

HappyBeingUs

User Manual

04/15/2016

1) enter the following address in your web browser: <http://ec2-54-218-22-126.us-west-2.compute.amazonaws.com:8080/HappyBeingUsApp/>

The HappyBeingUs application appears.



Now you (daughter) need to register. Click on **SignUp**.

Sign Up

Moshen Nathan

email@gmail.com

12/02/2006

momemak@yahoo.com

mofreen123

mofreen123 this username available

password

Cancel Register

Put your information including your mother email on the form and the click **Register**. Note that the mother email will be used by mother to login the application.

Now you are registered and are back to the home page. Notice your id on the top right of the page.

Happy Being Us About Contact Topics

Welcome, mohsen Log Out

Slide Two

Caption 2

What are we learning today?

- Introducing appearance ideals
- Sources of appearance ideals
- Appearance-related pressures
- Challenging appearance pressures



Now click on Topics on the top.

Happy Being Us About Contact **Topics** Welcome, mohsen Logout

Slide Two

Caption 2

What are we learning today?

- Introducing appearance ideals
- Sources of appearance ideals
- Appearance-related pressures
- Challenging appearance pressures



rs2-54-218-22-120us-west-2.compute.amazonaws.com:8080/happybeing/initialApp/learn/TopicPage.action

First time users are expected to do the diagnostic page. Their performance in this test will be a basis measure for the quantity and type the activities that will be assigned to them.

Diagnostic Test

Please answer to the following questions and click on SUBMIT !

Question 1

How much more or less do you feel you worry about your weight and body shape than other women your age?

- ☐ I worry a lot less than other women.
- ☐ I worry a little less than other women.
- ☐ I worry about the same as other women.
- ☐ I worry a little more than other women.
- ☐ I worry a lot more than other women.

Question 2

How afraid are you of gaining 3 pounds?

- ☐ Not afraid
- ☐ Slightly afraid
- ☐ Moderately afraid
- ☐ Very afraid
- ☐ Terrified

Question 3

When was the last time you went on a diet?

- ☐ I've never been on a diet.
- ☐ I

Please answer all the questions and click on submit.

ec2-54-218-22-126.us-west-2.compute.amazonaws.com:8080/HappyBeingUsAp

Very afraid
Terrified

Question 3

When was the last time you went on a diet?

- ☐ I've never been on a diet.
- ☐ I was on a diet about one year ago.
- ☐ I was on a diet about 6 months ago.
- ☐ I was on a diet about 3 months ago.
- ☐ I was on a diet about 1 month ago.
- ☒ I was on a diet less than 1 month ago.
- ☐ I'm now on a diet.

Question 4

Compared to other things in your life, how important is your weight to you?

- ☒ My weight is not important compared to other things in my life.
- ☐ My weight is a little more important than some other things.
- ☐ My weight is more important than most, but not all, things in my life.
- ☐ My weight is the most important thing in my life.

