

# **I AM – web application for people with depression**

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## 1. General description of the IT system

Depression is one of the most common diseases in the 21st century. People with depression often isolate themselves and do not share their problems. The system is designed to help people with depression reach out for support from a close person during episodes of poor well-being. The system is going to be a web application.

Users will be able to create a personal account. After creating an account, they will be required to invite another user to be their caregiver. The user will have the option to press a button that will notify the caregiver about their poor well-being. The user will have access to a calendar with photos. Every day, at the time set by the caregiver, the user will be required to upload a photo with short description that will show where they are now and what they are doing, making it easier to determine how the user is feeling and what progress they are making in the fight against depression. The caregiver will have access to the calendar. Additionally, once a day, when the user opens the app, they will be asked to answer 5 closed questions about their well-being. Based on the average of the answers, the system will decide whether to send a report to the caregiver.

The system is aimed at people experiencing depressive states and their loved ones.

## 2. Software requirements specification

### Functional requirements:

#### Caregiver requirements:

**US.CAR01** *As a caregiver, I want to check the calendar, so I can check where the person I am taking care of has been for the last few days.*

Acceptance criteria:

- *The caregiver can view a calendar interface.*
- *The calendar displays entries from previous days.*
- *Each calendar entry shows statistics and/or photos (if available).*
- *Only entries related to the assigned user are visible.*

***US.CAR02 As a caregiver, I can set a time for uploading photos to establish a routine for the user.***

Acceptance criteria:

- The caregiver can define a recurring time slot for photo uploads.
- The user receives a reminder at the defined time.
- The schedule can be edited or deleted by the caregiver.
- Each user has an individual schedule defined by their caregiver.

***US.CAR03 As a caregiver, I would like to have the option to modify my details, so I can change outdated information about myself.***

Acceptance criteria:

- The caregiver can access their profile settings.
- The caregiver can modify and save personal details such as email and password.
- Validation is performed before changes are saved.
- A confirmation message is displayed after a successful update.

***US.CAR04 As a caregiver, I want to create an account, so that I can use the app.***

Acceptance criteria:

- The caregiver can access the registration form.
- Required fields include name, email, and password.
- The caregiver receives confirmation upon successful account creation.
- Duplicate accounts with the same email are prevented.

***US.CAR05 As a caregiver, I want to delete an account, so that I can stop using the app.***

Acceptance criteria:

- The caregiver can access an account deletion option in settings.
- The system asks for confirmation before deletion.
- After deletion, login is no longer possible.
- Associated data is removed or anonymized as required by privacy policy.

***US.CAR06 As a caregiver, I want to have access to summaries with replies to questions answered by the person I care for, so that I can monitor their wellbeing***

Acceptance criteria:

- The caregiver can view a dashboard with summaries of answered questions.
- Each summary includes timestamps and user responses.
- Data is grouped by date or wellbeing of the user.
- The interface updates with the most recent data.

**User requirements:**

***US.USER01 As a user, I can send an invitation to another user, so that they can become my caregiver.***

Acceptance criteria:

- The user can input the email address of the supposed caregiver.
- An invitation is sent to the selected person.
- The invitation status is visible to the sender.
- The system prevents duplicate invitations to the same person.

***US.USER02 As a user, I can respond to another user's invitation, so I can become their caregiver.***

Acceptance criteria:

- The user receives a notification or message about the invitation.
- The user can accept or decline the invitation.
- Upon acceptance, the inviter becomes their caregiver.
- Declining the invitation removes it from pending status.

***US.USER03 As a user, I can press the 'HELP' button, so I can inform my caregiver about my unwellness.***

Acceptance criteria:

- The user interface includes a clearly visible "HELP" button.
- Pressing the button sends a notification to the caregiver.
- A confirmation message is shown after pressing.
- The caregiver receives the alert in near real-time.

***US.USER04 As a user, I want to have access to my calendar, so I can observe an improvement in my well-being.***

Acceptance criteria:

- The user can access a personal calendar view.

- Entries include uploaded photos and statistics of wellbeing.
- The calendar allows navigation to past and future dates.
- The user can visually track their progress.

***US.USER05*** As a user, I want to upload photos to my calendar, so I can develop a routine where I do certain things at set time.

Acceptance criteria:

- The user can take a photo and then upload it to the calendar.
- Photos appear on the calendar view.
- The system confirms successful uploads.

***US.USER06*** As a user, I can answer questions about my mood, so my caregiver can be notified about changes in my well-being.

Acceptance criteria:

- The user is presented with mood-related questions daily.
- Responses are saved and timestamped.
- The caregiver is notified about new responses.

