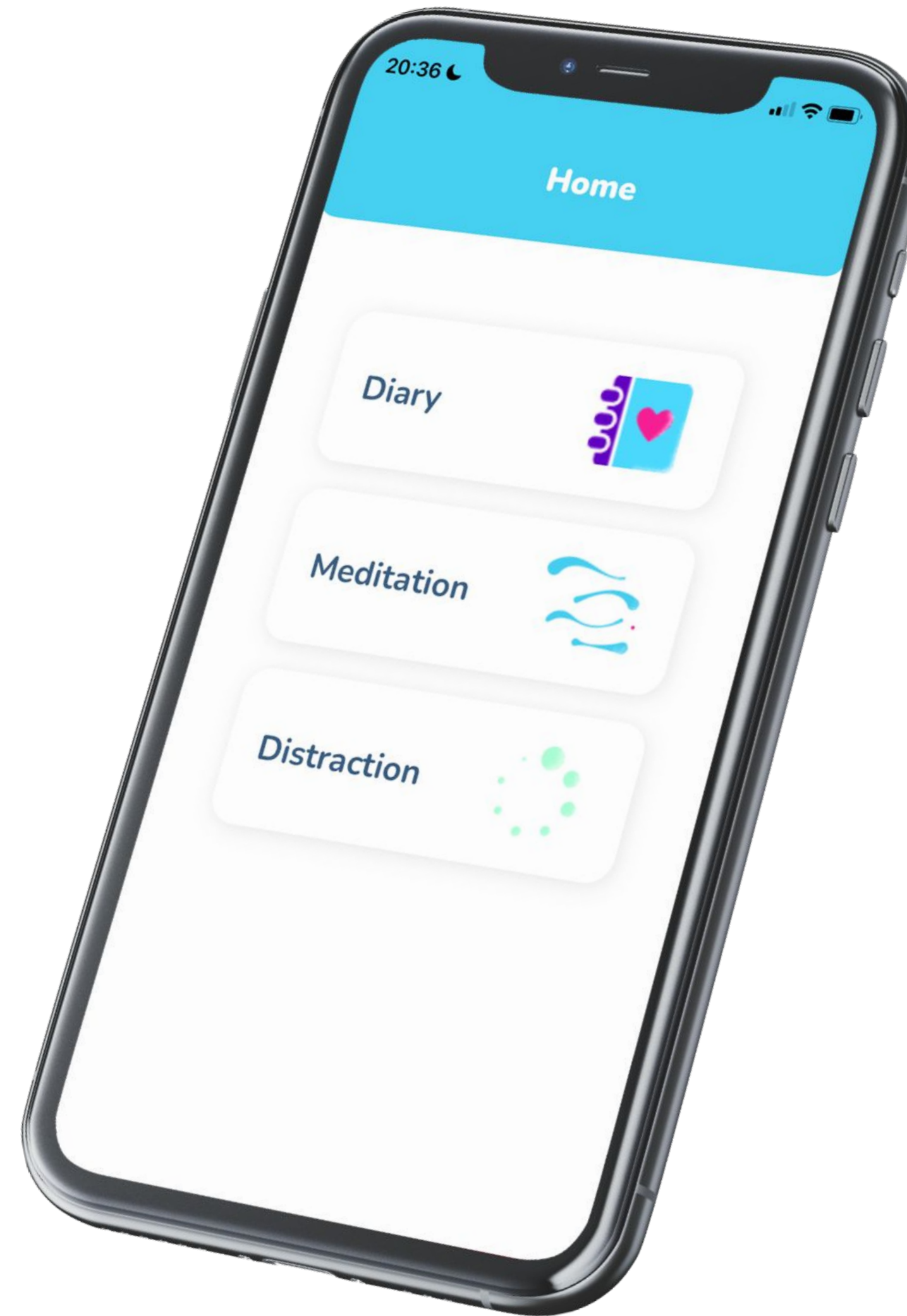




# Balance

Therapy App for Adolescents  
with Eating Disorders



Winter 2023



# Team Intro



Hamed Hekmat



Griffin  
Somaratne



Daniel Guo



Alexis Lowber



Adam Zhao

Balance





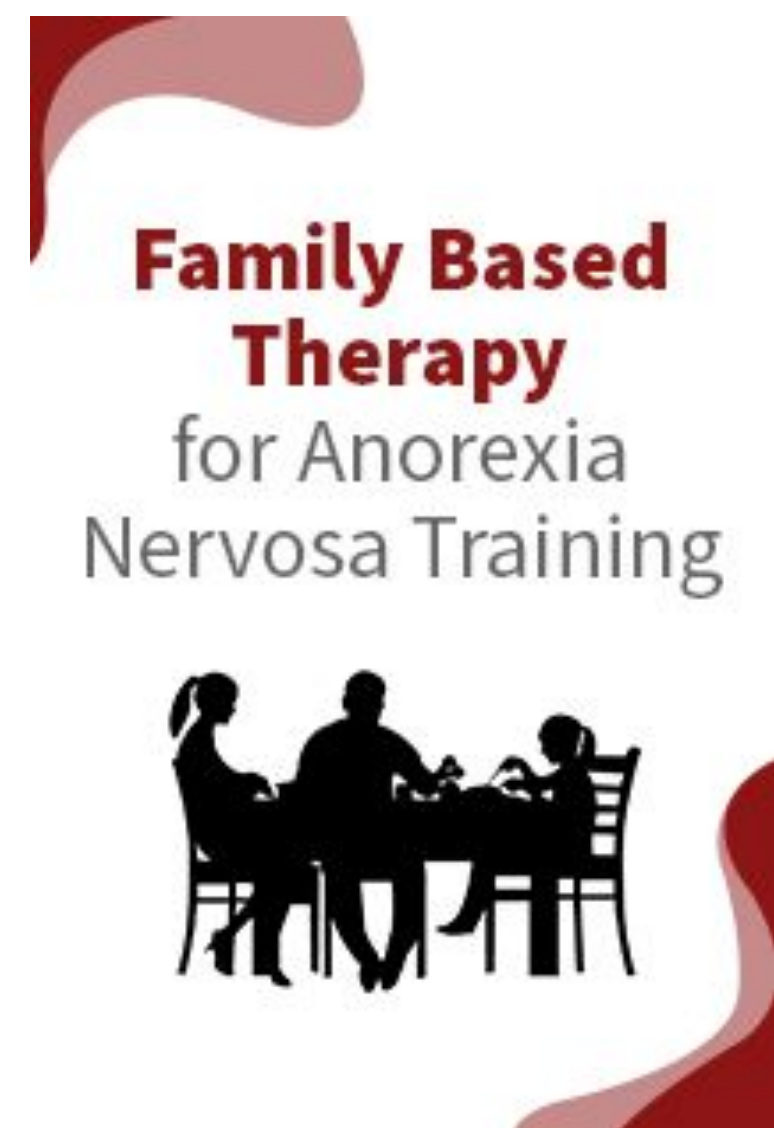
# Project Background

- **Anorexia Nervosa**

- Eating disorder common in adolescents characterized by restriction of food intake, unwarranted fear of gaining weight, and body dysmorphia
- Egosyntonic

- **FBT (Family Based Therapy)**

- Challenge: emotional dysregulation (especially during meal times)



