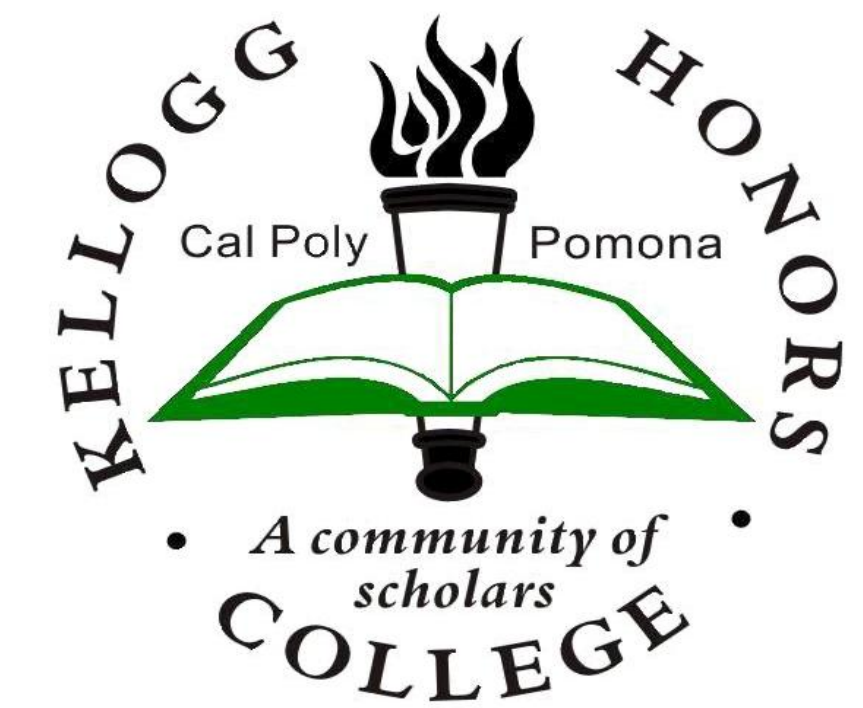# Mental Health App Using REACT Framework

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Kellogg Honors College Capstone Project

Objective

Create a mobile app where users can better their mental health through their daily interactions with the app's features. This app would need to feed the user positive and uplifting information that would keep them thinking positively in a world that may seem like it is only full of negativity. Since music is a great way to influence an individual's mental state, it would need to be an essential part of the application. Lastly, it is crucial to include a journal section of the application, where the user can jot down how they are feeling that day, and their plans for the day. This way, they can review past journal entries, analyze how they have grown mentally, and how they plan to grow in the future.

Background

The developer of this project should should be proficient in working with the REACT Native framework. Before beginning this project, an intensive amount of research and practice with REACT Native needed to be done. With a sufficient amount of research and practice, the following key points regarding mobile development with REACT Native was obtained.

- REACT Native applications can be run natively on both iOS and android devices.
- Many community-built libraries are available to extend the features of the application.
- Minimal amounts of javascript coding is required to expand the functionalities of these community-built libraries.

