



Stress and Anxiety Management App

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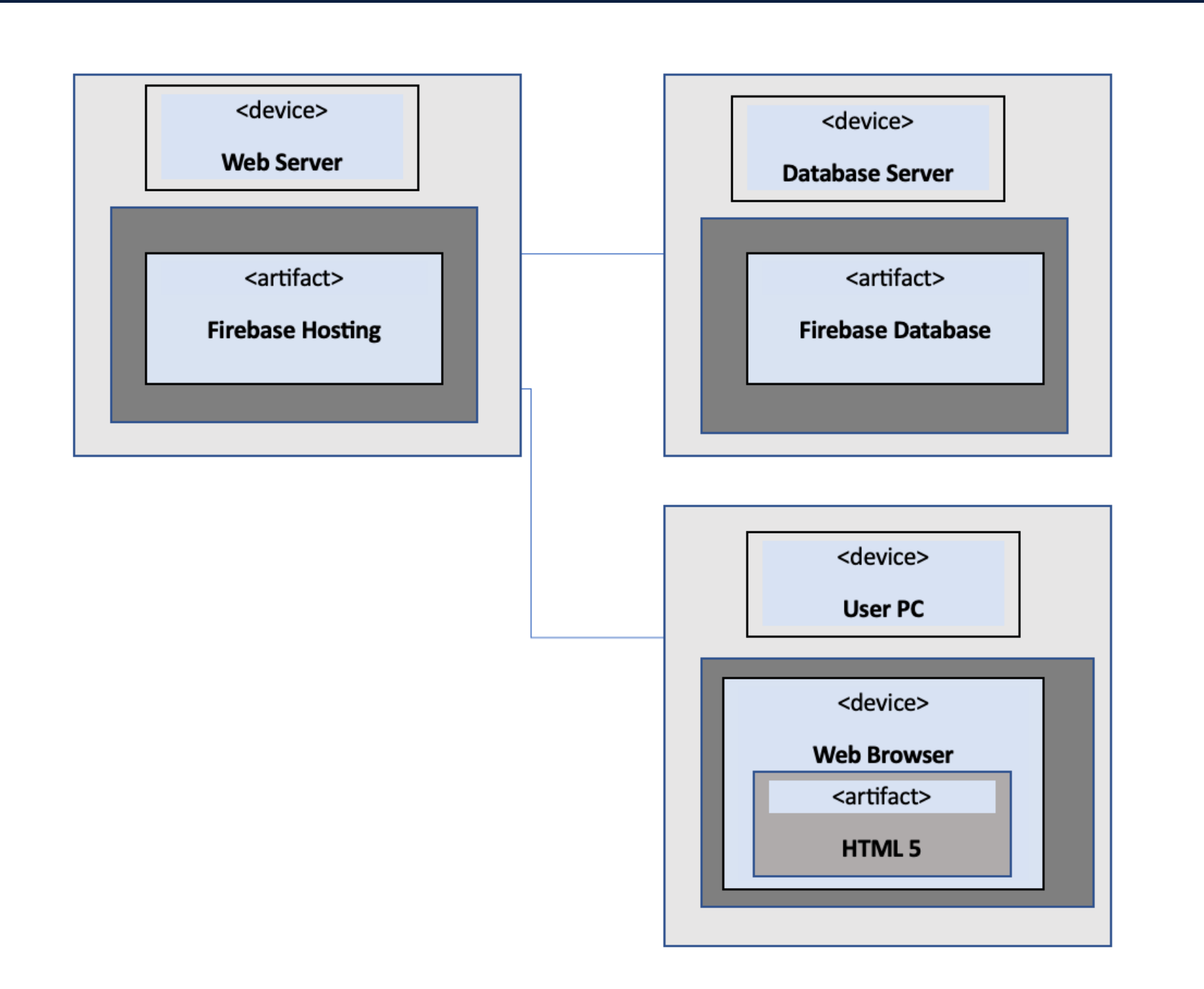
PROBLEM

The World Health Organization states that around 280 million individuals worldwide are affected by depression, with a higher prevalence among women than men by approximately 50%.

HowRU.life is an application designed with the purpose of providing users with various resources that can aid in the management of symptoms of depression and anxiety and improve their overall mental well-being.

SYSTEM DESIGN

The various components of the front-end and back-end interact with each other to make the system work as intended. User data is stored using Firebase, while HTML is utilized to create the front-end of the application.

