



# Knight Foundation School of Computing and Information Science

## Summer 2022 Senior Design Project

# Stress and Anxiety Self Management App



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### PROBLEM

Anxiety is a problem that affects most people today. In fact, 19.1% U.S. adults had some kind of anxiety disorder in the past year [1]. For some, this anxiety may be so debilitating that it interferes with their ability to live their lives. This application aims to help those who are currently suffering from feelings of stress and anxiety and need a way to manage them in some way.

### CURRENT SYSTEM

The system uses React-Native and React-Native CLI, allowing the app to be used on both Android and iOS. HTML, CSS, and JavaScript serve as the frontend of the application. In addition, Firebase serves as the backend of the application, handling user authentication, as well as other dependencies. However, it should be noted that Firebase is no longer accessible for this application, due to unforeseen circumstances involving FIU.

### REQUIREMENTS

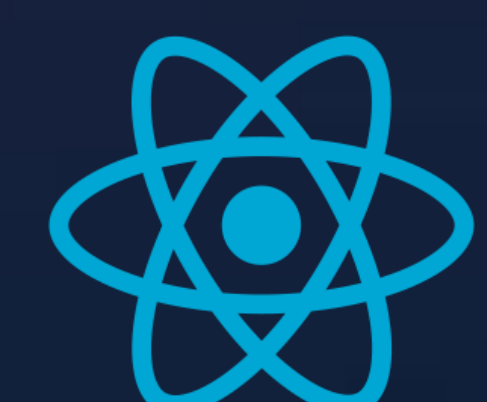
- Android Studio
- Visual Studio Code
- XCode
- MongoDB
- JavaScript
- React-native
- GitHub
- Windows PC or Mac



### SYSTEM DESIGN

React-Native, HTML, CSS, and JavaScript is used as the frontend of the application.

