F*** This

Hi there, welcome to our High-Fi Read Me!

TOOLS USED

We built our high-fidelity prototype with React Native and Expo. We used Apple's Xcode Simulator and our mobile devices downloaded with the Expo Go app to run and test our app in development. Lastly, we used Google Supabase to store data and do user authentication.

OPERATING INSTRUCTIONS
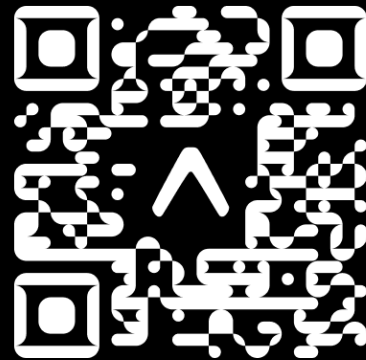
App Download
Requires Expo

Using Expo Go

You can access our prototype on an iOS device, Android device, or online. We recommend viewing it on an iOS device. (Note: the app has been optimized for the iPhone 12)

1. Download "Expo Go" from the App Store
2. Open your phone browser and visit: https://l.edm.sh/f-this-dl
3. Click on the black button labeled "Open in Expo Go"
4. Wait for the app to finish loading. This may take a while depending on the wifi connection.
5. Enjoy F*** This!

Wizard of Oz:
The addiction replacement screen uses the Wizard of Oz approach for two main reasons. Firstly, creating a fully automated system with effective, research-based recommendations requires extensive research and data analysis, exploring psychological studies and user behavior analytics. Secondly, manual operation allows quick prototyping and experimentation with different strategies, offering immediate feedback crucial for understanding beneficial activities for various addictive behaviors. Similarly, the reporting feature, though appearing automated, was manually managed, creating the illusion of a fully functional system. These methods enabled us to test interactions and functionalities,

gaining valuable insights for future development without the need for a fully developed technological infrastructure.

Hard-Coded:
Data on interests and addictions was hard-coded, limiting users to predefined options for consistency in behavior analysis. This choice was driven by the challenge of providing alternatives for diverse habits and addictions. Creating a system for personalized alternatives would require extensive research, a sophisticated algorithm, and thorough testing due to the complexity of handling a wide range of behaviors.

Limitations:
-   There is a limited amount of bad habits you can input to try. The alternative habits for bad habits are also limited in their offerings, and cannot take you to learn more about them, or choose more.
-   The dashboard has a limited amount of buttons you can press. The emergency button, which is when you feel the biggest urge to practice your bad habit, doesn't work, and other buttons such as being able to edit your preferences and your profile also don't work.
-   The app also doesn't have any other share options other than via sms enabled, and also doesn't complete the final sharing of the report. It also does not generate a report.