

DeeClutter

MIND BODY SOUL

Submitted by :
Abhay Bedi (102016081)
Ananya Singh (102016083)
Ishaan Bansal()

Queries

Ques1. How would you define what stage of depression/anxiety is the target audience at?

Answer. The application begins with a customised survey to obtain the present level of 'indulgence' of the user in. This mandatory survey will help in deciding what the current mindset the user is in.

Ques2. Once the course gets completed, what if down the line, the user gets back to social media and will reach back to you?

Answer. We plan on targeting our old audiences and keeping a touch with them through periodic emails (bimonthly or quarterly mails) to check on their progress/ ask them for a 'revisit survey' to confirm if further involvement is required from our side.

Ques3. How sure are you that the course is gonna be a success? How will you make sure that the course is actually helping?

Answer. Stakeholders play an important role in designing the right course to begin with. We wish to gain the best knowledge and insights from psychologists and also look into research to confirm the right approach that will help us in designing an application that will help the users who are introduced to it.

Ques4. Why would audience use online games (and not offline) in a social media detox problem?

Answer. Often people who face issues and wish to seek help from online platforms stumble upon such resources after trying all other 'offline' methods. Since our goal is to help an individual and ensure that they go through self development and growth along with overcoming their difficulty, we believe that any methods/ways which help a person to achieve this, are welcome and encouraged.

At the same time, 'offline games' are not suitable for every user and hence there are services that we shall provide to assist.

Apart from this, we wish to link people together such that like minded communities are formed, which provide much better accountability and support than offline interactions.

Ques5. Will you check the feedback?

Answer. After the completion of the course, the user is asked if he/she is interested in sharing feedback or “success stories”. These “success stories” help in community building and are featured to inspire more people.

Suggestions

Zen mode to avoid the push notifications so that the user is completely focused.

Professional help for dealing with the problem better. (Stakeholders are important)

Reward system to encourage the user.

(Solution: we can offer extra hidden ‘gems’ or ‘points’ that provide the user with access to premium content or hints/ rewards)

Comparative analysis.

TABLE OF CONTENTS

1.Introduction

- 1.1 Purpose
- 1.2 Scope of the project
- 1.3 Target Audience
- 1.4 Project Overview
- 1.5 References

2. Overall Description

- 2.1 Product Perspective
- 2.2 Product Function
- 2.3 Operating Environment
- 2.4 Design and Implementation Constraints
- 2.5 Assumptions and Dependencies

3. System features: Functional Requirements

- 3.1 Create Profile
- 3.2 Filling mandatory survey
- 3.3 Availing different course facilities provided
- 3.4 Connecting with professionals/ counsellors
- 3.5 Sharing Success Stories and past experiences
- 3.6 Provide community building features
- 3.7 Sending routine progress mails

4. External Interface Requirements

4.1 User Interfaces

4.2 Hardware Interfaces

4.3 Software Interfaces

5. Other Nonfunctional Requirements

5.1 Performance Requirements

5.2 Security Requirements

1.Introduction

1.1 Purpose

The purpose of this SRS document is to provide a detailed overview of our software product, parameters and goals. This document describes the project's target audience and its user interface, hardware and software requirements.

1.2 Scope of the Project

Declutter is a web based application specifically targeting the audience which seeks a social media detox. It focuses on a versatile course designed to not only provide the user with a social media cleanse but to also deliver resources supporting and building the user's wellness and mental health aspects.

The software must be able to perform the following operations:

1. It must be able to authenticate the user by matching the username and password against the values stored in the database: A login portal will be designed where the user needs to enter his/her username and password before he/she can access the functionality of the software.

2. It must be able to successfully use the data received by the mandatory survey to assign the right modules to the user.

3. It must be able to help the user find professionals that users can schedule sessions with, if required.

4. It must also provide the links to servers/communities that the user would wish to join, in order to connect with like minded people.

5. The software must be able to allow the users to reset their password if they have forgotten the same: the login portal will also have the functionality to sign up and reset password.

6. The software must be able to respect the privacy of the users (phone numbers shouldn't be made accessible by the software, it should be users call to share or not):

1.2 Document Conventions

Typeface	Indicates
Font	Helvetica Neue
Bold	Mainly for headings
Italics	Mainly URLs in References
Blue-Underline	Used for URLs

1.3 Target Audience

The application targets all those suffering from social media addiction.

