

PuffAway

User Manual

SE 3350B: Software Engineering Design I

Self-Care mobile application that helps users quit vaping habits using Jeffrey M. Schwartz M.D.
and Rebecca Gladding M.D.'s 4-Step Solution.

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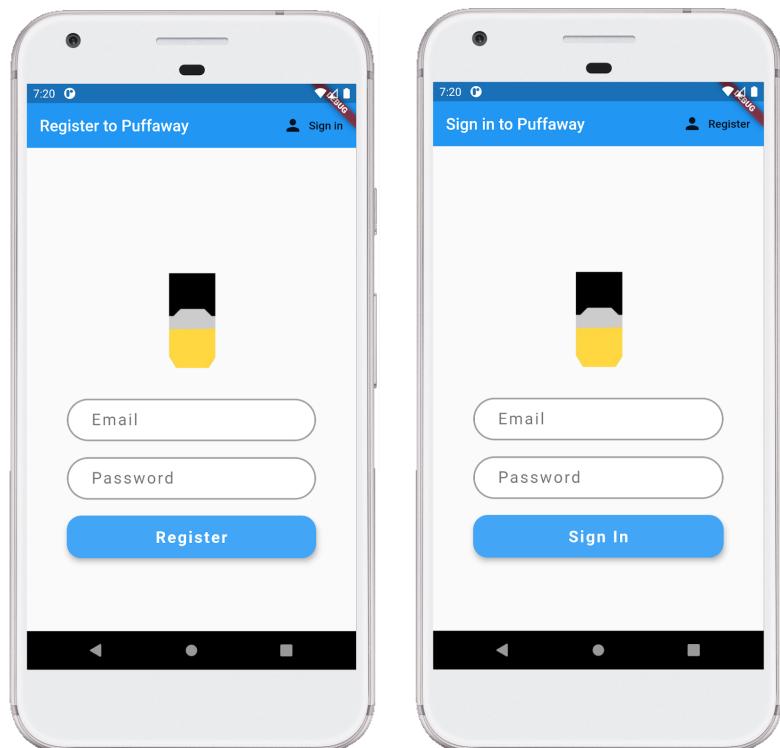
Introduction

The purpose of this document is to give guidance and background information on the application PuffAway. With this document, users will gain a better understanding of how to use the application and how this application can help them quit or minimize their vaping habits.

With that being said, this application is based on a book, The 4-Step Solution To Changing Bad Habits, written by Dr. Jeffrey Shwartz and Dr. Rebecca Gladding's. These two psychiatrists have treated and tested this 4-step solution and have helped countless people in changing their bad habits. PuffAway implements these 4 simple steps of relabeling, reframing, refocussing, and revaluing into its core functionalities. These will help guarantee a higher chance of changing a bad habit.

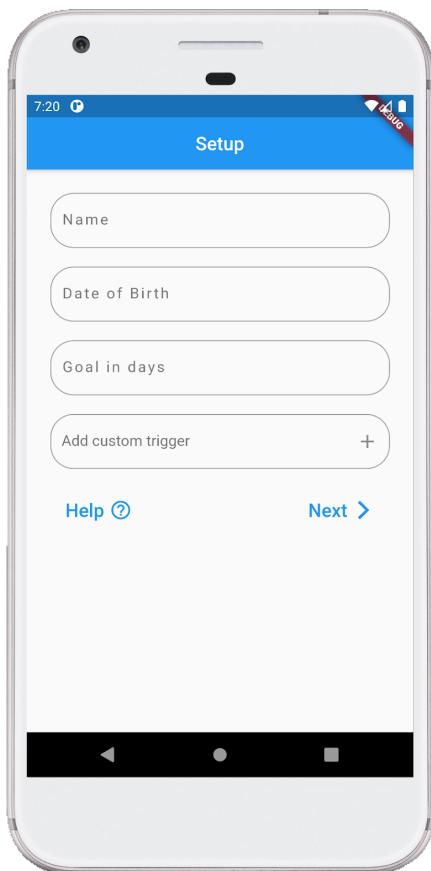
Registration/Logging In:

If you are not a user and it is your first time opening the application you will be greeted with the registration page. If you are a returning user or have an existing account please select the option "Sign In" in the top right-hand corner. The reason for having your own account is important is because this application offers some personalization features and is intended for a single person's use. Once you have entered a proper email and password please hit the "register" or "sign in" button to move on to the next screen.



Setup Page:

For new users, we have created a setup page that will help you set up your own profile and set your first goal. This is a good chance to think about your habits and set a goal that is realistic. In our application, we use the metric of how long a vape pod lasts as a goal. Another option in the setup page is to add a specific trigger that triggers you to vape. This is a crucial step in the 4-step process and is to help you relabel the bad habit. It is important to realize that vaping is nothing more than a coping mechanism. There is always a specific trigger that causes a person to vape. Whether it be stress or simply seeing someone else vape, it is the first step to relabel the action. For additional help/information, there is a help button in the bottom left of the text boxes.



Dashboard/Navigation:

The next screen for existing users and new users who have viewed the setup page is the dashboard/navigation page. It is the home of the application that offers some statistics and options in terms of actions.

