FeelBit Mood Tracker User Manual (CSCI205 Team 6)

INTRODUCTION (NON-TECHNICAL)

The hard part of being human is that you're vulnerable to feeling anything at any time. Life can get in the way of us being able to effectively process our emotions, especially in the ways we've previously considered tried and true. In the age of always needing to be online and sending emails, who has the bandwidth (or a spare pen) to journal? Therapy can be costly and inaccessible for financial or time reasons. This is all to say that paywalls, lack of time, or uncertainty should never be obstacles to someone being able to discern and receive help understanding their emotions.

FeelBit, our team's app, comes in to remedy this issue! This app is formally constituted as a mood tracker, but consider it a mobile, on-the-go mood companion. FeelBit is designed to allow users to track their mood daily using multiple approaches - cute emoticons that convey a wide range of possible emotions, tags of potential triggers that could've impacted one's day, and a diary space where a user can expand on their emotions. This multi-faceted approach lets users identify their emotions in an all encompassing way - through a simple click, or a more intensive venting session.

All in all, FeelBit is meant to provide a space for people to not only be able to track their mood, but receive well-meaning advice and encouragement. Through visuals like pie charts that summarize your most common emotions felt throughout the week, or recommended advice and wellness tips (catered specifically for YOU), the app aims to enable all its users to have more autonomy and recognition of what keeps them from being the best they can be!
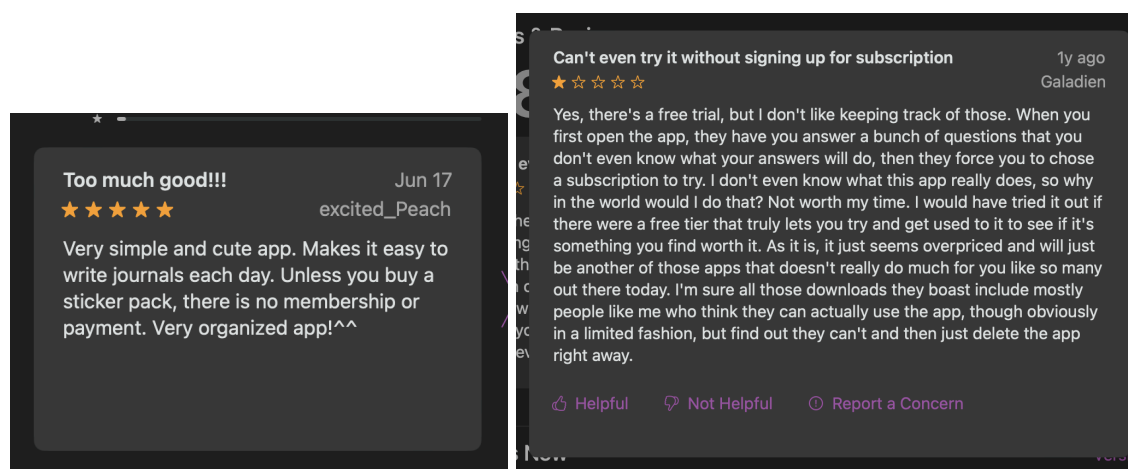
INTRODUCTION/BACKGROUND/MOTIVATION

To make a long story short, the inaccessibility of mental health care in the United States necessitates accessible wellness tools and mood tracking. In today's fast-paced world, mental health challenges are increasingly prevalent, yet accessible tools for self-reflection and emotional regulation remain limited. Many people struggle to identify the underlying causes of their emotions or find practical ways to track how they feel over time. Research highlights that consistent mood tracking can foster greater emotional awareness, helping individuals recognize patterns in their mental well-being and connect their feelings to specific triggers. However, existing
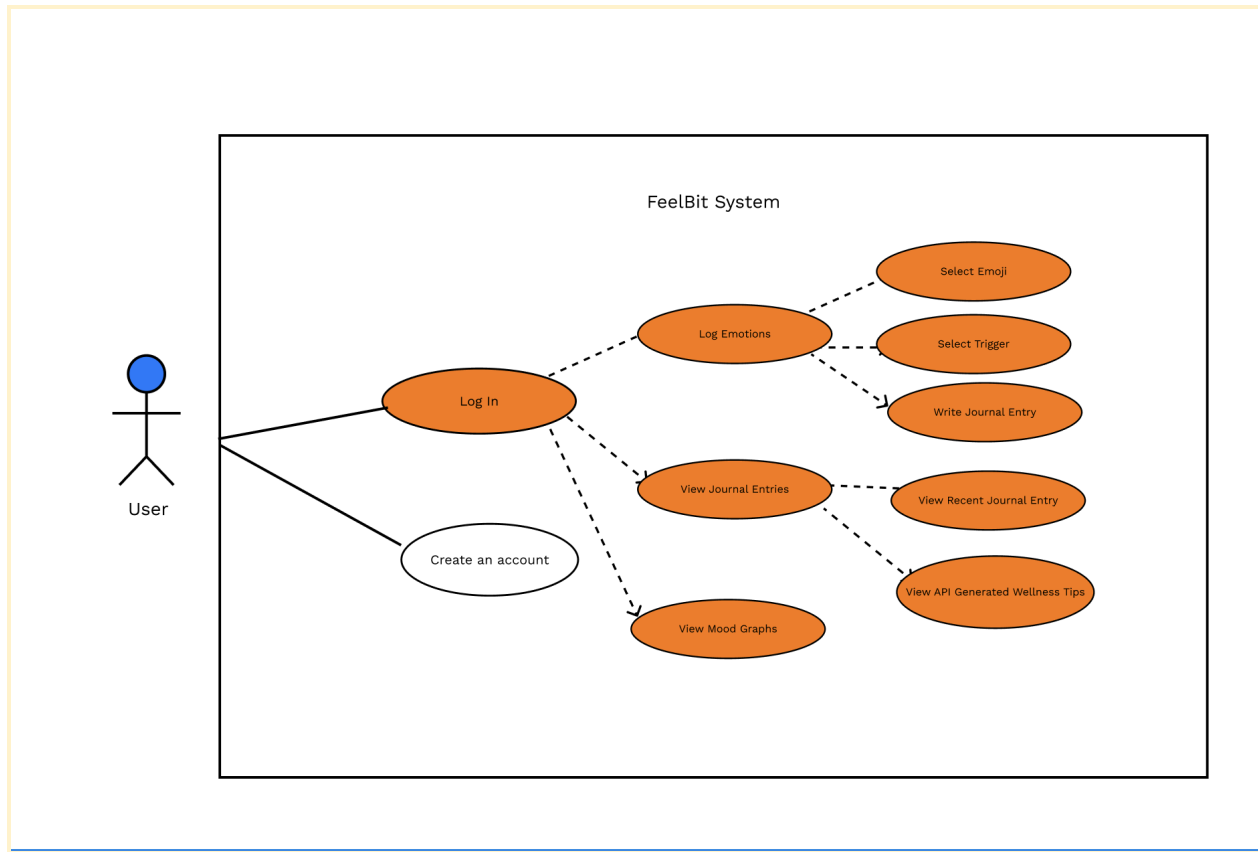
solutions often lack the personalization or engagement necessary to sustain long-term user involvement. Here are some pertinent statistics from the [National Institute of Health](#) that substantiates the mental health problems across the country:

- An estimated 5.7% of U.S. adults experience generalized anxiety disorder at some time in their lives.

- An estimated 21.0 million adults in the United States had at least one major depressive episode. This number represented 8.3% of all U.S. adults.

- In 2022, there were an estimated 59.3 million adults aged 18 or older in the United States with AMI. This number represented 23.1% of all U.S. adults.
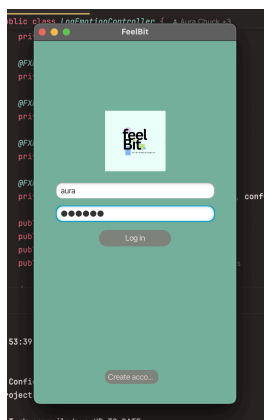
FeelBit addresses this gap by providing a multi-faceted and user-friendly mood-tracking platform that blends structure with creative expression. Our design approach was inspired by similar mood applications which rated highly on sites like Apple App Store. Users state that they appreciate the cheerful UI interface and simplistic approach these apps take to mood tracking, but lament paywalls and other barriers (that FeelBit made it a point to omit in our design practices). The images below are some reviews for other mood tracking apps that FeelBit took into consideration when designing:

UML USE CASE DIAGRAM

FeelBit System

- Log In
- Create an account
- Log Emotions
  - Select Emoji
  - Select Trigger
  - Write Journal Entry
- View Journal Entries
  - View Recent Journal Entry
 - View API Generated Wellness Tips
- View Mood Graphs

User

PROGRAM RUNNING INSTRUCTIONS

1. Begin by opening the application by pressing the run button on the build.gradle file.Scene Builder should open and take you to FeelBit's login page.

2. For new users, we encourage pressing the create account button at the bottom of the login page, where you'll be taken to a page with near identical username and password fields. Press the create account button.

3. For returning users, enter your username and password in the login page. Press the Login button.
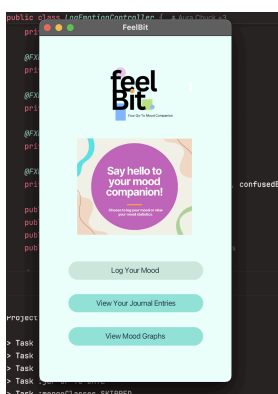
4. Upon entering the home page, the user will be presented with three buttons, which represent the different ways a user can log and view their entries. The topmost button allows users to press emoticons, select from a drop-down of trigger options, and write their specialized entry. The middle button will let the user select a journal entry of their choice and review the entry, along with the API generated wellness tips. The last

button allows users to view a pie chart of their most commonly entered emotions. Press the button of your choice.

5. Upon completion of entering your emotion log (pressing the first button and selecting emoticon, trigger, writing an entry, and pressing submit), you'll be taken to a page that congratulates you on your submission and summarizes your journal entry, along with API generated wellness tips.
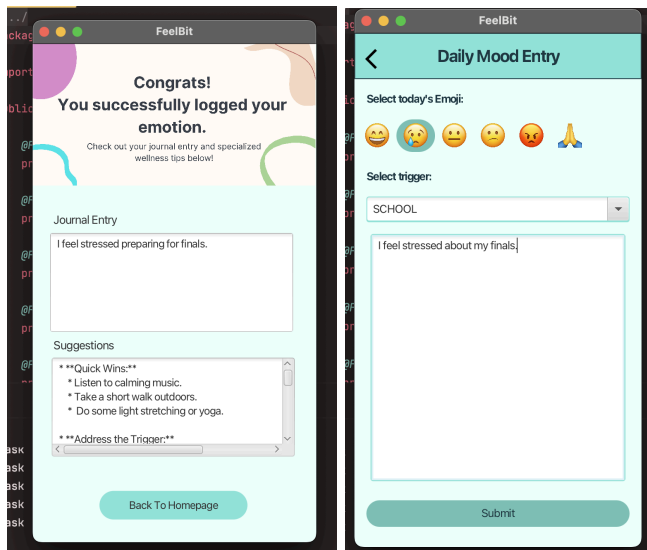
What the user sees when entering their mood data and after pressing the submit button.