Team Members:
-Leeya Howley rlh9398
-Ons Taktak ot503
-Jiacheng Xia jx2467
-Mirette Dahab md5341

Final Project Report: ClearMyMind

1. **Executive Summary**
   Briefly summarize the project, emphasizing its achievements, challenges, and overall impact:
   - We hope this app helps users improve their mental health. Clear My Mind encourages conversation, openness, and mindfulness around mental health. We hope Clear My Mind will reach a broad audience and benefit all types of people struggling with mental health.

2. **Introduction**
   Project Overview: Briefly introduce the project, emphasizing its relevance and context:
   - Clear My Mind is a web-based app for all your mental health needs. It includes multiple tracking and management features to provide users with a space to vent and organize their lifestyle related to mental health.
   - We did the market research and realized there are no free accessible existing app that neatly consolidates all mental health-related needs

3. **Project Objectives and Scope**
   Project Objectives:
   The reasons behind developing the web-based mental health diary are:
   - To promote mental wellness and organization, encouraging users to be consistent with their mental health activities
   - To reduce stigma around mental health.
   - To allow users to combine everything related to mental health in one place for easy navigation.
   - To provide users with a dedicated safe and private space to practice self-expression, self-reflection, and self-discovery comfortably.
   - To allow users to monitor their mental health journey over time, thus allowing them to notice patterns in their behavior or moods and to track their personal growth.

   Project Scope: Highlight the boundaries and limitations of the project.

   - The system will have:
     - a 24/7 journaling platform to express and record their feelings
     - A calendar element to log their therapy appointments.
     - Prescription management.
     - A pill tracking feature to log their medication intakes.

        - Daily challenges to improve their mental and physical well-being, with a rewards system.
        - Daily mood tracking by viewing a yearly, weekly, or monthly mood chart.
        - Reminders for appointments, pill refills, pill taking, journaling & mood tracking (optionally).
        - Show alerts & encouragements to users when the mood chart is below a specific threshold.
        - A communication tab to communicate with other users anonymously or form support groups
    - The system will not:
        i) Offer professional mental health medical advice
        ii) Provide users with a way to order pills
        iii) Book appointments with therapists
        iv) AI Chatbots respond to their thoughts
        v) Track medication interactions

    The 3 implemented use cases/ features:
    - Journaling
    - Prescription management
    - Pill intake tracking

4. **Achievements and Challenges**
    Project Achievements:
    - Working web product with the core features implemented
    - Effective teamwork and communication

    Challenges Faced:
    - None of us had prior backend or UI design experience
    - Time constraints

5. **Implementation Overview**
    Development Tools: Discuss the tools and technologies used in the development process.
    - HTML
    - CSS
    - JavaScript
    - PHP
    - MySQL
    - Visual studio code
    - Github

    We combined the above tools to form a locally functioning webpage; it is not yet deployed, so the database must be on your local computer system to run.

    Code Highlights:

- A javascript function that asks for confirmation before deleting an entry from the website. It also refers to a small php code that contains the query to delete the entry from the database:

```javascript
//Function to delete rows from the database
function deleteRow(rowId, phpFile) {
    Swal.fire({
        title: 'Are you sure you want to delete this entry?',
        text: 'You won\'t be able to revert this!',
        icon: 'warning',
        showCancelButton: true,
        confirmButtonText: 'Yes, delete it!'
    }).then((result) => {
        if (result.isConfirmed) {
            // User confirmed deletion
            var xhttp = new XMLHttpRequest();
            xhttp.onreadystatechange = function() {
              if (this.readyState == 4 && this.status == 200) {
                // Reload the page or update the container after successful deletion
                location.reload();
              }
            };
            //refer to a php file that has the query to delete a row from an sql table
            xhttp.open("GET", phpFile + "?id=" + rowId, true);
            xhttp.send();
        }
    });
}
```

```php
<?php
    //connect to the database
    require_once "database.php";
    if (isset($_GET['id'])) {
        $id = $_GET['id'];

        // Perform the deletion
        $deleteQuery = "DELETE FROM intakeLog WHERE id = $id";
        mysqli_query($conn, $deleteQuery);
    }
?>
```