Question 5

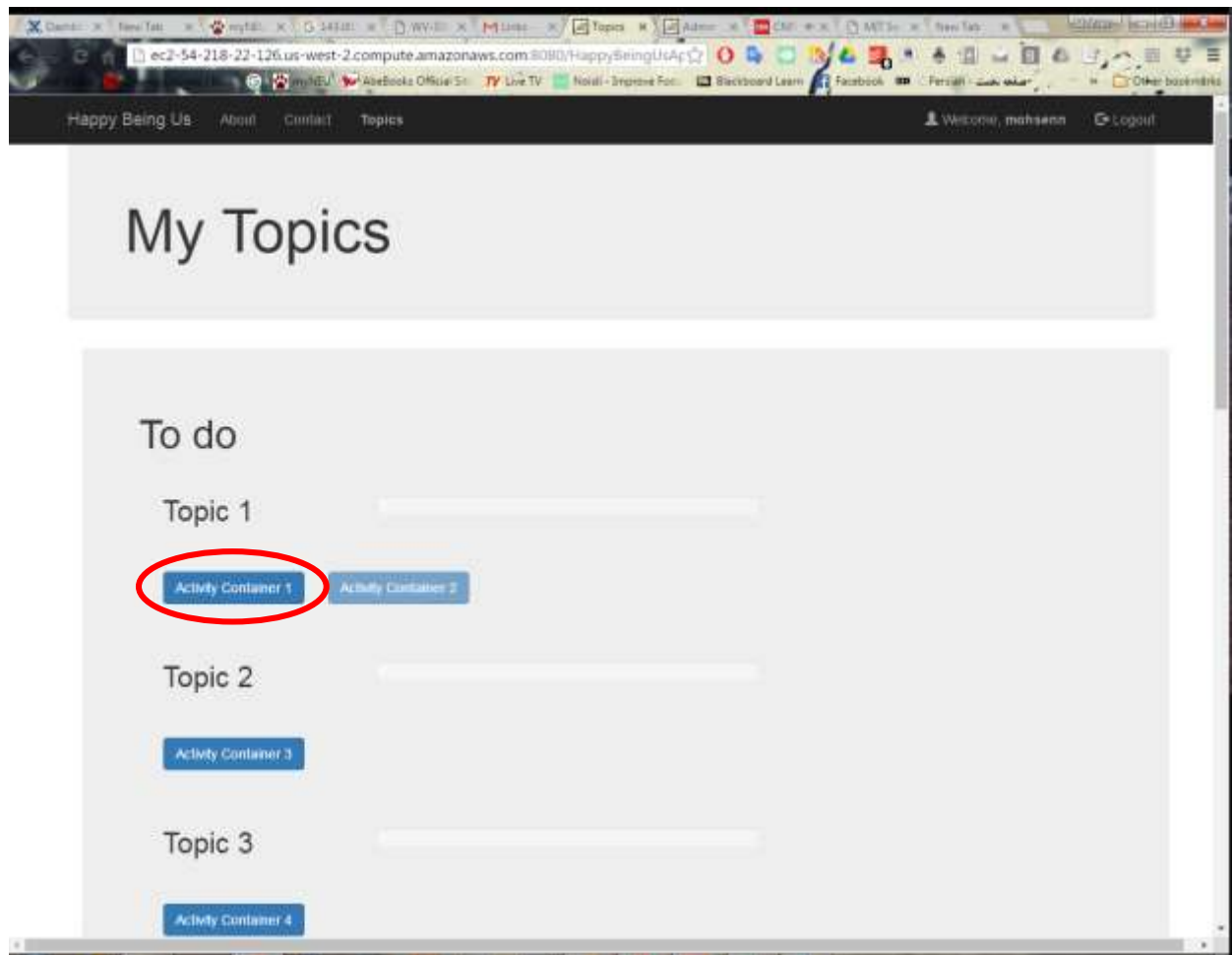
Do you ever feel fat?

