



Speech Assistant

Getting started- user manual

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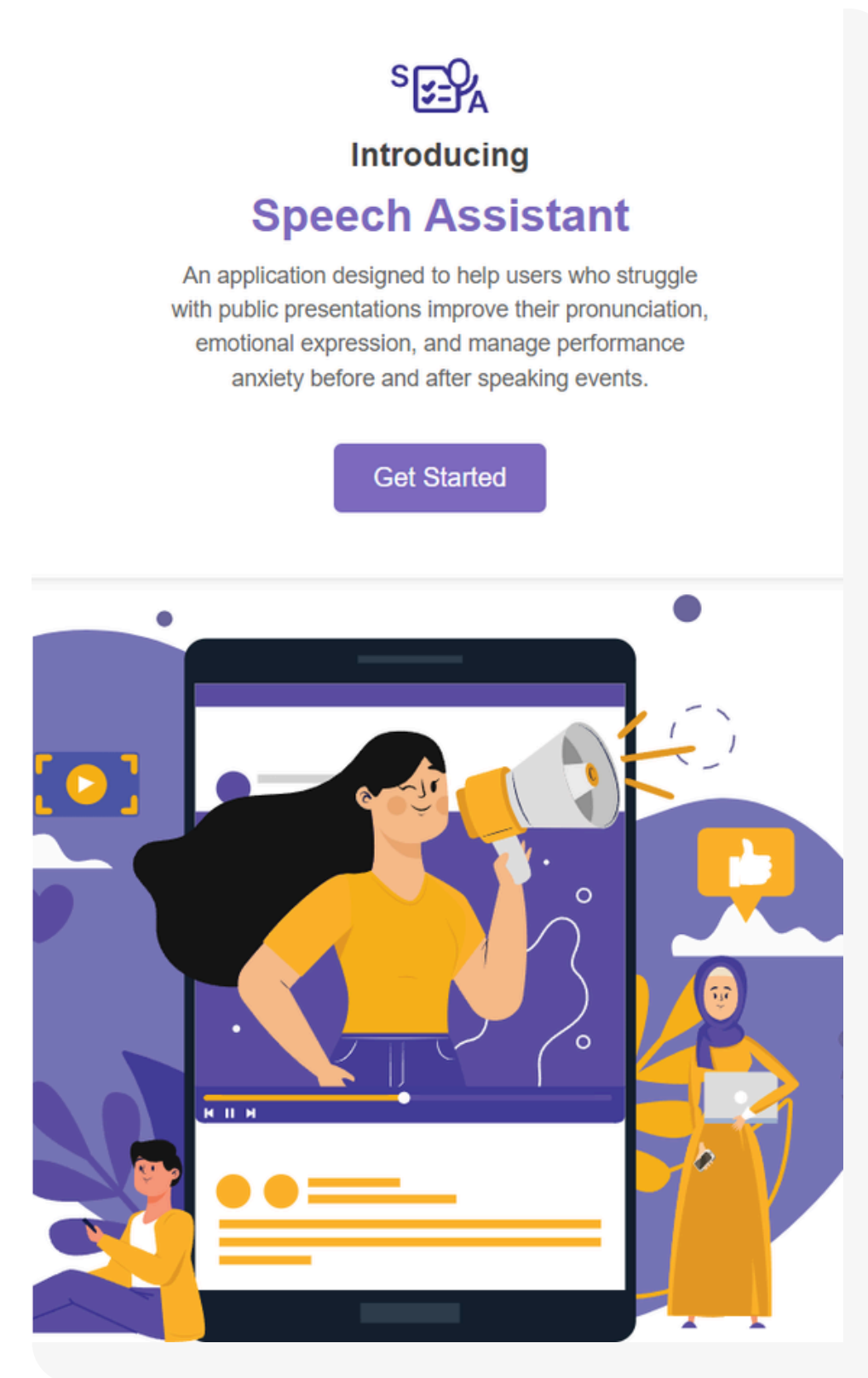


Creating an account and logging in

Welcome to Speech Asistant!!


First page you're going to encounter is our landing page.

To create an account **click** on the
"Get Started" button.



This is **the Login Page**. We're going to get back here in a second.
But first please

Click on the **Register** text **under**
“Log In” button.



Welcome to Speech Assistant!

Email

Password

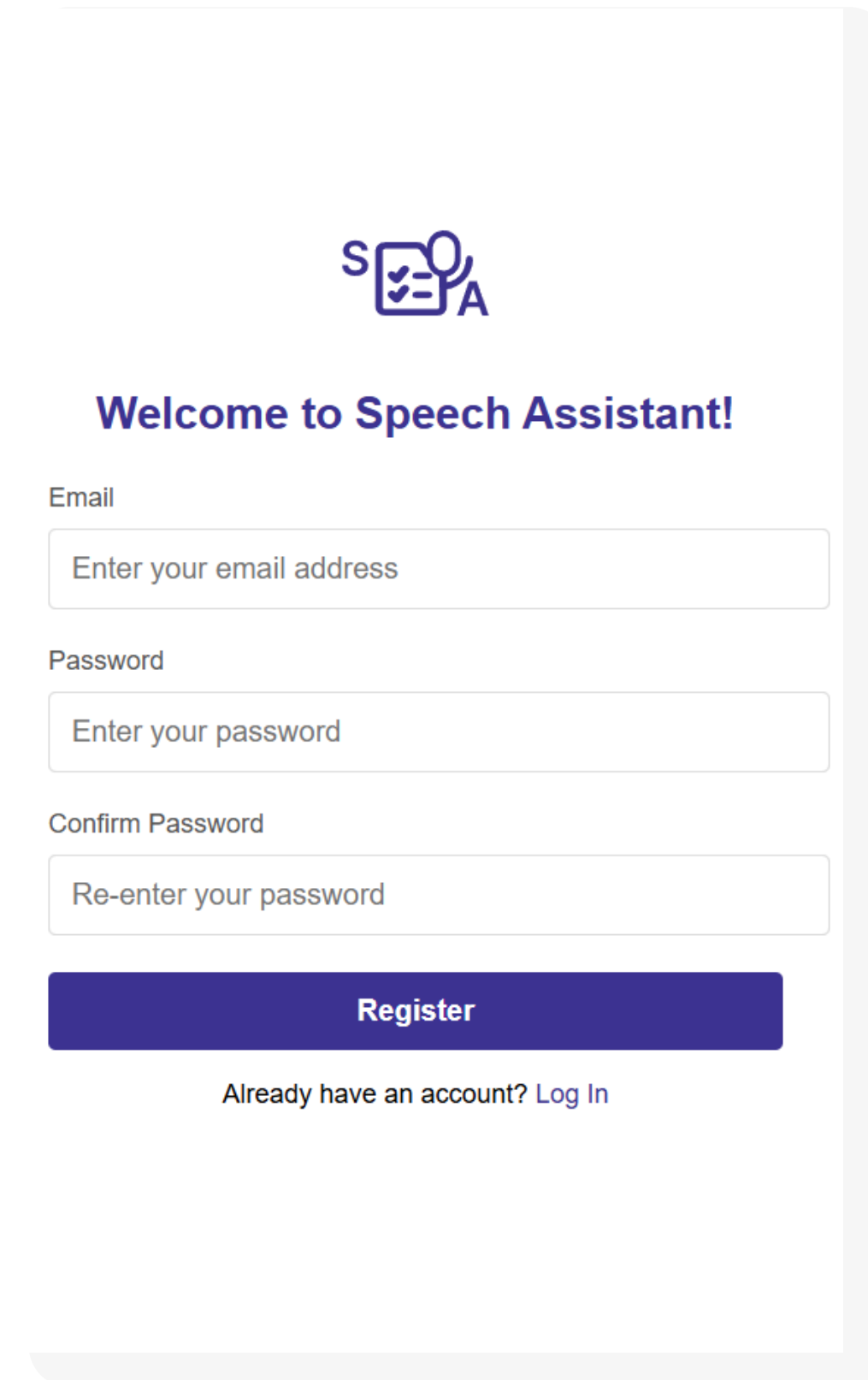
Log In

Don't have an account? [Register](#)

This is where you create your account.
Please provide:


- **email** (eg. example@example.com),
- **password** (eg. Password123!)- it has to be:
 - **at least 8** characters long,
 - **one special** character and
 - **at least one** number,
- at the end please **re-enter your password**.

Click on the “Register” button.

A registration form for 'Speech Assistant'. At the top is a logo with a stylized 'S' and 'A' and a speech bubble icon. Below the logo is the heading 'Welcome to Speech Assistant!'. The form contains three input fields: 'Email' with placeholder text 'Enter your email address', 'Password' with placeholder text 'Enter your password', and 'Confirm Password' with placeholder text 'Re-enter your password'. Below these fields is a prominent blue 'Register' button. At the bottom, there is a link that says 'Already have an account? Log In'.

And we're back on **the Login Page**.
Now please provide your **email** and
password in respective fields. After
doing so

Click on the **“Log In” button**.



Welcome to Speech Assistant!

