Mental Health App Semester 2

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Team

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- Faculty Advisor:
  - Dr. Bernhard (pbernhar@fit.edu)

Clients

- Target demographic:
    - College age young adults, mostly being us and our own demographic

- Calvin Schwartz (external client)
- Maya Lindseth (external client)

Goal and Motivation

The goal is to make an app that will help motivate the user to live a healthier lifestyle

- Many fitness and health apps are overloaded with features and take a lot of effort
- Most existing apps want detailed information
- Someone with low motivation may still gain from that kind of app

Features and Tools / Approach

- Calendar based logging of exercise, basic diet and mood - SQLite
- Information and trends can be viewed in graphs - MPAndroidChart
- Customizable Notifications based on trends - SQLite queries
- “Game” that updates each day to incentivize long term use - generator that selects scenario and assets based on numerous factors

All done in Java using Android Studio with its Android Emulator

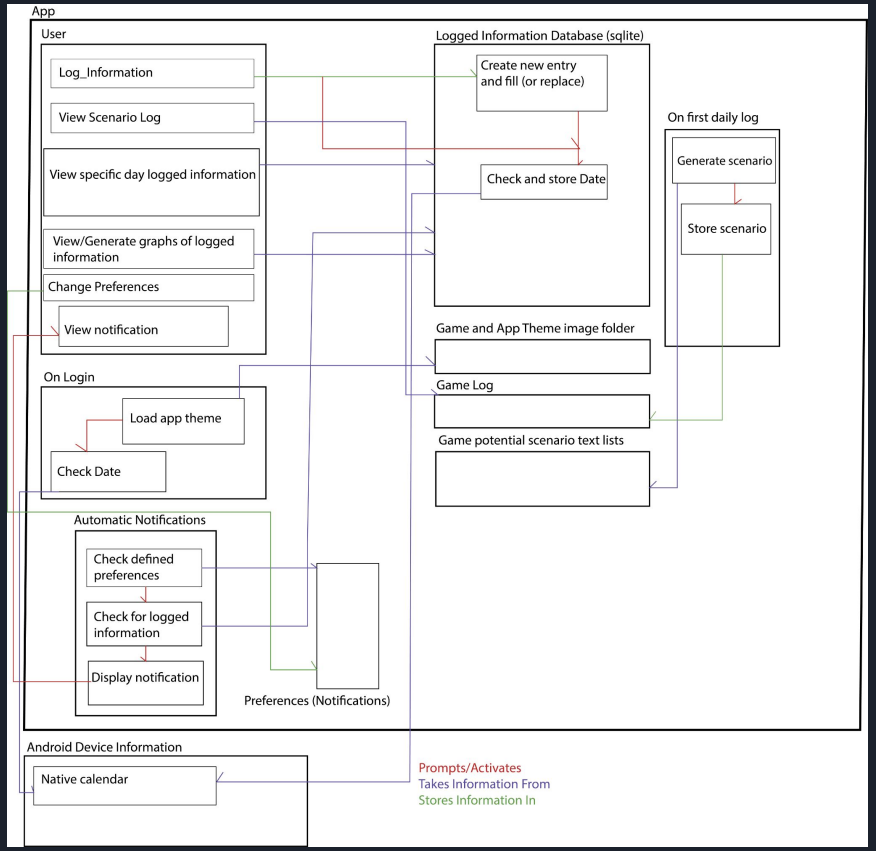
Novel Features

- No truly “novel” features
- Game to incentivize daily usage
- Daily mood tracker with food/exercise logging

Technical Challenges

- Trouble with Android Studio (crashes, CPU load, exporting app)
- SQLite database needs to be monitored
- Unfamiliar with Java

System Architecture Diagram



Evaluation

- Testing the speed and memory usage of the database when under different loads
- User experience questionnaire
- Testing all input fields with incorrect information

Progress Summary

Module/feature	Completion %	To do
GUI	60%	Add app disclaimer on startup, implement pop up notifications, finalize connecting all logs to the right pop ups, complete and implement graphical assets.
Database	70%	Finish incorporating the database into graphs, and test the database for accuracy and speed.
Graphs	40%	Add the correct type of graphs instead of pie charts, add time period functionality, and retrieve database information.
Notifications	20%	Add the checks based on settings to call the notifications and make the pop ups.
Game	5%	Add game assets, add the scenario generator, add achievements.

Milestone 4

- Create Graphical assets
- Implement the graphical elements/theme to the app corresponding to one month
- Notifications
- Complete graphs
- Make example dummy game generator as test for assets

Milestone 5

- Evaluation Results
- Create poster for Senior Design Showcase
- Finish assets and themes
- Create a full scenario generator
- Add some “achievements” based on logged information
- Research for any modifications to be made health wise
- Complete calendar
- Finish deciding over a name for the app

Milestone 6

- Test/Demo of the entire system
- Evaluation Results
- Create User/Developer Manual
- Create Demo Video
- Finalize graphical assets and add any last themes
- Add more achievements and scenarios to the generator
- Let user choose name of game character
- Let user choose game character sprite
- Complete any final features or tweaks
- Add a “splash” screen upon startup that includes disclaimers
- Add user experience surveys

Task Matrix for Milestone 4

Task	Josh	Phi	Daniel
Create graphical assets for the app to use.	80%	20%	0%
Implement the graphical elements/theme to the app corresponding to one month.	40%	30%	30%
Create notifications based on previously planned database/SQL queries and information.	20%	40%	40%
Complete storing information in the database through pop ups and obtaining it in graphs.	33%	33%	33%
Create a dummy scenario generator and make an example game screen generated from stored images as well as a dummy scenario text.	15%	35%	50%

Questions?