



GROWTH - MINDSET

[https://github.com/lukeTurnerd
ev/growth-mindset](https://github.com/lukeTurnerd
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OVERVIEW

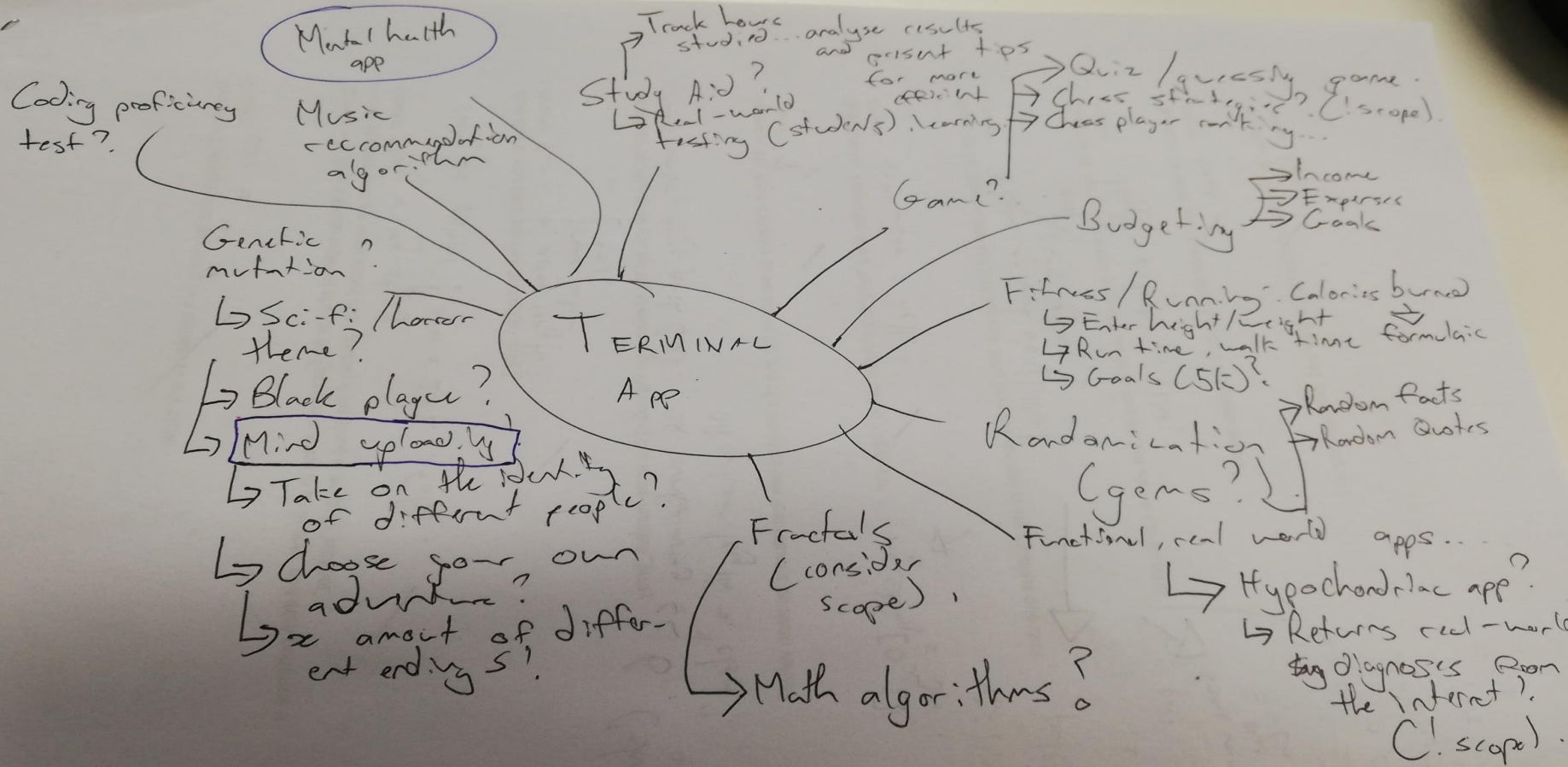
- Mental health journaling app
- Allows users to track anxiety levels over time
- Feature for long-form journal entries
- Resources with links



