

HowRU.life – Stress & Anxiety Management App

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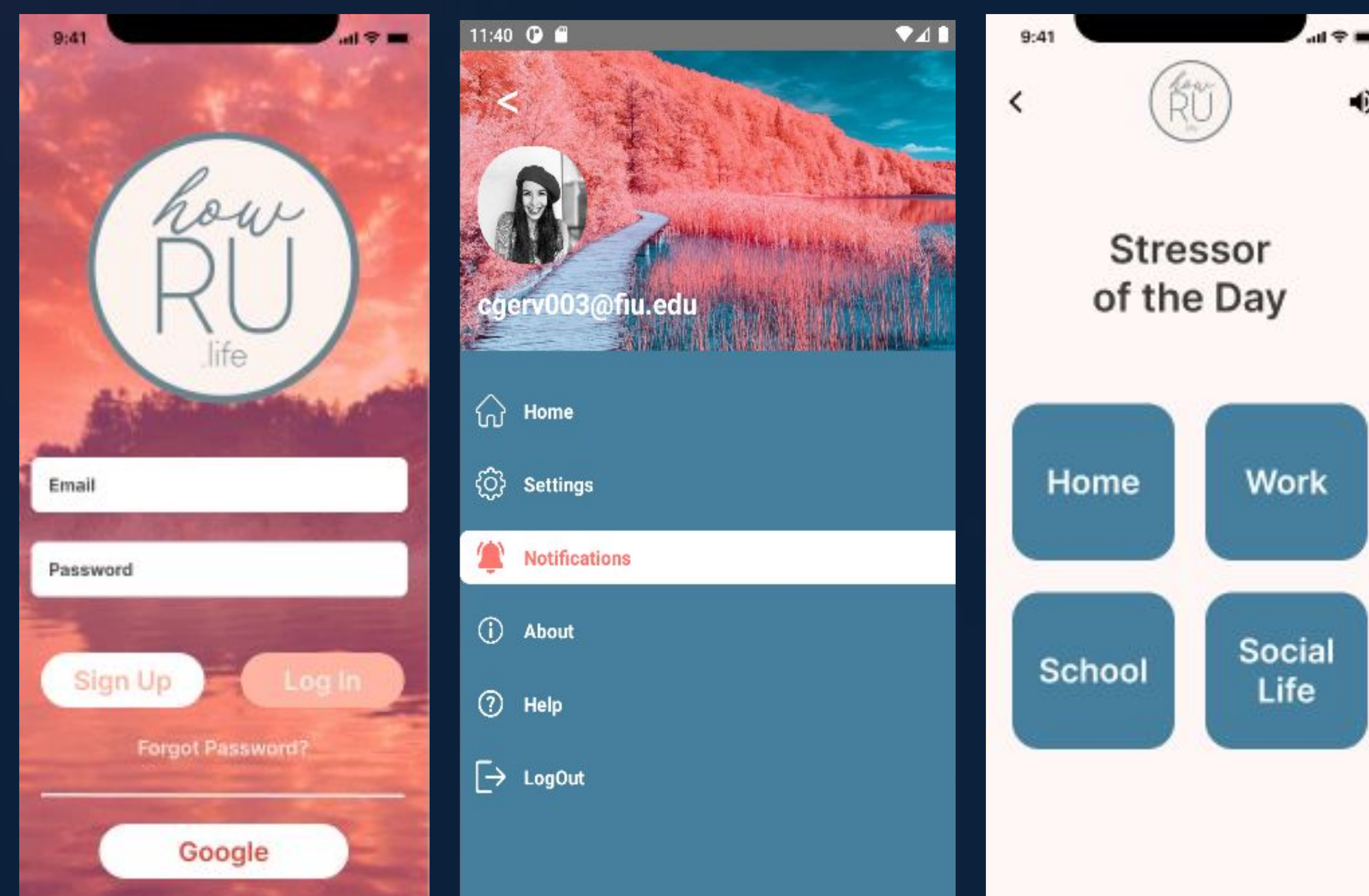
PROBLEM

Everyone experiences stress in some form or another; however, we often do not take stress and anxiety as seriously as we should. The AIS (American Institute of Stress) stated that 33% of people have said they've experienced express stress [1]. The HowRU.life application is designed to help those suffering take control of their stress and anxiety.

CURRENT SYSTEM

The application runs on both Android and iOS devices. Currently, Firebase is still in use for authentication and user info storage, but needs to be moved to MongoDB. The application's system uses React-Native and React-Native CLI. The application's design has gotten a huge makeover.

