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## System Request Template

1. Project Title:

ClearMyMind

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 manage their lifestyle related to mental health.

3. Project Objectives:

- To promote mental wellness and organization and reduce stigma around mental health.
- To reach a broad audience and benefit all types of people struggling with mental health.
- To encourage users to be consistent with their mental health activities.
- To allow users a place to vent, and to manage their lifestyle related to mental health.
- To allow users to combine everything related to mental health in one place for easy navigation.
- To provide users with access to a mental health journaling platform that is available 24/7, and from anywhere with a working internet connection.
- To provide users with a dedicated safe and private space to comfortably practice self-expression, self-reflection, and self-discovery.
- 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.
- To provide users with practical tools for managing their mental health such as challenges and guided exercises

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 by using social media marketing strategies (TikTok, reels): 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 date of taking them
- Personal space for journaling or reflecting on therapy sessions, etc …
- 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, and mood tracking (through SMS/email).
- Gamified aspect: getting rewards or badges for completing 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", and "ask for help")
- Accessibility features for people with dyslexia 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 to make the platform a safe space for the users and gain their trust
- Communication tab for users to view other users' anonymous posts and form support spaces

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.
- Users will use our website 75% or more days out of a month
- We expect users to have at least 10% higher mood trends after consistent use of our system, reaping the mental health benefits of journaling, community, motivational challenges, and progress tracking.

7. Scope:

The system will:

- Provide users with a 24/7 journaling platform to express and record their feelings (whether it's free journaling, or reflecting on therapy sessions).
- Provide users with a calendar element to log their therapy appointments.
- Provide users with a pill tracking feature to log their medication amounts and their time taking them.
- Provide users with daily challenges for them to improve their mental conditions.
- Provide users with a feature to input their moods daily and view a weekly or monthly mood chart.
- Provide users with the option to set reminders for appointments, pill refills, pill taking, journaling & mood tracking.
- Provide users with a reward system for completing challenges.
- Show alerts & encouragements to users when the mood chart is below a specific threshold.
- Provide a communication tab for users to connect with other users,or form support groups

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 that will be addressed through implementing realistic, practical critical use cases as well as diligent team time planning
- Website constraints (giving alarms and notifications in real-time) in comparison to an application. Instead, email or SMS messages will be sent if the user chooses to provide their contact information for reminders
- Budget constraints

- A finite number of challenge suggestions to offer. This can be addressed in the future through collaboration with mental health professionals

10. Risks

- Users may need to remember to log their appointments. Mitigation Strategy: Prominent, colorful calendar space on the website to get their attention
- Users may forget to track their mood (leading to incomplete, inaccurate, or missing trend views). Mitigation Strategy: cute mood emoticons to get their attention. High ease of use.
- Users may forget to track their pill intake (leading to incorrect notifications about when to refill). Mitigation strategy: reminders everyday in the morning etc
- It might make users feel worse or bring them down to see bad progress in their trend line. Mitigation Strategy: Helpful messages of support displayed when their mood trend is low
- Users may ignore suggestions
- Malicious users may potentially access our mental health databases. Mitigation strategy: encrypting their passwords. Advanced security measures in the future
- The website may suffer from reduced functionality if too many users access it at once.

11. Approach:

Waterfall process model because the structure of our class is linear and the scope of our implementation is small, and our requirements were well defined since the beginning.

Requirement gathering approaches:
- Brainstorming
- Card sorting
- Surveys
- Scoping out competition
- Use cases
- User stories

Implementation approach: HTML & CSS, JavaScript, PHP, mySQL

12. Project Team:

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

Implementation:

- Mirette & Leeya: Front-end implementation
- Jason & Ons:  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, but in a real-life scenario with 4 junior developers 5000$ would be a good starting point. This could be used for:
- Market research
- Prototyping
- Marketing and advertising
- Paid advanced development tools

15. Approval:

16. Appendix: