

De-Stress Me: Application User Guide

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Back-end Application

For a user, it is expected that the application located at <https://github.com/wingold-student/cmsc818g-pda> is running in the background. While it currently only operates on a single machine, the goal would be to have the actor system segmented across several devices and host machines (a feature of Akka's framework). However, little-to-no direct user interaction is expected with it. It merely acts in the background without the user's need to know what is happening.

Front-end Application

A user's main form of interaction with De-Stress Me will be via a web application. Currently it is designed to work only on the same machine that is running the back-end application. However, the user experience design is geared towards a mobile web application.

This web application would provide current readings of their health and stress status levels, constantly keeping up with fresh data whenever possible. If the user's stress level elevates, the application will send a pop-up notification alerting the user to this increase. A recommended treatment for the stress will be accompanied by this notification, which the user may follow or dismiss. If following, the user may rate how well they felt the treatment helped them (this is still to be implemented).

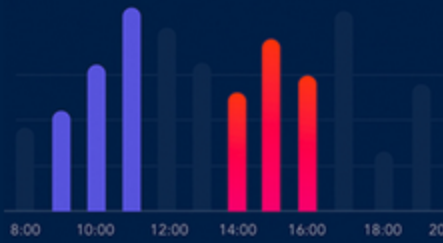
By choosing the "All Treatments" page, there will be a list of all recommended treatments offered by De-Stress Me with their respective ratings. This page is meant to allow the user to add, remove, or update the recommended treatments manually when desired in order to improve their experience with the application.

Lastly (and also not hooked up yet) is the user's profile. Here the user could potentially enter their current status if desired. This could be useful for when peripheral devices and entities may not correctly pick up the user's current mental status.

Below are screenshots of the web application in its various states: Dashboard, treatment pop-up, treatment description, a list of treatments that De-Stress Me utilizes and their ratings, and the user's profile.

De-Stress Me

Stess level dashboard



• Heartbeat rate **72/min**

Blood pressure **110/62**

Sleep hours **3hrs**

Dashboard

My profile

All Treatments

De-Stress Me

Stress level dashboard

Stress level has
reached L3 from
L4

Stress Level is high.
Follow this treatment:

[Learn more](#)

[Decline](#)

Sleep hours

5hrs

[Dashboard](#)

[My profile](#)

[All Treatments](#)

Try Taking a Walk

Follow this instruction!

Take a walk



How Helpful was the treatment?



I am done!

Dashboard

My profile

All Treatments

All Treatments

Close

Deep breathing exercise



Meditation



Work out



Take a walk



Mindfulness meditation



Cancel plans



Cancel plans and get some sleep



Relaxation to music



Contact therapist or close friends/family

Dashboard

My profile

All Treatments

My profile

Close

My current feeling...

Sad

Gloomy

Good

Happy

Quick updates: my medical info.

My feeling is

Save

Updated medical info.

My heartbeat suddenly
increased without reasons
today.

Dashboard

My profile

All Treatments