# Need Statement

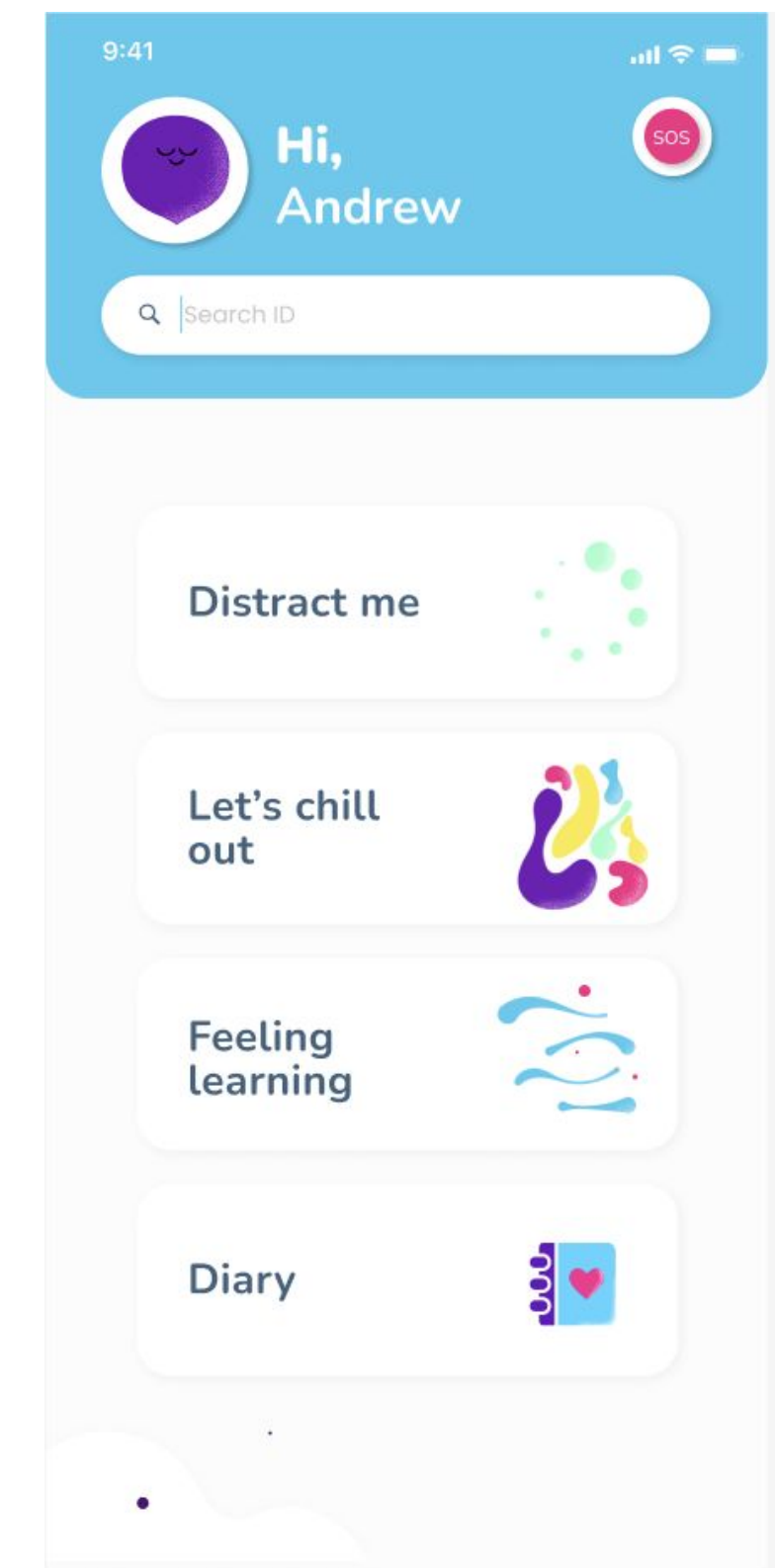
A way to practice and track emotional regulation  
in adolescents with anorexia nervosa  
to reduce their emotional and physiological stress during  
mealtimes