Results
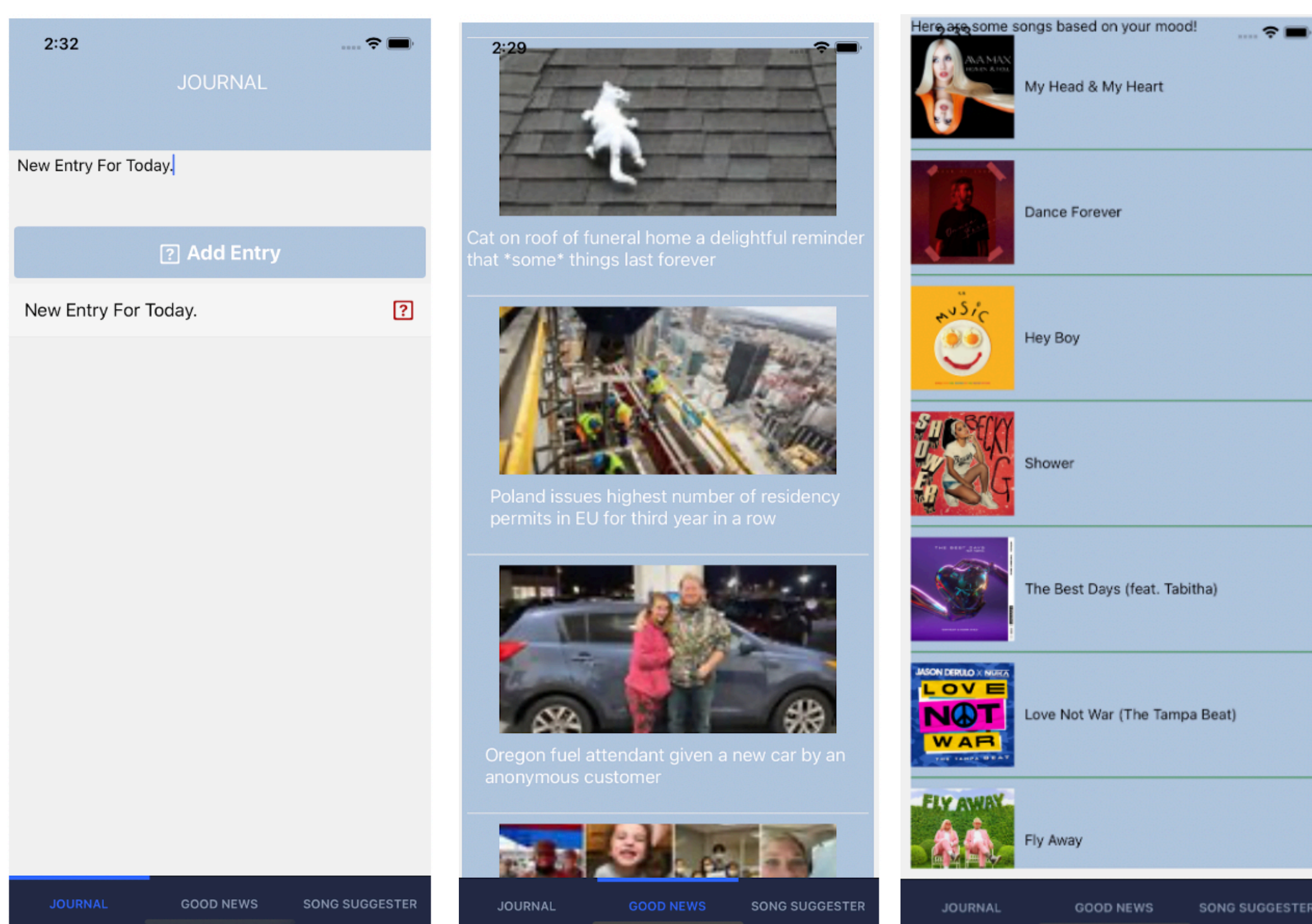
Conclusion and Future Work

The conclusion of the project is a functional application with three User Interface sections that satisfy the objective. The user is greeted with the user authentication, or, login screen. Once they have entered the credentials to their personal account, they are then brought to the journal section of the application. Here, the application suggests to enter a daily journal entry. Once the user has done that, they can proceed to the Good News section of the application, where they are presented with a feed of recent, positive news articles. Once the user is up to date with the news, they can then go to the third section of the application, where they will see different music playlists that include uplifting and happy music.

In the future, this application can be expanded to include more features that help better mental health. Potential features are adding an achievement system, where the user is awarded with virtual trophies for completing certain tasks. These tasks can include: "Write in your journal for 30 consecutive days," "Read 50 different positive articles this week," etc. Additionally, the application can have an inspirational and motivational quotation of the day given to the user as soon as they've logged-into the application. Finally, the application can contain a section of recommended books that will help users better their mental health.

References

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https://reactnative.dev/docs/headless-js-android
https://reactnative.dev/docs/linking-libraries-ios