**myJournal: Mental Health Tracker**

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# Preface

This is a proposal for a web-based application (myJournal) for mobile phones and web browsers that would track mental health. This proposal is submitted in partial fulfillment of the requirements of a Software Engineering course (CSC 431) project in the department of Computer Science at the University of Miami.

This proposal provides the scope and context of the project to be undertaken. It details the intended user group and the value that the system will have to them.

The intended audience of this document is the course professor and teaching assistants so that they can determine whether the project should be approved as proposed, approved with modifications, or not approved.

# Table of Contents

[**Preface 1**](#)

[**Table of Contents 1**](#)

[**Overview 3**](#)

[**1.1. Purpose, Scope and Objectives 3**](#)

[**1.2. Project Description 3**](#)

# Overview

## Purpose, Scope and Objectives

The purpose of this project is to build a web-based application for monitoring mental health status (myJournal) in a manner that both augments traditional mental health services and provides maintenance data for those not actively seeking mental health care.

The target audience for this web application are people aged 18-35 who suffer from persistent mental health issues and wish to track and monitor it either without the assistance of a therapist or psychiatrist or only intermittently. An additional audience is present among people aged 18-35 that are currently seeking outpatient care for mental health issues and wish to provide their specialist with more detailed information in order to improve their quality of care. Mental health care providers would also be a primary audience for this service, as it possesses the capability of enhancing care and improving the value of their services.

The web application known as myJournal will be stored on the cloud, making it convenient for users to journal anytime and anywhere with an internet connection. myJournal will be available both as a website and as a web-based mobile application for iPhone and Android, making it both locally installable and web accessible. myJournal will require an internet connection and a device for the users to access its services.

## Project Description

We will develop a multi-user, web-based application to integrate a set of mental health services accessible to the user. myJournal will offer journaling services, such as tracking sleep time, logging critical events, and providing space for reflection on daily moods and personal matters. In addition, the application will provide a means for users to schedule telehealth appointments for mental health care in accordance with their needs and preferences.

myJournal will use the Django API [1] in order to establish a web-based service in addition to providing the backbone for a database which will be managed using an appropriate database management system, such as SQL Server [2]. The BetterHelp API or an equivalent mental health services API will be used in order to provide functionality for users to schedule therapy appointments on-demand. The native mobile phone application, developed using Swift (iOS) [3] and the Android SDK [4] and integrated with the Django web application; will use system tools in conjunction with the database in order to provide push notifications in addition to servicing journal entries. In addition, user data will be appropriately encrypted and protected such as to ensure compliance with laws pertaining to health data privacy.

**References**

[1] Django: <https://www.djangoproject.com/>

[2] SQL Server: <https://www.microsoft.com/en-us/sql-server>

[3] Swift: <https://developer.apple.com/swift/>

[4] Android SDK: <https://developer.android.com/studio>