Feeling Lavender: Application to track, manage and improve moods

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Introduction

My project is investigating the lack of accessible and user-friendly tools for individuals to track and monitor their mental health. With the increasing prevalence of mental health concerns worldwide, it is becoming more important than ever to prioritize mental well-being and find effective ways to manage stress, anxiety, depression, and other related issues.

Problem Statement

Managing moods and emotions can be challenging and can lead to negative consequences like strained relationships and mental health issues. To prevent these outcomes, the mood tracker app provides users with tools to track their moods and set goals for improvement. The app aims to empower users to take control of their emotional well-being and improve their overall quality of life.
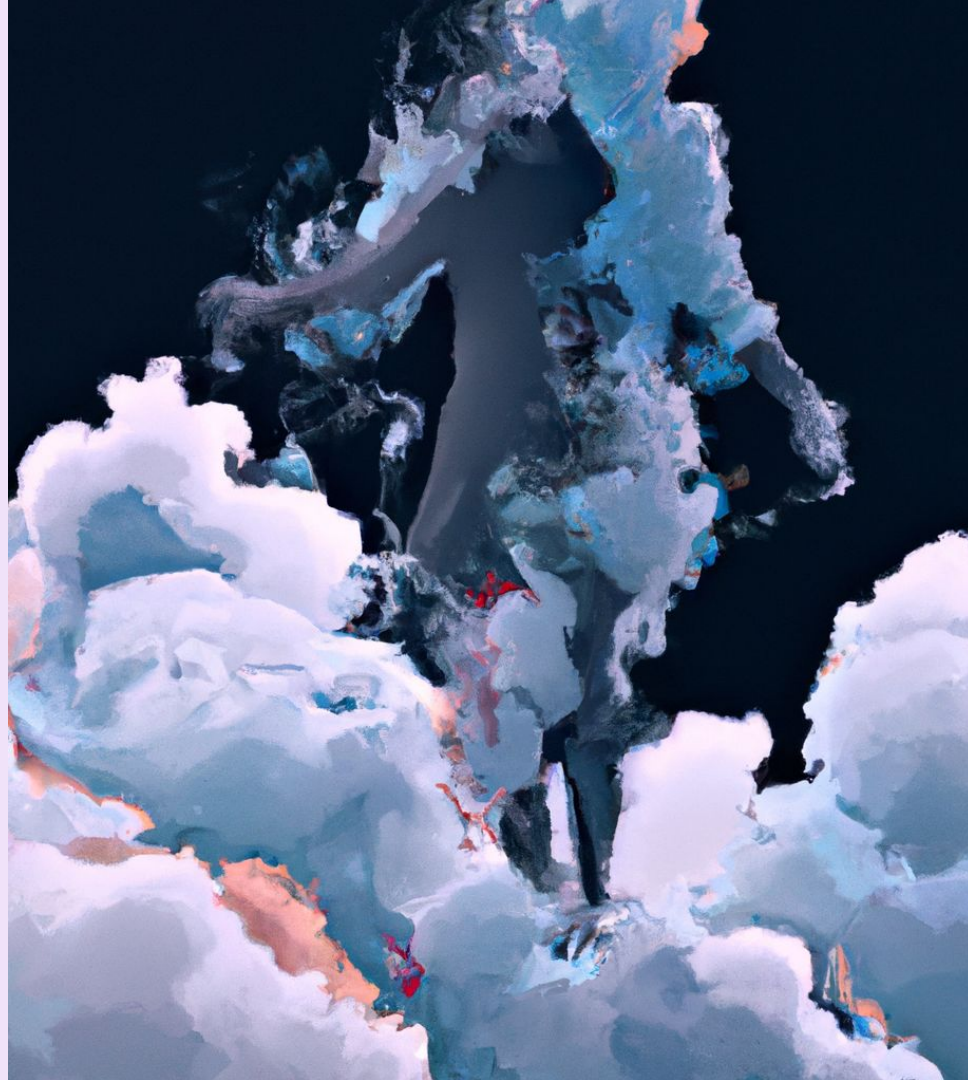
Market Analysis

Based on general trends and research in the mental health tech space, there are several potential areas where the current state may be unsatisfactory:

