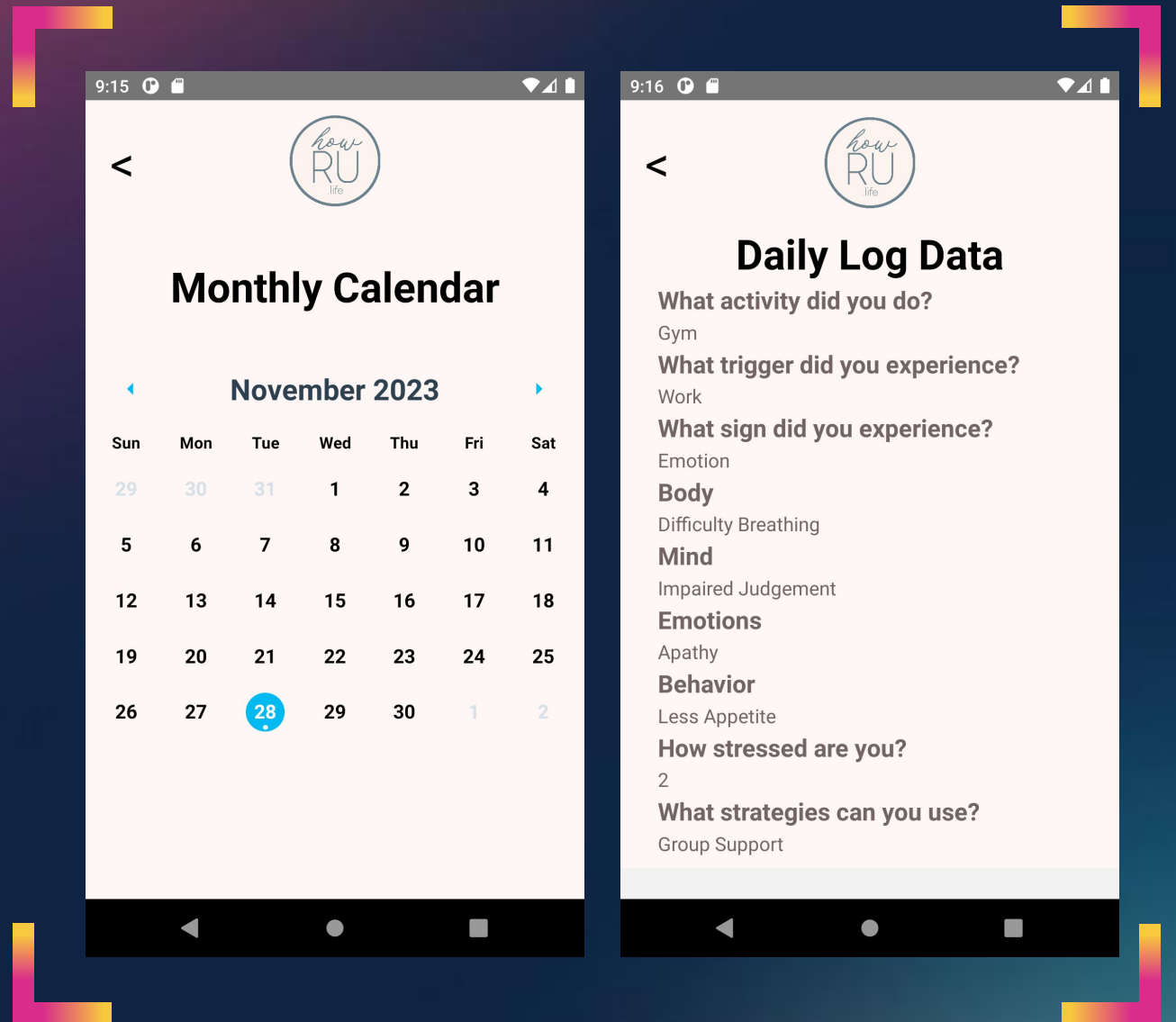
New Screen Selections

- Changed the “Daily Log” button to “Daily Roadmap.”
- Added two new buttons “Monthly Calendar” and “Dashboard”.



New Screen Selections

- Implemented a Monthly Calendar to help users in tracking their logged data.



New Screen Selections

- Added a Dashboard to show users' past entered data in various formats to better help the user find their emotion patterns.



New Screen Selections

- Added a Dashboard to show users' past entered data in various formats to better help the user find their emotion patterns.



TECHNOLOGIES USED

- JavaScript
- React Native
- Android Studio
- XCode (IOS)
- GitHub
- Firebase
- Figma

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.

Thank You for Watching!