Email

Password

Log In

Don't have an account? [Register](#)

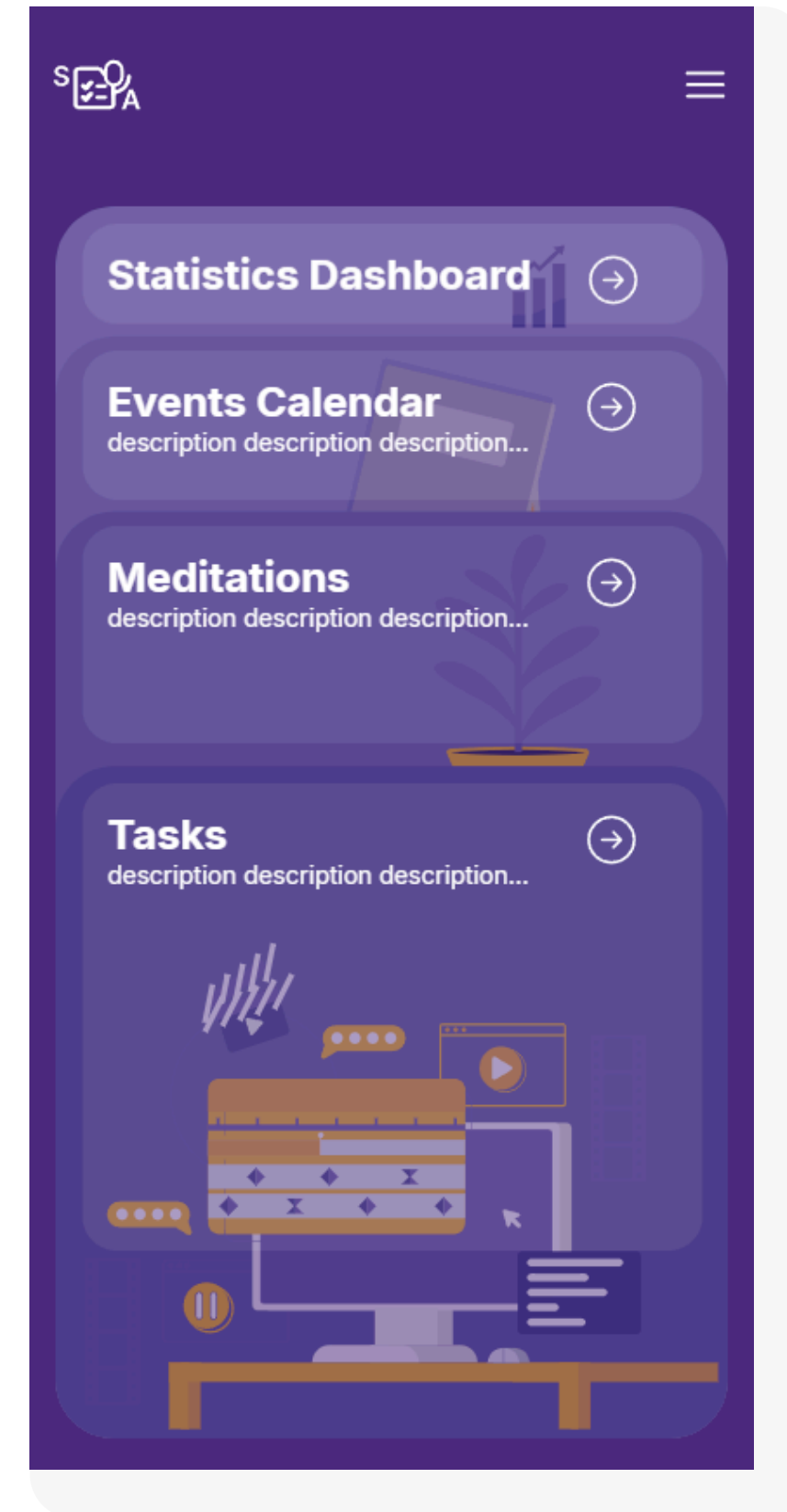
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Features

This **the Home Page**, from here you can access every feature of Speech Assistant.

- Statistics Dashboard
- Events Calendar
- Mediations
- Tasks

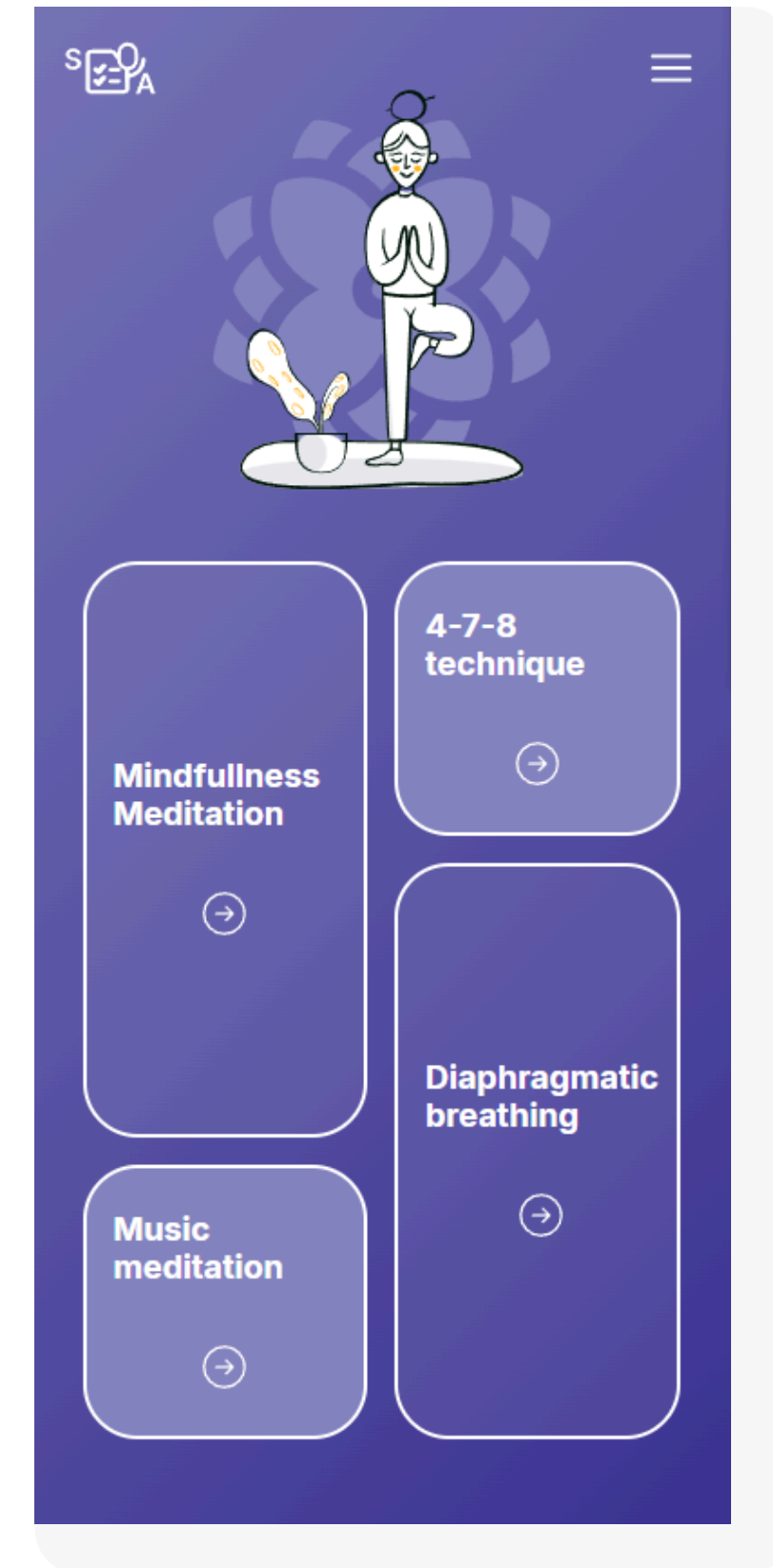
Go to see how **the Toggle Bar** looks



[Go back to the Home Page slide](#)

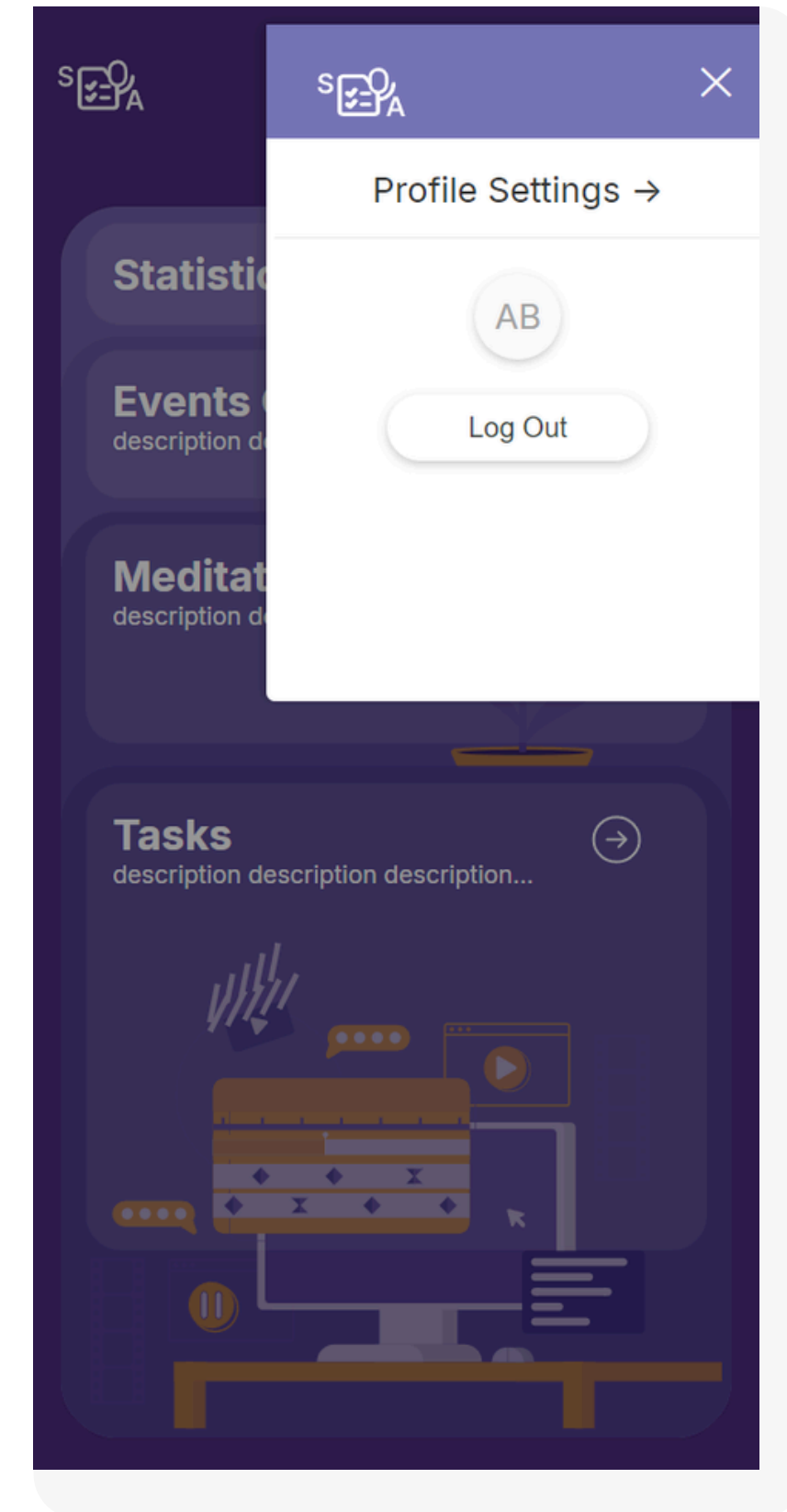
This is **the Meditations Page**. Here you can choose which kind of meditation you want to do.

