



School of Computing & Information Sciences

Spring 2023 Capstone II Project

Stress and Anxiety Management App

Student: Ryan Neubert

Product Owner: Liane Sangollo

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



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

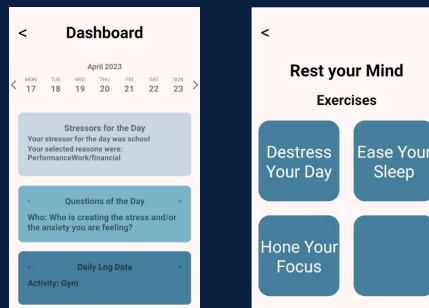
ACKNOWLEDGEMENT

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 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 USED

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

- Visual Studio Code
- GitHub/GitHub Desktop
- Android Studio
- Firebase
- 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 to 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>