



School of Computing & Information Sciences

Spring 2023 Capstone II Project

Stress and Anxiety Management App

Student: Alejandro Cartagena

Product Owner: Liane Sangollo

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



PROBLEM

Numerous individuals grapple with the burden of stress and anxiety in their daily routine, yet we often fail to acknowledge the severity of these conditions. According to the Anxiety & Depression Associations (ADAA), nearly one-fifth of adults (19.1%) and nearly one-third of adolescents (31.9%) experience anxiety [1]. The HowRU.life app is specifically crafted to empower those who are struggling with anxiety, helping them regain control over their lives and overcome their challenges.

SYSTEM DESIGN

The application's back-end uses React-Native as its framework and Firebase for the storing of user's data, while the front-end of the application uses HTML, CSS, and Javascript

VERIFICATION

Android Studio and Visual Studio Code were used to run, test, and verify the Android version of the app. Upon testing, the application runs as expected

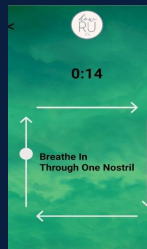
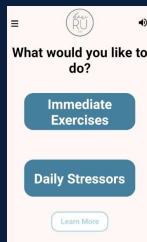
ACKNOWLEDGEMENT

The material presented in this poster is based upon the work supported by Liane Sangollo. I thank Liane Sangollo for her assistance and mentorship that I have received throughout the senior design project.

CURRENT SYSTEM

Currently, the application runs on Android devices. Firebase is used for the authentication and storing of user's data. The application's system uses React-Native and React-Native CLI. The application's design uses HTML, CSS, and Javascript.

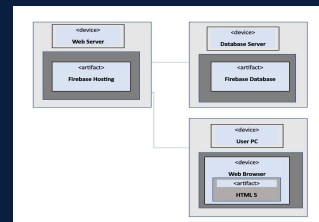
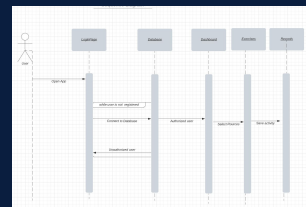
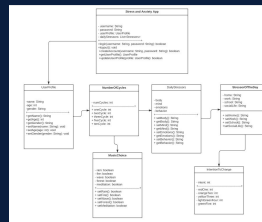
APP DESIGN



SUMMARY

The aim of this app is to provide support to individuals who face challenges with stress and anxiety by equipping them with effective tools for managing their mental health. The app now allows users to securely store their information. Additionally, a new exercise has been introduced, followed by a redesigned exercise selection screen for improved user experience.

Class Diagrams



SOFTWARE USED



- Visual Studio Code
- GitHub/GitHub Desktop
- Android Studio
- Firebase
- JavaScript
- React-Native



IMPLEMENTATION

- Brand new exercise screen with the ability expand and a whole new exercise.
- Created and implemented a Firebase database that stores user's data.
- Added a new section that allows users to review their previous responses from past days of their choosing.

REFERENCES

[1] *Anxiety Disorders - Facts & Statistics*. Anxiety & Depression Association of America. <https://adaa.org/understanding-anxiety/facts-statistics>