- [Mindfulness Meditation](#)
- [4-7-8 technique](#)
- [Music meditation](#)
- [Diaphragmatic breathing](#)



This is **the Toggle Bar**, in the prototype only the **“Log out”** button is working, and it’s used to... Log you out of the Speech Assistant.

In the final version it will be available on **each page** and in every page other than **the Home Page**, it will provide a button to go straight to it.

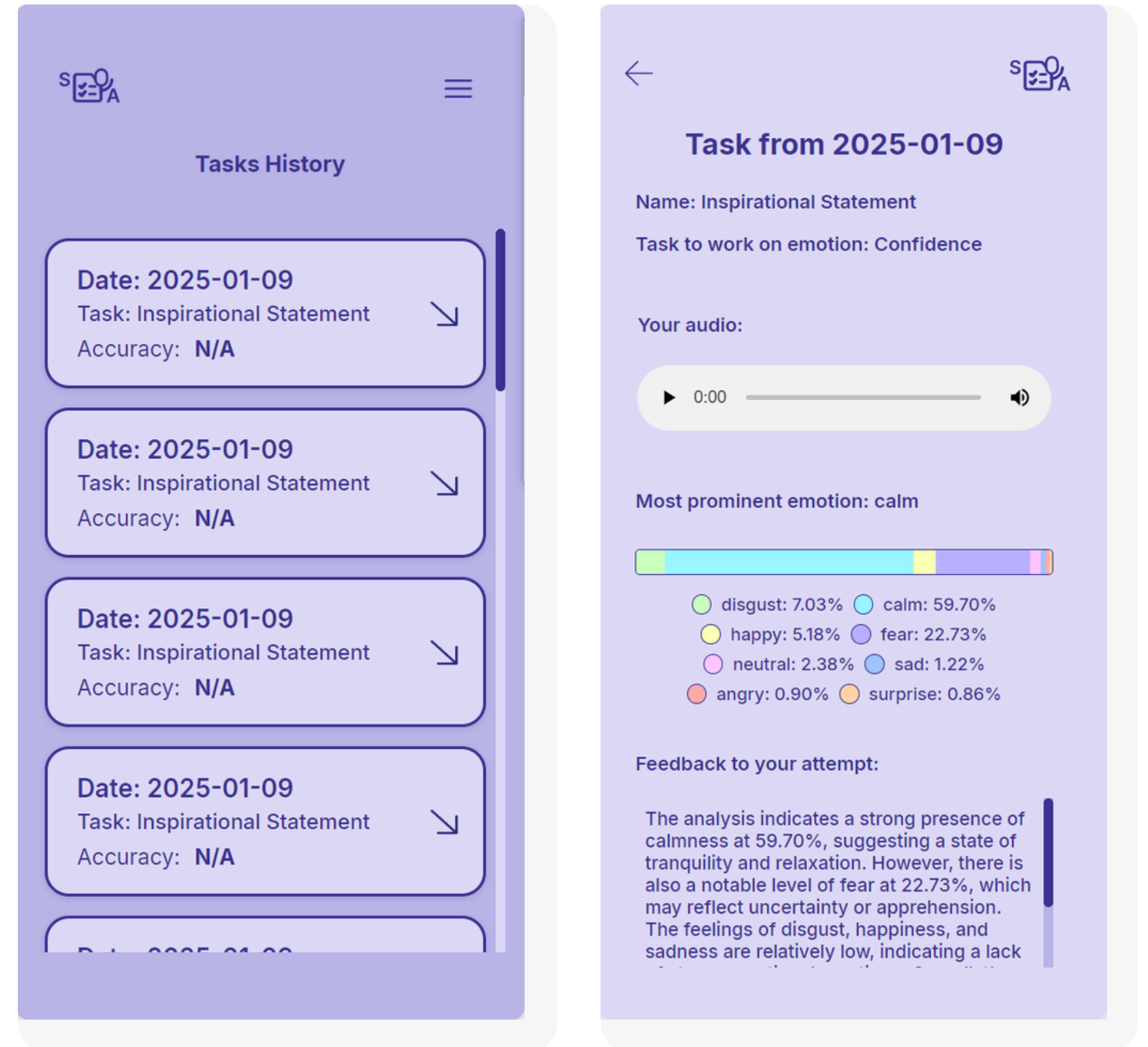


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The view on the **left** is the **Statistics Dashboard Page**, it is displaying history of every task you've done.

When you **click** on **one** of the **items** the view on the **right** will show up.

It gives you the opportunity to **listen** to your **attempt**, **displays feedback** for given task and shows you which emotion was **most prominent** in your attempt as well as overall summary of emotions in your voice .



This is the **Calendar Page**. If you want to add an event

Select desired day and then **click** on the **calendar icon** located on lower part of the view.

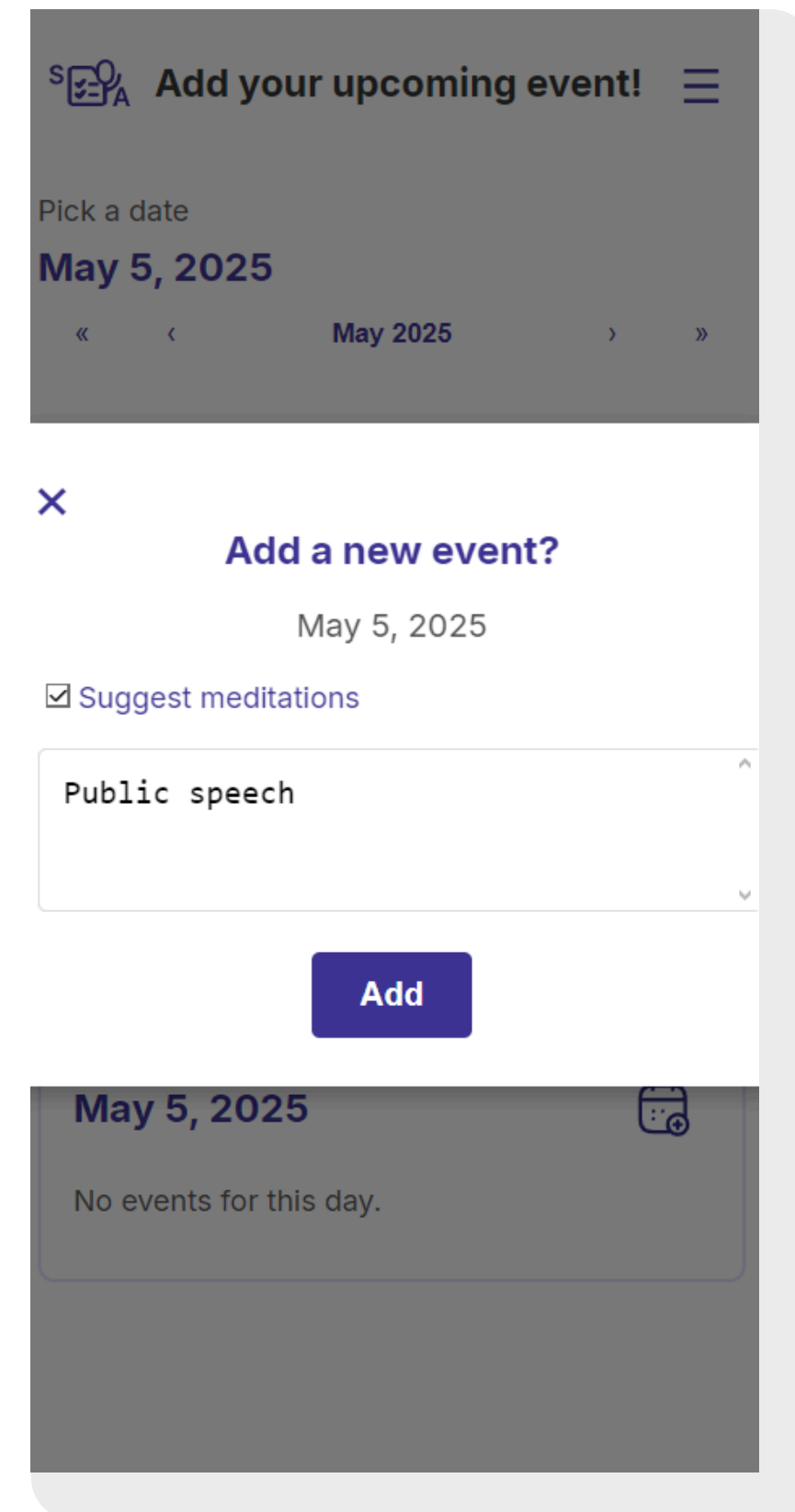


A **dialog window** will show up.

