

Diary Card

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Description

Every user's mental health needs are unique, yet most related apps are rigid or prescriptive and try to quantify your psychology based on their idea of healthy.

My app empowers users by providing a fully customizable data visualization platform that can help identify correlations between events and mental health.

E.g., "I can see my daily rating for feeling anxious often decreases after I've been meditating for 5 consecutive days."

Features

- Users can create forms with any number of inputs of any type
- Users can submit their personal form as frequently as needed
- Users can view their recorded submissions and edit the data
- Users can view a graph of their data and events*

* Stretch goal

Planning - User Stories

- Users can customize a form with data points and in a format that makes sense to their unique needs.
- Users can submit a form as much as they want, allowing them to use their data in whatever way provides value to them.
- Users can review their submissions and make changes, if needed.
- Users can easily visualize and identify correlations to make their own decisions on.

Planning - Database

Model classes / tables

- User
- Form(ManyToOne w/ User)
- Category(ManyToOne w/ Form)
- Input(ManyToOne w/ Category)
- InputResponse(ManyToOne w/ Input)

Technology Stack

Java

Spring Boot

JavaScript

React

Bootstrap

MySQL

Demo

What I Learned

- React - and numerous components
- Using state and passing it through components as props for their use
- Render timing - useEffect
- Using parameters to provide pre-render variables
- Combining all of these to pull up children 3 layers deep while passing down the variables needed to execute layer 4 on submit from layer 1.

What's Next

- Scroll through rendered forms/submissions in one page
- Ability to choose data points for graph
- Premade templates to start from instead of from scratch
- Templates formatted to known professional tools
- User Roles with a 'health professional' that can gain access to the submissions of multiple other users
- Ability to share submissions with a user
- Weather data integration into submissions
- Export to Google Sheets or .xlsx
- Educational & suicide prevention resources