***US.USER07*** As a user, I would like to have the option to modify my details, so I can change outdated information about myself (e.g. caregiver).

Acceptance criteria:

- The user can access and edit their personal profile.
- Editable fields include name, email, caregiver assignment, etc.
- Changes are saved after validation.
- Updated details are immediately reflected in the system.

***US.USER08*** As a user, I want to create an account so that I can use the app.

Acceptance criteria:

- The user can register via a sign-up form.
- Required fields are validated before submission.
- A welcome screen or message is shown post-registration.

- Duplicate email registrations are blocked.

**US.USER09** *As a user, I want to delete an account so that I can stop using the app.*

Acceptance criteria:

- The user can request account deletion from the settings.
- The system asks for confirmation before proceeding.
- After deletion, access is removed, and data is handled by privacy policy.
- The user receives a confirmation message after deletion.

**Admin requirements:**

**US.ADM01** *As an admin, I want to have full access to the database to manage it.*

Acceptance criteria:

- Admin can view, edit, and delete any database entry.
- Admin access is secured with elevated credentials.
- Audit logs track changes made by admins.
- Access is restricted to authorized personnel only.

**US.ADM02** *As an admin, I want to have access to add new admins, so I can add my successor.*

Acceptance criteria:

- Admin can input new admin credentials.
- Only existing admins can create other admins.
- A confirmation is displayed upon successful creation.
- The new admin can log in immediately.

**US.ADM03** *As an admin, I want to add new user, so more people can access the application.*

Acceptance criteria:

- Admin can create a new user via a form.
- Required fields include email and name.
- The user is notified upon account creation (if configured).
- Duplicate entries are prevented.

**US.ADM04** *As an admin, I want to delete users, so I can always have an up-to-date user base.*

Acceptance criteria:

- Admin can select a user and delete their account.
- A confirmation prompt appears before deletion.
- Deleted users lose all access.
- Data is handled according to privacy and legal policies.

**US.ADM05** *As an admin, I want to create new questions, so that users can answer them to give information about their mood.*

Acceptance criteria:

- Admin can define a new mood question and its format (e.g., scale, open-ended).
- Questions can be scheduled (e.g. daily, weekly).
- Users receive new questions as part of their routine.
- Questions can be edited or removed by the admin.

## **Non-functional requirements:**

- **Security** - Passwords

**NFR1(H)** *Each user must use a password according to the appropriate password policy. Password policy - min. 12 characters, number, special character. Password cannot contain username/email.*

- **Security** - Encryption

**NFR2(H)** *Each user account will be stored encrypted using SHA-256. Passwords are stored as hash.*

- **Security** - Liability

**NFR3(L)** *We will be able to link actions performed in the application to a given account - actions such as sending a photo, answering questions*