1. Decide whether you want to have suggested meditations* displayed in your calendar by **checking the box** next to “**Suggest meditations**” text.
2. You can also provide **description** to your event.

When you’re happy with the setup of your new event, **click** the “**Add**” button.

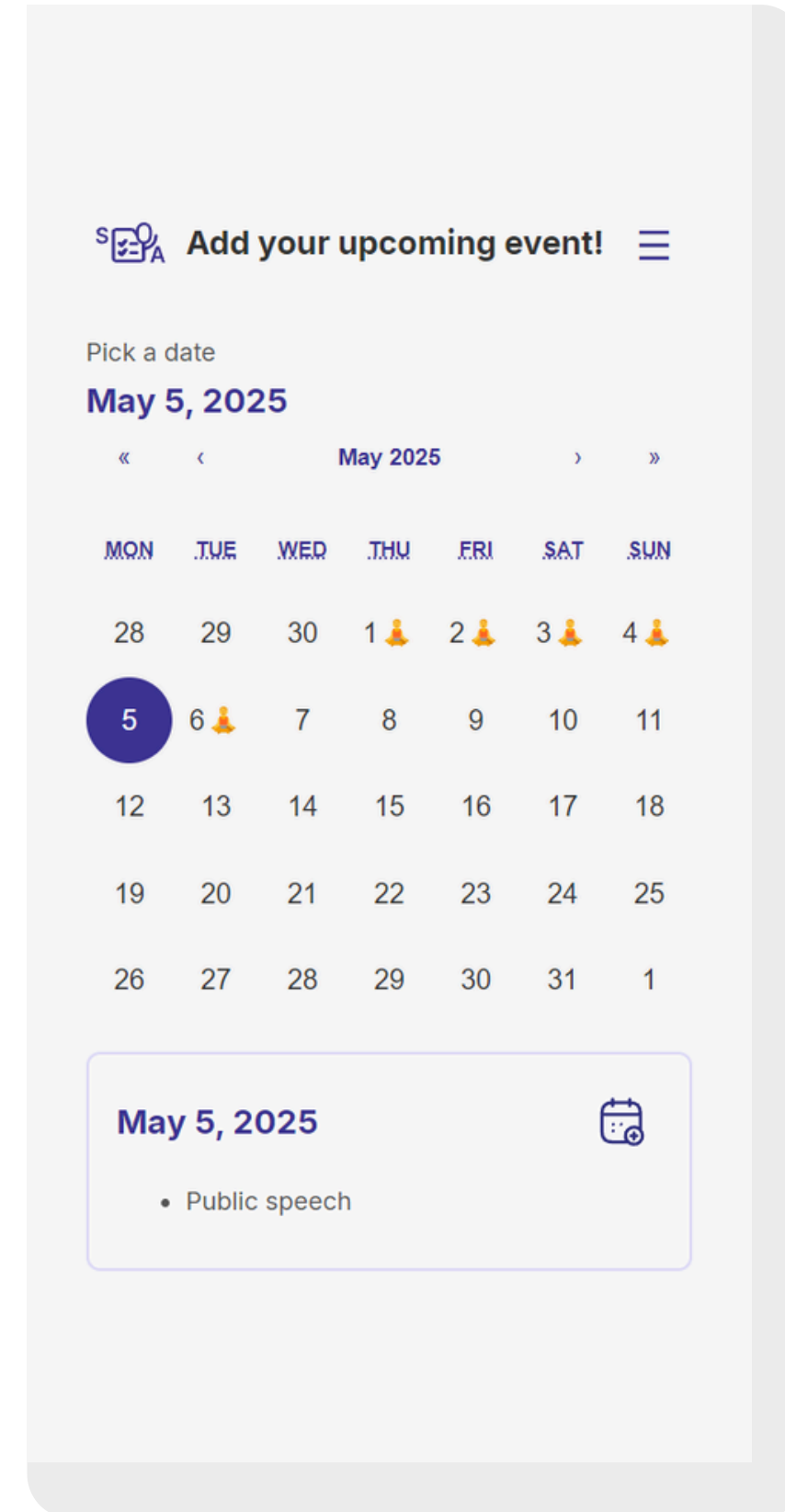
*Suggested meditations are added to the calendar when scheduling the event, spanning four days before and one day after.



[Go back to the Home Page slide](#)

This is how your **calendar** will look like after you **click** the “**Add**” button on the **dialog window**.

On the screenshot you see how it looks after checking the “**Suggest meditations**” box and adding a exemplary description.



This is **the Task Page**.

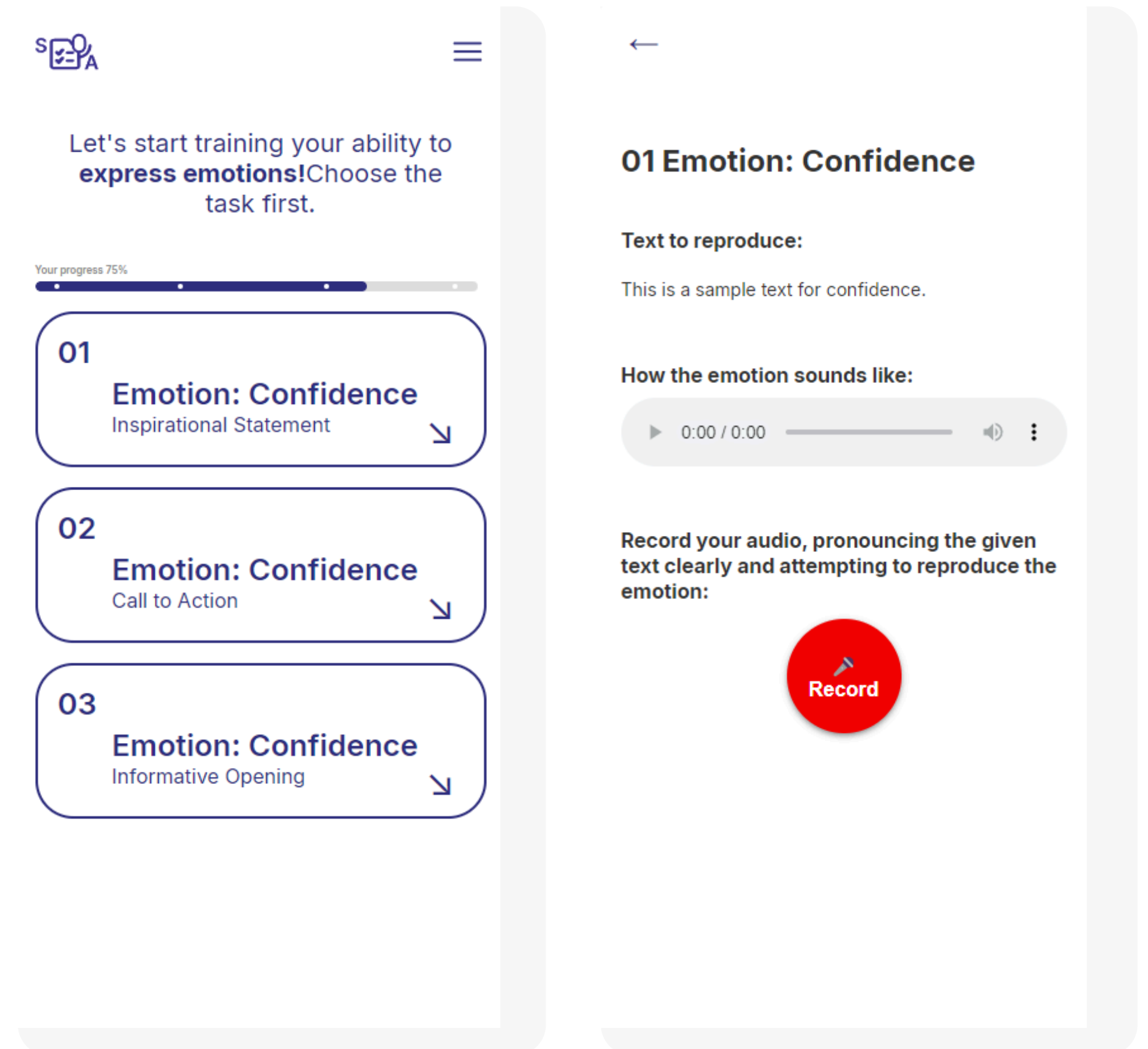
It displays your progress and also various tasks.

Choose one of the tasks by **clicking on it**.