It comprises of Instagram, Snapchat, TikTok, Reddit or Facebook users majorly.

Those feeling that there's a rise in their smartphone usage or those seeking a break from super busy work schedule. It also targets those who feel that they might be suffering with the various ill-affects of consuming content online. A few of these issues that we target include

- Inadequacy about your life or appearance.
- Fear of missing out (FOMO).
- Depression and anxiety
- Cyber-bullying
- Self-absorption

1.4 Project Overview

DeeClutter is a web-based application that aims to help the user in achieving a detox or break from social media and the constant online content consumed.

It focuses on providing the user with a checkpoint based course, customised according to the user current mental state.

Frequent progress checks have also been planned as a part of the course, informing the client as well as the service provider's database.

Its intention is to ensure that the user feels 'healed' or 'recovered'.

2. Overall Description

2.1 Product Perspective

The product will run a web application. It's an application designed for general public welfare, to assist them in overcoming issues often caused by the constant consumption of social media.

The user just needs to login with their general information like name, email id, phone no. etc and attempt a survey that will evaluate which modules of the course will be beneficial for the individual. Further, help will be provided in contacting to people who would understand their problems and thus lead to community building.

A list of professionals/wellness mentors/counsellors will also be displayed so that the user can even schedule appointments (both online/in-person) if needed.

2.2 Product Function

The product should be able to perform the following operations:

- It must be able to authenticate the user by matching the username and password against the values stored in the database.
- A login portal will be designed where the user needs to enter his/her username and password before he/she can access the functionality of the software.
- The application begins with a customised survey to obtain the present level of 'indulgence' of the user in. This mandatory survey will help in deciding what the current mindset the user is in.
- Based on the report obtained, an analysis is done. It judges the current degree of requirement of the user. It presents with the accurate stage of the multi stage course/therapy for the current user and provides estimated time for the entire course to complete

- The website further will provide the user with resources and links to various other platforms that help in community building and are a prominent part of assisting people.
- There will also be details of various professionals that can be contacted in order to schedule sessions (in-person/online) if needed.
- After the completion of the course, the user is asked if he/she is interested in sharing feedback or “success stories” which are featured to inspire more people.

2.3 Operating Environment

The website will need to work on Chrome version 100.0.4896.127 (Windows/Linux/MacOS) as well as Chrome version 100.0.4896.127 (Android/iOS), Firefox version 91.0, (Windows/Linux/MacOS/Mobile) and Microsoft Edge version 88.0.705.50

2.4 General Constraints, Assumptions and Dependencies

- Software has to be user-friendly. A user using Deeclutter website must have a brief idea about how to navigate through the website, further taking full benefit of the website along with a little bit knowledge about computers is required.
- Since we are storing a lot of information, we do need memory requirements, which should be dynamic.
- Our database server and backup servers should be regularly updated, due to the new user entries. Additional latencies may arise due to multiple updates/deletions/creations of records which need to be taken care of.

- It is assumed that the site will be open-source and will be available to use to anyone and everyone that wishes to use it for its intended purpose

3.System Features: Functional Requirements

3.1 Create Profile

3.1.1 Description

Users can easily create a profile so that they are able to access the website and create as well as maintain their profile. It is a high priority task as it allows the users to access to their profile and allows management of the same.

3.1.2 Input

The details of the user like name, username, mobile number, location, email etc.will be entered.

3.1.3 Stimulus/Response Sequences

When the user creates a new profile, the database is updates and the new user's credentials are stored in the mentioned database. These credentials are then used to login to the website the next time the users access the website.

If the user already has registered, then their information is stored in the database already and then can directly access their profile.

3.2 Filling mandatory survey

3.2.1 Description and Priority

After the login is a mandatory survey with an interactive GUI, that examines the current level of indulgence of user in social media or related activities.

3.2.2 Input

The survey asks multiple questions based on time spent, genre of content consumed and the type of service that they wish to have. Answers entered will act as input.

3.2.3 Stimulus/Response Sequences

The response of the survey will be stored in a database. Depending on the response, different areas/modules of the course will be unlocked.