- **Compatibility** - Modularity

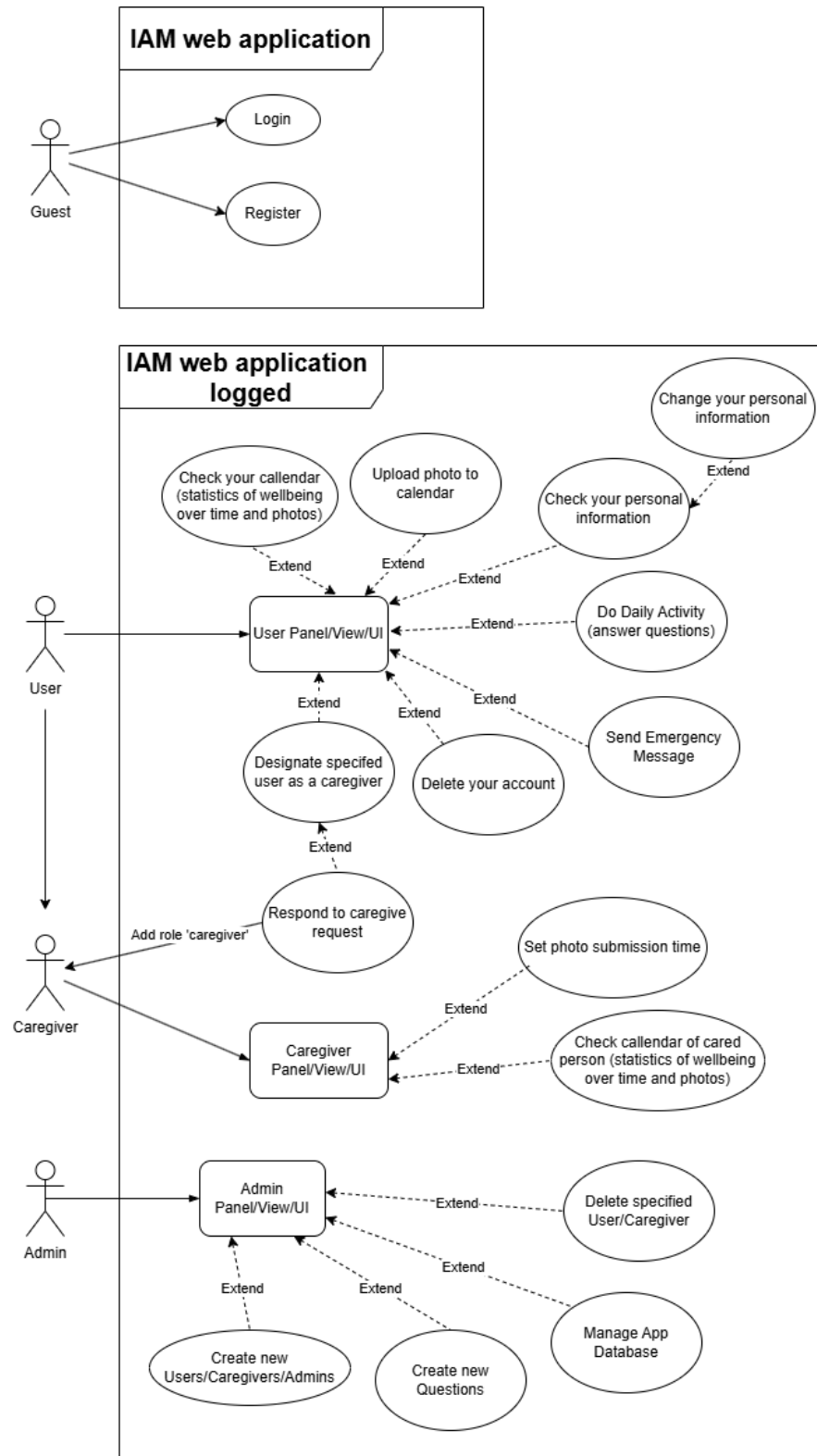
**NFR4(L)** *The system will be created in a modular way - i.e. in a way that allows you to easily add new functionality, modify the old one, without significantly affecting the operation of the rest. I.e. We want to add a new function to the user profile. Adding this option will not involve rewriting the login system, or other changes.*

- **Compatibility** - Browser compatibility  
**NFR5(H)** Works in Chrome 131.0, Safari 17.4.1, Firefox 133.0 browsers
- **Compatibility** - Compatibility with mobile devices (smartphones)  
**NFR6(M)** *The system must be compatible with mobile devices running on Android (version 12.0 and newer), iOS (version 16.0 and newer)*
- **Security** - Data confidentiality  
**NFR7(H)** The system must be GDPR compliant
- **Reliability** - System availability  
**NFR8(M)** *The system must have an “uptime” of 99.9% - Redundant server, using RAID arrays. In the event of a failure of our servers, restoring data from a backup to a VPS (e.g. Azure, AWS)*
- **Performance** - performance  
**NFR9(M)** *User response time - loading the home page in a maximum of 2 seconds, updating user data in less than 5 seconds for 100 users (3 seconds more for each additional 100 users).*
- **Interaction capability** - Language support  
**NFR10(H)** *The system must have support for Polish and English*
- **Interaction capability** – UI  
**NFR11(L)** *The system will have an interface compliant with WCAG 2.1 guidelines.*
- **Security** - Encrypted Data Transmission  
**NFR18(H)** *All server connections must be encrypted (TLS 1.3). HTTP connection is not allowed – automatic redirection to HTTPS.*