- A PHP snippet that shows how logging an intake is added to the database and how it affects the chosen prescription:

```php
<?php
    if (isset($_POST["addIntake"])){
        //defining variables
        $prescId = $_POST['selectChoice'];
        //fetching the corresponding prescription information
        $sql0 = "SELECT prescName, numPills FROM activePrescriptions WHERE id = " .$prescId;
        $result0 = mysqli_query($conn,$sql0);
        $retrievedRow = mysqli_fetch_assoc($result0);

        $presc_name = $retrievedRow['prescName'];
        $availablePills = $retrievedRow['numPills'];

        $dateTaken= $_POST['dateTaken'];
        $pillsTaken = $_POST['pillsTaken'];

        // An array to keep track of any errors in the entry fields
        $errors = array();
        if ($pillsTaken > $availablePills){
            array_push($errors, "The prescription \"".$presc_name."\" you chose only has "
            .$availablePills." pill(s) available for you to take.");
        }
        // If the errors array is not empty, display the errors to the user
        if (count($errors)>0){
            foreach($errors as $error){
                echo "<div class='temp-alert'>$error</div>";
            }

        }
```

```php
        // If there are no errors, save data into database
        else {
            //insert into database
            $sql = "INSERT INTO intakeLog (user_id, presc_id, presc_name, pillsTaken, dateTaken) VALUES (?,?,?,?,?)";
            $stmt = mysqli_stmt_init($conn);
            $prepareStmt = mysqli_stmt_prepare($stmt, $sql);
            if ($prepareStmt){
                mysqli_stmt_bind_param($stmt,"sisis",$_SESSION["user"],$prescId,$presc_name,$pillsTaken,$dateTaken);
                mysqli_stmt_execute($stmt);
            }else{
                die("Something went wrong.");
            }
            //decerement pills or delete prescription from the database
            $sql2 = "SELECT * FROM activePrescriptions WHERE id = " .$prescId;
            $result = mysqli_query($conn,$sql2);
            $rowToUpdate = mysqli_fetch_assoc($result);
            $newValue = $rowToUpdate['numPills'] - $pillsTaken;

            if ($newValue == 0){
                $sql3 = "DELETE FROM activePrescriptions WHERE id = " .$prescId;
            }
            else{
                $sql3 = "UPDATE activePrescriptions SET numPills = " .$newValue ." WHERE id = " .$prescId;
            }
            mysqli_query($conn,$sql3);
        }
    }
?>
```

6. **Live Demonstration**

   Demonstration Overview:
   - We will demonstrate registration conditions and a successful registration.
   - We will demonstrate login conditions and a successful login.
   - We will give a quick tour of the website and all its sections.
   - For the prescription management use case:
     - We will demonstrate adding a new prescription
     - We will also demonstrate adding a new prescription that is expired
     - We will show that deleting a prescription is possible after the user gets a confirmation alert.
   - For the intake logging use case:
     - We will demonstrate that logging taking 1 pill of an existing use case decrements its number of pills by 1
     - If a prescription has 5 pills left, we will demonstrate that logging taking 5 pills will delete that prescription from the list

        - We will demonstrate that trying to take more pills than a prescription has, is not possible.
    - For the journaling use case:
        - We will show the space where all previous submissions are displayed
        - We will add a new diary entry while highlighting the conditions set on the inputs
        - We will demonstrate that canceling a submission will prompt the user to confirm their choice, and if accepted will reset the fields to be empty
    - Finally, we will demonstrate that the website is adaptable to different screen sizes.

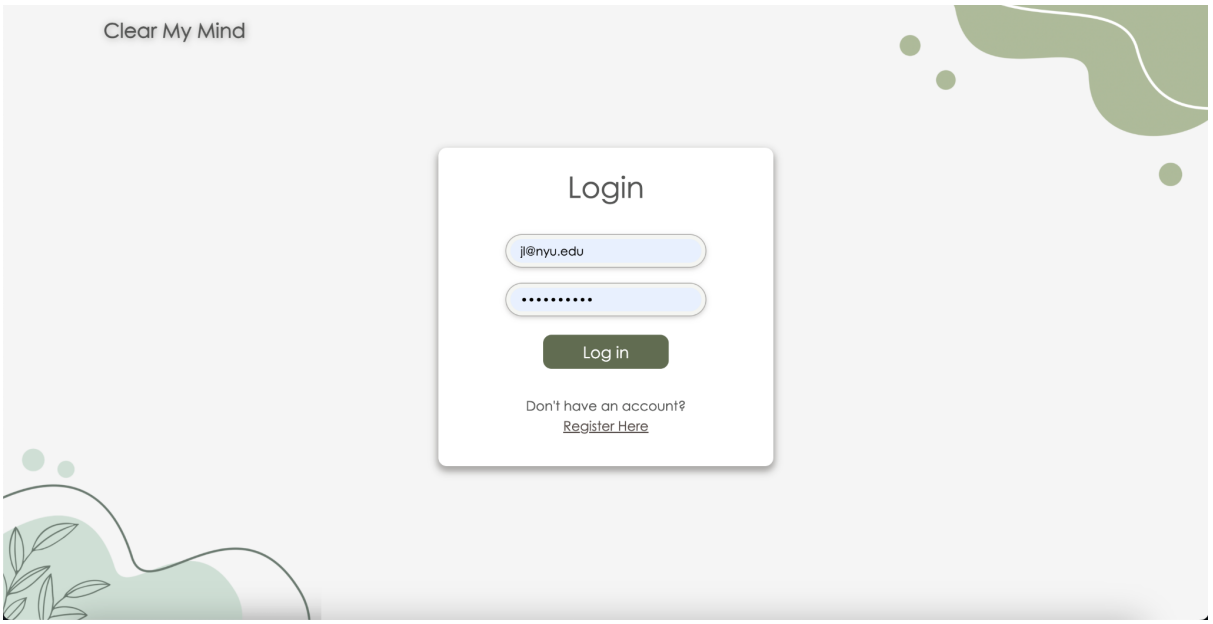
7. **Conclusion**
   Lessons Learned: Reflect on lessons learned during the project, highlighting areas for improvement.
    - Prioritizing certain aspects over others
    - Practically using the theory we learned in class

