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# Introduction

My choice of application was inspired by an advertisement I heard on the radio from a Scottish Government initiative named “Count 14”. It’s an initiative designed to make the general public aware of the effects of mass consumption of alcohol, as well as (according to the NHS) your consumption limits.

Being a Personal License Holder (holding a Level 6 SCPLH[[1]](#footnote-1) qualification), this has lined up with the training that I have received from my management and the qualifications board, which has outlined the importance of monitoring your alcohol consumption. Yes, you’re allowed nights out; but that doesn’t always mean that your 14-unit recommendation for the week should be saved up and burned up in 5 hours. Making more sensible choices with alcohol will lead to a healthier and less alcohol-dependant country.   
  
According to the figures given by Alcohol Focus Scotland (one of the many SCPLH1 training companies), the Scottish Health Survey 2019, ScotPHO, STAG Trauma Annual Report 2015 and The Societal Cost of Alcohol Misuse in Scotland for 2007:

|  |  |  |
| --- | --- | --- |
| 1 in 4 people drink at hazardous/harmful levels (> 20 units per week). | There were an estimated 94,360 alcohol-related consultations with GPs by 48,420 patients. | Alcohol harm costs £3.4bn p.a. in health, social care, crime, productive capacity and wider costs. |
| Drinking more than 14 units per week was recorded in 32% of men and 16% of women. | Consultation rates were at their highest with those aged 65 or over. | Alcohol costs the Scottish health service £267m p.a. |
| Men drink an average of 16.1 units per week, while women drink 8.9 units per week. | Alcohol is associated with 33% of major trauma patients and found in 25% of all traumas. | The cost of alcohol-related crime is £727m p.a. |
| 16% of people in Scotland say they’re non-drinkers. | Involvement of alcohol is found twice as common in male trauma patients. | Alcohol costs every local authority in Scotland millions of pounds p.a. |

# Software/Application Design

## A screenshot of a cell phone Description automatically generatedThe home-page UI wireframeInterface Wireframes

## A screenshot of a cell phone Description automatically generatedA screenshot of a cell phone Description automatically generated

Main Screen Add Drink Drinks & Quantities List Drinks

A close up of a building

Description automatically generated

A screenshot of a cell phone

Description automatically generated

What 14 Units Looks Like

# Software/Application Implementation

## Main Screen (fig 1)

The application that I have created should load and head straight to the main activity, which presents the user with a little information about the negative statistics of alcohol and raises awareness of dangerous drinking. The user is also presented with 4 options:

* You are able to see the recommended and common serving amounts of drink/alcohol from the top left button.
* The user is able to see what 14 units typically look like, so they are aware of what they should be consuming on a weekly basis with the top right button.
* The user is presented with an option to add a drink to their database, so they’re able to track consumption.
* The user is also presented with an option to see their current drinks database, so they can actively see what they’re consuming and check what they had last night, especially if they have a raging hangover and wonder what they had.

## Drinks & Typical Quantities (fig 2)

This screen uses 2 layout XML files, where one is super-imposed on top of the other and is the base of the layout you see, where it just gets repeated down a list view. All the drinks and typical servings are hard coded into the system, as it’s not meant to be modifiable by the user under any circumstances.

## What 14 Units Looks Like (fig 3)

Although this seems like a repeat of the previous activity (which contains some similarities) this activity is primarily for making the user aware of what 14 units of alcohol actually looks like, which should (in theory) put into perspective their actual consumption. Which should hopefully reduce the consumption rates down in Scotland when people actually see what they consume versus what they should consume.

## Add Drinks (fig 4)

When the user activates this activity, they are prompted to enter a little information about their drink via a very short form. This is then stored in an SQLite database, which is locally hosted on the user’s phone, and is saved for later use when they check what they actually had (which is conveniently stored in descending order of date added).

## List Drinks (fig 5)

The final activity that the user has an option to open, this utilises the database which was created when the app was first opened, and they are allowed to see what they have drank from the last day/night, as well as the previous *x* days/nights. The layout has handily calculated the units for the user as well, so if they wish to feel extra guilty, they can count them up and see how many they had and compare this to their week’s remainder.

## A screenshot of a cell phone Description automatically generatedA screenshot of a cell phone Description automatically generatedA close up of a device Description automatically generatedA screenshot of a cell phone Description automatically generatedA screenshot of a cell phone Description automatically generatedImplementation

Fig 2

Fig 3

Fig 4

Fig 5

Fig 1

# Evaluation of Final Product

In comparison to the initial idea that I had, the application that I have developed over the course of this module has followed the vague idea that I started out with. The idea was to make an application/ solution which would address (to then hopefully combat) a critical issue in Scotland, and I believe that the application that I have produced over these last weeks has most certainly followed this.   
  
After doing a lot of searching for the inspiration for the app, the only thing which really inspired me was the count14.scot website, which shows the user how to go about drinking their 14 units. I had also seen an app in the google play store which tracked units of alcohol, but also gave an indication of when you’d be “fully sober”. However, I wouldn’t recommend it as alcohol dissipation is different in every body.   
  
One of my users complimented the application’s scrolling animation when you list the typical drink’s serving amounts, alongside the colour scheme, which they thought wasn’t too harsh on the eyes. Although they found a minor issue with the application, where the next item “appears inside” the bottom item for the animation.

If I had the time (or patience, rather) I would’ve continued to extend the lab’s works by including a way for the user to select files from their gallery – whether it’s on the cloud or locally stored – and store the images in blobs in the SQLite Database which is used to keep a track of what the user would be drinking on a nightly basis, thus making the UI feel more fun and add a little more colour to the app.   
  
I may also have continued to utilise the DrinksAdapter class to add the same animation to the ListView in the user’s drinks layout, which would’ve also allowed the implementation of the images in the locally hosted SQLite database.

Continuing in the direction of users adding in their own data/drinks to the database which they can manipulate, I would also (given more time) implemented a more sophisticated view of their drinks utilising a calendar and storing it that way, making the user see what actual days and times – as well as allowing them to recognise patterns in their drinking -.

# References / Acknowledgements

## References

https://www.count14.scot – Count14 website from the Scottish Government & NHS

https://www.alcohol-focus-scotland.org.uk/alcohol-information/alcohol-facts-and-figures/ - Figures related to alcohol dependency and alcohol-related incidents in the last 5/6 years.

## Acknowledgements

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1. Scottish Certificate for Personal License Holders – Is a recognised SQA qualification which allows you to legally train staff to work behind a bar and supervise & authorise the sale of alcohol on licensed premises. [↑](#footnote-ref-1)