

Journaly: The Mental Health Diary

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Introduction

Journaly: The Mental Health Diary is a application used to allow for daily check-ins for students to discuss their day. The motivation behind it was based on how being a college student can feel isolating at times. Everyone is busy with their studies, jobs, chores, and lives that it is hard to take time and decompress from the day. Journaly offers a simple and quick outlet for students to journal their day and compartmentalize their thoughts. With the rating and entry system, Journaly allows users to discuss their day in an easily accessible application. Users are also able to access their previous entries to see their progress and thoughts throughout time. This is important as it allows for users to see their progress on working on their mental health. They are also able to count their word count and add certain entries up to see what days they had a lot to say and days they had little to say.

Requirements

Content Requirements

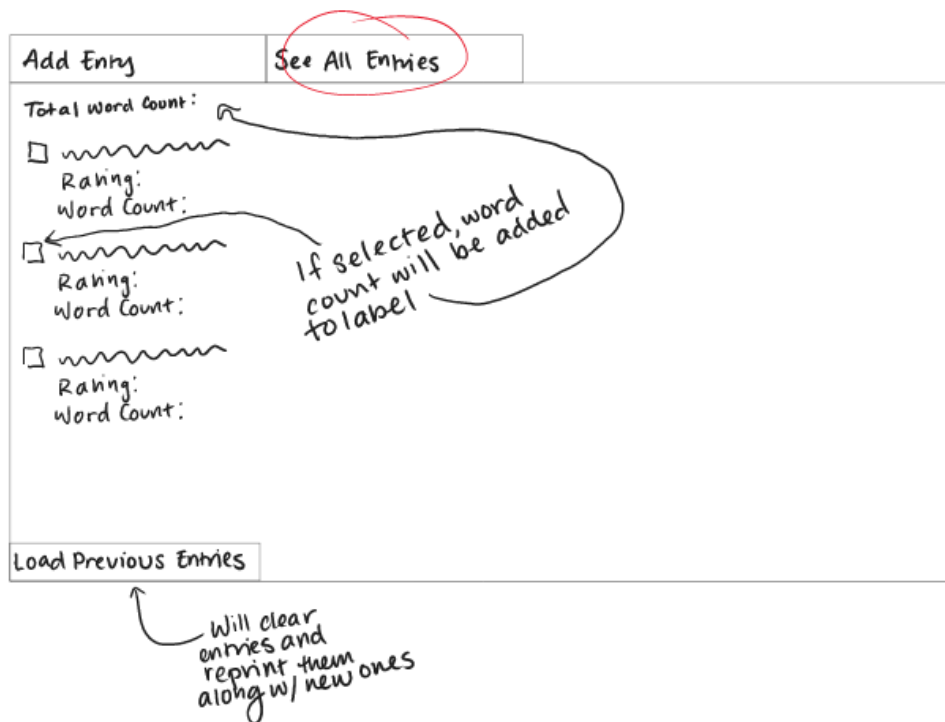
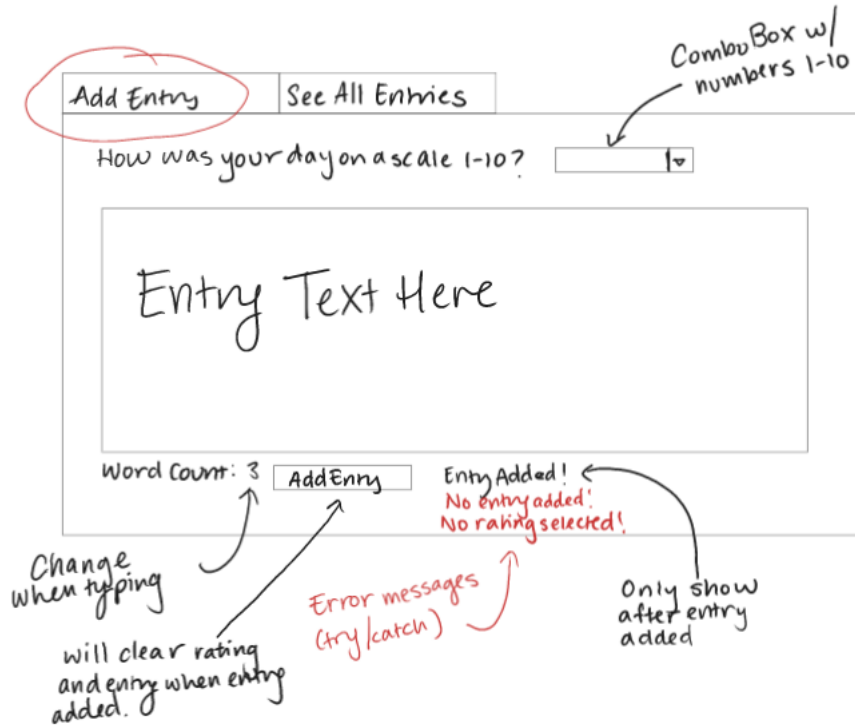
- Page to see past entries
- Page to type new entries
- Show word count while typing
- Choose options out of 10 for rating day
- Entry Class
 - Rating
 - Entry
 - Word Count
- Show total word count
- Add try/catch to make sure user puts entry and rating
- Clear entry areas after creating a new entry