This action will take you to **the Specific Task Page**. Where you can find:

1. Text to reproduce
2. Audio of how the emotion sounds like
3. Record button

To start recording **click** the **red “Record”** button

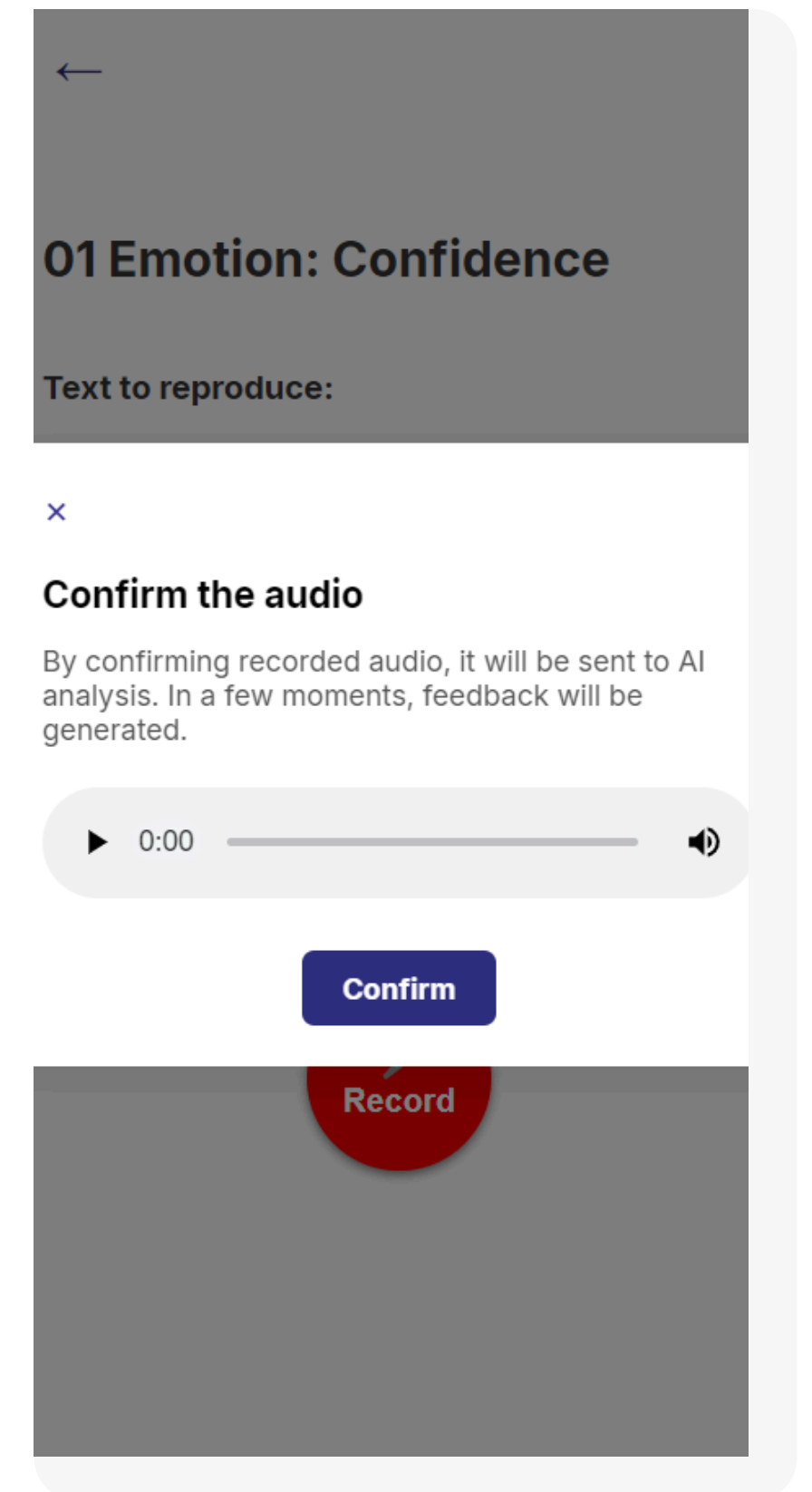
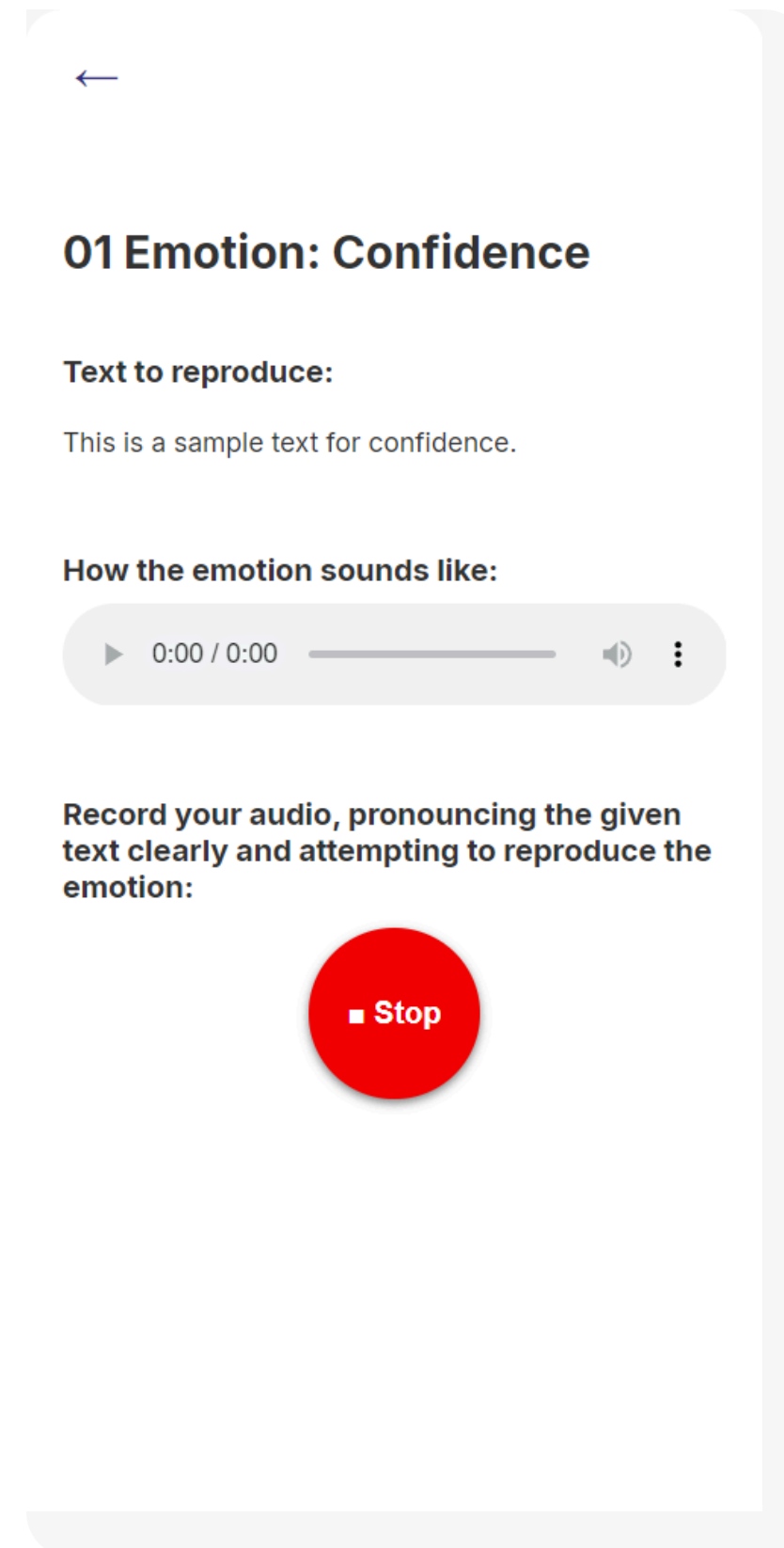


Now the **“Record”** button changes into the **“Stop”** button, when you’re done with reading out loud the text

Click the “Stop” button

A **Confirm the audio dialog window** will show up,

- if you’re happy with your audio **click** the **“Confirm”** button,
- if you want to try one more time **click** on the **“X”** button.