- ☐ Never
- ☒ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

submit

Designed By Group 11 3/21/2018

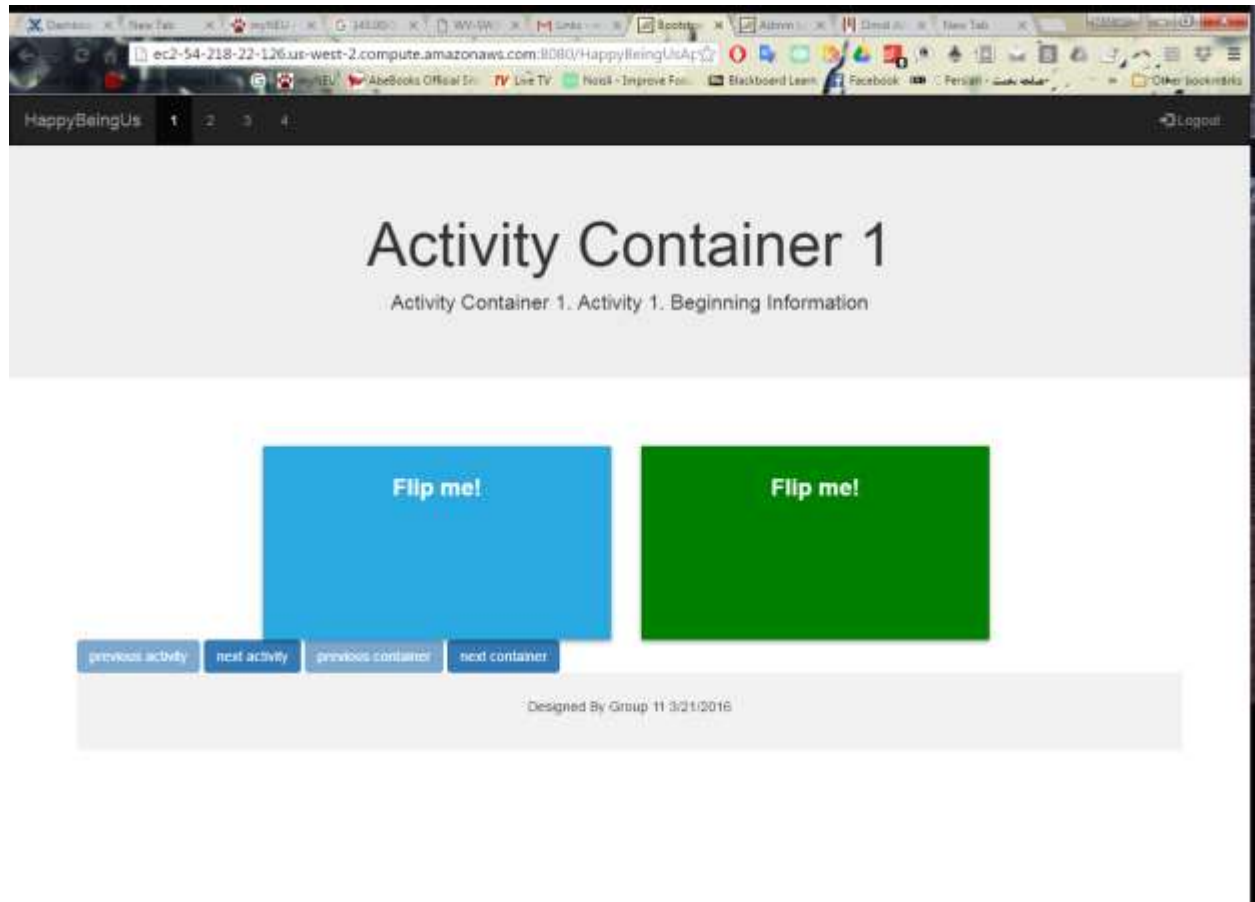
By clicking on submit, your score is evaluated and you will be directed to the topics page.