- Limited features and functionality:
- Poor user experience:
- Limited access to resources:
- Limited personalisation:
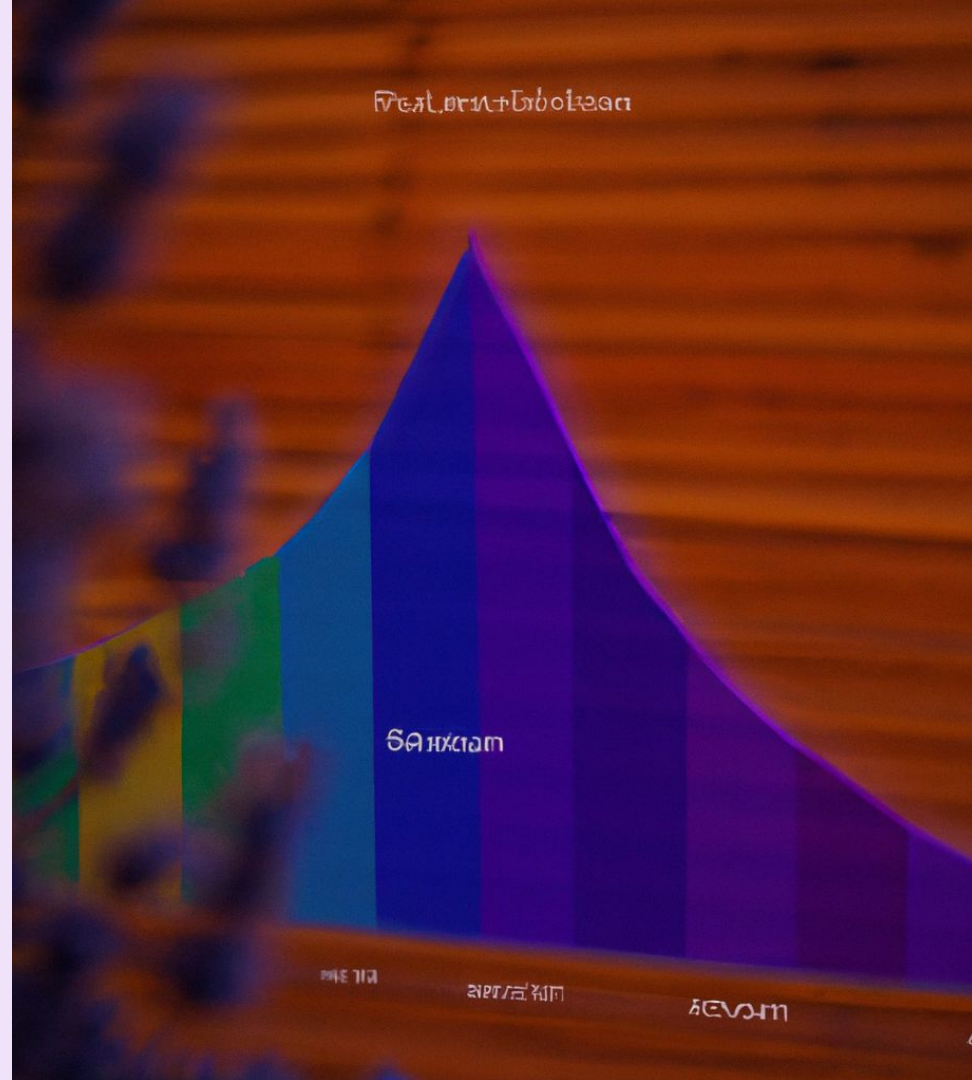
Stakeholders

- **Users:** The primary stakeholders for the mood tracking application would be the users themselves.
- **Mental health professionals:** Mental health professionals, such as therapists and counselors, could also be stakeholders in the mood tracking application.
- **Researchers:** Researchers studying mental health and wellness may also be stakeholders in the mood tracking application.

Product: Desired state

The goal of my mood tracker application is to provide a convenient
and intuitive platform for individuals to track their moods. The app
will provide features such

- documenting their moods being able to see on a daily chart
- Goal-setting
- note-taking or journaling
- set reminders
- connect with mental health professionals
- access helpful resources to support their mental well-being
- A chart room for users to share their experiences and meet
  people with similar experiences, in a safe environment.