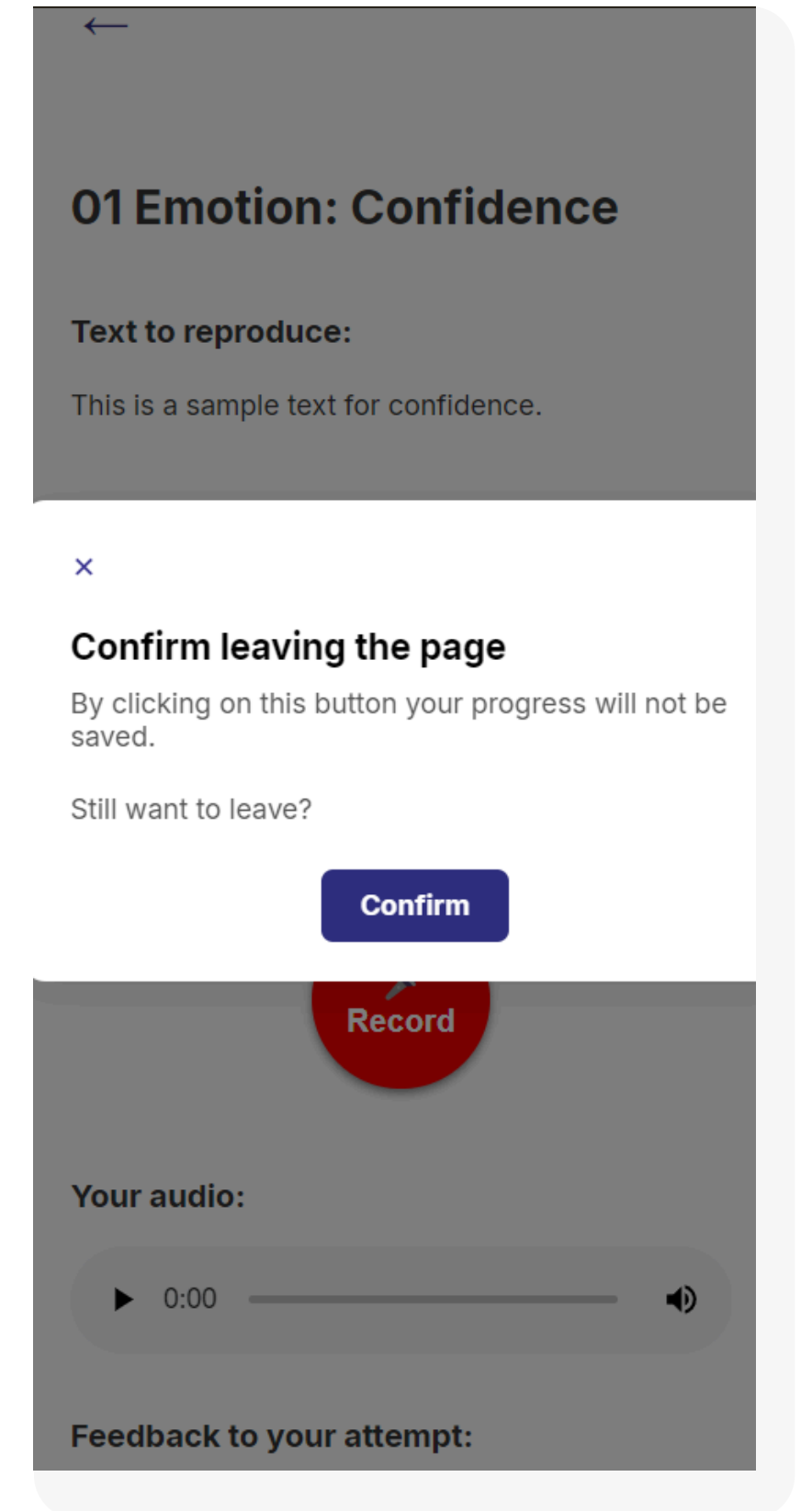
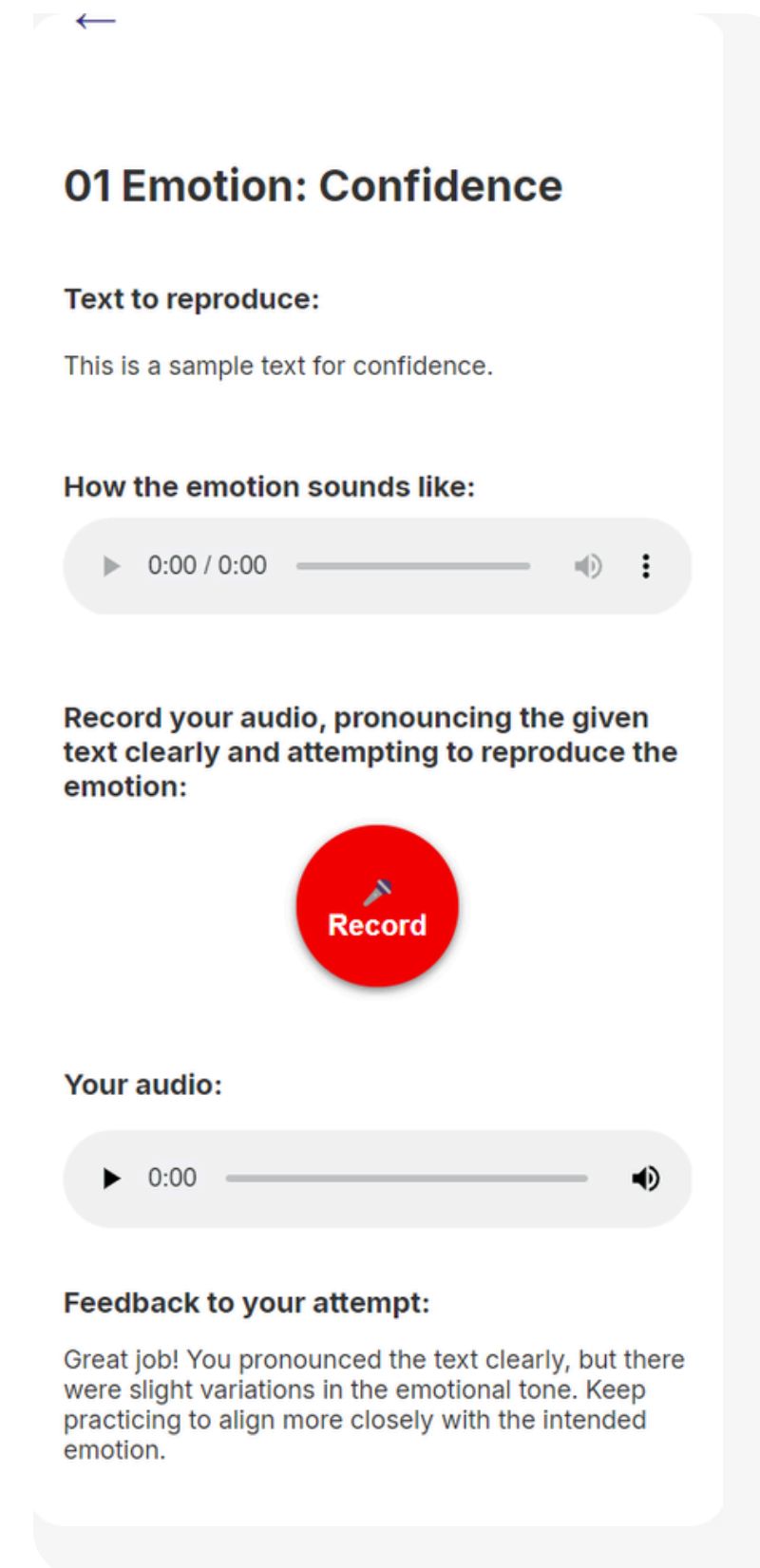


This is **the Specific Task Page** after clicking the “**Confirm**” button on the dialog window.

As you can see, it now displays:

- Your audio,
- Feedback to your attempt.

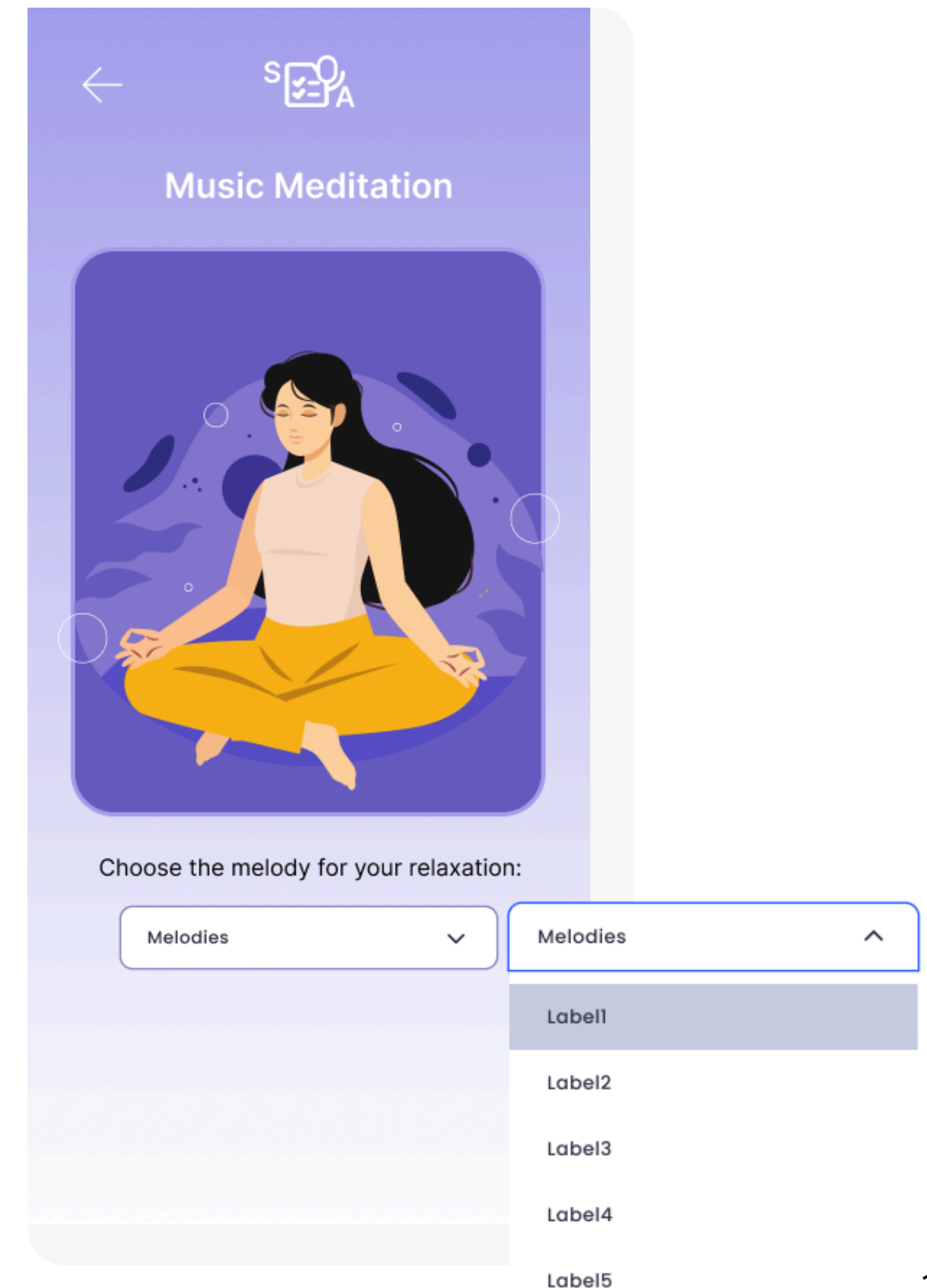
If you want to try different task, you can **click** on the **arrow** button located in the **top left corner**.



This is **the Music Meditation Page**.