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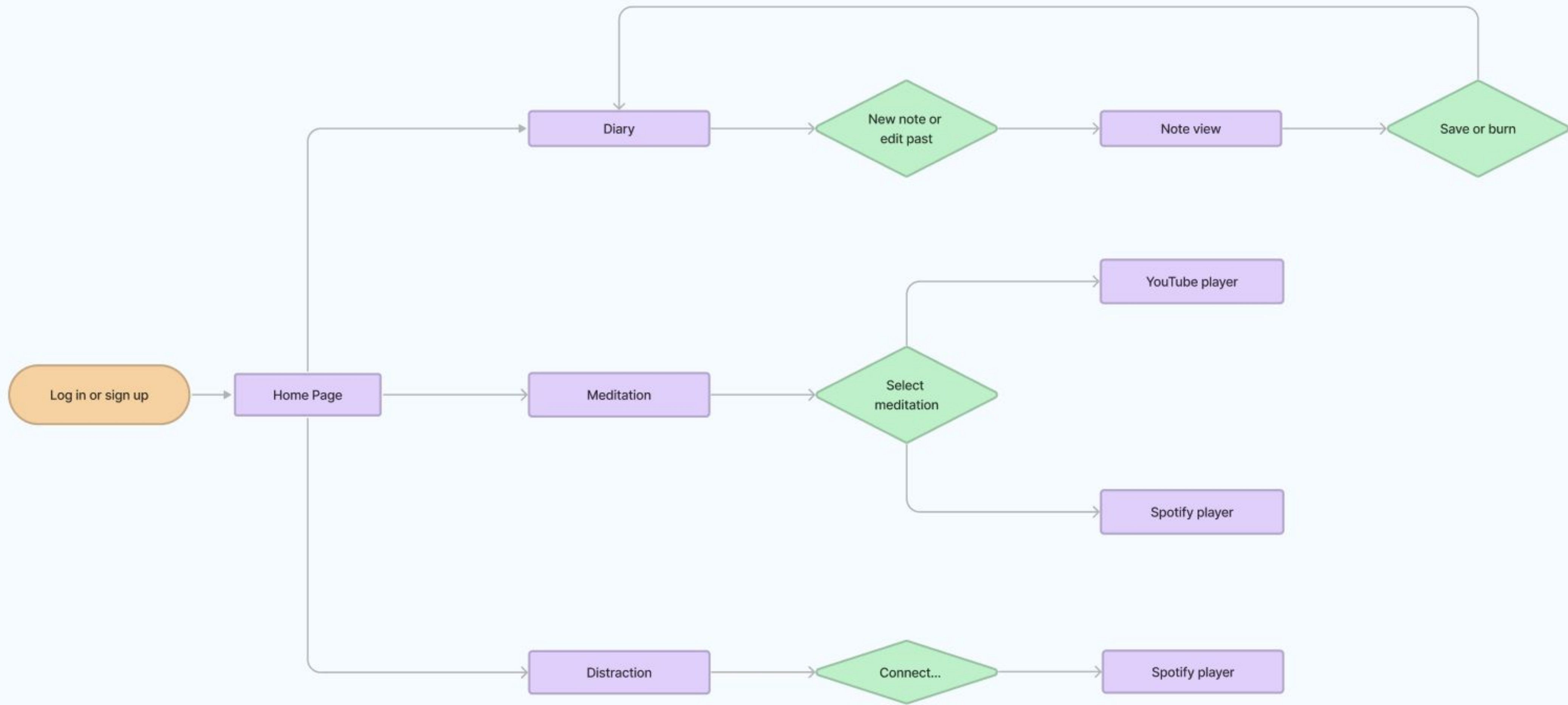
# Balance: An Overview

- Goal
  - Provide adolescents with engaging application with multiple tools for emotional regulation
- Features
  - Onboarding/home screen
  - Diary
  - Meditation
  - Distraction (music)
  - Backend data collection





