Don't Panic!
Senior Project II

Michaelted Acosta, Diana Balderas, Stephen Christian Carlos, and Marcus Schmidt

Abstract

- Android mobile application dedicated to helping users manage their panic attacks
- Consists of modules and exercises that will bring the attention of the user away from their feelings of panic and worry

Features

- Self reflection survey that determines the current state of the user
- Guided breathing exercise to help the user in the middle of an attack
- Text scaling up to 200% to assist users who are visually impaired

Resources

- Our implementation relies on the following frameworks, platforms, and languages:
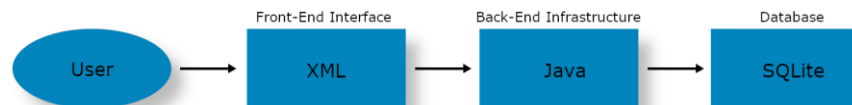
Implementation

Application Features

- Introduction
- Modules
- Modular Sequences
- Accessible Design
- Settings

Application Modules

- Guided Breathing
- Mental Exercises
- Self-Reflection
- App Exercises
- Haptic Heartbeat

DON'T PANIC
THOUGHT OF THE DAY

The building blocks of well-being

READ MORE

MODULES   SETTINGS

NOTIFICATIONS   HELP

System Architecture Diagram

User → Front-End Interface: XML → Back-End Infrastructure: Java → Database: SQLite

Target Market

- Panic attacks primarily affect the 18-29 years old demographic
- Panic attacks can seriously impact a person's daily life and cause further mental health struggles
- The effects of the COVID-19 pandemic has taken a huge toll across the world and has caused new heights of anxiety/panic disorders

Development Timeline

Scrum Methodology

- **Fall 2021:** Research, app design, and survey approval
- **31 Jan - 14 Feb:** Established workflow, created database, initial front-end and back-end development
- **14 Feb - 7 Mar:** Finalized initial front-end/back-end, began work on modules, added text scaling support
- **7 Mar - 21 Mar:** Survey analysis, created support for Module Sequences and added more modules
- **21 Mar - 29 Apr:** Finalized all modules, completed and polished GUI for accomplished features