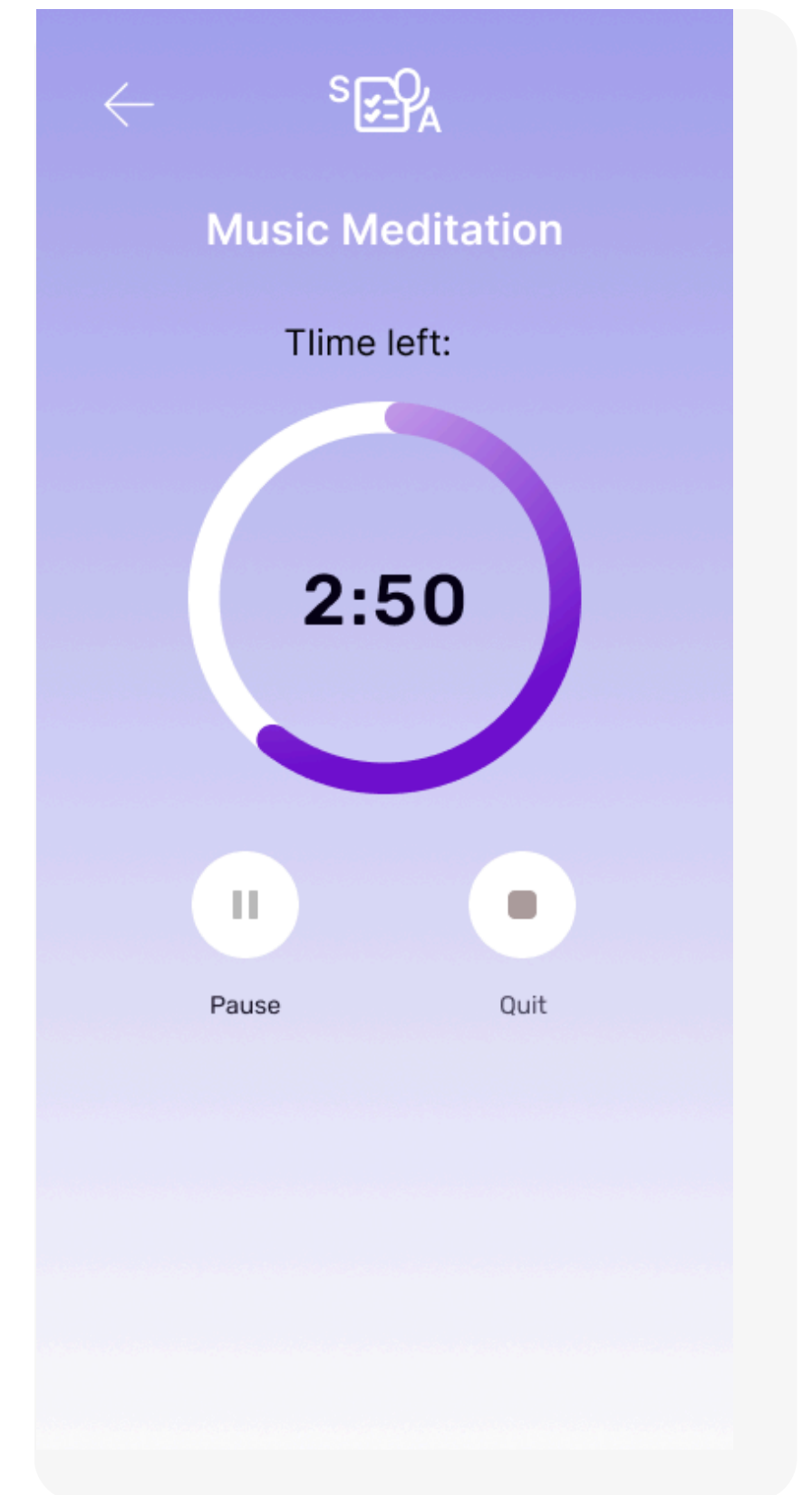
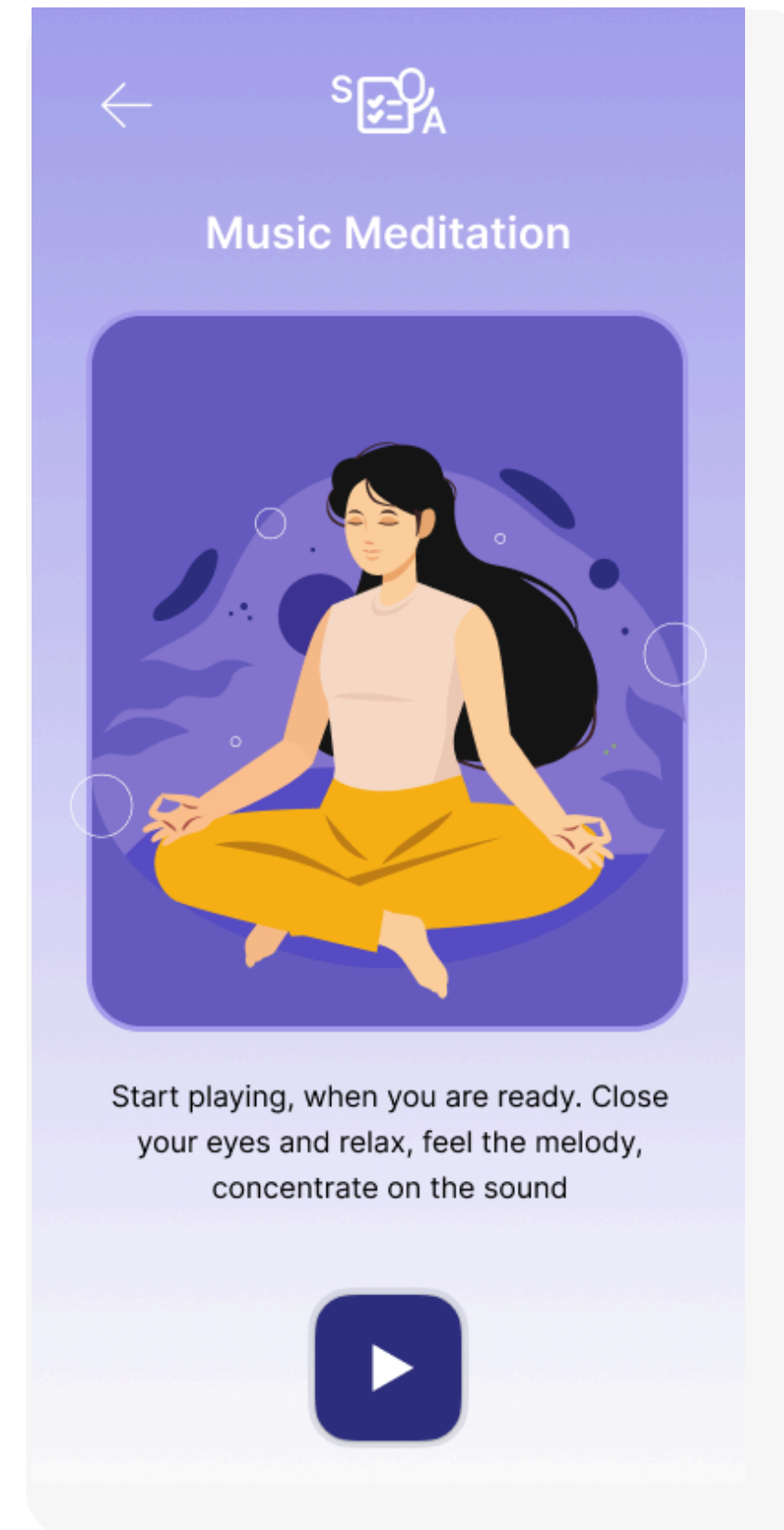
Choose desired melody for your relaxation from the **drop down menu**.

If you decide you want to try **different kind of meditation**, **click** on the arrow in the **top left** to go back to the **Meditations Page**.



After you choose your desired melody. **Play** button will show up.

1. Read the **instruction**,
2. **Click** the **play** button and relax,
3. If you need to pause, you can **click** the **pause** button,
4. If you feel relaxed before the time is up, **click** the **quit** button.

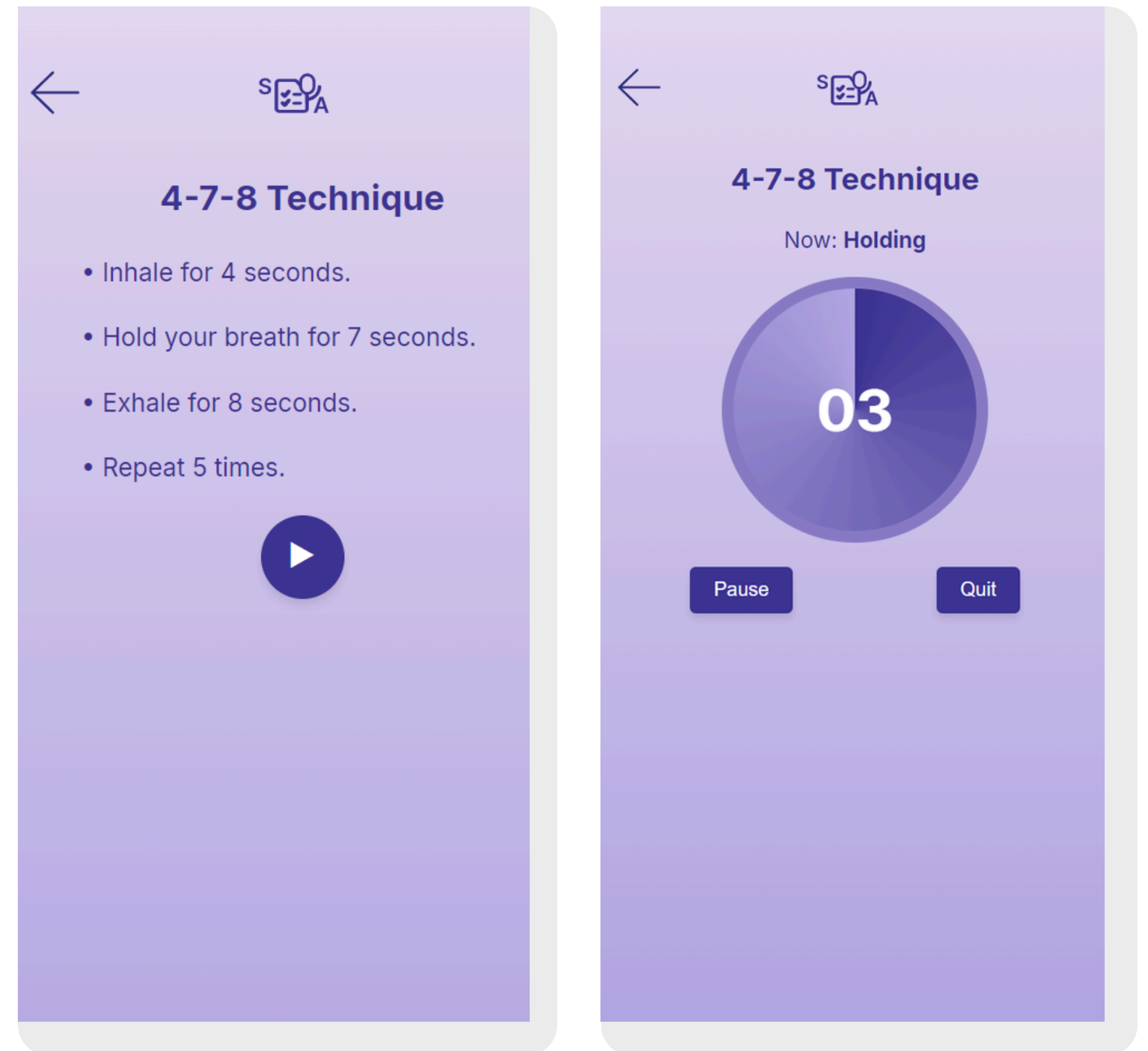


This is **the 4-7-8 Technique Page**.

