Overall purpose

The goal of our project is to build a web application that helps people with their mental well-being. We provide users with sequences of reflective questions inspired by psychotherapy such as Action and Commitment Therapy(ACT) and Cognitive Behavioral Therapy(CBT). Users answer these guiding questions, and in the process they can notice and restructure their negative thoughts. Their answers are saved on their timeline for future review, in the form of journals. Users are able to view other's answers anonymously to the same reflective questions for inspiration on how to restructure their thoughts. By reading other people's experience, they can also normalize their own experience, which has been proven to help with mental health. Users also have the option to submit their answers anonymously for other people to view. Our application is targeted towards the general population as a tool to improve mental wellness, but cannot be substituted for professional help.

Feature specification requirements

In this part, I will introduce our features divided into user profiling, user and admin functionality, user interaction and community service data, views of the APP, and any other additional features of the APP.

1. User profile contains basic information of the user, their usage summary and favourite journal templates.
    - Basic information: Profile photo, username, email associated with the account, birthday(age), password
    - User summary and statistics: This is a specific characteristic of our app. Users can read about their interactions with the app, including the number of journals he wrote, read and replied, journals he liked, and a timeline of all of the user's activities.
    - Favourite journaling template: different colors, themes,

Those are all profiles for normal users, and an admin should have all the information listed above, and since admins manage users, they should also have information below:

- Admin identification (like a logo, or special admin ID)
- Announcements admins have made in the past
- Work logs: including which user he adds, updates or deletes.

2. Regular user functionality (authentication and authorization)

    The goal of our app is to provide users a place to restructure their negative thoughts by giving them psychotherapy-inspired questions, as well as reading about other

people's experience to how they challenge their negative thought patterns. Therefore, the main functionalities of our app is 1. for a user to start a journal entry about their negative experiences in life, and 2. Look at other people's response anonymously and interact with them anonymously. In this part, I will introduce the functionality we may implement for a regular user.

- Sign up and sign in, changing basic information such as password, name, email, profile photo.
- Write a journal.
- Be able to choose to send his journal
- Be able to reply to an anonymous sender, the response will also be anonymous.
- Archive the journals he writes, he sends, so he can review them to see progress.
- Reporting bugs or inappropriate journal entries to admins
- Change accessibility of his user profile, or journals (if he does not want anyone to read his journals), like public, hiding, etc.

3. Data

The data includes user-generated journals, user's profile information, or any other important information about the community. Users can add to, modify, and delete the data as they use our app. Here we list possible data we may use.

- The journal-related data, including journal content, the creator, creation date, archived journals, collected bottles(other's journal), current status and history status (ex., normal, private, flagged, modifying, deleted etc.), this can only be accessed by the admin, and cannot be modified.
- Login data of user and admins
- The logs and announcements about the community (only updated by the admin).
- The statistics of the community, like the count of logs in total, number of logs not sent yet, number of users and number of admins (system information), should be generated automatically.
- Data about each view (ex., description, link, number of views, etc.).
- Themes available for users (APP interface).
- Template of a journal/questionnaire.

4. Views

A view is the visual component which one supports a different functionality (for example, Quora has a page, or view for listing questions, and another view for users to update their personal information). In this section, I will talk about what views we have in our APP, and we also have a diagram.

- A welcome page.
- Login/signup page
- A view for setting themes for his APP.
- An operating interface for the user (leading to personal profile, archived created journals, received journals, and responses)
- A view for his personal profile.
- A view leads the user to create a journal.
- A view for selecting an anonymous user to send a journal.
- A view for received but unread journals.
- A view for archived journals and responses.
- A view for each journal I wrote, or I received (basic introduction).
- A view for each journal I wrote, or I received (content).

5.	Admin functionality

An admin is important for maintaining the operations of the community, including functionality of the software, and user conducts, user accessibility to data, and managing information about the community. And a scheme of obligations for an admin is listed below:

- Invite a user.
- Change the accessibility to a journal (delete it or release it)
- Change the accessibility to a user from others.(Ban them, temporarily unable to submit their journals, etc.)
- Make announcements to the community.
- Write logs about the functionality of the community, or report bugs in the log.

