



School of Computing & Information Sciences

Spring 2023 Capstone II Project

Stress and Anxiety Management App

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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 runs with React-Native as its back end framework with a Firebase Firestore database to house all the user data. The front end is created with the use of Javascript, CSS, and HTML.

VERIFICATION

As a Windows user, the main programs used to verify the function of the app was Visual Studio Code with the use of Metro and Android Studio.

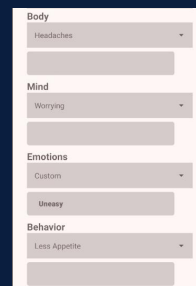
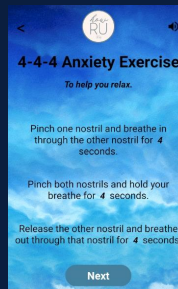
ACKNOWLEDGEMENT

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

This semester we worked on resolving some issues with the prior database and thus now the user data is being properly saved and displayed with the new implementation on our new dashboard. We also worked on implementing a new exercise and custom input for a better user experience in providing their current mental state/issues.

SOFTWARE USED

A Mac or Windows PC is sufficient to run and test the application.

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

IMPLEMENTATION

This semester, our team focused on many aspects of the app including changes to the front and back end. We achieved several of our goals:

- 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.
- Improved the user experience by creating an easier app sequence.

REFERENCES

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