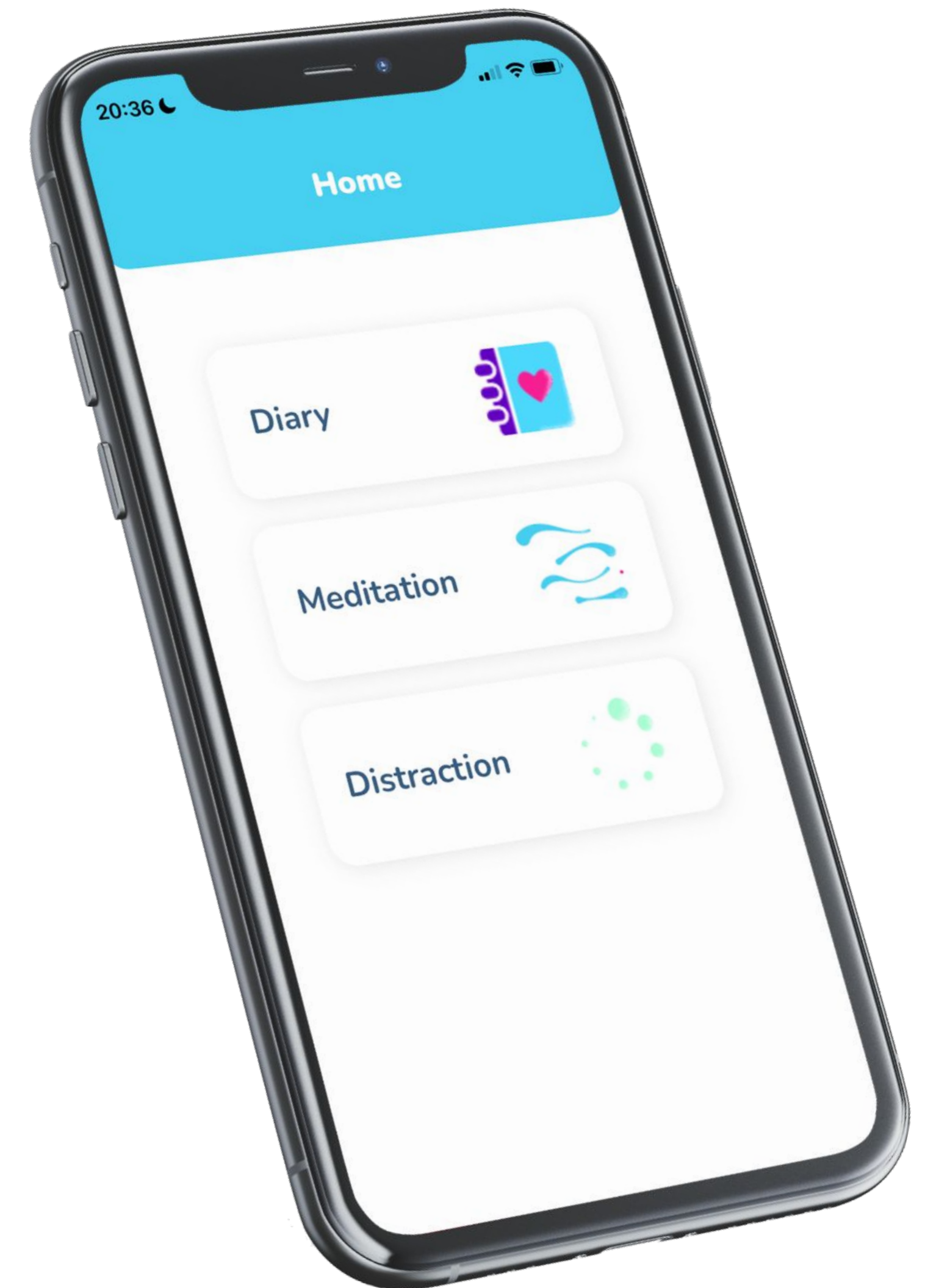
# User Flow





# Software Architecture

- Utilized/repurposed...
  - Onboarding flow/firebase login management (but with customized UI)
  - Spotify/YouTube SDKs (for Meditation and Distraction features)
- Developed
  - Diary feature views and burning animation




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# Backend Data Collection

- Firebase backend tracking and storage of usage data

BxcFbH3o8mb2kqL2SGAV... ⋮	activity ⋮	2023-03-14T21:36:37.txt ⋮
+ Start collection	+ Add document	+ Start collection
activity >	2023-03-14T21:36:37.txt >	+ Add field
	2023-03-15T16:43:20.txt	▼ actions
		▼ 0
		description: "Opened Diary Feature"
		time: March 14, 2023 at 9:36:37 PM UTC-7
		▼ 1
		description: "Opened a New Diary Note"
		time: March 14, 2023 at 9:36:39 PM UTC-7
		▼ 2
		description: "Opened Diary Note Entry View"
		time: March 14, 2023 at 9:36:39 PM UTC-7
		▼ 3
		description: "Burned Diary Note"
		time: March 14, 2023 at 9:36:46 PM UTC-7

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[Learn more](#) 