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# Product: User Stories

Priority #1

- **Track my moods:** As a user I want to be able to see and track my moods on a weekly basis to help me improve my mental health.

- **Rating moods:** As a user I want to have the option to select which moods I am feeling on that day.

- **Journal / Notes:** As a user I find it useful to have a place where I can write or log anything that comes to mind so I can reflect and analyze my thoughts.

Priority #2

- **Goals:** As a user, having to be able to create goals can help feel motivated and seeing them being achieved is a rewarding feeling that can boost my confidence in myself.

Priority #3

- **Community:** As a user I sometimes feel like I'm the only one who is going through what I am feeling. I want to be able to communicate to others to tell them about my story and to listen to theirs.

- **Mental health professionals:** As a user I want to be able to add patients and keep a track of their development so I can better help them.
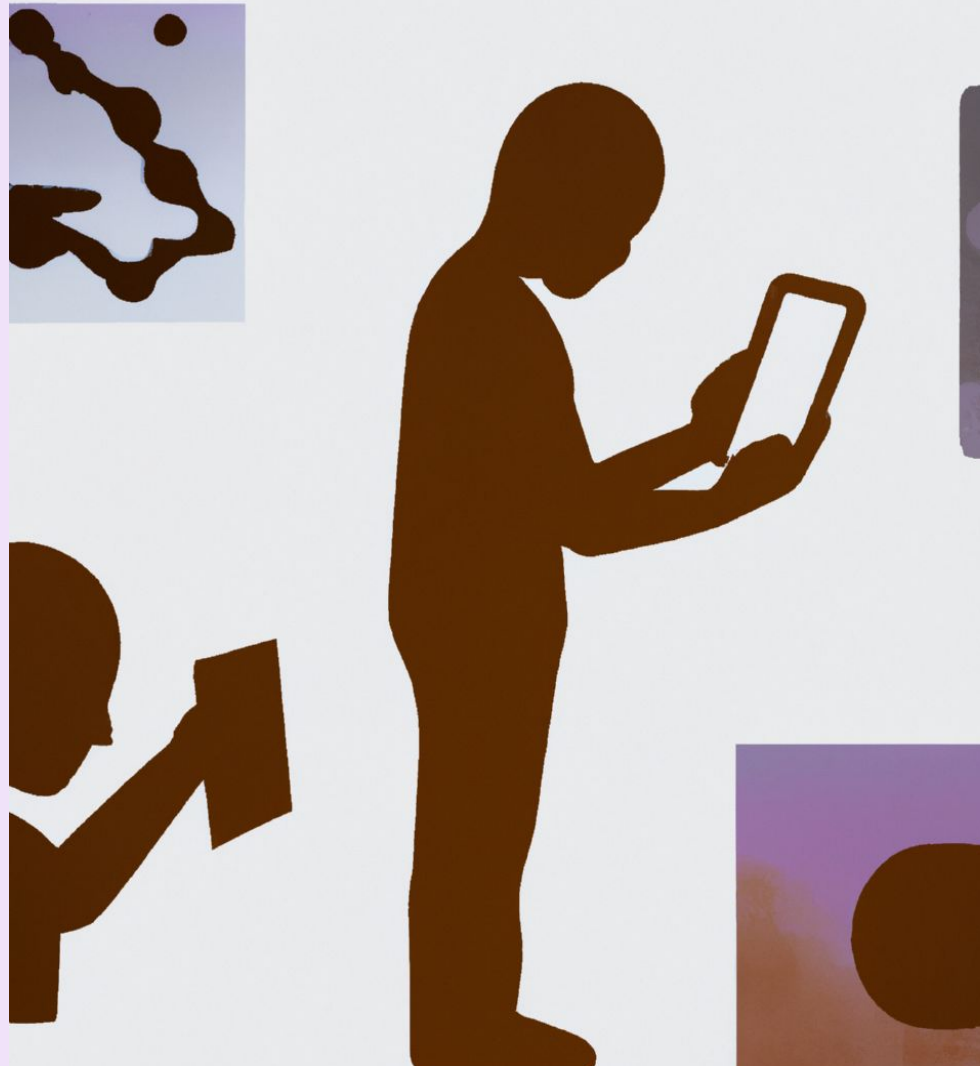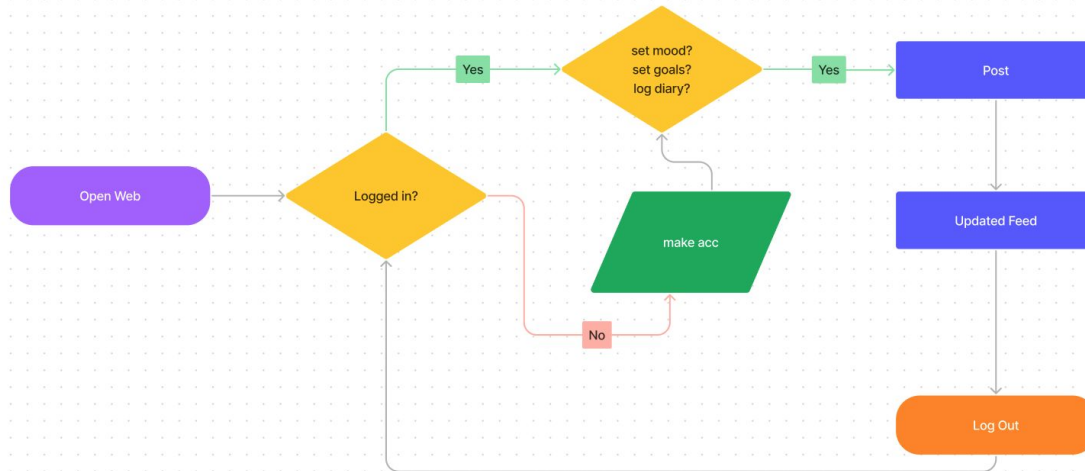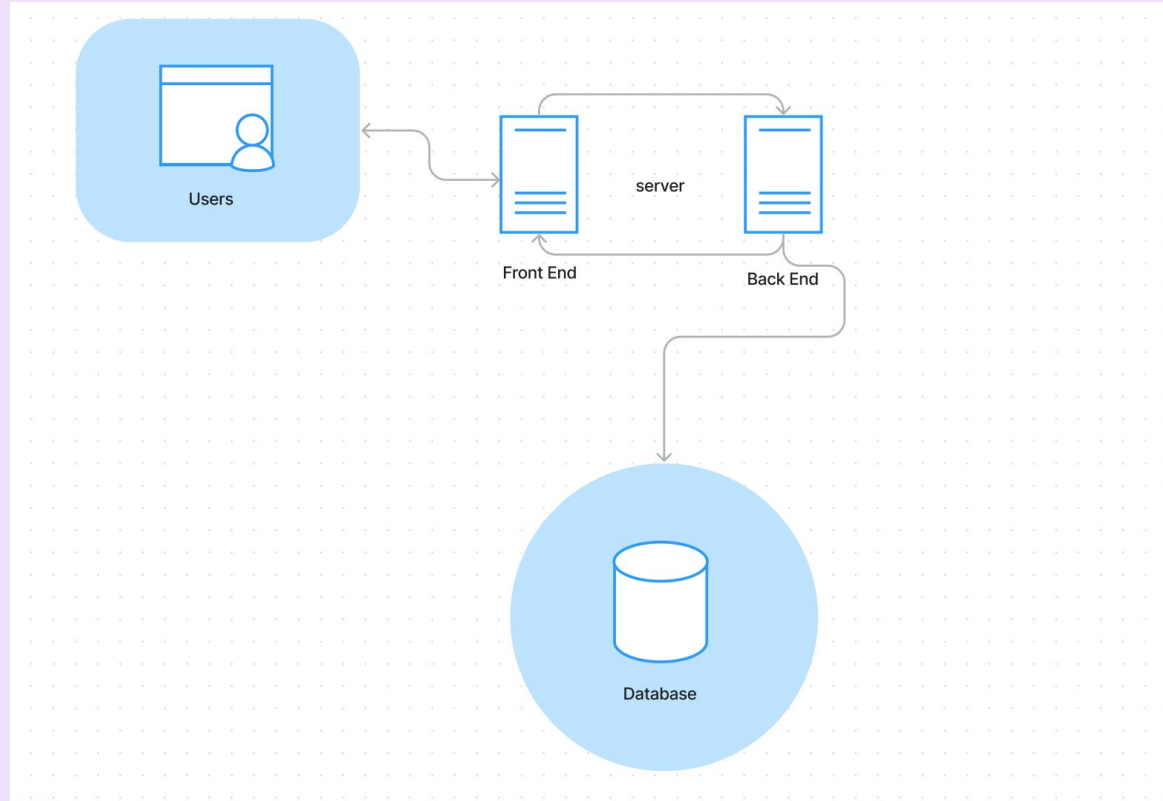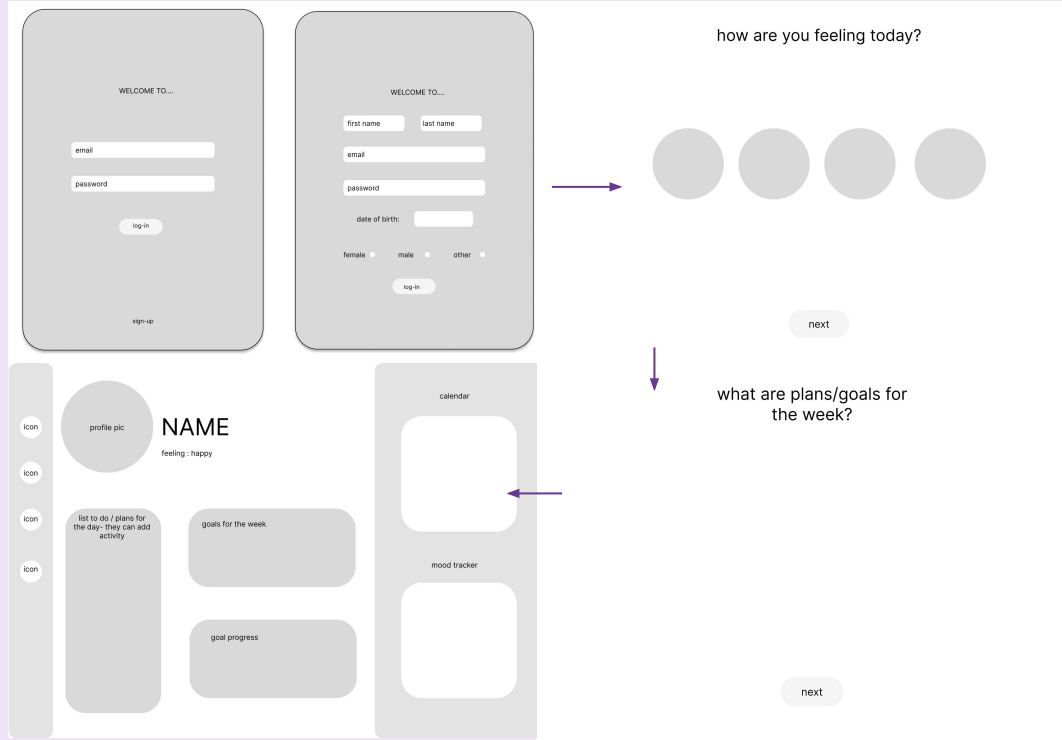
Product: User Flow

