

PROBLEM

Many people struggle with stress and anxiety in their everyday life, but we often do not take stress and anxiety as seriously as we should. The ADAA (Anxiety & Depression Associations) states that 19.1% of adults and 31.9% of adolescents struggle with anxiety [1]. The HowRU.life application is designed to help those suffering take back control of their lives and stop struggling.

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

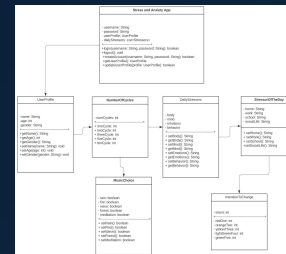
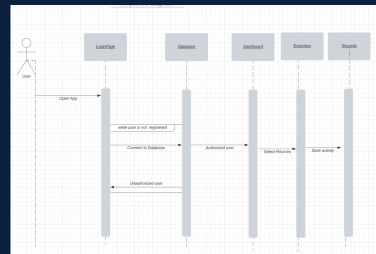
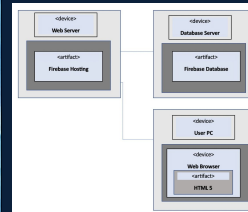
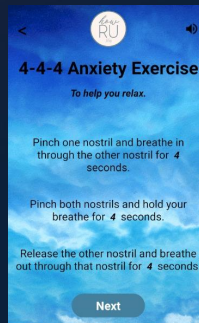
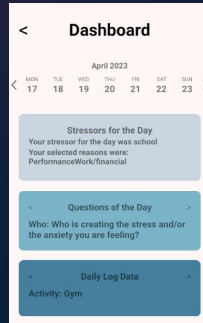
VERIFICATION

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.

CURRENT SYSTEM

Currently, the application run 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.

OBJECT DESIGN



SUMMARY

This application intends to help those that struggle with stress and/or anxiety by supplying them with the tools they need to manage their mental health. This semester the app has gained the ability to store the user's data. A new exercise was also implemented, along with a redesign of the exercise selection screen.

Software



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

IMPLEMENTATION

During the semester the team worked on changes to the back and front-end. Some of the following goals were achieved:

- 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>