6.	Additional features

Except for 5 main features I described above, here I also want to explain some additional features that may help briefly.

- We want to provide a space for people to log their process of working through a negative thought without worrying about anonymity, we design the program to **randomly** assign 10 **anonymous** users for this user to send his journal while being anonymous himself.
- We design a drifting bottle feature to "wrap up" user journals, which makes the communication process feel more novel and adventurous, so the interaction between users is more interesting.
- We hope this APP can help people to find remedy for his psychological disorder, or relieve from pressure in life, and do our best to make a user less embarrassed while seeking for help, and also can gain professional suggestions from some experts, so we want our admins to be able to recognize content that could be potentially

triggering(suicide ideation, graphic description of suicide, etc.) If we have the capacity, we may build an algorithm for automatically detecting this.

User Interactions

Login and signup:

Start page: A user can either click the login button that takes them to the login page, or a signup button that takes them to the sign up page.

Login page: A user can input their email and password in the sections indicated by email and password label. Once they click confirm, their input will be sent to the backend and they will reach the "My Space" page if their input is correct.

Sign up page: A user can input their email, password and confirm password in the sections indicated by email, password and confirm password label. Once they click confirm, their input will be sent to the backend and they will reach the "My Space" page if their input is correct.

Questionnaire and Profile Journal:

My Space: There are three buttons in My space. If the user click the Profile button, Journal button or the Quests button, they will be taken to the Profile page, My Journals page or the Quest page.

Profile: In the Profile page, their are a few labels asking about all kinds of personal information such as name, birthday, interests. The user can click the box next to the label to add or modify their personal information. All the information will be sent to the backend and be saved once the user clicks the confirm button.

Journals: A user can input a bottle id or name in the box next to the Search button, and once they click Search the information will be sent to the backend and the user will be navigated to a Bottle Page if the bottle exists. The bottle shown has the name or id as the input. If the name or id does not exist, the user will receive a message indicating it. A user can also create a bottle by clicking Create Bottle. They will be navigated to Let me ask you page.

Let me ask you: In this page, there are several questions. The user can write their answers to the questions. Once they finish writing, the answers are sent to the backend and saved. Then they need to click the choose button to reach Beautiful Templates page.

Beautiful Templates: A user can choose any of the templates for their journals. After they click confirm, they will be navigated to page Send Drifting Bottle.

Quest: A user can click the profile picture of another user to see their profile. A user can click Block so that the blocked user cannot send bottles to this user any more. A user can click Connect and then they will be navigated to page My Bottles. The message or bottle from the sender will be placed in the My Bottles page of the receiver.

Drifting Bottle:

My bottles: A user can click any bottle on this page, and they will be navigated to the Bottlepage.

Bottle: In this page, the content, date and destination of the sender are shown to the receiver. The receiver can click the box next to the Reply button and write their reply. Then they can hit Reply to send the message. Then they will be navigated back to My Bottles.

Send Drifting Bottle: The user can click any name shown in the column to send their bottles.

Admin:
Admin User: A user can click the profile picture of each user and the profile picture of each user will pop out. The admin can choose to delete/ban the user.

Our project has 4 parts,
Each part has 2-5 pages, total 12-16 pages.

Part 1: Login in + Sign up.

Start Page

Explore Yourself

Spiritual Comfort

Login _____ (User email)
Signup _____
        [Enter]

Login Page

Welcome Back,
        my friend!