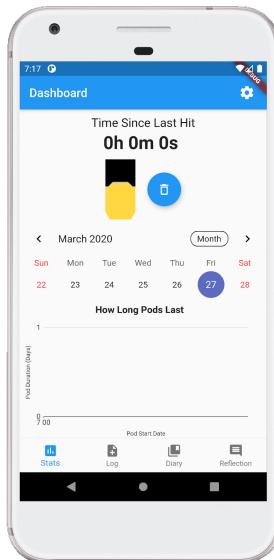
The time since the last hit is quite intuitive, it is the time since you last took a hit. Use this to gauge how long you can last without taking a hit.

Another feature you can see at the top of the page is a vape pod with virtual liquid inside. This virtual representation of a vape pod is an indicator for you to keep track of in regard to your goal. This depletes in a ratio of liquid vs day of a goal to help you stay on track of your goal. If you selected your goal to be 1 pod per week (meaning you finish a pod a week) then halfway through the week the virtual pod will be half full. If you manage to finish after this virtual pod, you have reached your goal!

The calendar is the next thing below the virtual pod. It shows you how many times you have vaped in a day. Currently, this user has not vaped but if they did there would be small dots on the day; 1 per vape session.

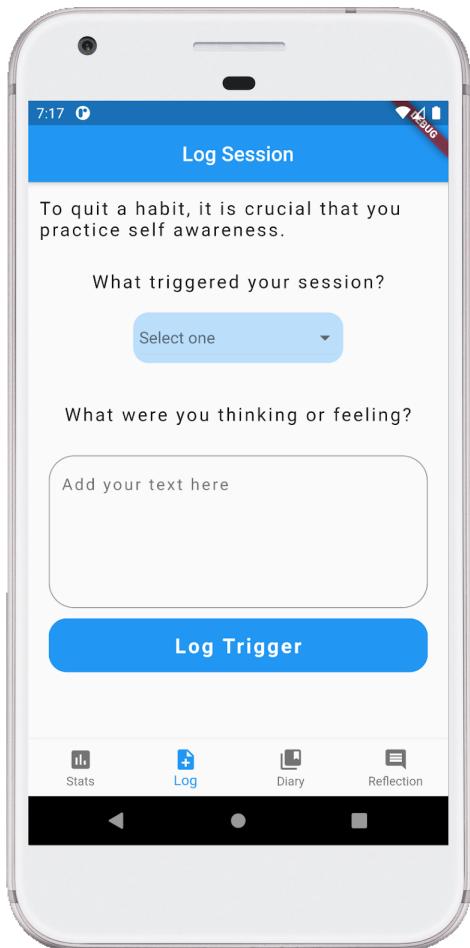
The graph at the bottom of the screen is a line graph that shows you how long a pod lasts, its y-axis is the amount left in the pod, whereas the x-axis is the length of time since starting. To minimize the habit of vaping it should steadily decline or be constant.

At the very bottom of the screen you will see a navigation bar. From the left to the right there is the “stats” page, “diary” page, and “reflection” page. These pages will be explained further in the coming sections.



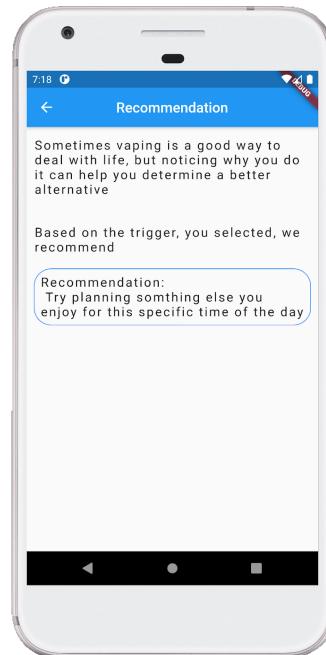
The Log

The log page is one of the most important pages in PuffAway. It incorporates 2 of the 4-steps of changing a bad habit. On this page, you make a log every time you get the urge to vape. The first step to changing a bad habit is relabelling. This means understanding that there is an underlying reason behind your habit, such as stress, loneliness, or fatigue. When you label your thoughts with what triggered it, you can more deeply internalize that there are other things you can do to cope with your triggers. The second step is reframing, in the thoughts section, you should write down what you think a wise advocate would say about the situation. A wise advocate, as explained by Dr. Schwartz, is someone who truly cares about you, and knows what's best for you in the long run. By writing this down after every vape session, you will become more mindful of negative thoughts, making it easier to listen and follow through with other thoughts that are in line with your goals. After selecting the trigger and writing down your thoughts you can press the "log trigger" button to continue logging the session.



