

Science fair

Branton

Project: Pressure Checker

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December 1, 2025

Today, I decided what my project is going to be based on. I want to create a project that is related to computing science.

December 2, 2025

I figure out what kind of computing science I want to learn/ try. My project is going to be on html coding.

December 3, 2025

I finally decided what my project is going to be. I will be coding a website with a form, and questions that determine the mental pressure level of people. My project will be named "Pressure Checker."

December 4, 2025

Today, I think of the purpose of this project, which is determining the mental pressure or stress of people. And I also wrote a simple description of my project on the cysf website.

December 5, 2025

I double check all the information on the Basic project info and the Ethics Due Care 2A before handing it in.

December 6, 2025

I started writing my problem for this project including why I decided to make this and what mental pressure could lead to. For example, it could lead to digestive problems, heart disease and even worse cancer. I got those information in the link below:

Ann Pietrangelo and Nicole Washington, DO, MPH, The Effects of Stress on Your Body, healthline.com, July 1, 2025,

<https://www.healthline.com/health/stress/effects-on-body>

Henry Ford Health Staff, How Stress Affects Digestion—And What You Can Do About It, henryford.com, July 26, 2021,

<https://www.henryford.com/blog/2021/07/how-stress-affects-digestion>

American Heart Association News, Chronic stress can cause heart trouble, heart.org, February 4, 2020,

<https://www.heart.org/en/news/2020/02/04/chronic-stress-can-cause-heart-trouble>

National Cancer Institute, Stress and Cancer, cancer.gov, October 21, 2022,

<https://www.cancer.gov/about-cancer/coping/feelings/stress-fact-sheet>

National Library of Medicine, Chronic Stress Effects on Tumor: Pathway and Mechanism, pmc,

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8720973/>

Sherri Gordon, Elle Markman, PsyD, Can Stress Make You Sick?, health.com, June 8, 2024,

[https://www.health.com/can-stress-make-you-sick-8653971?utm\\_source=chatgpt.com](https://www.health.com/can-stress-make-you-sick-8653971?utm_source=chatgpt.com)

Wikipedia, Hypothalamic–pituitary–adrenal axis, en.wikipedia.org, 26 January 2026,

[https://en.wikipedia.org/wiki/Hypothalamic%E2%80%93pituitary%E2%80%93adrenal\\_axis?utm\\_source=chatgpt.com](https://en.wikipedia.org/wiki/Hypothalamic%E2%80%93pituitary%E2%80%93adrenal_axis?utm_source=chatgpt.com)

National Library of Medicine, The stress hormone norepinephrine increases migration of prostate cancer cells in vitro and in vivo, pubmed,

<https://pubmed.ncbi.nlm.nih.gov/26058426/>

December 7, 2025

I started my project by making a list of things that I will need to code and include in my project later.

### Check List:

- Basic Structure
- Styling
- Contain of the page
- The form

Some function that I need are:

- Starting the form
- Going to the next question
- Going back to the last question
- Show the final result

And I installed the app which I will be coding in; it is called “Visual Studio Code” and I started with basic setup like opening the file.

December 12, 2025

Today, I began coding and first on my list was Basic Structure, so I added the base I need to begin the codes. Which is

`<!DOCTYPE html>` Define as a html file, so the browser knows how to properly display it.

`<html>` Starting point, all webpages will be in this tag.

`<head>` Contain important data, but not shown directly on the page.

`<meta charset="UTF-8">` Symbolizes what language could this page use. Could be used when I need to put emoji, accent, english, and more.

`<meta name="viewport" content="width=device-width, initial-scale=1.0">` To make sure the website matches perfectly with the screen size, without looking like zooming in or zooming out

`<title>Pressure Checker</title>` The title of the webpage is "Pressure Checker."

December 13, 2025

Then today, I opened my "style" and began styling my webpage and a list of what I need to style. For my styling I'm going to be using the CSS (Cascading Style Sheets).

- Page (body)
- Container
- Button
- Question box

`<style>` open the style, in order to add the color, fonts, background, and etc.

- Body

`body{` (the page)

`margin: 0;` delete space around the page.

`padding: 0;` delete space next to the box and the info inside.

`height: 100vh;` take 100% height (viewpoint height) of the screen.

`display: flex;` turns the body into a flexbox/ container. This line must be working with other lines or it does nothing like,

`justify-content: center;` is responsible for aligning my x axis to the center.

`align-items: center;` aligns my y axis to the center.

`font-family: Arial, sans-serif;` to define my font-family for this page which is "Arial," if it doesn't work, use "sans-serif."

`background-color: #91bfe7;` changes the color of the website to light dark blue, similar to a pastel color.

} close up the body.

