

# A Student-Centered Stress Management App REPORT

## 1. Introduction

This report presents the design of the database tailored for the students Mental Wellness Management System. The app helps users to monitor their emotional wellbeing, manage their schedules and emergency contact details accessible. It also enables users share feedback and track their daily mental health patterns.

## 2. Objectives

The objectives of the management system app are to;

- Securely store user profiles.
- Track user's stress and mood levels.
- Allow users to create and manage reminders.
- Enable users to share feedbacks about their experiences.
- Store emergency contact information for quick access in times of need.

## 3. Overview of the database

The Database is comprised of six interconnected tables, that is; The core label, User, holds essential User information.

The remaining five tables, Stress Assessment, Mood Tracker, Reminder, Feedback and Emergency contact are directly linked to the User table using foreign keys. This relational design ensures that all user-related data remains organized, consistent, and easily retrievable

Each of these associated tables plays a specific:

**Stress Assessment** and **Mood Tracker** record the user's mental and emotional state on a daily basis.

**Reminder**; enables users to schedule personal tasks or wellness activities.

**Feedback** captures suggestions or issues shared by users to support system improvements.

**Emergency Contact** store vital contact details for individuals the user can reach out to in emergencies.

#### **4. Design Strengths**

Data integrity: Foreign key constraints ensure that data remains consistent and logically connected across all tables.

User-Centric: The design is centered around individual user experiences and supports personal health tracking.

Scalability: New tables and features (for example. Therapy session tracking or in-app messages) can easily be added without disrupting the existing structure.

Security-Focused: Unique constraints (like email addresses) and encrypted fields(like passwords) promoted privacy and security.

#### **5. Conclusion**

The database design supports a functional and user-friendly Mental Wellness Management System. It Provides a solid foundation for application development, ensuring that users can track their wellbeing while keeping personal information safe and organized.