Allay

UCSCAnxiety App

Initial Release

[Release Date]

Revision 0

[Revision Date]

High Level Goals

Priority 1

We want users to be able to track their symptoms in the app on a daily basis. This will include keeping a log of symptoms, along with any description of possible decline or improvement that the user wishes to include. Along with the log, the user will be able to score how they are generally feeling on a 1 to 10 scale.

Priority 2

We want users to be able to take one of two quizzes on the app, either the Beck Anxiety Inventory Quiz or Beck Depression Inventory Quiz. These quizzes will be short questionnaires that will help the user to gauge their general level of depression or anxiety. Along with the result will be a list of suggestions based on the user's score for the day.

Priority 3

At this point we want to be able to prototype test our app and receive essential feedback from a controlled user base. We would also like to refine and polish the app to make the User Interface as friendly and professional as possible.

User Stories for Release

Sprint 1

[story points: 10] As someone with depression and/or anxiety, I want a way to be able to track my symptoms, so that I can objectively look at what helps and what does not.(Highest Priority)

[story points: 6] As someone with depression and/or anxiety, I want to be able to assign a quick numeric weight to how I am feeling each day, so that I do not have to keep an extensive log each day. (lowest priority, may move to sprint 2)

Sprint 2

[story points: 6] As someone with depression and/or anxiety, I want to be able to assign a quick numeric weight to how I am feeling each day, so that I do not have to keep an extensive log each day. (highest priority)

[story points: 8] As someone who experiences anxiety, I would like to have access to breathing exercises within the app, so that I can keep myself mindful and calm. (lowest priority, may move to sprint 3)

Sprint 3

[story points: 8] As someone who experiences anxiety, I would like to have access to breathing exercises within the app, so that I can keep myself mindful and calm. (highest priority)

[story points: 5] As someone who experiences mental illness, I want to have quick access to numbers I can call in case I ever feel hopeless or overwhelmed, so that I have access to the support I need.

[story points: 15] As a user of this app, I would like to be able to chat with mental health professionals through the app, so that I can receive the support I need at any time. (lowest priority, would be pushed to another class or independent study)

Product Backlog

Chat Feature: One of the main things currently on our backlog, is a forum/chat feature that will allow our users to stay in contact with each other. It will give them an avenue to share personal experiences with things that they're struggling with, so that they may help, or seek help from others.

Contact With Mental Help Professionals: We aim to initially provide numbers for mental health facilities, but later we hope to develop a way for these users to be able to chat one on one with professionals in the mental health field.

Other Tools to Combat Anxiety and Depression: Our main goal for this app is to truly ease the suffering of our users, that is why we are committed to continually adding new ways to allow the people who use our app to breathe a bit easier.