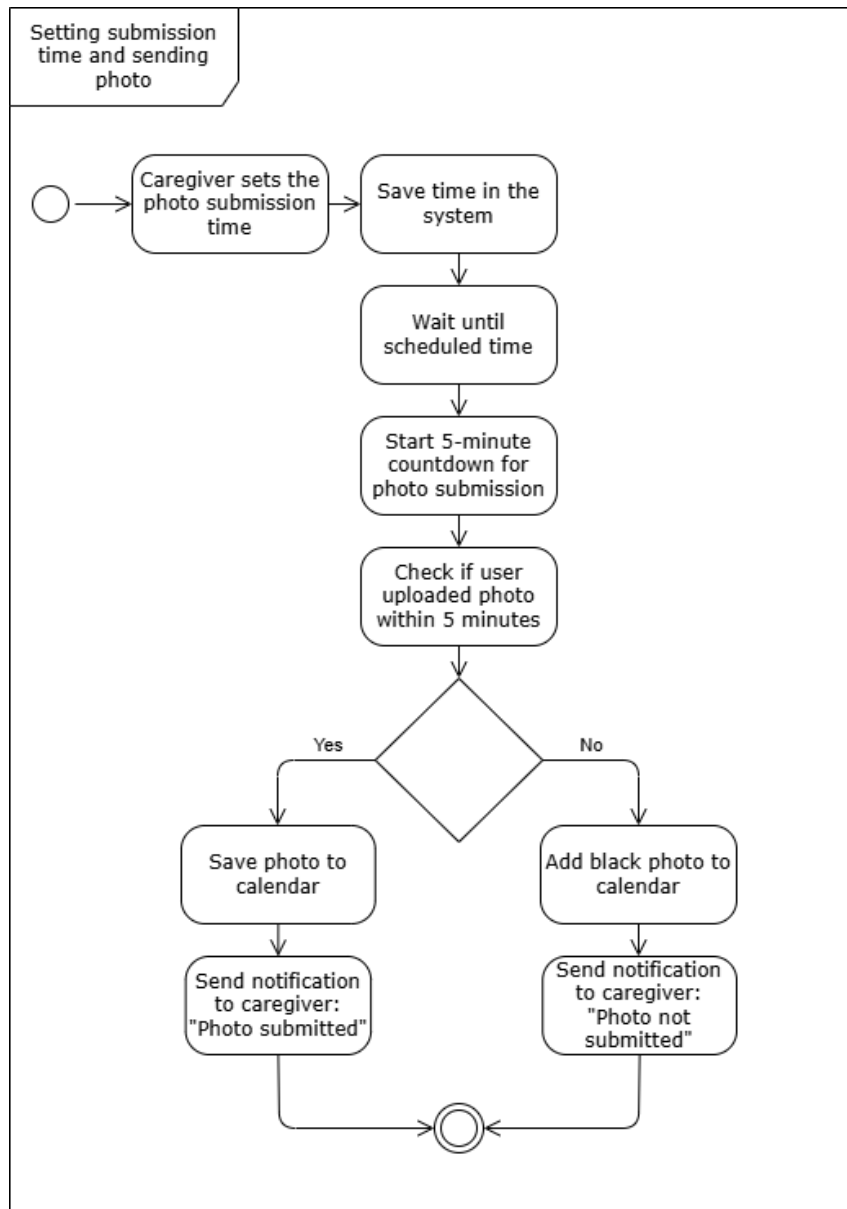
### 3. Models

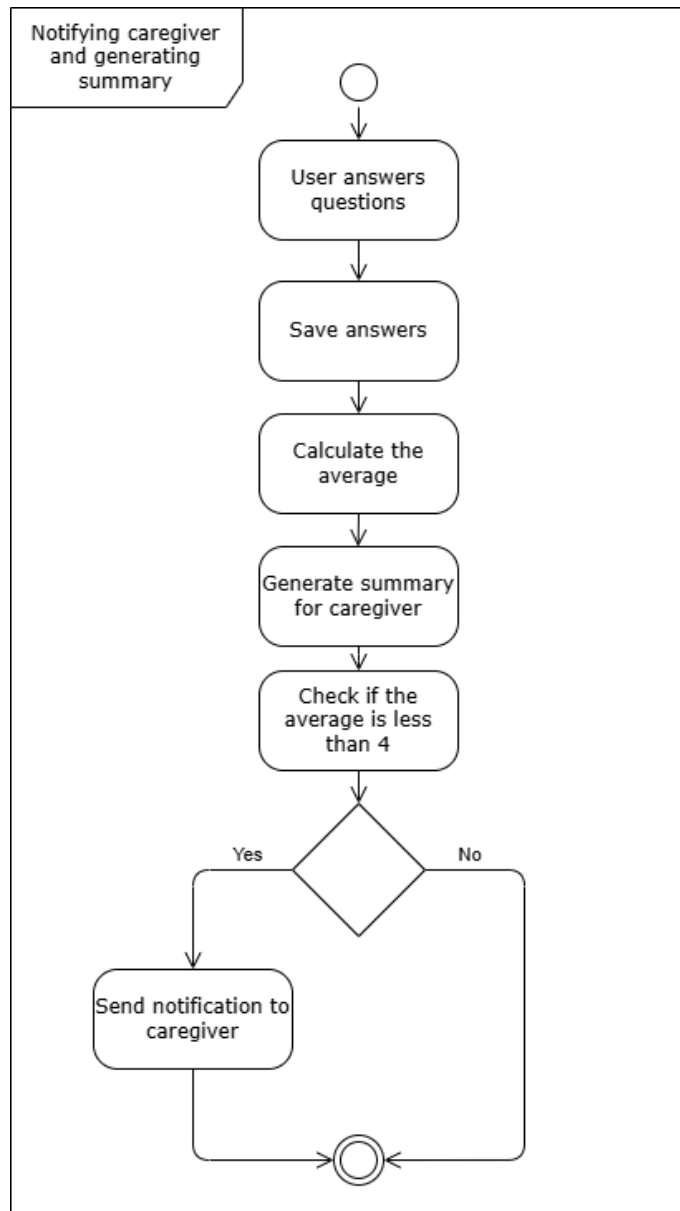
#### 3.1. Use case diagram



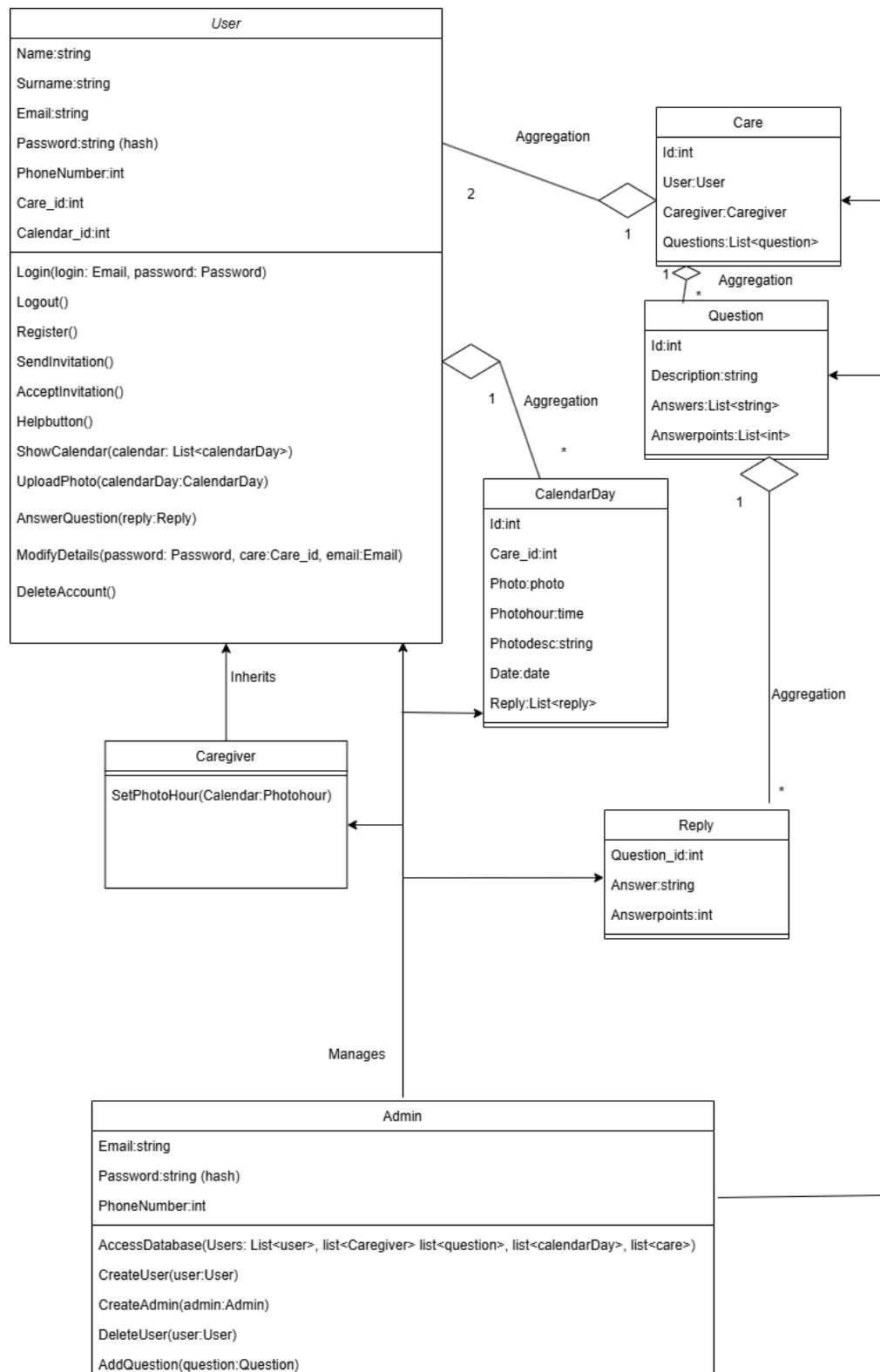