- Container

`.container` { (the box), the dot in front of the container helps it to classify as a class (a class can name a group of things).

`text-align: center;` center all the text inside the container. `background-color: rgb(248, 248, 248);` changes the background color of the container to white.

`padding: 30px;` creates 30 pixels of space between my box and the words on every side.

`border-radius: 15px;` creates a 15 pixels curved corner for the box.

`box-shadow: 0 4px 12px rgba(0, 0, 0, 0.1);` adds shadow behind the box, first number defined as the axis x, second number added shadow axis y. The color of the shadow is black, but the color is very light.

`width: 100%;`, the width is 100%.

`max-width: 700px;`, the max width is 700 pixels.

`height: 100%;`, this takes all the space in height.

`max-height: 400px;`, the 100% height takes 400px.

} close up the container.

There were too many things to style, so I just styled my body which is the page and the container which is the box in the middle of the page. I also created a google slide to put in all the code I have so far and explain it in the method section.

December 14, 2025

Today, I continued the part I left off last time. I style my button and question-box. I decided to add a changing color part to my button even though there is not much of a big difference, but it is less boring. The question-box part is not actually a styling part, it is just for hiding the question or showing the question.

- Button

`button` styles all the buttons in my page.

`padding: 15px 30px;` creates 15 pixels of space on the top and the bottom between my box and the info, and 30px of space on the left and right between my box and the info. `font-size: 19px;` turns all the text inside the buttons to 19 pixels.

`margin-top: 15px;`, and `margin-bottom: 10px;` create 15px space on top of the button outside, and 10px on the bottom, the code sometimes will work sometimes not; it depends if there is an element on top or not.

`border: none;` deletes the border around my buttons. `background-color: #4CAF50;` turns the background color of the buttons to a soft leaf green.

`color: white;` paints the color of the text to white.

`border-radius: 15px;` makes a 15 pixels curved corner for all the buttons.

`box-shadow: 0.5px 2px 10px rgba(0, 0, 0, 0.1);` creates 0.5 pixel of shadow on the axis x, 2 pixel on axis y, and 10 pixel for blur radius, and the color of the shadow is black.

`cursor: pointer;` changes a mouse to a hand when it is hovering over the button.

`transition: background-color 0.2s ease;` changes the background color for 0.2s, and the animation begins slow and fast.

`}` closes it up.

The last part was saying the background-color of the button will change, therefore I'm deciding what background color to put in this next part.

`button:hover {` tells the browser it's when the cursor hover on the button.

`background-color: #45a049;` changed the background color to darker green.

`}` close it up again.

This part is not really like the other styling, but it is also a part of styling.

`.question-box` includes all the questions in the form.

At the start, all the questions need to be hidden, so I put `display: none;`

`}` close the question box up.

`.question-box.active {` tells the browser to show the question when they are ready.

`display: block;` if the question has "active" behind them, they will show.

`</style>`, and `</head>` are closing up the styling (CSS) and head part.

I finished my styling finally. And a lot more to go.

December 20, 2025

Today, I commence by opening my "body" section. First, I create my container, the headings, and the start button plus the intro message.

`<body>` will be everything visible on the page.

`<div class="container">`, creates a class calls container and put `<h1>Pressure Checker</h1>` to insert my main heading which was named "Pressure Checker".

`<div id="start-box">` created a box, but the container is not closed yet, since the "start-box" is inside it.

`<p>Click the button to begin.</p>` creates a message "Click the button to begin."

`<button onclick="startQuiz()">Start</button>` generate a “Start” button, when that is clicked, it will run the function called startQuiz, which I will work on later.

`</div>` to close it up.

`<!-- Intro message -->` is a reminder to explain this part will be an intro message.

`<div id="intro-message" style="display: none;">` creates a value “intro-message” and hides it.

`<p>Please select the honest answer you are feeling — and take care! ❤️</p>` is the intro message.

`</div>` closes up this selection with “div.”

After finishing coding this in the app, I put it in my slide of method and explain it.

December 21, 2025

Today, I realized it was time to start coding my functions, so I opened the “script” (Javascript) to start. I continue with some basic settings I need for the website or form.

`<script>` opens the Javascript to put the settings and type in the functions.

`let score = 0;` adds a variable called “score” and sets it to zero.

`let percentage = 0;` generates a variable called “percentage” and puts it to zero.

`let answers = [];` create a variable called answers and it will remember what answers you put for each question, so if you go back, you can change it.

December 22, 2025

I created my first function which is called “startQuiz,” this function will start the form, and hide everything before that.

`function startQuiz() {` starts a function called “startQuiz.”

`document.getElementById('start-box').style.display = 'none';`, when the “startQuiz” function runs, the browser will find start-box and keep it hidden.