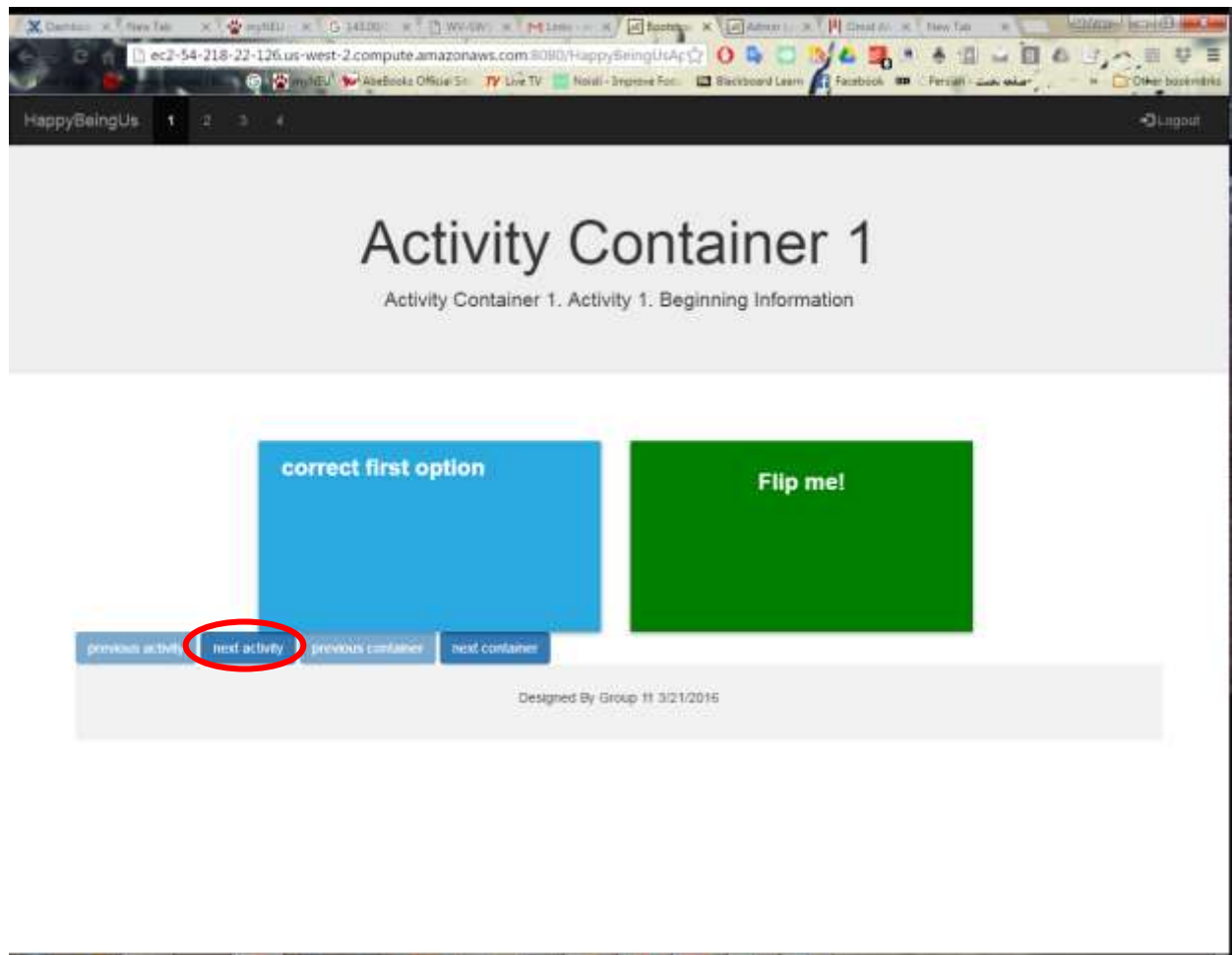


There are several topics and under each, some activity containers. You are supposed to do them all but you can do it at any time, and notice that there is no order for choosing the topics and activity containers.

For instance, click on Activity Container 1. This container, contains some activities that you need to do in order.

The first activity is Flip Questions. Read the of the cards and think what the solutions might be. Then click on the cards to see the answers immediately.





Click on “next activity”. In this particular activity container, the next activity is yes or no question.