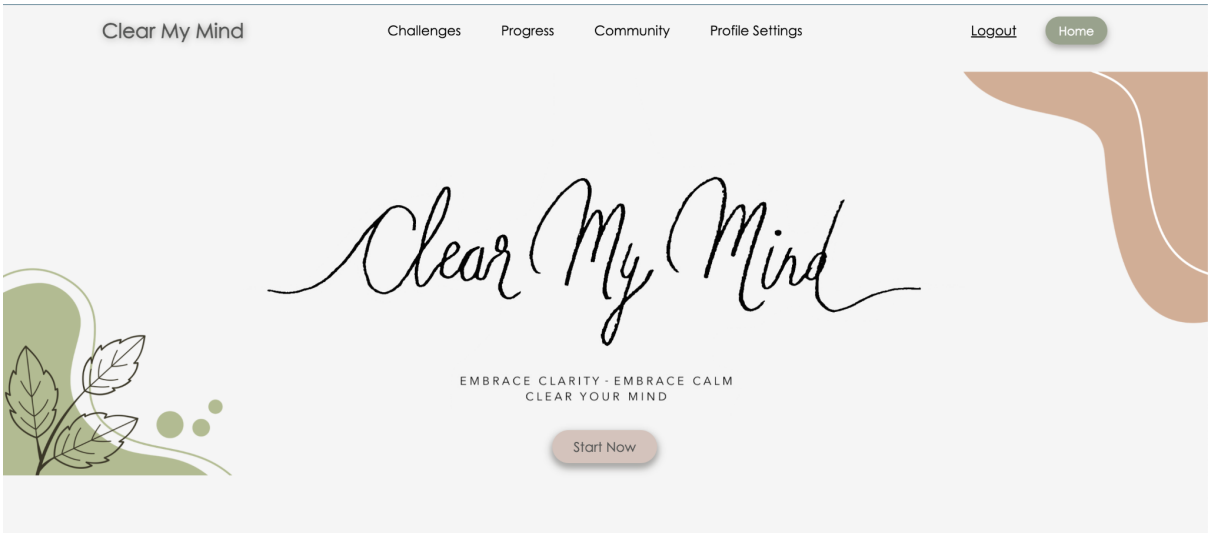
8. **Appendices**
   Our presentation:
    - https://www.canva.com/design/DAF2mKGc0b4/BbclLUUZFnWeGGsIR9enyA/edit?utm_content=DAF2mKGc0b4&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

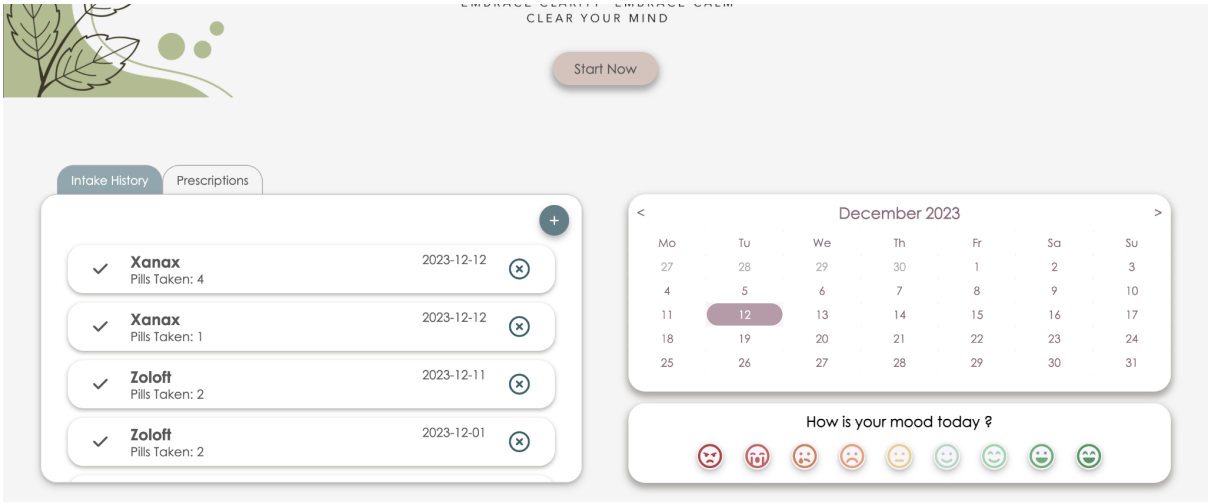
9. **References**
   List any references or sources that were consulted during the project.
    - ChatGPT
    - W3schools
    - Pinterest