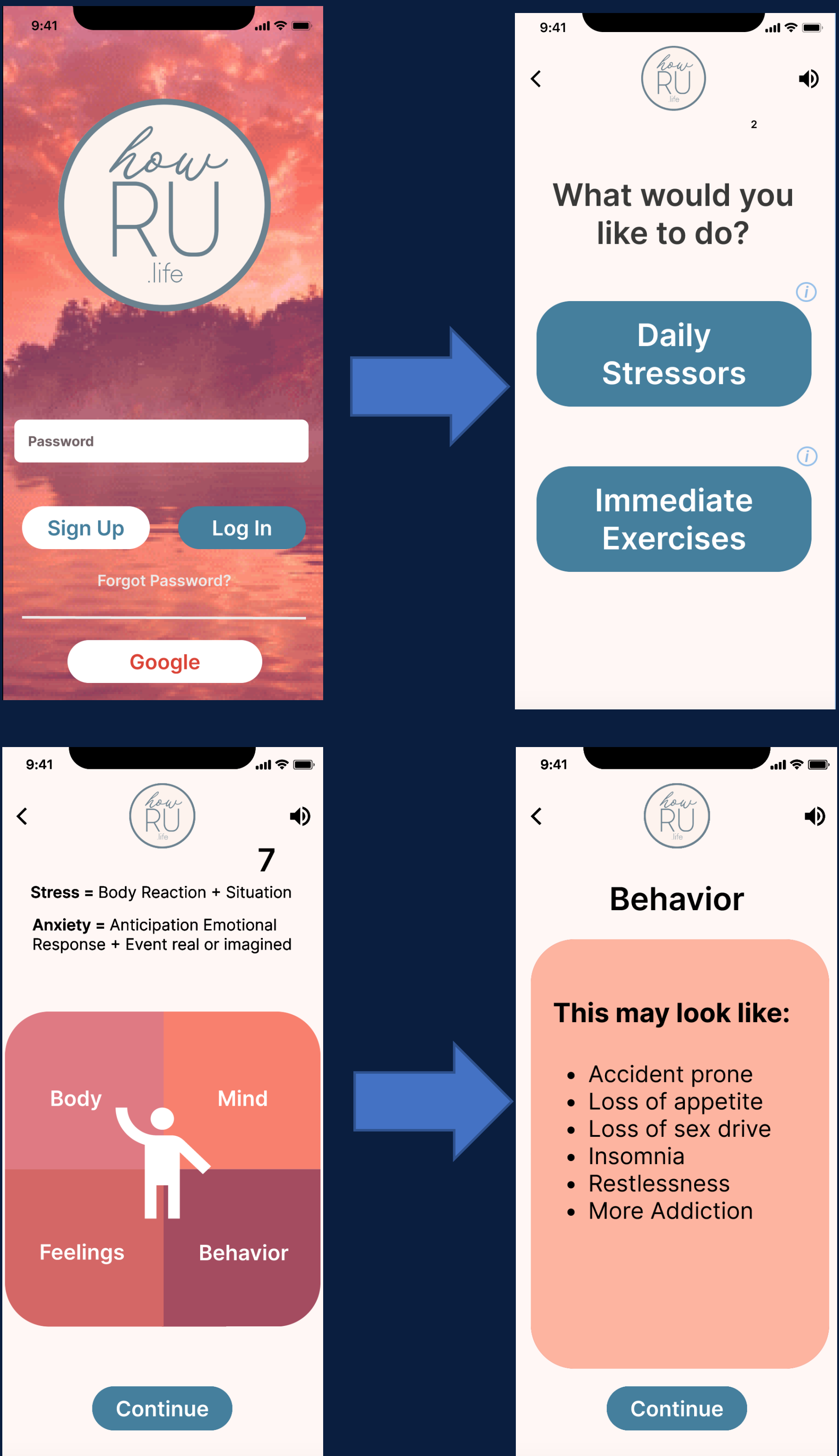


CURRENT SYSTEM

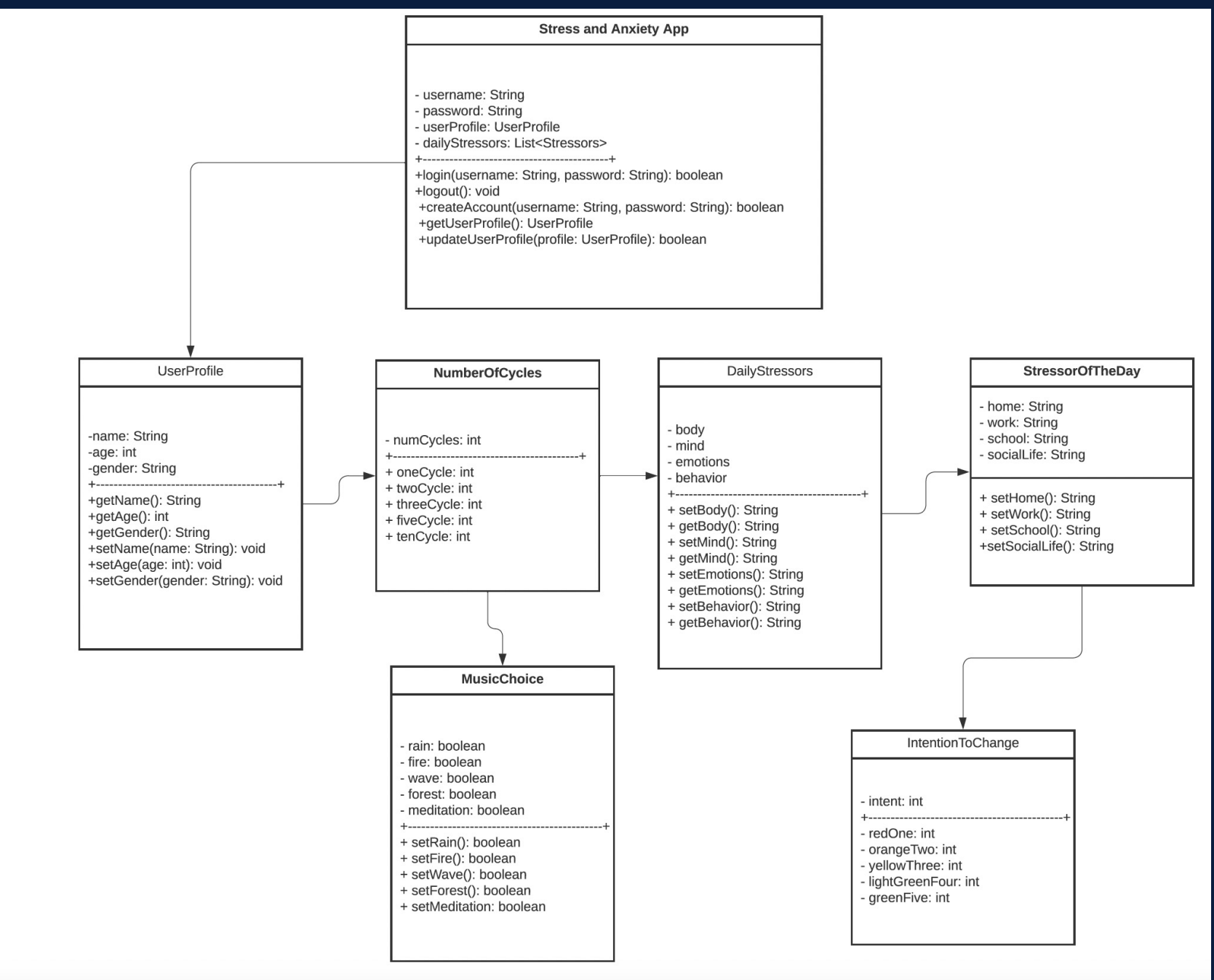
At present, the application functions only on Android devices. It uses Firebase for user authentication and storage of user data. The application is built using React-Native and React-Native CLI, while its design is created using HTML, CSS, and Javascript.