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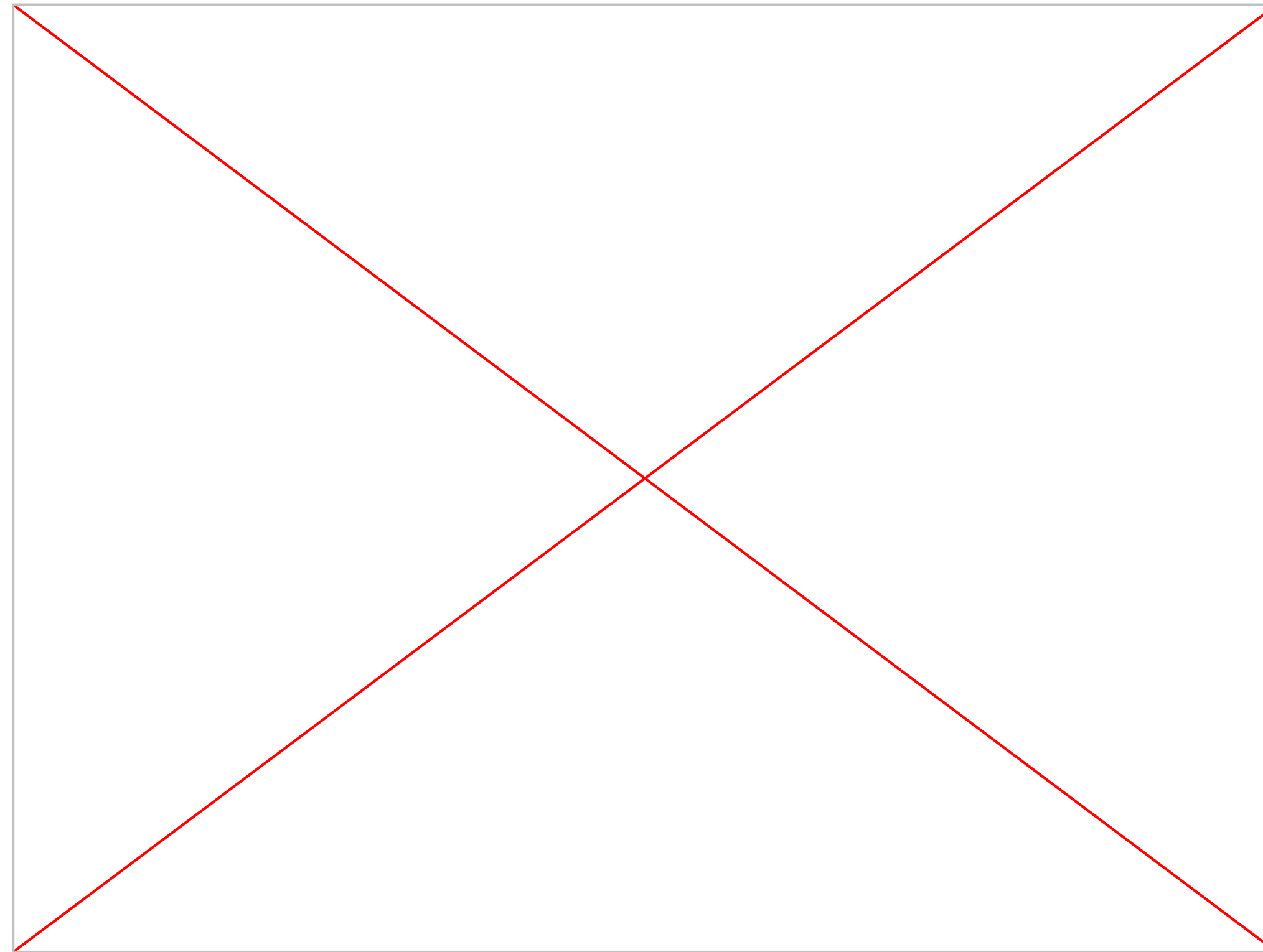
# Demo!!



# Takeaways

- Lots of SwiftUI experience!
- Best practices in UIKit vs SwiftUI
- Balancing client expectations with development capabilities
- How to make decisions about prioritizing features
  - Not all decisions are permanent

# Demo Recording





*Thank you!*





# Final Presentation Rubric

## Structure and Grading Criteria of your Presentation

- Slides with these sections
  - Project background 5%
  - Need statement (get from mentors) 10%
  - Software Architecture Review 15%
  - *Creativity* 20%
  - Prototype, and TestFlight distribution 50%
- **10 minutes**/team for the presentation
- **Followed by 5 minutes for Q & A**