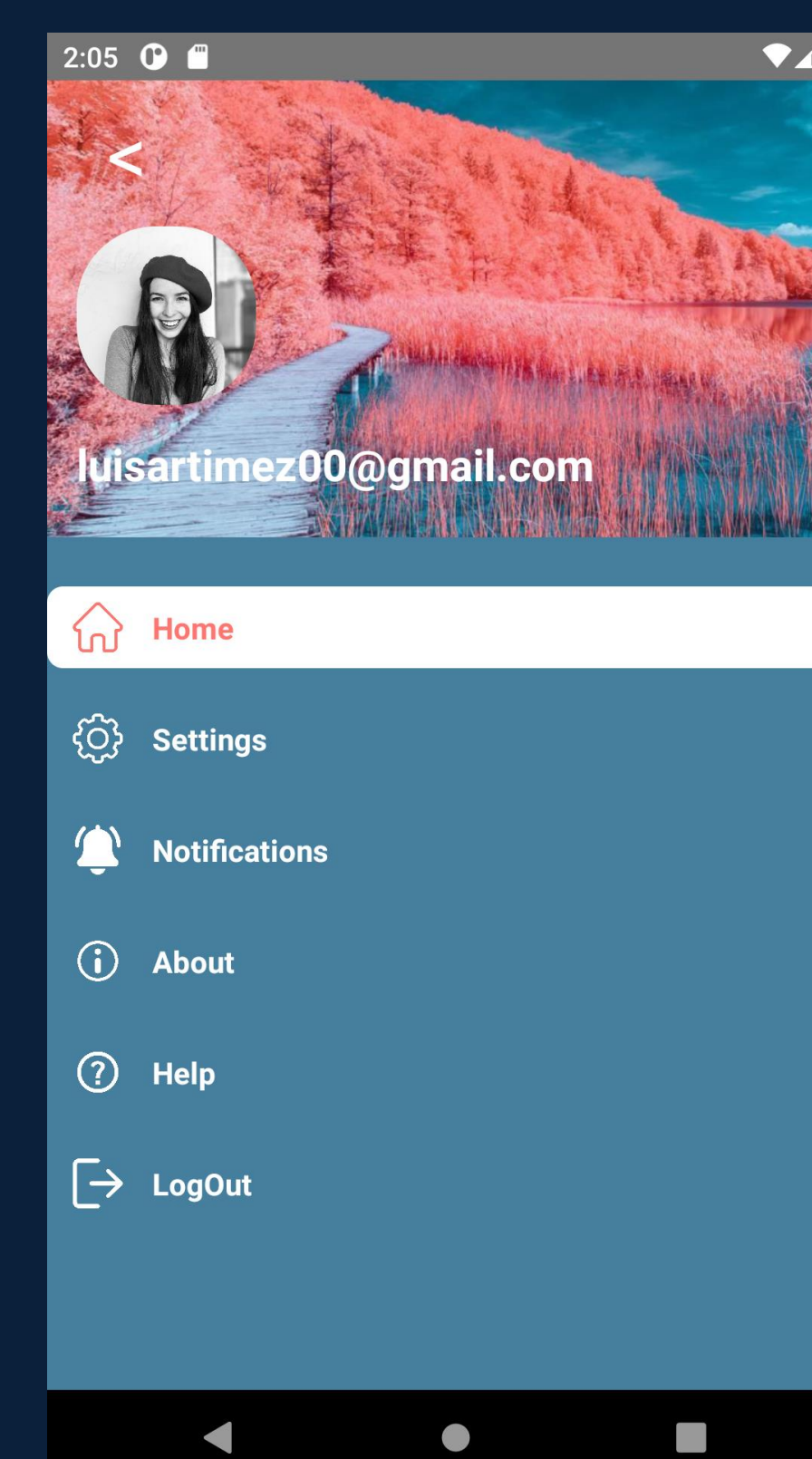
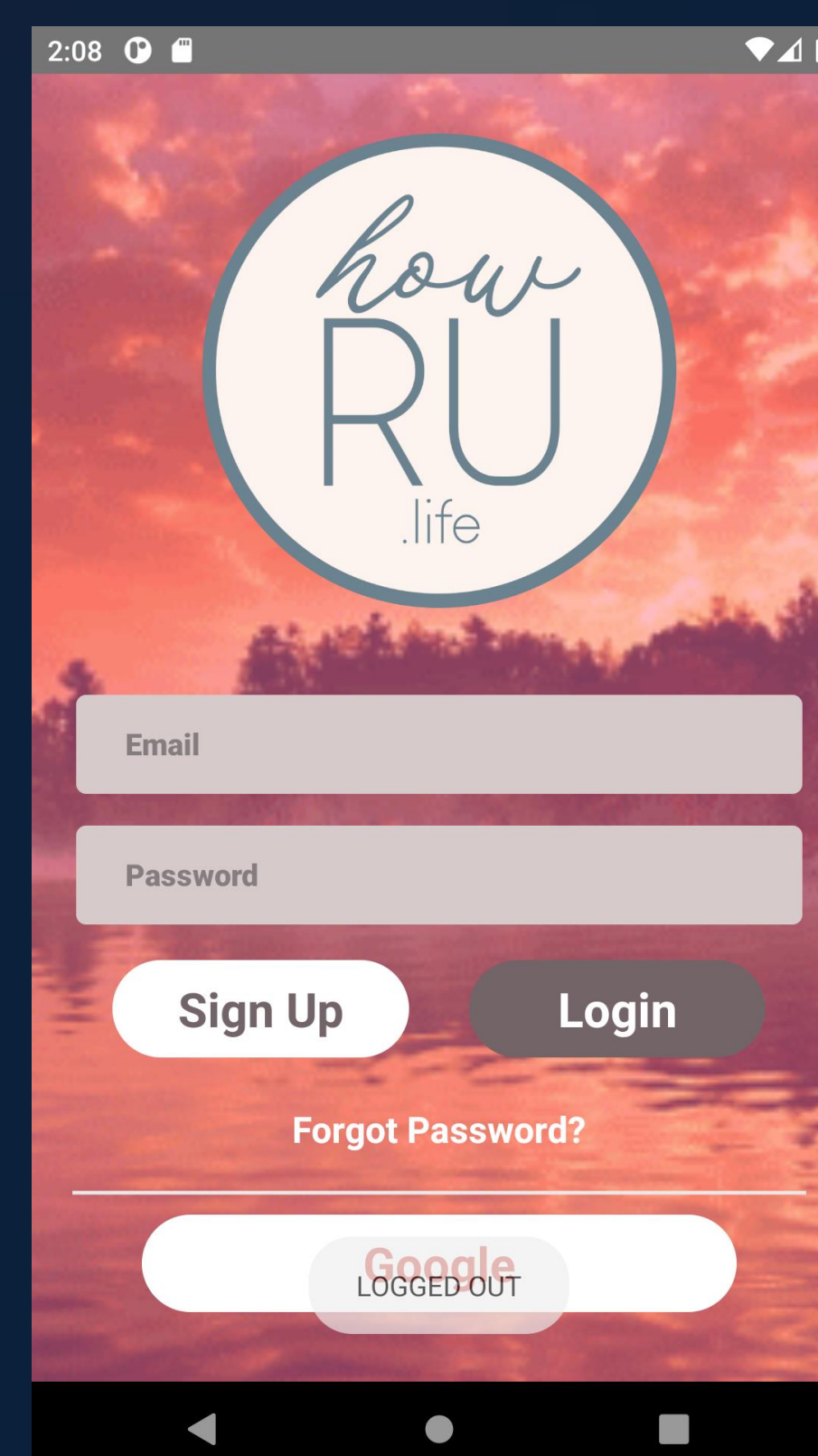
Firebase is being used as the backend of the application and is currently storing user data but will have to be replaced.



React Native



### IMAGES



### IMPLEMENTATION

- A new database with MongoDB has been created but will still have to be linked to the application.
- A new menu screen has been implemented to the application, which sets it apart from its previously basic design.
- The design of the four quadrants screen was improved.

### VERIFICATION

Developers on Windows used Android Studio and Visual Studio Code to run, test, and verify that the app was working as expected for the Android version of the app. Developers on Mac used XCode to test and verify that the iOS version of the app was working.

### SUMMARY

- Overall, this application may help users who are suffering from stress and anxiety, and it keeps track of their progress as well.
- Throughout our development, we were able to improve the look of the application while keeping the same functionality.
- Firebase is still storing user information. However, it is completely inaccessible and will have to be replaced with another database program.
- We have created a MongoDB database for the application, which will still have to be linked to the application in the future.

### REFERENCES

[1] U.S. Department of Health and Human Services. *Any Anxiety Disorder*. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder>

### ACKNOWLEDGEMENT

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