VERIFICATION

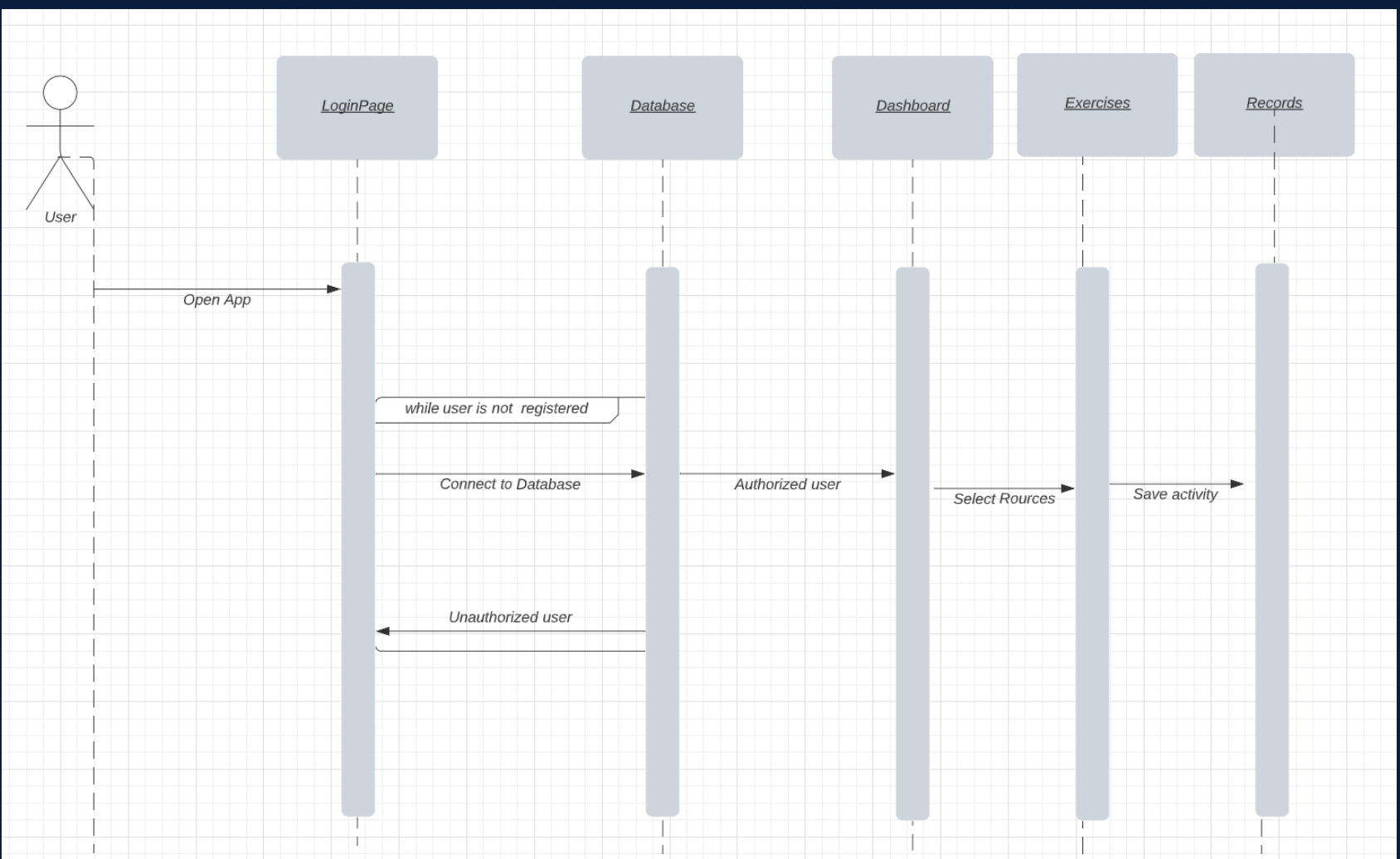
The app was tested and verified to ensure it meets the needs of the end-users.



CLASS DIAGRAM



SEQUENCE DIAGRAM



SUMMARY

“HowRU.life” is an app designed to provide support for those struggling with mental health issues. The app offers a variety of tools, such as breathing exercises, cognitive-behavioral therapy techniques, and other relaxation resources, to help manage stress and anxiety symptoms in their everyday lives.

REQUIREMENTS

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

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



IMPLEMENTATION

During this semester, our team worked on various aspects of the app, including modifications to both the front and back end. Some of the features we implemented were:

- Introducing a new exercise screen that can be expanded and includes a new exercise.
- Creating and integrating a Firebase database for storing user data.
- Adding a new feature that allows users to review their responses from previous days of their choosing.

REFERENCES

[1] World Health Organization. (2022, March 23). *Depression*. Retrieved April 17, 2023, from <https://www.who.int/news-room/fact-sheets/detail/depression>

ACKNOWLEDGEMENT

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