Read the description and **click** the **play** button.

After you click it the **timer** with **instructions** will show up.

- If you want to **pause**, **click** on the **pause** button,
- If you want to **leave**, **click** on the **quit** button.

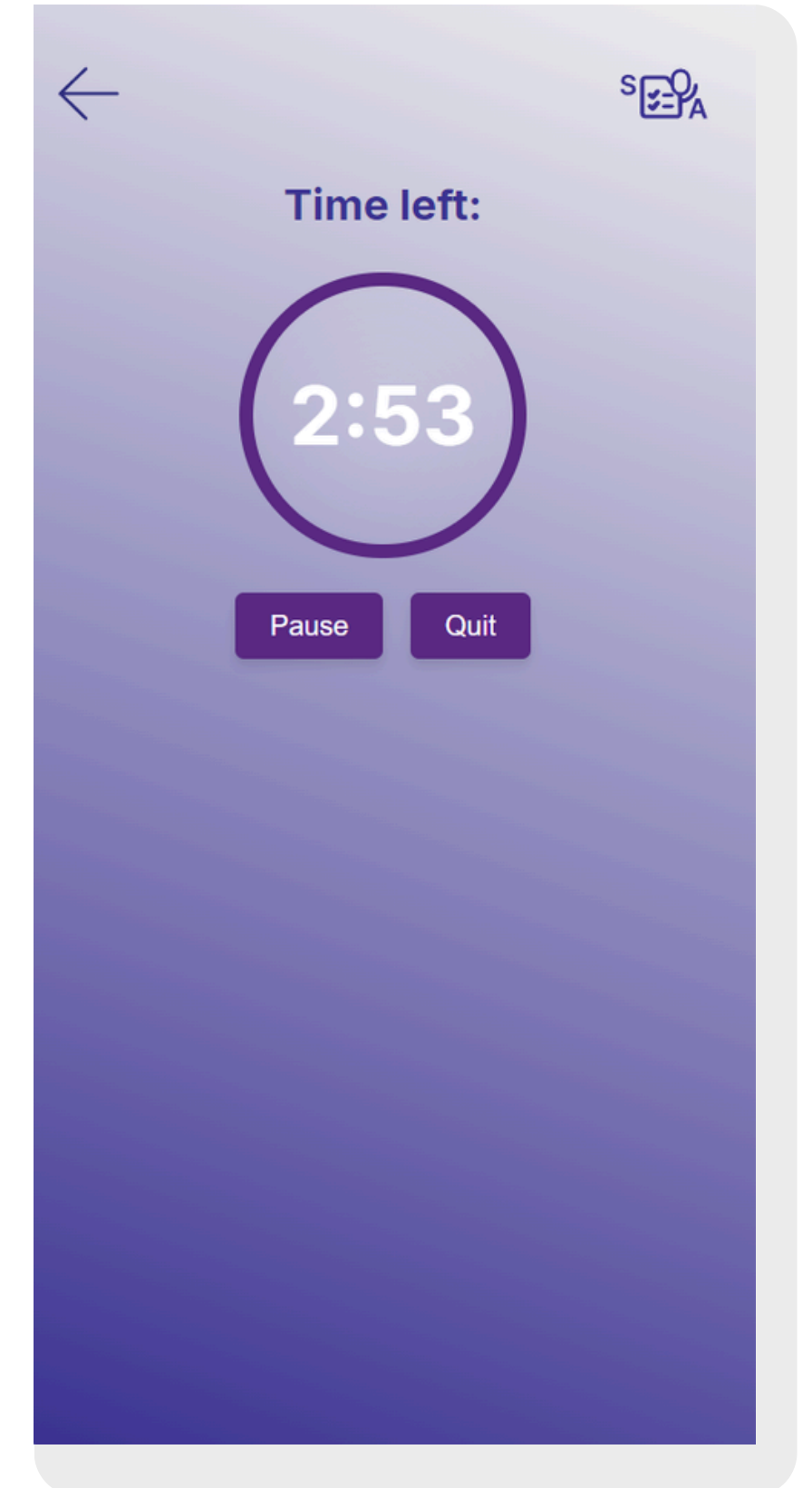
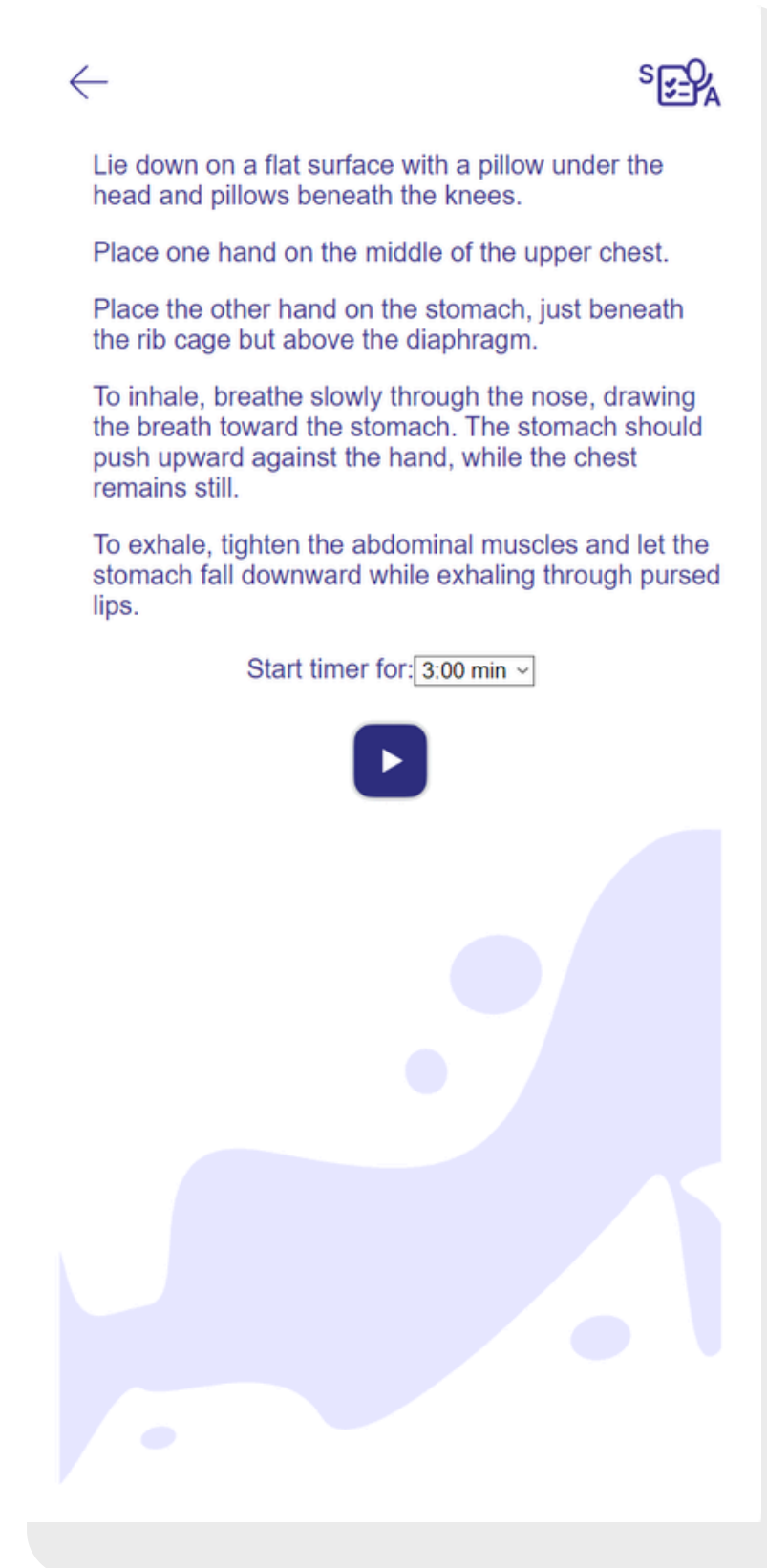


This is the **Diaphragmatic Breathing** Page.

Read the description, **choose** the duration you desire, and **click** the **play** button.

After you click it the **timer** with **instructions** will show up.

- If you want to **pause**, **click** on the **pause** button,
- If you want to **leave**, **click** on the **quit** button.



This is **the Mindfulness Meditation Page**.

1. Read the description,
2. **Click** the **play** button and relax,
3. If you need to pause, you can **click** the **pause** button,