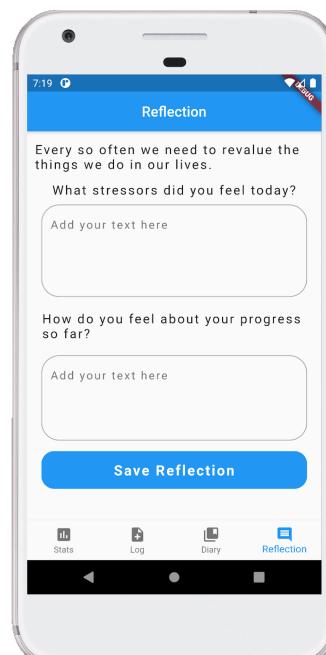
Recommendations

The recommendations page implements the third step of the 4-step process, refocussing. Refocusing means understanding that you don't have control over your thoughts and feelings, they arise in the brain, but you do have control over your actions. Instead of dwelling on your negative thoughts, you should push them out of your mind by doing an alternative activity. This page shows you a recommendation based on the trigger selected on the previous page. To return to the home screen press the back arrow in the top left corner.



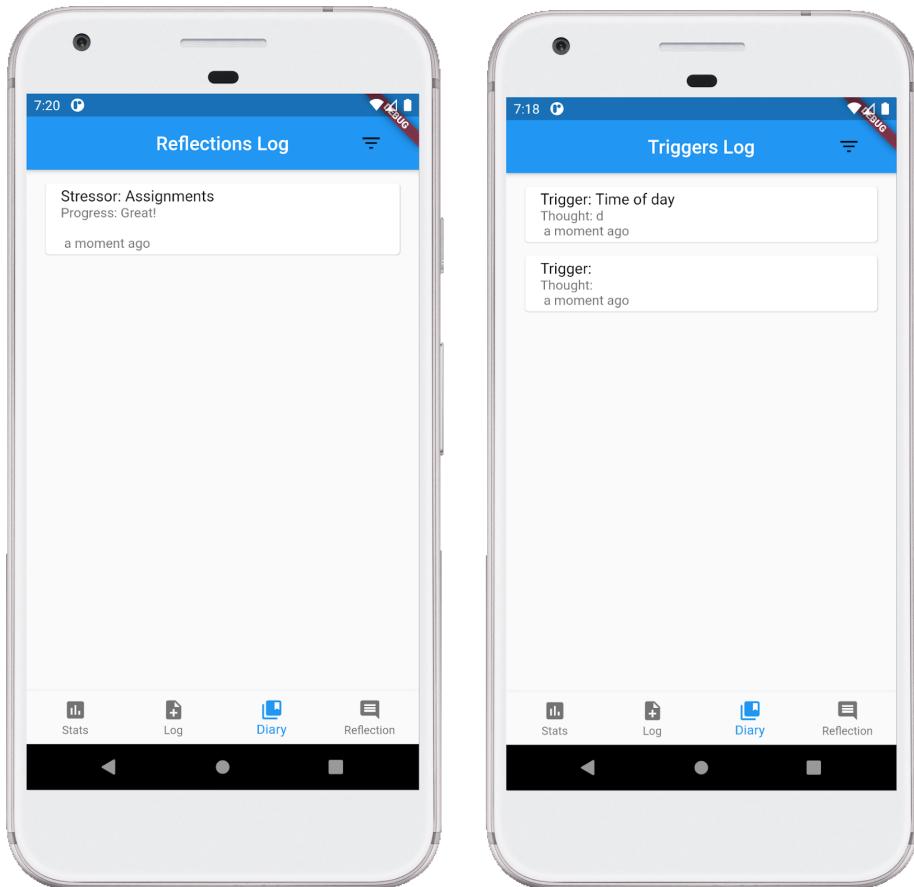
Reflections

By selecting the reflection icon in the home/dashboard screen it will take you to the reflections page. This page implements the last step, revalue. Revaluing means taking a step back and looking at the bigger picture, at how this habit has affected your life negatively. On this page, you can write down what's stressing you today, and your thoughts on your overall progress. Reflecting on your progress keeps you motivated when you're having a tough day. PuffAway sends a push notification twice a week to remind you to reflect. To save the reflection and return to the home screen/dashboard please press the "save reflection" button.



Diary

From the navigation bar at the bottom of the home/dashboard screen, you can select the diary page. This is where you can look at your past actions and self reflect on your thoughts. On the top right hand corner you can press the toggle button that switches the page to show reflections or triggers. These are to help with the fourth step, ravelue. If you feel down or want to self reflect about your past habits this page can help you touch on the triggers you tend to vape after.



Settings

The last page of PuffAway is the profile settings page, here you can change your personal details in case you made a mistake. To do this there are text boxes with “Name” and “Date of Birth”. Once you start to type things a button will appear and let you save it.

There is also an option to edit your goal. This can be done by editing the text box right under the Goal Information Title.

If you've discovered any more personal triggers as you've become more self-aware, you can add more here by using the text box with the “add custom trigger” text and press the “+” button.

You can also view any achievements and badges you've unlocked here by pressing the achievements button. These badges represent not vaping for a certain amount of time, from 1 day to 3 months. The first few badges are relatively easy to achieve, to give you some short-term external goals to work towards. However, we wanted to make the last badge somewhat difficult to achieve, so you have a worthy long-term goal as well. When you unlock a badge, PuffAway sends you a push notification congratulating your achievement, and the badge gets coloured in.

Lastly, if you're ever unsure of how PuffAway is implementing the 4 steps, you can read through the instructions page for a refresh. To do this press the “instructions” button