HappyBeingUs 1 2 3 4 Logout

Activity Container 1

Activity Container 1. Activity 2. The Actual Yes/No Question

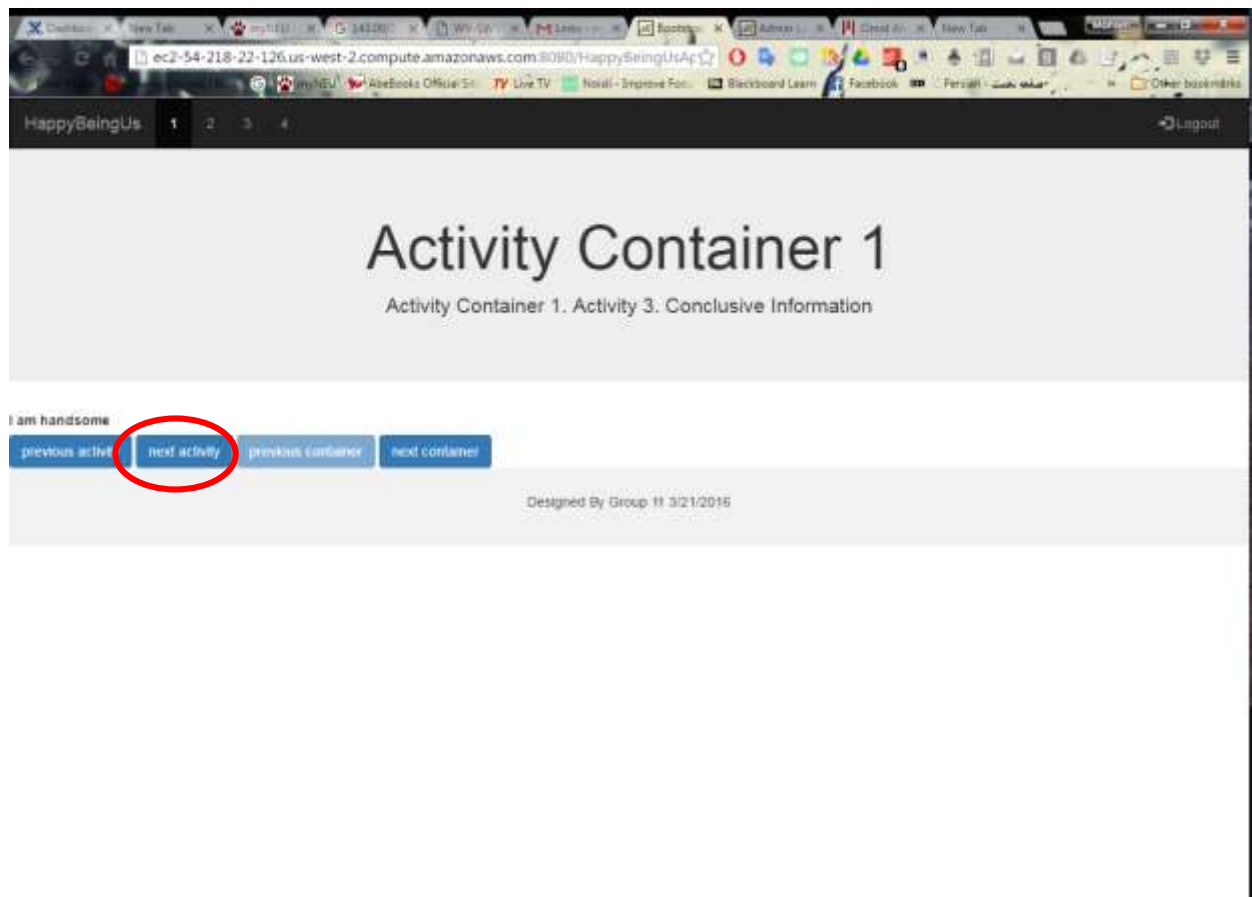
☒ correct first option
☐ second option

submit

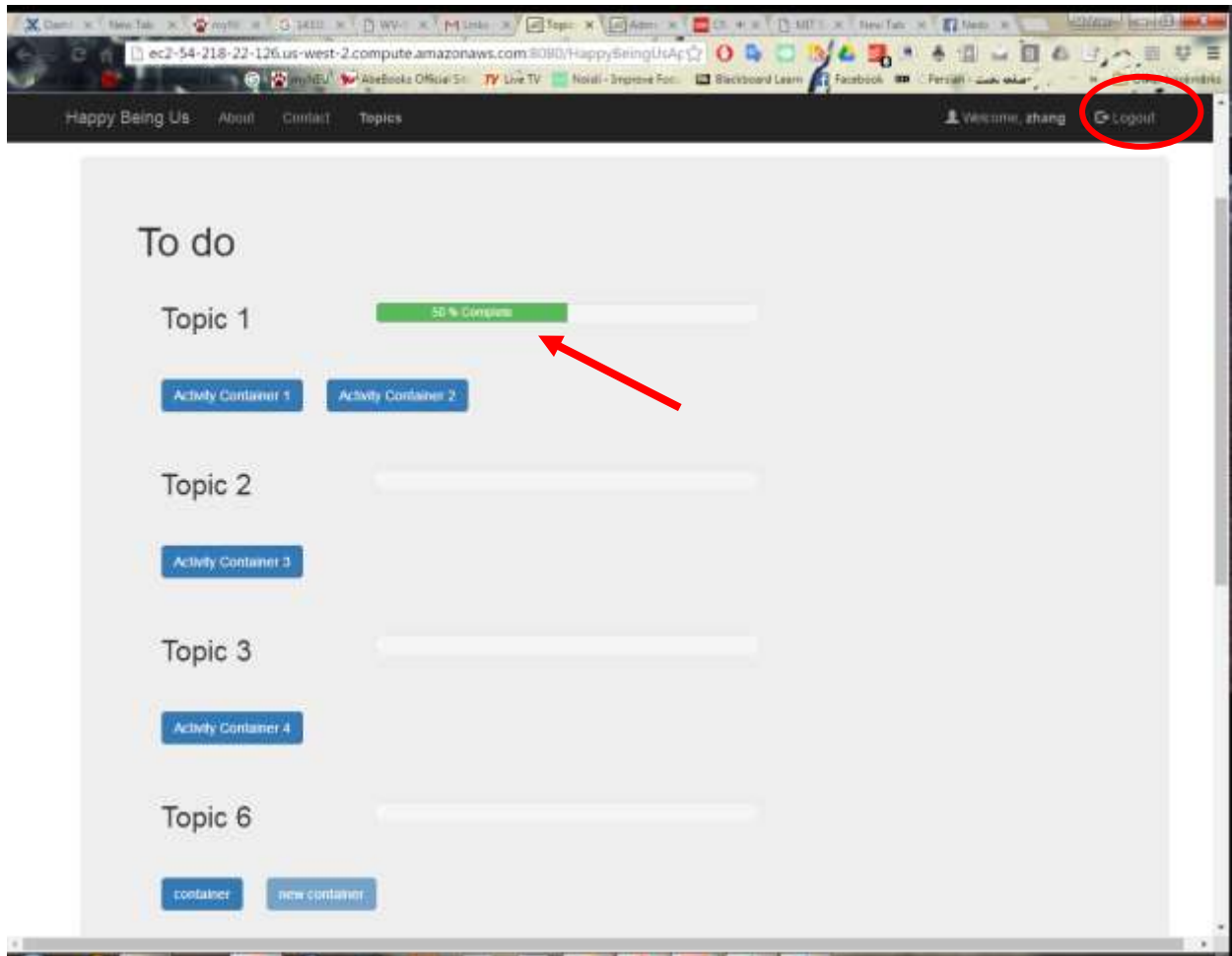
previous activity next activity previous container next container

Designed By Group 11 3/21/2016

Choose the right answer and click on submit. Next activity here is "information activity"



read the information and click on next activity or go to topic page.



As you see in the topics page, your progress is shown in front of each topic.

You can also at any time. Your data is saved and you are able to continue next time you are back.

The screenshot shows a web browser window with a presentation slide. The browser's address bar displays the URL: `ec2-54-218-22-126.us-west-2.compute.amazonaws.com:8080/HappyBeingUsApp`. The navigation bar at the top includes links for 'Happy Being Us', 'About', 'Contact', 'Sign Up Daughter', 'Sign Up Mom', and a 'Login' button which is circled in red. The slide itself has a grey header with the text 'Slide One' and 'Caption 1'. Below this, the question 'What are we learning today?' is written in a blue, handwritten-style font. A bulleted list follows, containing four items: 'Introducing appearance ideals', 'Sources of appearance ideals', 'Appearance-related pressures', and 'Challenging appearance pressures'. To the right of the list is a photograph of a diverse group of five people (three women and two men) sitting around a wooden table, looking at a laptop. The browser's status bar at the bottom shows the same URL as the address bar.