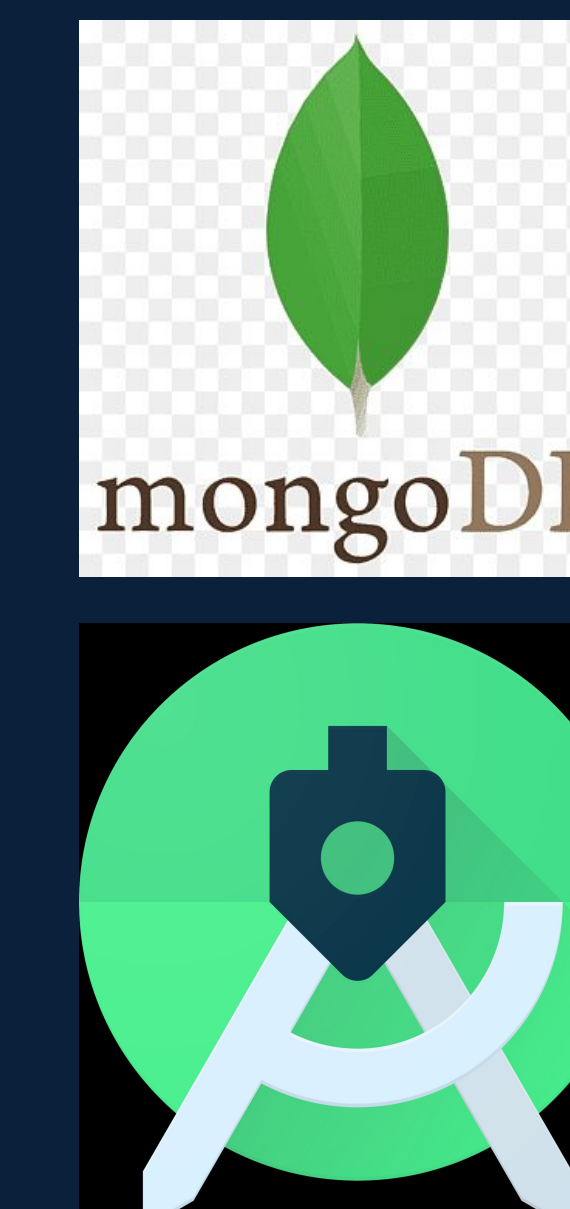
APP DESIGN



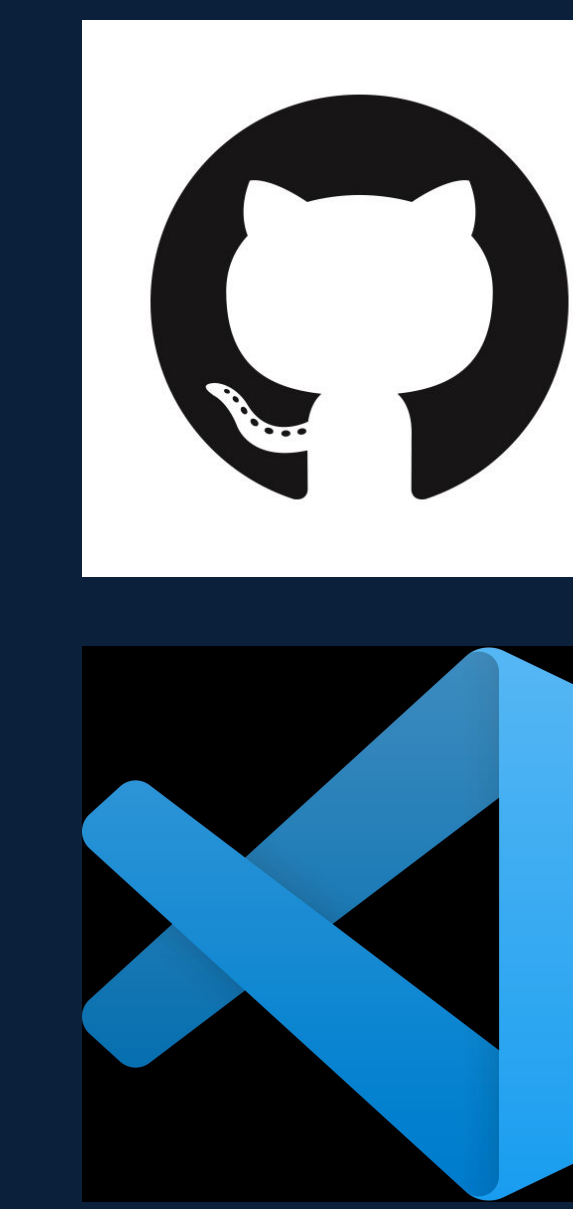
SYSTEM DESIGN

- JavaScript, HTML and CSS are what the applicatio uses for its front-end.
- React-Nativeis is what the application uses for its back-end.
- Firebase for storing a user's data (will be moved to MongoDB).

SOFTWARE USED



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



IMPLEMENTATION

This semester, our team focused mainly on the design and back-end of the application. Despite unforeseen circumstances with Firebase, we achieved several of our goals:

- Brand new menu screen with a nicer design and improve functionality.
- Revamped “four quadrants” screen with a fresh design to make the screen look much less cramped.
- Different background color for all screens to better match the color pallets of the application.
- MongoDB account set up and PO access given for future use.

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.

SUMMARY

- HowRU.life is meant to assist those struggling with stress and anxiety by providing them a way to manage their mental health.
- Application's design got an overhaul.
- The menu and “four quadrants” screen was completely redesigned and improved upon.

REFERENCES

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

ACKNOWLEDGEMENT

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