### 3.2. Activity diagram



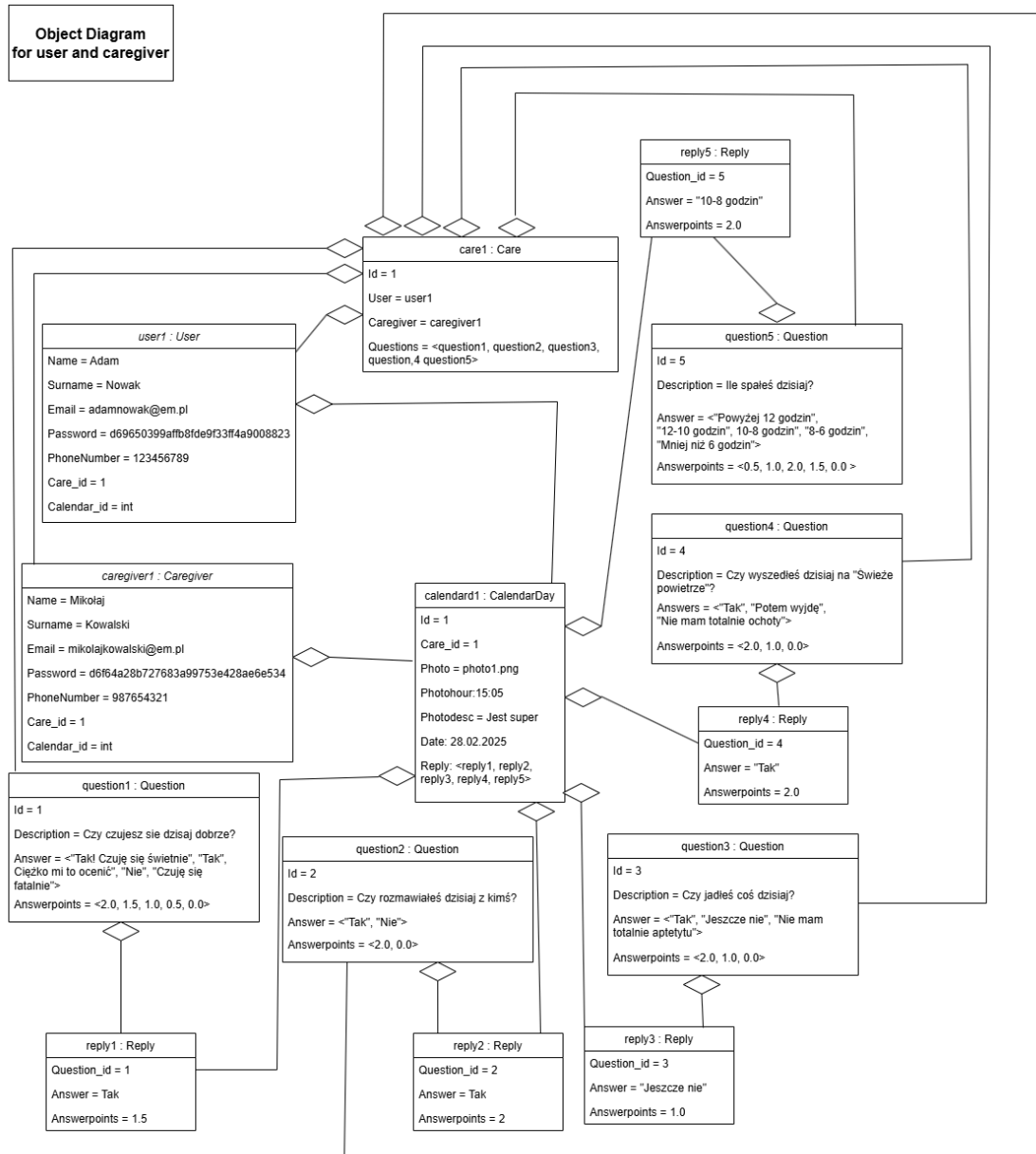


### 3.3. Class diagram



### 3.4. Object diagram

**Object Diagram  
for user and caregiver**



## 4. System prototype

### 4.1. Graphic design

GitHub repository:

<https://github.com/Mlokiko/IAM>

Figma file:

