

Team Members:

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System Request Template

1. Project Title:

Web-Based Mental Health Diary

2. Project Description:

An online web diary for all things mental health: reminders for appointments with therapists, pill tracking, journaling, daily challenges/suggestions for healthy activities, and mood tracking. This will allow users a place to vent, and to manage their lifestyle related to mental health.

3. Project Objectives:

- To promote mental wellness and organization.
- To have everything in one place for easy navigation for mental health needs.

4. Business Goals:

- User engagement and retention: we want customers to be satisfied with our product and continue using the mental health diary.
- Reaching a broad audience: we want our website to benefit all types of people struggling with mental health.
- Building community: we want our customers to feel supported in their mental health journey.

5. Main Features:

- Account creation
- Calendar to log appointments with therapist(s)
- Pill tracking: users can log their medication amounts and the time and frequency of taking them
- Personal space for journaling, responding to journal prompts
- Private space to reflect on therapy sessions

- Daily option to select mood on a scale and be able to view a weekly or monthly trend line of mood
- Daily challenge suggestions related to improving mental health (such as going outside or taking a walk in the sun)
- Optional reminders for appointments, pill refills, pill taking, journaling, mood tracking, and responding to prompts (alert on the website or through SMS/email).
- Gamified aspect: getting rewards or badges for completing prompts and challenges. (Other users cannot view these rewards. Users aren't ranked on the platform.)
- Alerts when the mood trend line is below a specific threshold (getting encouragements such as "take care of yourself", "see your therapist", "ask for help")
- Accessibility features for people with dyslexia, color blindness, and ADHD (fonts, themes, colors of the website)
- Stable functionality even with many users on the site
- Data privacy and security for users' sensitive health information in order to make the platform a safe space for the users and gain their trust
- Communication tab for users to connect with other users, or form support groups

6. Expected Values:

The expected benefit for the user should be improved mental and physical health, and the ability to track their mental health progress.

7. Scope:

We won't include:

- Help to find therapists
- Ordering pills
- Communications with clinics for making actual appointments (the feature is just to log appointments in the calendar to get reminders and track progress)
- Professional feedback on their mental health
- AI chatbots to respond to their thoughts

8. Stakeholders:

- People struggling with mental health
- Competitor apps or websites
- Therapists
- Us (as requirement engineers and developers)
- Our software engineering professor :)

9. Constraints:

- Time constraints
- Website constraints (giving alarms and notifications in real-time) in comparison to an application
- Budget constraints
- Making the website responsive for phone/smaller screens use
- A finite number of prompts and suggestions to offer
 - The quality of daily tips and challenges may fluctuate as we cannot collaborate with mental health professionals to curate content responsibly

10. Risks

- Users may need to remember to log their appointments.
- Users may forget to track their mood (leading to incomplete, inaccurate, or missing trend views)
- Users may forget to track their pill intake (leading to incorrect notifications about when to refill)
- It might make users feel worse or bring them down to see bad progress in their trend line.
- Users may ignore suggestions
- Malicious users may potentially access our mental health databases
- The website may suffer from reduced functionality if too many users access it at once

11. Approach:

Waterfall process model

Requirement gathering approaches:

- Brainstorming
- Card sorting
- Surveys
- Scoping out competition
- Use cases
- User stories

Implementation approach: HTML & CSS, JavaScript (possibly the MERN stack)

12. Project Team:

All the requirement gathering, planning, and testing (by the end of the project) will be done together as a group.

Design and Implementation:

- Jason: UI & UX design
- Ons & Leeya: Front-end implementation
- Mirette: Back-end implementation

Merging the project's different parts will also be done as a group.

13. Project Timeline:

As written on deliverable deadlines from the syllabus:

- Deliverable 1: 19th September: Project Proposal
- Deliverable 2: 12th October: SRS document
- Deliverable 3: 7th November: Determine primary use cases to implement & plan the design (including the UI and UX elements)
- Deliverable 4: 28th November: Implementation of main features as well as testing functionality and non-functional expectations.
- Deliverable 5: 7th December: Presentation & Demo

14. Budget:

No budget

15. Approval:

16. Appendix: