# Chapter 2: Market and Literature Survey

# **Related works:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| | **App Name** |  | **Positives** | **Negatives** | | --- | --- | --- | --- | | Fabulous |  | Offers personalized coaching, programs, challenges, community support, and integration with other apps and devices. | Onboarding and some other tips are mandatory to watch and take a lot of time even for returning users. | | Habitica | Habitica Icon - UpLabs | Includes gamification and social features to enhance engagement and motivation, offering a wide range of habits and tasks. | May not suit everyone due to the gaming aspect and complex interface, requiring consistent use for gamification to be effective. | | Onrise | Onrise: Habit Tracker & Focus | App Price Intelligence by Qonversion | Incorporates gamification, social features, and a variety of tasks to make habit-building engaging and adaptable. | Interface may be overwhelming for new users, not ideal for those who prefer a straightforward approach, requiring consistent use. | | Not Boring (Habits) |  | Engaging graphics and animations, personalized habit tracking, and comprehensive progress overview. | Lacks advanced features like reminders and motivational messages, may not appeal to those seeking a more serious habit tracking. | | Productive |  | User-friendly interface with a variety of habit tracking options and detailed statistics for insights. | Limited customization options and some features are only available in the paid version, with reported technical issues. | | Habit Garden |  | Offers engaging gamification features, daily quotes, an easy-to-use interface for habit tracking, and progress visualization. | Limited customization options, no social features, only available on iOS, stability issues, and requires in-app purchases for all features. | |

# **System features:**

| **Feature / App** | **Fabulous** | **Habitica** | **Onrise** | **Not Boring (Habits)** | **Productive** | **Habit Garden** |
| --- | --- | --- | --- | --- | --- | --- |
| Personalized Coaching | Yes | No | No | No | No | No |
| Programs & Challenges | Yes | Yes | No | No | No | No |
| Community Support | Yes | Yes | No | No | No | No |
| App & Device Integration | Yes | No | No | No | No | No |
| Gamification | No | Yes | Yes | No | No | Yes |
| Social Features | No | Yes | Yes | No | No | No |
| Habit and Task Variety | No | Yes | Yes | No | Yes | Yes |
| Mood Tracking | No | No | No | No | No | No |
| CBT Modules | No | No | No | No | No | No |
| Stress & Depression Detection | No | No | No | No | No | No |
| Meditation Exercises | No | No | No | No | No | No |
| Educational Content on Mental Health | No | No | No | No | No | No |
| Progress Visualization | No | No | No | Yes | Yes | Yes |
| User-friendly Interface | No | No | No | Yes | Yes | Yes |
| Advanced Features (e.g., reminders) | No | No | No | No | No | No |

# User Personas

# Survey

# GANT CHART