

Knight Foundation School of Computing and Information Sciences

Fall 2022 Capstone II Project

Stress and Anxiety Self Management App



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PROBLEM

The majority of the people around the world experience stress one way or another but do not know how to cope with or deal with stress. The AIS (American Institute of Stress) stated that 33% of people have said they've experienced stress [1]. The HowRU.life application is designed to help those suffering from stress to take control of their stress and anxiety.

SUMMARY

- HowRU.life was created to aid those who struggle with stress and anxiety.
- Allowing them to keep track of their feeling and reflect on them.
- This semester, our group implemented some new features. These features include push notifications, an additional breathing screen, and updates to the daily log to improve the user experience.

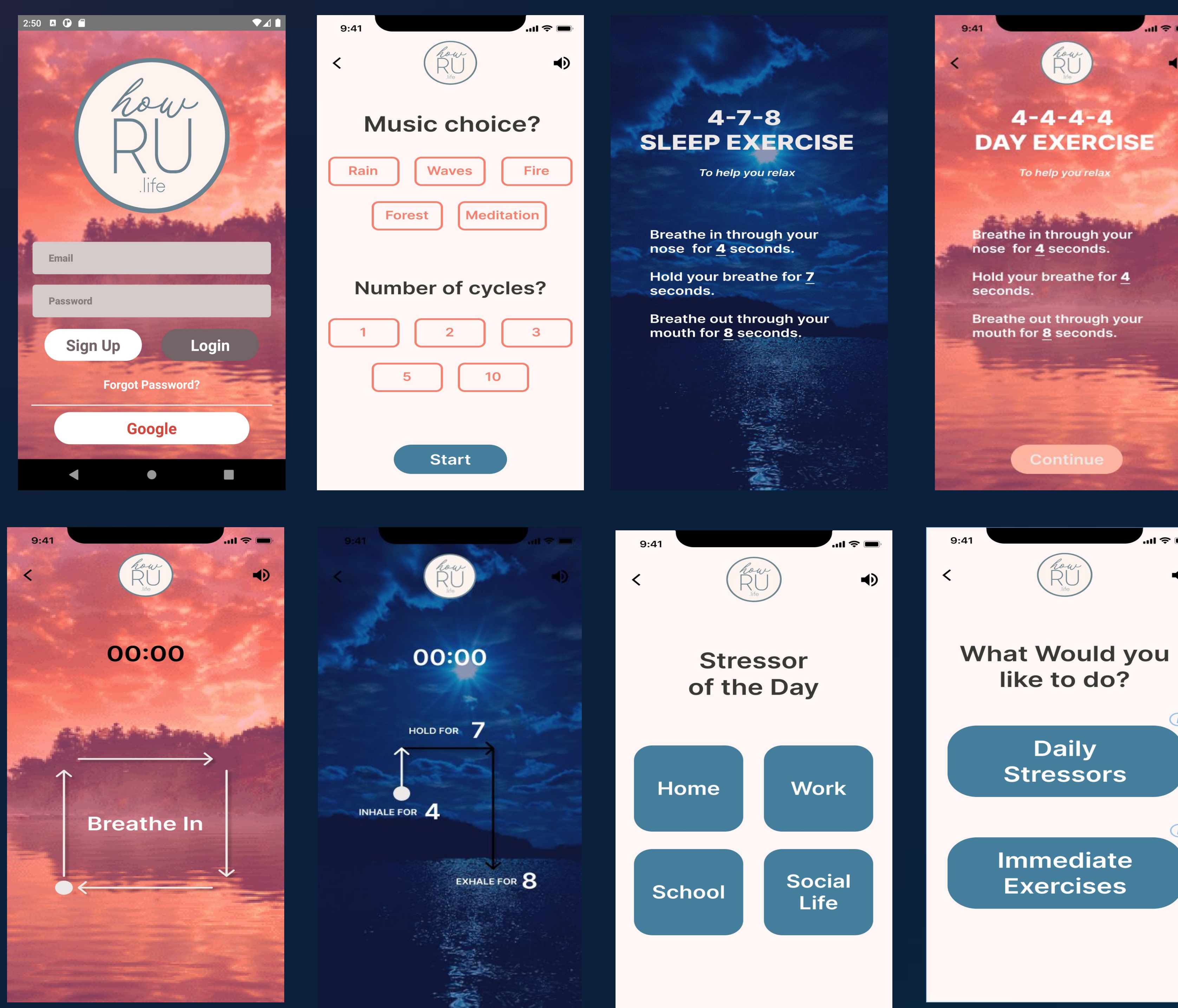
SYSTEM DESIGN

- The back-end of the application uses a React-Native framework and Firebase for storing a user's data.
- The front-end of the application uses HTML, CSS, and JavaScript.

VERIFICATION

XCode and Android Studio were used to run, test, and verify both the iOS and the Android versions of the app respectively. Upon testing, both versions of the app run as expected.

IMAGES



CURRENT SYSTEM

The current system of the application uses React-Native and React-Native CLI. The app works on both iOS and Android. Additionally, Firebase is used to handle the back-end such as user authentication and dependencies.

REFERENCES

[1] *Stress Facts and Statistics*. The Recovery Clinic. September 5, 2022. <https://www.therecoveryvillage.com/mental-health/stress/stress-statistics/>

IMPLEMENTATION

The Stress & Anxiety Application allows its users to create an account. Once an account is created, the application gives its users the ability to create and update their mood status on a daily basis. Additionally, the application gives its users the option to participate in activities, such as breathing exercises, to help them before bed.

REQUIREMENTS

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

A Mac or Windows PC is sufficient to run and test both versions of the app.



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 received throughout the senior design project.