Product: Architecture Diagram

Product: Wireframe Design

Product: Logo

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Final Logo

Color Palettes

Product: Open Questions/Out of Scope

- website is not responsive and would collapse and overlap on each other when scaled down on mobile devices.
- a chat room
- a reminder notification to rate they're moods
- Being able to send emails to users, like a weekly advice/tips or any article on mental health and well-being for users to read and learn from.
- Admin account for mental health professionals to help keep track of their patients progress

Product: In Scope

- Users are able to create an account and log in/log out.
- Users are able to rate they're moods and later change them on the same day.
- Users are able to view they're the moods they had on that week on a chart and will update/display new moods for the new mood at the start of the week (which will on sunday)
- Users have a space and freedom to write notes or keep a diary log of they're thoughts or they're progress on they're mental health journey
- Users are able to set goals and see the dates of when they started and when they have completed it .

Product: Non-functional Requirements

- Password encryption using becrypt.
- User information such as name, email and password stored in the database as well as in a cookie, for security.
- Availability, users would be able to write their thoughts down at any time.
- Providing a user-friendly and clean structure for usability.
- It should be compatible with any device that the users would be using.

Product: Project Planning

Product: Testing Strategy

- **Backend:** Testing is mainly done with Postman and WorkBench, to insure that the database is active and is able to perform the four basic operations CRUD (Create, Read, Update, and Delete)
- **Frontend:** useEffect, .then and .catches were used as tests.

Product: Implementation

Installation

- Node.js & NPM
- MySQL

Clone Application

Users can get the application through my github repo link which also has a Readme file that they a can follow to help them set it up.

https://github.com/AlannieDecena/capstone

End-to-end solution

The aim of this project was to create a customizable mental health tracker application that helps users monitor their progress and achieve their goals. Although some features were not included due to time constraints, the software achieved its objectives of documenting moods, displaying weekly results, and providing a space for notes and goals. Further improvements are still possible.
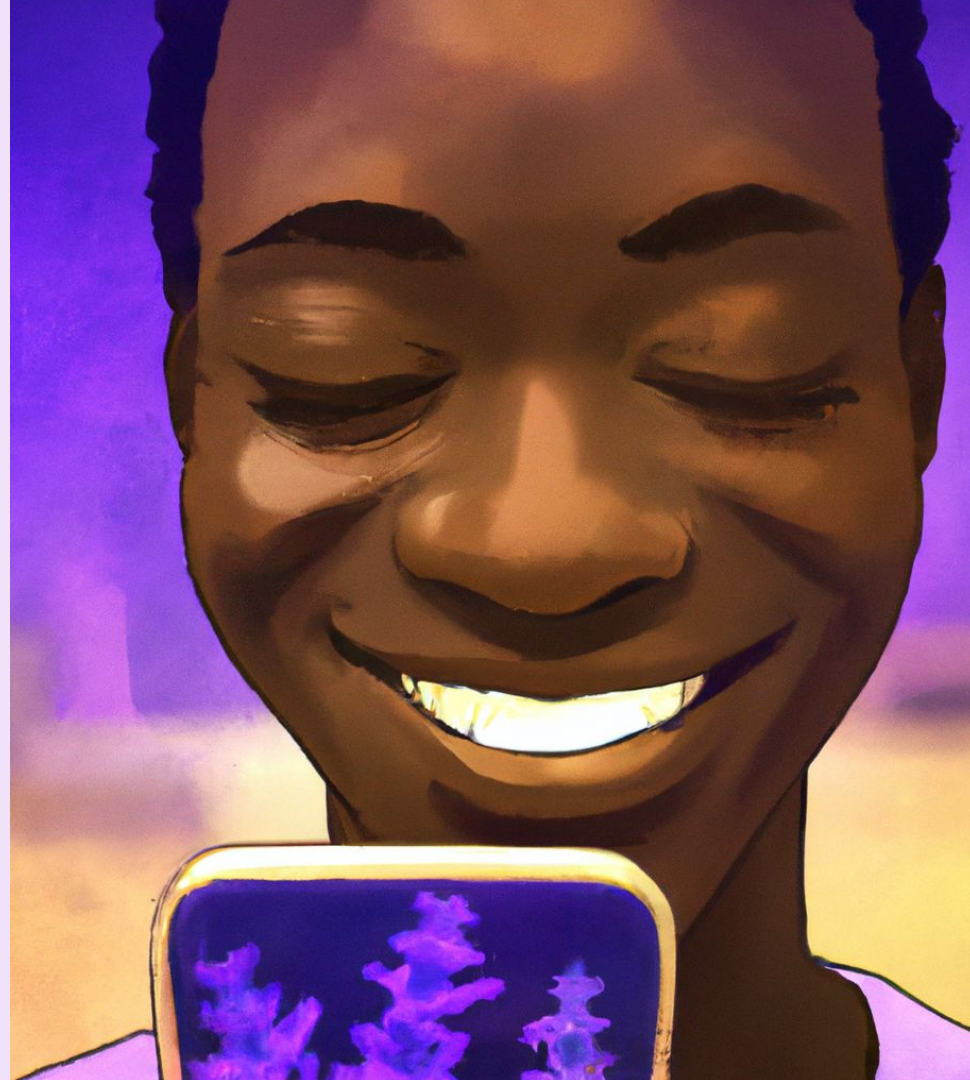
Thank you for listening

Any questions?