_____ (Email)
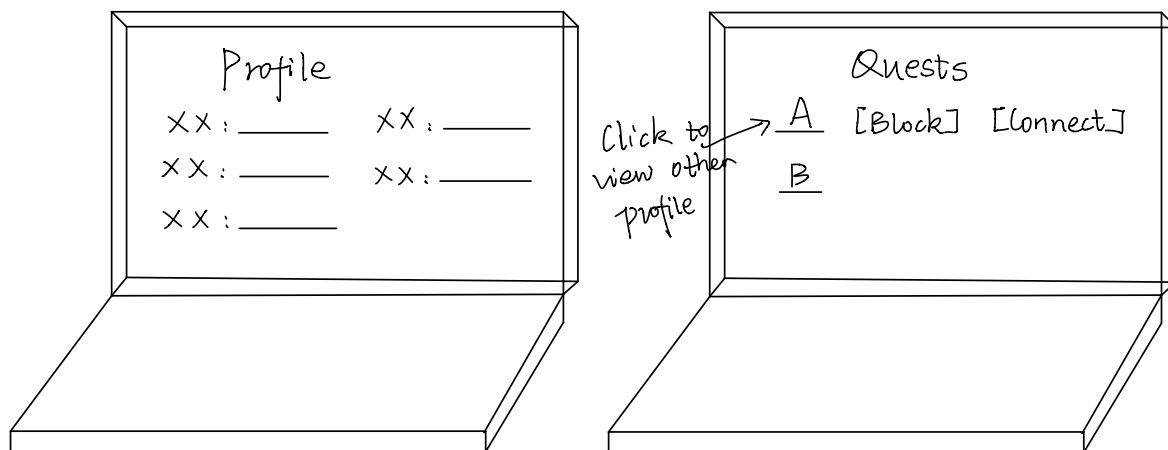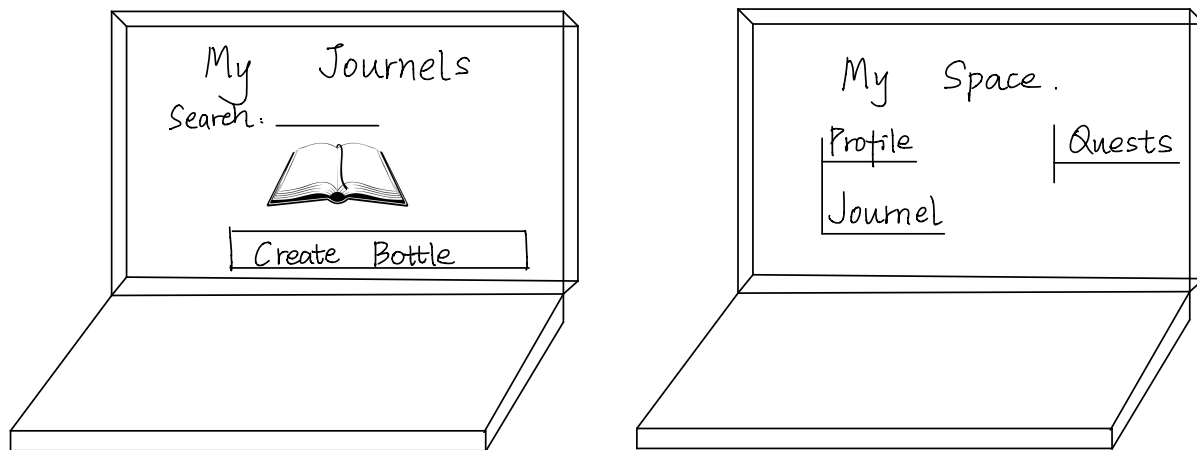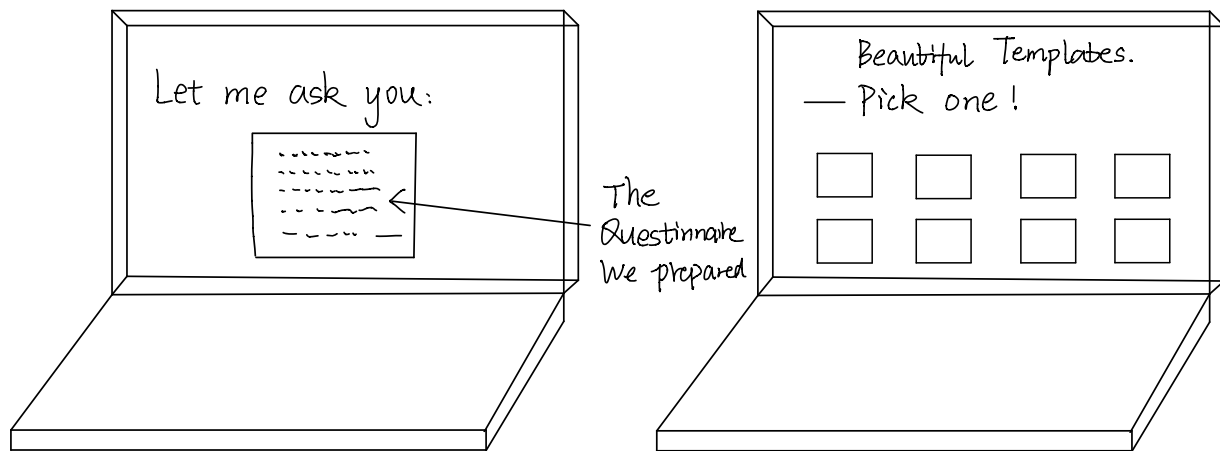_____ (Password)
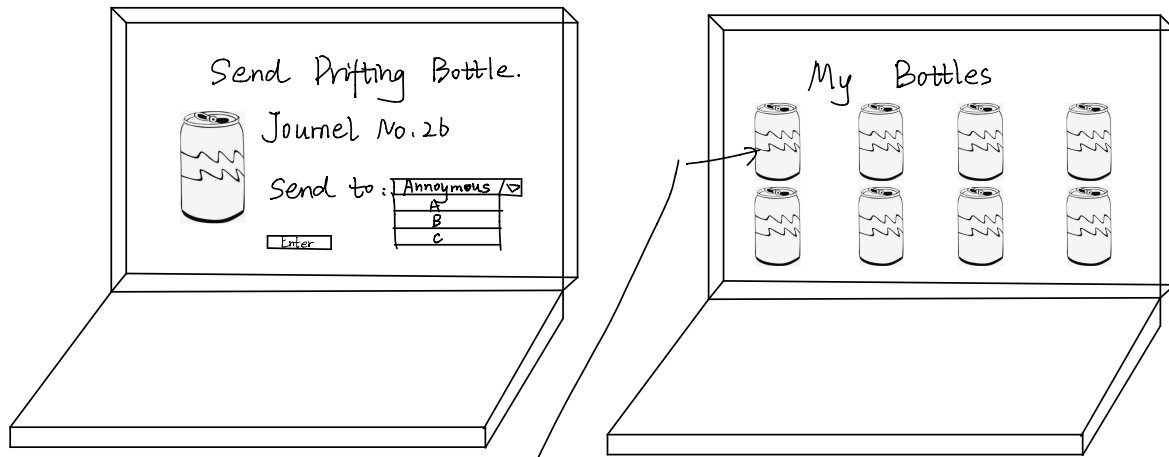   [Enter]

Sign up Page

Ready ? Go !

_____ (Email)
_____ (Password)
_____ (Comfirmed Password)
    [Enter]

Part 2: Questinnaire and Profile Journel.

Registered User take Questinnaire first.
Then choose a template to create profile Journel.

Let me ask you:

The
Questinnare
We prepared

Beautiful Templates.
— Pick one !

My   Journels
Search: _____

Create   Bottle

My   Space.
Profile   Quests

Journel

Profile
XX : _____   XX : _____
XX : _____   XX : _____
XX : _____

Quests
Click to   A   [Block] [Connect]
view other
profile   B

Part 3:   Drifting   Bottle.

Send Drifting Bottle.

Journel No.26

Send to: Annoymous ▽
A
B
C

Enter

My Bottles

Click to see

Bottle No.27.

Content: _____

Date: _____

Destination: _____

Reply: _____

Part 4: Admin.

Admin _ User

User

Search [_____] 🔍

View
Inactive

Admin _ Bottle.

Bottles

Select ─ 2020 ■ ──── 2021

View
Hide