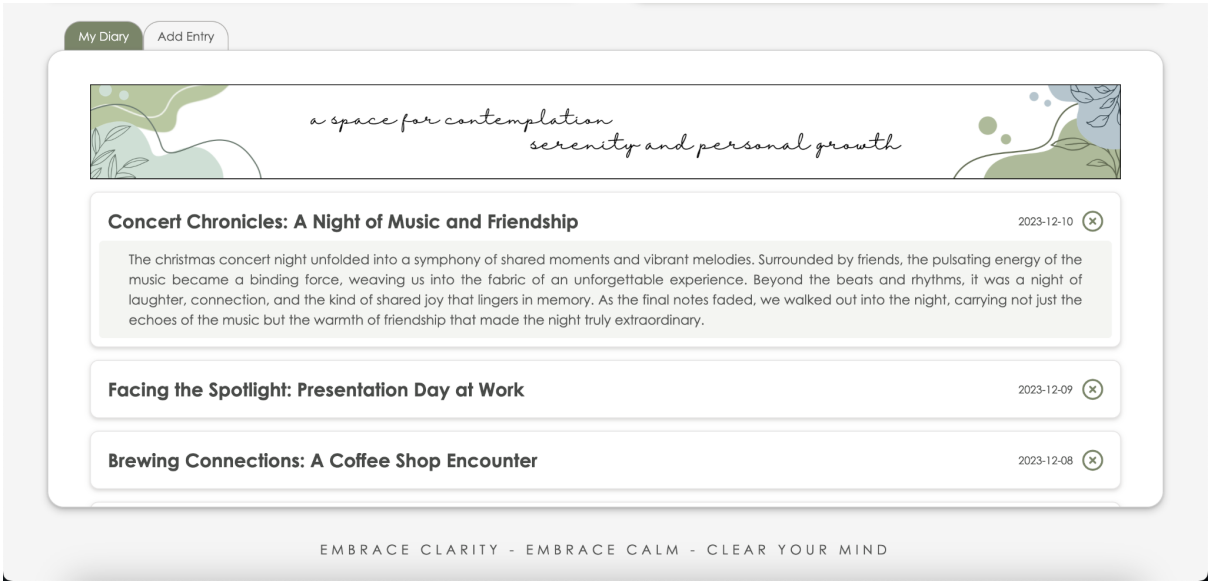
==========

Our user interface:




Clear My Mind
Challenges
Progress
Community
Profile Settings
Logout
Home
Clear My Mind
EMBRACE CLARITY - EMBRACE CALM
CLEAR YOUR MIND
Start Now


CLEAR YOUR MIND
Start Now
Intake History
Prescriptions
Xanax
Pills Taken: 4
2023-12-12
Xanax
Pills Taken: 1
2023-12-12
Zoloft
Pills Taken: 2
2023-12-11
Zoloft
Pills Taken: 2
2023-12-01
December 2023
Mo Tu We Th Fr Sa Su
How is your mood today ?


My Diary
Add Entry
a space for contemplation
serenity and personal growth
Concert Chronicles: A Night of Music and Friendship
2023-12-10
The christmas concert night unfolded into a symphony of shared moments and vibrant melodies. Surrounded by friends, the pulsating energy of the music became a binding force, weaving us into the fabric of an unforgettable experience. Beyond the beats and rhythms, it was a night of laughter, connection, and the kind of shared joy that lingers in memory. As the final notes faded, we walked out into the night, carrying not just the echoes of the music but the warmth of friendship that made the night truly extraordinary.
Facing the Spotlight: Presentation Day at Work
2023-12-09
Brewing Connections: A Coffee Shop Encounter
2023-12-08
EMBRACE CLARITY - EMBRACE CALM - CLEAR YOUR MIND