Product Requirements

- Simple and quick
 - To ensure that people spend little time in their busy schedules
 - Will motivate them to do it more often because it is small and quick
- Make sure it is required to do an entry AND rating
- Easy layout to access
- Proper separation between entry page and list page

Approach

1. Draw a diagram of what the page should look like



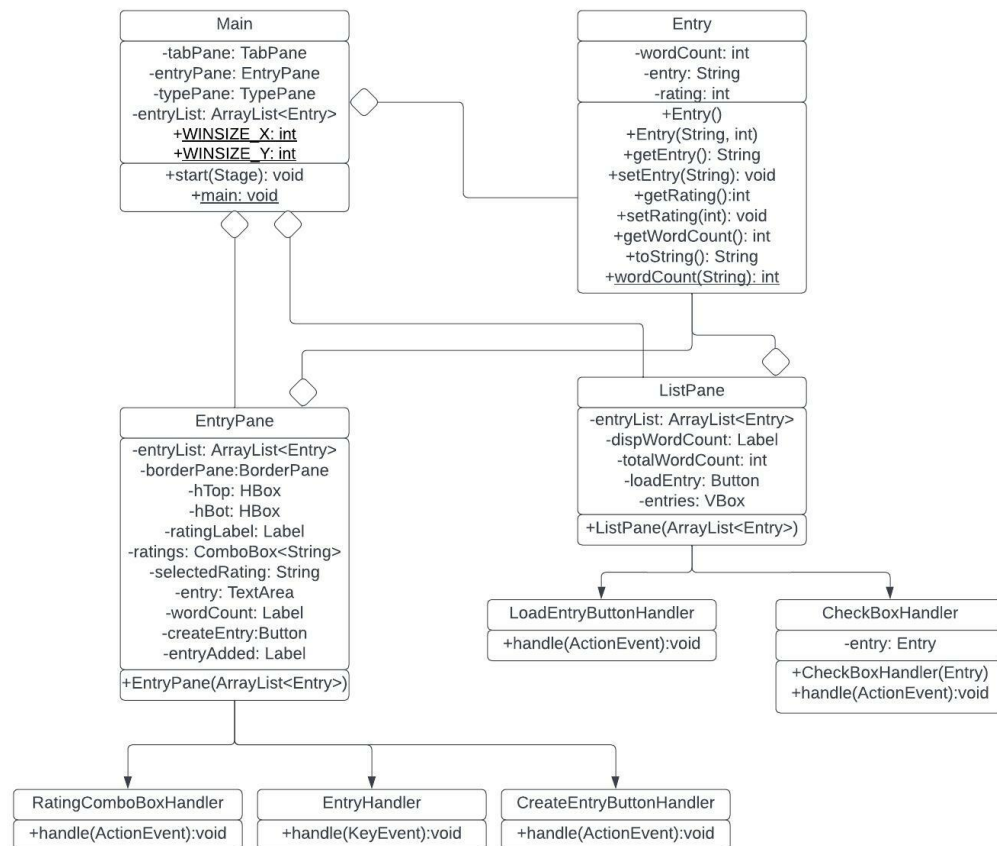
2. Create Entry Class
 - a. Instance Variables
 - b. Constructors
 - c. Getters and Setters
 - d. Calculate the word count of a string
3. Create Main Class
 - a. Set up StackPane
 - b. Set up TabPane
4. Create EntryPane Class
 - a. Instance Variables
 - b. Constructor
 - c. Handler Classes
 - d. Add instance to TabPane in Main
5. Create ListPane Class
 - a. Instance Variables
 - b. Constructor
 - c. Handler Classes
 - d. Add instance to TabPane in Main

Design

UML Diagram

Journaly: Mental Health Diary

UML Diagram



Class Descriptions

- **Main**: Contains the `start()` method in order to open the JavaFX application
- **Entry**: Creates an entry object with entry, rating, and word count
- **EntryPane**: Creates a pane in which user enters their entry
 - **RatingComboBoxHandler**: Handles when user inputs a rating using the ComboBox
 - **EntryHandler**: Handles when user inputs an entry in the TextArea
 - **CreateEntryButtonHandler**: Handles when user presses Button to create an entry
- **ListPane**: Creates a pane in which user can access their previous entries
 - **LoadEntryButtonHandler**: Handles when user presses Button to view previous entries
 - **CheckBoxHandler**: Handles when a new entry is being displayed