OBJECTIVE

- To provide a long-term solution to mental health tracking and journaling

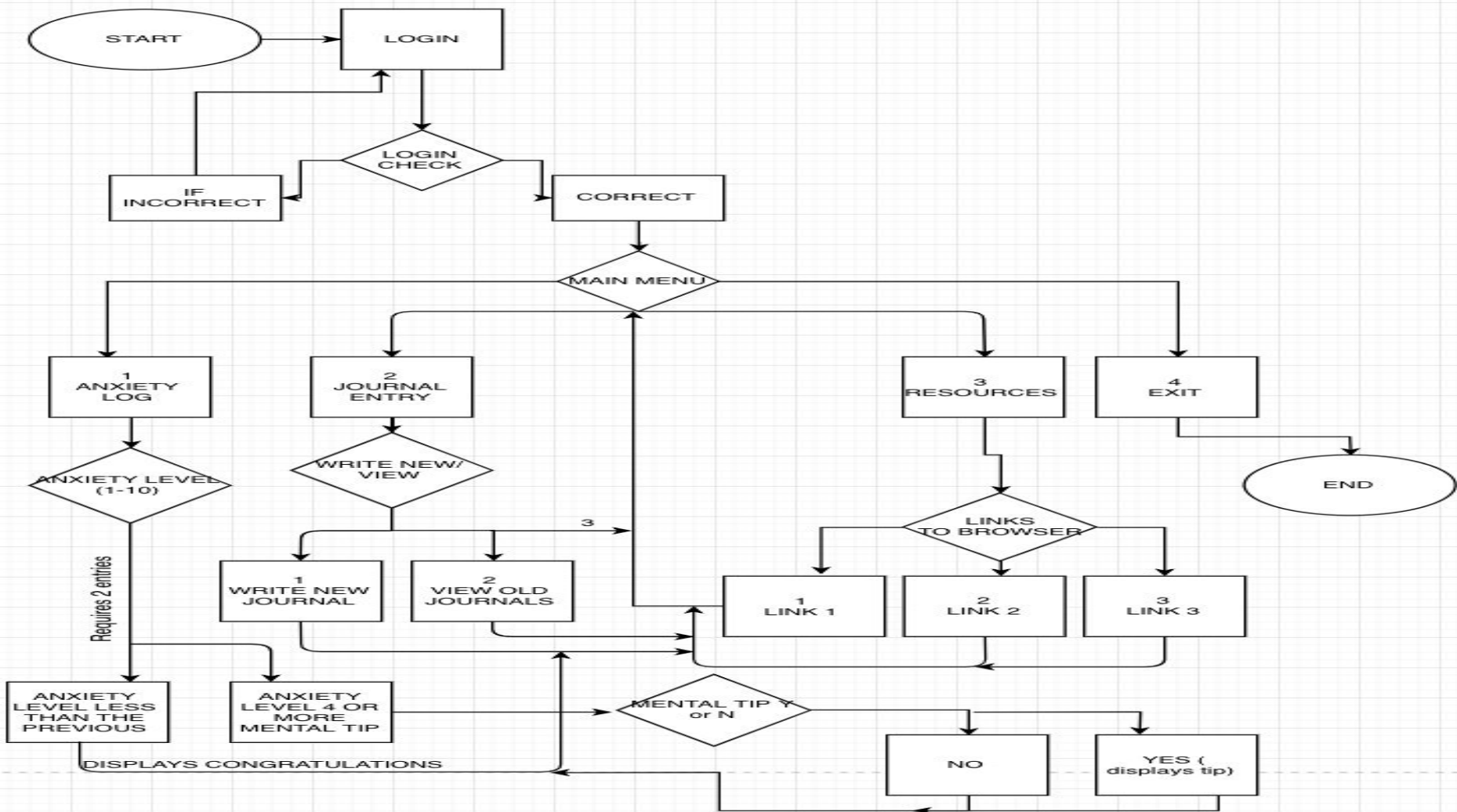
It can sometimes be hard to get an accurate perspective on your mental health over time, and a journaling app such as this one can provide a long-term snapshot of how your mental state has been progressing.





Scope

- Scope had to be carefully considered as this is only a 2 day project
- Tried to firstly have free-flowing thoughts, then edited and reviewed later
- This led to more overall ideas to choose from
- Initial idea presented to Garret had a few too many features, and so it was cut down to the 'core'





MAIN FEATURES

1. **ANXIETY LOG** - By choosing this option, the app then asks the user to rate their current level of anxiety on a scale of 1-10.
2. **JOURNAL ENTRY READ/WRITE** - The user is asked if they would like to submit a new journal entry, or view their past entries
3. **RESOURCES** - Presents users with a list of links relating to mental health (such as Headspace). When the user enters the number corresponding to the relevant link, the link should open in their browser, using a shell command (if the user is using Mac or Linux).



HOW TO USE / DEMONSTRATION

Terminal app

Login User ID/ Password

Choose what to do ? ENTER 1,2,3 - Follow the prompts

Exit



Challenges

- Determining scope of the project (splitting features into core and 'stretch')
- Some features couldn't be added due to time:
 - Gem to scrape the web for additional tips
 - Reading and writing files
- Determining appropriate data structures to use



Ethical Issues

- Mental health can be a difficult topic, so the 'tips' could come across as patronizing (offering a simple solution to a complex and personal problem)
- If deployed on a larger scale, it is important not to share the user's data with anyone as they may not want people knowing they use the app
 - Share to facebook options, etc
- It may want to be noted that this should only be a supplement to real advice from a doctor, or friends



Question time!

