# Technical Documentation for SocialEase Project

1. **Technical Details of Pages for SocialEase Project**
   1. **User Registration Page:**
      1. **Functionality**: This page allows users to create an account by providing essential details such as username, email, password, and other personal information required for registration.
      2. **Backend Integration**: The user data is validated on the backend using Spring Boot REST APIs. Upon successful registration, the user information is stored in the database and a confirmation message is sent.
      3. **Frontend**: The page is built using HTML, CSS, and JavaScript to create a responsive form. JavaScript handles validation checks before submission.
   2. **User Login Page:**
      1. **Functionality**: Users can log in using their credentials (email and password). The application validates these credentials against the stored data in the database.
      2. **Backend Integration**: On successful authentication, the user is granted a token or session, which is used to manage their login state.
      3. **Frontend**: This page is also developed with HTML, CSS, and JavaScript. It includes form validation to ensure that the login information is correct.
   3. **Home Screen:**
      1. Functionality: After logging in, users are redirected to the home screen, where they can see an overview of available CBT exercises, including links to the sections for Behavioral Activation, Exposure Therapy, and Stress Reduction Techniques.
      2. Backend Integration: The home screen fetches relevant exercise data from the backend APIs and displays it dynamically.
      3. Frontend: The home screen includes interactive elements like buttons and links that lead to detailed pages for each exercise.
   4. **CBT Exercise Pages (Behavioral Activation, Exposure Therapy, Stress Reduction Techniques):**
      1. **Functionality**: Each page describes its respective CBT exercise with detailed instructions, including sections such as Identifying Avoidance Behavior (Behavioral Activation), Create Hierarchy (Exposure Therapy), and Progressive Muscle Relaxation (Stress Reduction Techniques).
      2. **Backend Integration**: Data is fetched from the database through the Spring Boot API, which contains exercises and detailed steps for each technique.
      3. **Frontend**: The pages use HTML for structure, CSS for layout and styling, and JavaScript for interactivity, allowing users to navigate through different sections within each exercise.
2. **Use Documentation**
   1. **User Registration:**
      1. **Purpose**: Enables users to create an account and store their data for future interactions.
      2. **Instructions**: On the registration page, users need to fill in their name, email, password, and any other required fields. After entering the information, they click “Register”. A confirmation message will appear, notifying them that the account has been successfully created.
   2. **User Login:**
      1. **Purpose**: Allows users to securely log in to the system with their registered credentials.
      2. **Instructions**: On the login page, users enter their email and password and click “Login”. If the credentials are valid, they will be directed to the home screen. If the credentials are incorrect, an error message will appear.
   3. **Home Screen:**
      1. **Purpose**: Provides an overview of the available CBT exercises and links to access them.
      2. **Instruction**: Once logged in, the user will land on the home screen. The screen displays a list of the CBT Exercises with brief descriptions. Clicking on a link takes the user to the detailed page of the selected exercise.
   4. **Behavioral Activation (CBT Exercise):**
      1. **Purpose**: Helps users identify avoidance behaviors, set goals, and create a schedule to improve their daily activities and motivation.
      2. **Instructions**: On this page, users will find guidance on identifying their avoidance behaviors, creating realistic goals, and scheduling their activities. They can interact with the sections by clicking through them for more details.
   5. **Exposure Therapy (CBT Exercise):**
      1. **Purpose**: Guides users in creating a hierarchy of fears and practicing gradual exposure to reduce anxiety over time.
      2. **Instructions**: This page helps users identify and rank their fears, create a hierarchy, and progressively engage with the situations in a manageable way. The page includes interactive elements to track their progress.
   6. **Stress Reduction Techniques (CBT Exercise):**
      1. **Purpose**: Provides users with techniques such as progressive muscle relaxation and breathing exercises to manage stress.
      2. **Instructions**: Users can follow detailed instructions for each technique, including step-by-step guides and videos if available. The page is designed to help users learn how to practice relaxation methods regularly.

Each page in the application is designed to be intuitive and easy to navigate, providing users with the resources they need to manage social anxiety through CBT exercises.