3.3 Availing different course facilities provided

3.3.1 Description and Priority

Users are given access to various modules depending on the results of their form. They can complete the available levels and tasks specifically designed to target their issue.

3.3.2 Input

An individual's choice of the module that they wish to start will be noted.

3.3.3 Stimulus/Response Sequences

Once a certain course is selected, the contents are displayed on the website screen so that the user can analyse the content present in a particular module. Further the user can choose what module they wish to start and can engage with it.

3.4 Connecting with professionals/ counsellors

3.4.1 Description and Priority

A list is provided including counsellors and professionals specialising with assisting people dealing with the issue a particular module is targeting.

Along with that the user can sign up other classes and meetings that are being organised by wellness gurus, counsellors, professionals etc.

Along with this, links and tertiary information will also be provided.

3.4.2 Input

The profile of a counsellor or the link/ tertiary details will be selected.

3.4.3 Stimulus/Response Sequences

- Once a particular counsellor's contact is chosen, their details are displayed, which gives the user the choice of either scheduling a meeting or skipping the counsellor. Hence, a connection is established between both the parties.
- If a link is chosen, then the user is redirected to the desired link.

3.5 Sharing Success Stories and past experiences

3.5.1 Description and Priority

Users will have the feature to share their past experiences and success stories. They can submit their entries along with a profile picture and personal details that they wish to share with the public on the platform.

3.5.2 Input

Entry submitted by the user will act as input.

3.5.3 Stimulus/Response Sequences

The response will be sent to the admin through the email provided, who then will approve the story and the upload the same on the website.

3.6 Provide community building features

3.6.1 Description and Priority

There will exist an option for the users to connect with people dealing with the same issues/ problems. This aims to assist the individuals in their detox as well as motivate others to focus on their well being, serving as a healthy community for everyone to gain insight from.

3.6.2 Input

The links for joining groups/communities/servers will be clicked.

3.6.2 Stimulus/Response Sequences

For all users who wish to participate in community building and interacting, there will exist an option to chat with people who would like to share their credentials such as name, phone number, email id, link/invite to a server that a user wants people to join. A discord server/ WhatsApp group /telegram group will also be created, whose link will be shared so that people can plan offline meetings/interactions.

3.7 Sending routine progress mails

3.7.1 Description and Priority

The user even after successfully completing the course will get routine mails checks to ensure that they are on the right track and do not desire to engage with the course again. On the contrary, if there is a need for the user to participate/engage with the course again, they can do so through the main

3.7.2 Stimulus/Response Sequences

Case I The user does not wish to take the course again or even access their account for any assistance:
nothing will be the done. The routine mail will be sent the next time and the follow ups will be done.

Case II The user feels the need to look into a module, visited and unvisited alike. If the user wishes to access a visited module they can easily do so by logging in and accessing the module from their account. Apart from this, the user can retake the survey and start a different journey.

4. External Interface Requirements

4.1 User Interfaces

- User interface (UI) design is the process designers use to build interfaces in software or computerised devices, focusing on looks or style. Designers aim to create interfaces which users find easy to use and pleasurable.
- The goal of user interface design is to produce a user interface which makes it easy, and efficient to operate the software/ machine.
- The interface avoids ambiguity by making everything clear through language, flow, hierarchy and metaphors for visual elements
- the interface should provide good feedback to the user about what's happening and whether the user's input is being successfully processed
- Time is money, and a great interface should make the user more productive through shortcuts and good design.
- The UX of the website is the input method for data: keyboard and mouse and interfaces: front end.

4.2 Hardware Interfaces

- Hardware interfaces exist in many of the components, such as the various buses, storage devices, other I/O devices, etc.
- A hardware interface is described by the mechanical, electrical and logical signals at the interface.
- The hardware interface of the website is the same as that of a generic PC or smartphone.

5. Other Nonfunctional Requirements

5.1 Performance Requirements

- The site has to load in less than 3 seconds.
- It should be responsive, and should be able to handle at least 500 concurrent users at once, with a load time of 3 seconds or less

5.2 Security Requirements

- Users should not be able to look at other user's credentials
- Contact information of the professionals and users should be safe.