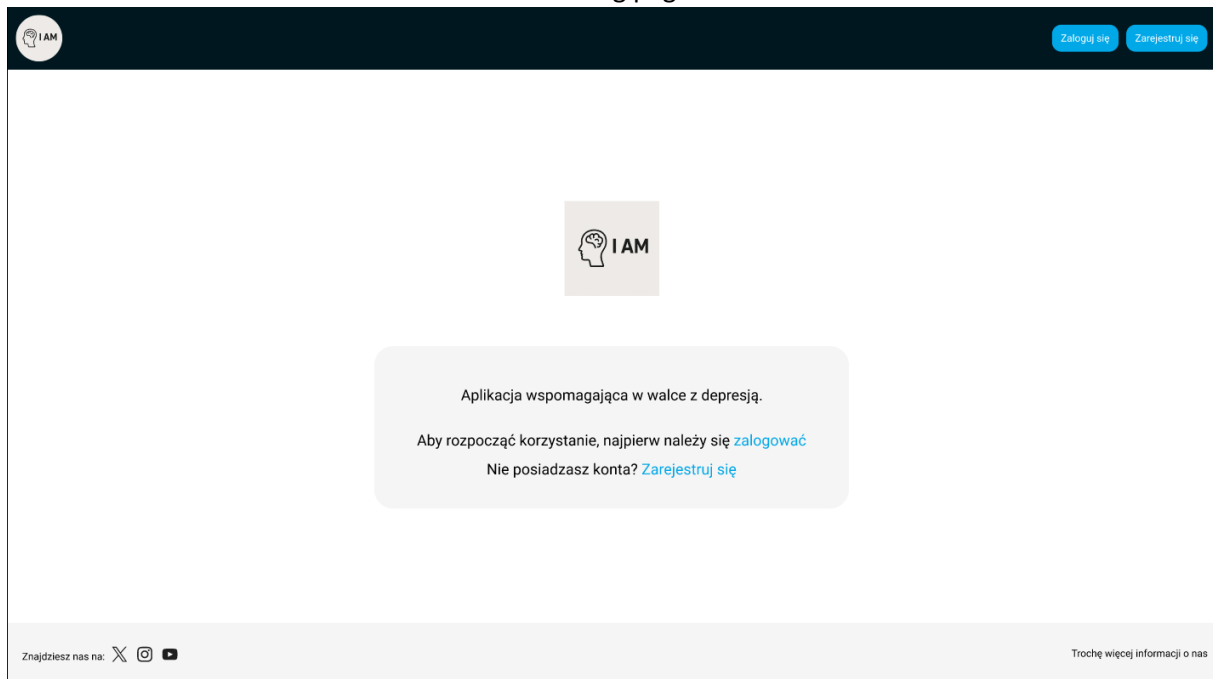
<https://www.figma.com/design/xlKudkHJeGUSQOuqbxDKKI/I-AM?node-id=0-1&t=J3kNFR7IWVY0FpdM-1>

Prototype:


<https://www.figma.com/proto/xlKudkHJeGUSQOuqbxDKKI/I-AM?node-id=13-532&p=f&t=jnmK0qWUOW6P9YHi-1&scaling=scale-down&content-scaling=fixed&page-id=0%3A1&starting-point-node-id=13%3A532>

*Print screens of the prototype application:*

Landing page



## Register page



[Zaloguj się](#)[Zarejestruj się](#)

# Rejestracja

Imię

Value

Nazwisko

Value

Email

Value

Numer telefonu

Value

Hasło

Value




Powtórz hasło

Value

Zarejestruj


Masz już konto? [Zaloguj się](#)

Znajdziesz nas na:



Trochę więcej informacji o nas

## Login page



[Zaloguj się](#)[Zarejestruj się](#)

# Logowanie

Email




Value

Hasło

Value


Zaloguj się

Znajdziesz nas na:




Trochę więcej informacji o nas

## Main page




AlarmPanel głównyWyloguj się

# Strona główna



31  
Dni ciągłej aktywności



100  
Odpowiedzianych pytań




Wykonaj codzienną aktywność

Kalendarz

Wyznacz osobę jako swojego opiekuna


Edytuj pytania podopiecznego

Zarządzaj swoim kontem

Znajdziesz nas na:   

Trochę więcej informacji o nas


## Daily activity page



AlarmPanel głównyWyloguj się

# Codzienna aktywność

Pytanie 1 z 5

Czy czujesz się dzisiaj dobrze? 

☒ Tak! czuję się świetnie!

☒ Tak

☒ Ciężko mi to ocenić




☒ Nie

☒ Czuję się fatalnie

Żadne z powyższych mi nie odpowiada -  
opisowa odpowiedź

Tutaj wpisz co cię trapi


Następne pytanie

Znajdziesz nas na:   

Trochę więcej informacji o nas




## Calendar page




AlarmPanel głównyWyloguj się


# Kalendarz



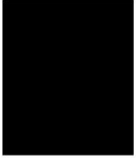
Poniedziałek  
Wynik: 3/10  
Nienawidzę poniedziałków




Wtorek  
Wynik: 2/10  
Czuję się samotny




Środa  
Wynik: 5/10  
Mogłoby być lepiej




Czwartek  
Wynik: 1/10  
Nie mam siły nawet na zdjęcia






Piątek  
Wynik: 7/10  
Piąteczek i humorek gitwa



Sobota  
Wynik: 9/10  
Brak opisu




Niedziela  
Wynik: 10/10  
Brak opisu

Znajdziesz nas na:   

