CSC 495: Computer Science Senior Project Final Presentation

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The Idea

- Self care apps are growing in popularity as people seek to better themselves and look for aids in which to do that. (Notable popular apps right now are Calm and Headspace)
- The market for these types is huge, and I wanted to play into this while also making a unique app that caters to the user more than others.
- I wanted to create an app that allows the user to track their self care, while also catering goals to their specific needs and personality.

MENTAL HEALTH APPS MARKET SIZE, 2021 TO 2030 (USD BILLION)

PRECEDENCE RESEARCH

Year	Value
2021	$ 4.4
2022	$ 5.19
2023	$ 6.13
2024	$ 7.24
2025	$ 8.55
2026	$ 10.09
2027	$ 11.91
2028	$ 14.06
2029	$ 16.6
2030	$ 19.6

Source: www.precedenceresearch.com
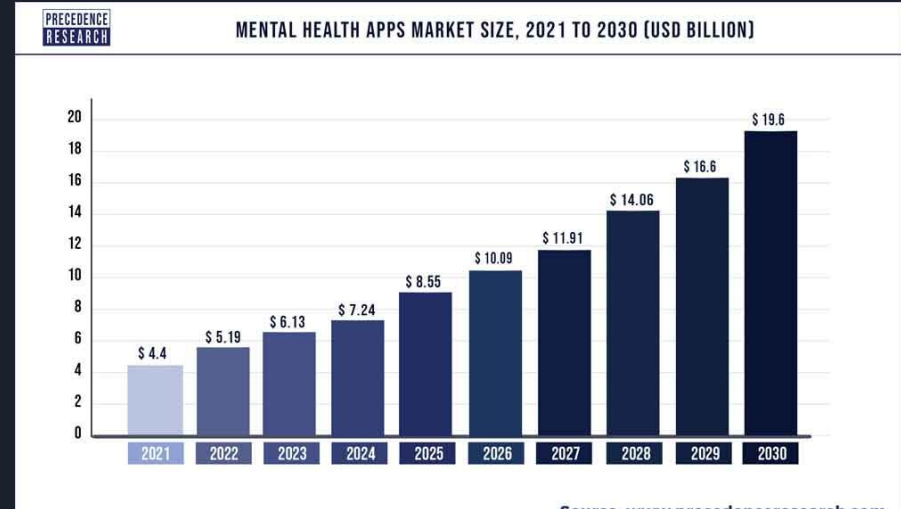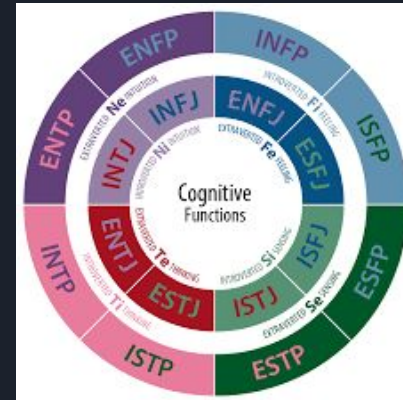
Personality Types

Enneagram

- The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions.

Myers-Briggs

- The Myers-Briggs Personality Type Indicator is a self-report inventory designed to identify a person's personality type, strengths, and preferences

Creating an app

- Create an Android App coded in Java in Android Studio.
- App name: Cura
  - Derived from the Latin word for "care", drawing inspiration from the Jesuit ideal "cura personalis" which means "care for the whole person"

App Functionality: Goals

- App will contain motivation that is specifically catered to the personality type entered by the user.
- App will give daily goals that apply both to general self care (i.e. drinking water, sleeping) and personality specific self care.
- App will allow users to track their past goal achievements and keep track of how well they are doing by journaling on specific days.
- App will allow users to change their personality type.

Home Screen

- Date
- Quote (pulled from either Enneagram or Myers Briggs Personality Type)
- Goals (2 general, one from Enneagram Personality type, one from Myers Briggs Personality Type)
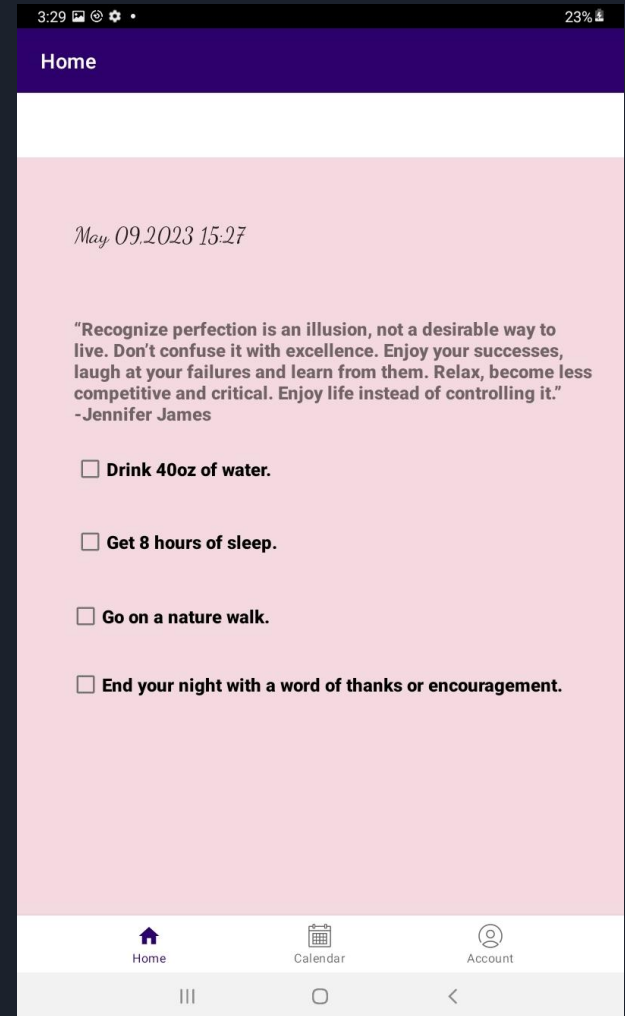
```java
//e1 quotes
ArrayList<String> e1Quotes = new ArrayList<>();
InputStream is = null;
try {
    is = context.getAssets().open( fileName: "e1Quotes.txt");
    BufferedReader reader = new BufferedReader(new InputStreamReader(is));
    String line;
    while((line = reader.readLine())!=null){
        e1Quotes.add(line);
    }
    is.close();
} catch (IOException e) {
    e.printStackTrace();
}
return e1Quotes.get(random.nextInt(e1Quotes.size()));
```

```
1    Do a gratitude exercise.
2    Reflect on ways that you are imperfect.
3    Spend time outside.
4    Go on a nature walk.
5    Release rigidity and focus on flexibility.
6    Move away from perfection and practice excellence.
7    Recognize how unsolicited advice can make you feel.
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```
1    "The fact is that a man who wants to act virtuously in every way necessarily comes to grief among so
2    "The fact is that a man who wants to act virtuously in every way necessarily comes to grief among so
3    "The most dangerous way we sabotage ourselves is by waiting for the perfect moment to begin. Nothing
4    "As long as poverty, injustice, and gross inequality persist in our world, none of us can truly rest
5    "Changes and progress very rarely are gifts from above." They come out of struggles from below." -No
6    "Revenge is an act of passion; vengeance of justice. Injuries are revenged; crimes are avenged." -Sa
7    "A man is rich in proportion to the number of things he can afford to let alone." -Henry David Throe
8    "Be not simply good - be good for something." -Henry David Thoreau
9    "There are two things a person should never be angry at: what they can help, and what they cannot."
10   "When you are offended at any man's fault, turn to yourself and study your own failings. Then you wi
11   "Don't judge each day by the harvest you reap but by the seeds that you plant." -Robert Louis Steven
12   "Perfection is the voice of the oppressor, the enemy of the people. It will keep you cramped and ins
13   "The grandest seduction of all is the myth that doing everything better gets us where we want to be.
14   "Tilly was downcast; as with all perfectionists, it was the detail others might not notice that dest
```

Calendar Screen

- Calendar widget that defaults to the current date.
- Notes section to add notes to the day.
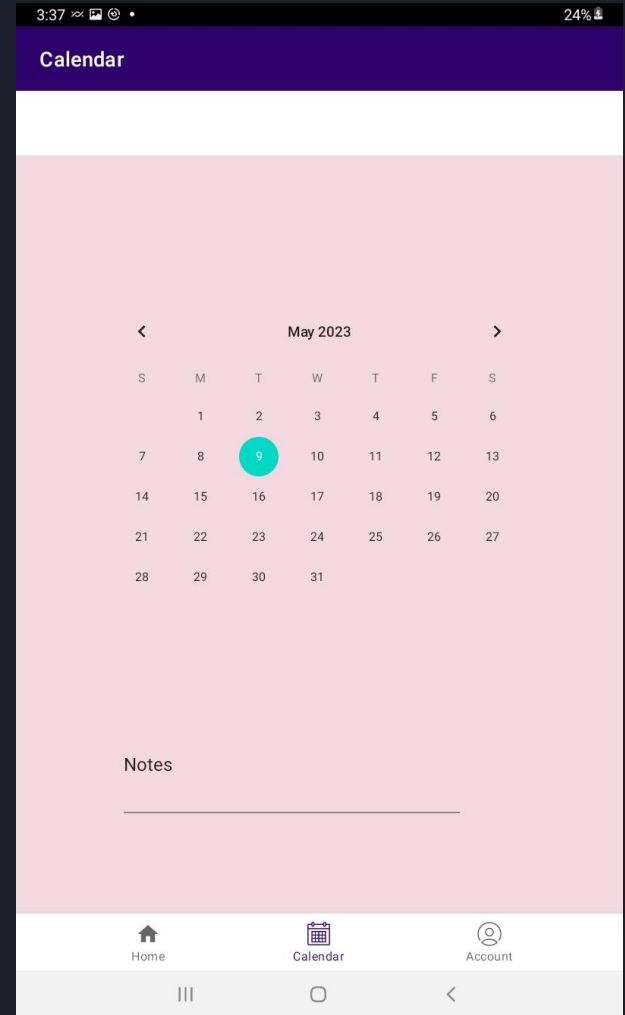
Account Screen

- Displays name, as well as Enneagram type and Myers Briggs type.

Things I can add in the future

- Interaction between different users
- Add more to the calendar functionality
  - Meaningful statistics drawn from past days (i.e. You fulfilled your water drinking goal 50% of the days in March, etc)
- Build the pool from which it draws the quotes, maybe make it day specific.
- Add a page that gives an in depth analysis of the personality types.
- Add the possibility to add more goals. (i.e. Work on this much homework) as well as change the general goals)
- Personalize settings more.

Demo