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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:

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

    $pres_name = $retrievedRow['presName'];
    $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 \"\"".$pres_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>";
        }
    }
}
```

```
// 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, "sisss", $_SESSION["user"], $presId, $pres_name, $pillsTaken, $dateTaken);
        mysqli_stmt_execute($stmt);
    }else{
        die("Something went wrong.");
    }
    //decrement pills or delete prescription from the database
    $sql2 = "SELECT * FROM activePrescriptions WHERE id = " . $presId;
    $result = mysqli_query($conn,$sql2);
    $rowToUpdate = mysqli_fetch_assoc($result);
    $newValue = $rowToUpdate['numPills'] - $pillsTaken;

    if ($newValue == 0){
        $sql3 = "DELETE FROM activePrescriptions WHERE id = " . $presId;
    } else{
        $sql3 = "UPDATE activePrescriptions SET numPills = " . $newValue . " WHERE id = " . $presId;
    }
    mysqli_query($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