Trochę więcej informacji o nas

## Selecting caregiver page






AlarmPanel głównyWyloguj się

# Wyznacz opiekuna

Email


Value

Wyznacz osobę

Znajdziesz nas na:   

Trochę więcej informacji o nas

## Edit questions page

AlarmPanel głównyWyloguj się

# Edycja pytań

### Pytania

**Pytania zamknięte** ^

Tutaj znajdują się wszystkie pytania zamknięte, na które podpeczny będzie odpowiadać przez wybór od 0 do 5

Czy czujesz się dzisiaj dobrze? v

Czy rozmawiałeś dzisiaj z kimś? v


Czy jadłeś coś dzisiaj? v

Czy wyszedłeś dzisiaj na "Świeże powietrze"? v

Znajdziesz nas na: X Instagram YouTube

Trochę więcej informacji o nas

## Account details page

AlarmPanel głównyWyloguj się

# Konto

## Dane

**Imię**  
Marek

**Nazwisko**  
Adamczyk

**Email**  
Marek11ADA@gmail.com

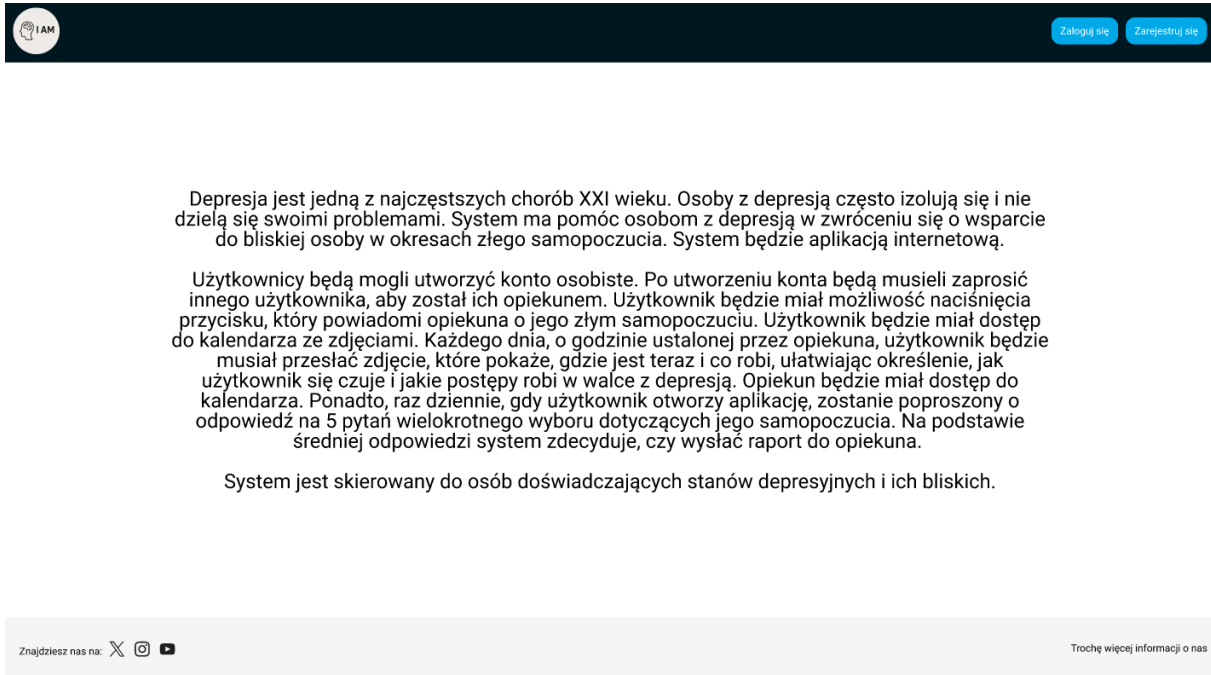
**Numer Telefonu**  
+48 623 912 342

Zmień swoje dane

Usuń konto

Znajdziesz nas na: X Instagram YouTube

Trochę więcej informacji o nas



## 4.2. Technology used for the implementation

**Programming Language:** *C#, HTML, CSS, Java Script*

**Framework:** *ASP.NET MVC, NODE.js*

**.NET Version:** *.NET 8.0*

**Database:** *Firebase*

**ORM Tool:** *Entity Framework Core, ASP.NET Core Identity*

**Other Libraries:** *Bootstrap, jQuery, Figma*

**IDE Environment:** *Visual Studio 2022*