Happy Being Us About Contact Sign Up Daughter Sign Up Mom **Login**

Slide One

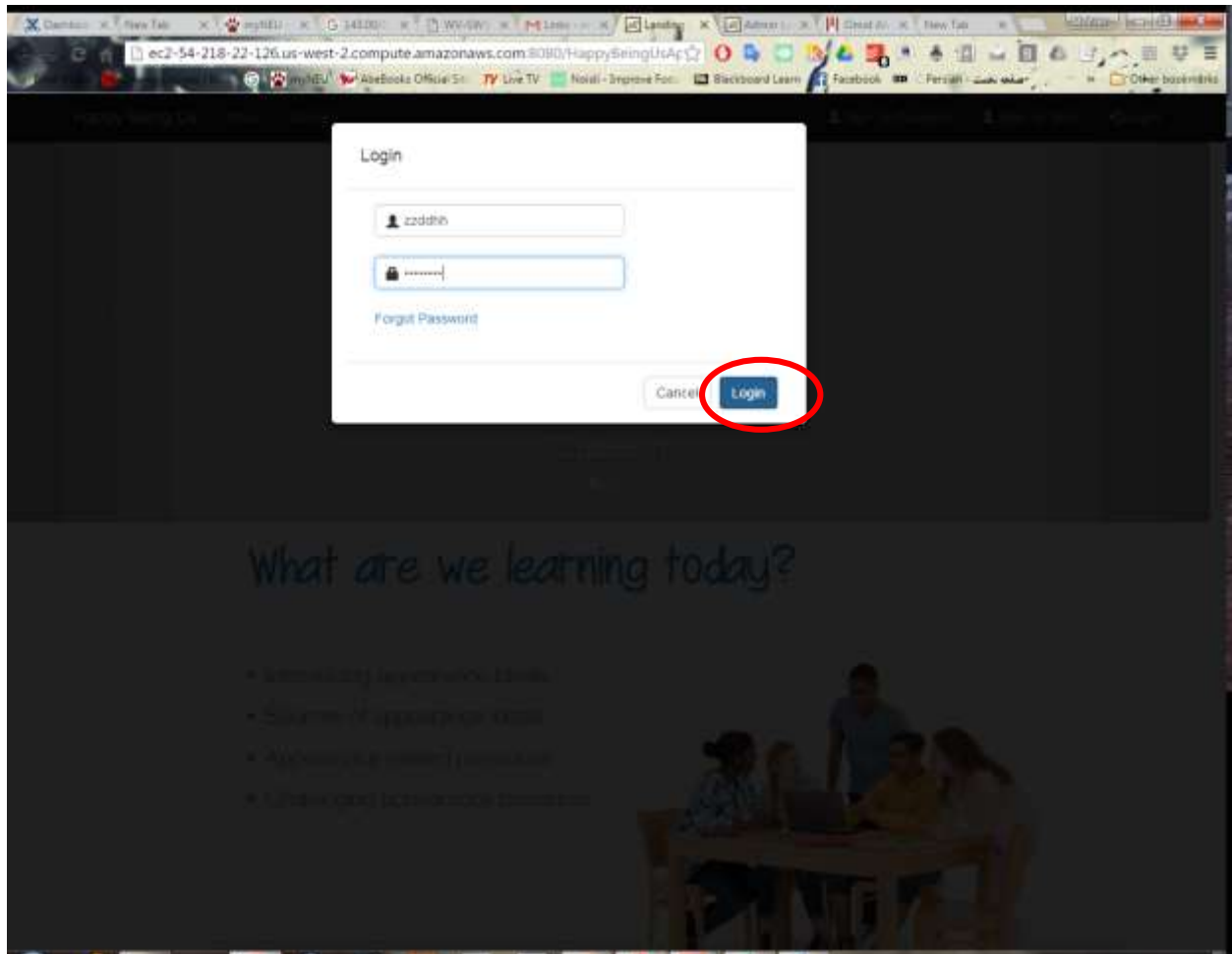
Caption 1

What are we learning today?

- Introducing appearance ideals
- Sources of appearance ideals
- Appearance-related pressures
- Challenging appearance pressures

ec2-54-218-22-126.us-west-2.compute.amazonaws.com:8080/HappyBeingUsApp/logout.action?login

You may log in next time you come to website.



put your username and pass word and click on Login.

ec2-54-218-22-126.us-west-2.compute.amazonaws.com:8080/HappyBeingUsAp


Happy Being Us About Contact Topics Welcome, zhang Logout

Slide One

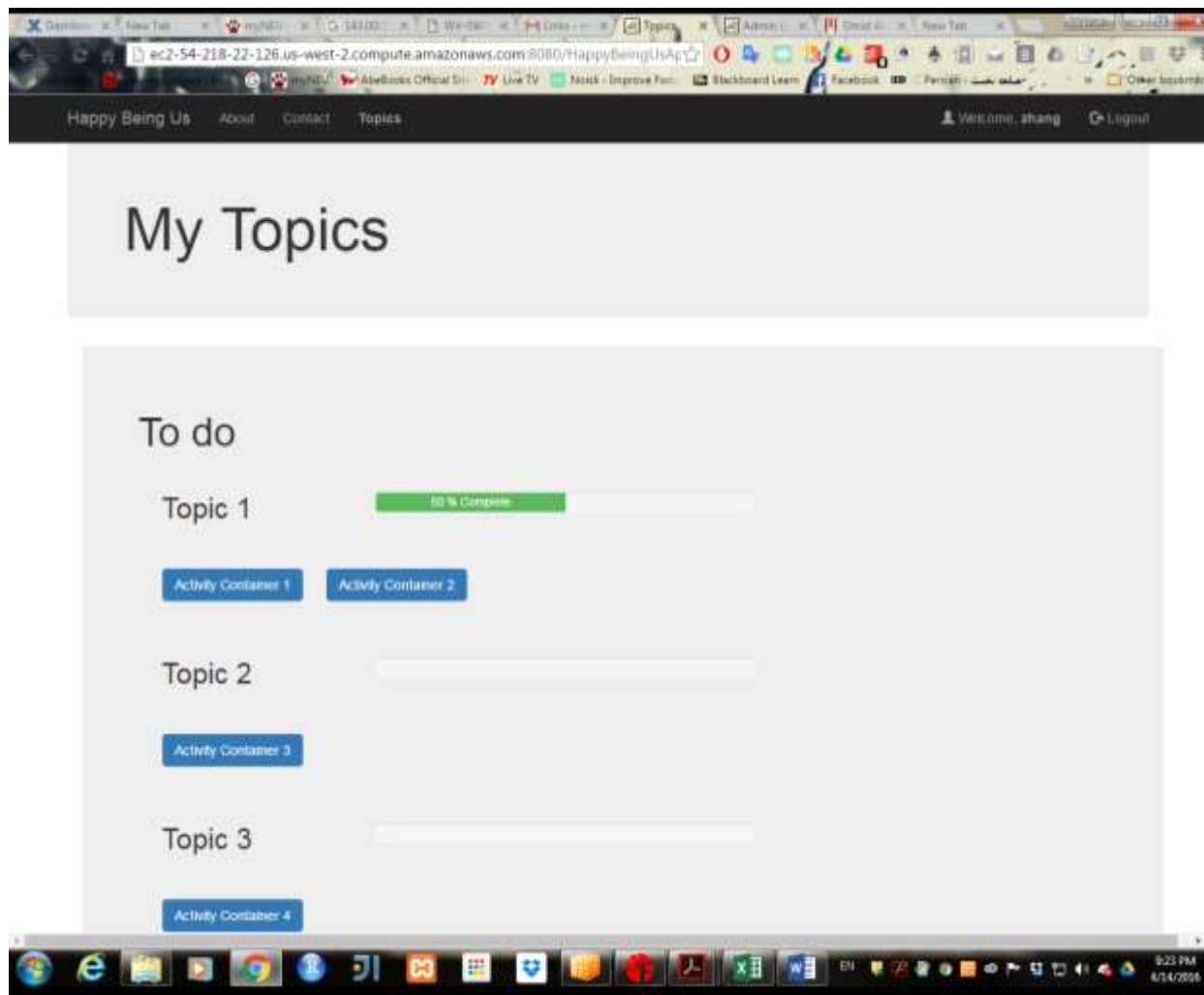
Caption 1

What are we learning today?

- Introducing appearance ideals
- Sources of appearance ideals
- Appearance-related pressures
- Challenging appearance pressures



Now you are directed to your home page.



For more question and guidance, please email: monabiyar@gmail.com