`document.getElementById('intro-message').style.display = 'block';`, then, the browser will find “intro-message” and make it appear.

In this part, I will be coding how long the intro message is going to stay.

`setTimeout(() =>` tells the browser this is the part where it sets the time, and what will happen after the time ends.

`{document.getElementById('intro-message').style.display = 'none';`, after the time runs out, the intro message stops showing. `document.getElementById('quiz-form').style.display = 'block';`, and show the quiz- form that I will be coding later.

`document.getElementById('q1').classList.add('active');, 2000);`, before, there was a line in CSS that said “.question-box.active {display: block;},” so I added “active” to question 1, so it shows.

Then, I close the middle part up. And write down the seconds I want the message to stay, which is 2000 milliseconds(2 sec), and close up the whole part.

Next, I wrote everything in method, and will continue tomorrow.

December 23, 2025

Since yesterday, I finished my “startQuiz” function, then today, I will be making my “nextQuestion” function.

`function nextQuestion(currentQ, value)` { makes a function called “nextQuestion.” In the end of the code shows that questions go first and the second number is the value.

`// If the user already answered this question, remove the old score first`, this is just a message about what is happening.

`if (answers[currentQ] !== undefined) {`

`score -= answers[currentQ];` }, in this code it is asking, “is this question already answered or not?” If yes, it will help you minus the point you have chosen the first time. (This is for the next function “previousQuestion” to move back a question.)

`// Save new answer`, next part I will be structuring how to save a new answer.

`answers[currentQ] = value;` (answers = values) save the value you pick for the question.

`score += value;` adds the value in the current score.

`document.getElementById('q' + currentQ).classList.remove('active');` stops showing the question after it has been answered.

`if (currentQ < 15) {document.getElementById('q' + (currentQ + 1)).classList.add('active');` this section is saying if the question is smaller than 15, find the current question and plus one, then gives it the “active” tag. Otherwise, `} else { showResult(); }` }, run the function “showResult,” which I will work on later. And I close up both of them.

And I explain this section in my method slide too.

December 24, 2025

Today, I keep going with where I left off yesterday and created the function called “previousQuestion.”

`function previousQuestion(currentQ)` { creates a function named “previousQuestion” when typing out this function the current question number needs to be the parentheses.

`score -= answers[currentQ] || 0;`, the first action it does is to subtract the answers when going

back to the last question. The last part of this code makes it much safer to use this function because if the question has not been answered, it changes the current question score to zero.

`document.getElementById('q' + currentQ).classList.remove('active');` tells the browser to find the current question, and stops it from showing.

`document.getElementById('q' + (currentQ - 1)).classList.add('active');`}, then go back to the last question and show it again.

December 28, 2025

Today, I finally got to my last function, which is called “showResult.” It will be shown after finishing the form.

`function showResult()` { starts this function.

`percentage = (score / 30) * 100;`, the first thing it does is to put the score out of 30 (Total point by adding up all the highest points in all the questions), and times it by 100 which will create the percentage.

`let message = `Your pressure level is ${percentage.toFixed(1)}%.<br>`;` will print a message, saying “Your pressure level is,” and it will show your percentage with one number after the decimal point (If there is another sentence, it will be moved to the next line).

In each pressure level, it will let out a different sentence, `if (percentage < 20) { message += "This is a great sign, your pressure level is very low. Good job! 🍌"; } else if (percentage < 40) { message += "Your pressure is low. This means you are managing your stress well. Keep it up! 🔥"; } else if (percentage < 60) { message += "Your pressure level is moderate. You are doing fine, but you may want to try some strategies to stay even calmer. ✨"; } else if (percentage < 80) { message += "Your pressure level is high. You may be feeling more stressed than usual, so please take good care of yourself. 💖"; } else { message += "Your pressure level is extremely high. This may lead to serious stress-related problems, so stop your rushed life, take a pause and breathe. 🌙💤"; }.`

`document.getElementById('q15').classList.remove('active');`, when the form gets to question 15, the browser will find question 15 and remove the active from it.

`document.getElementById('result-text').innerHTML = message;` will look through the page to find “result-text” and replace the value message inside it.

`document.getElementById('result-box').classList.add('active');`}, this phrase tells the browser to find the result-box and add active, so it will be visible.

`</script>`, and at last I close up my script.

December 29, 2025

Today is the day, I will be starting to create my question in the form. I assumed I would

have 10 questions, so I need to set up 10 of the same structure for each question.

`<form id="quiz-form" style="display:none;">` created a form, so it will save data and I named it "quiz-form." Then, I hide all the questions until the start button is clicked.

`<!-- Question 1 -->`, I will start with question 1.

`<div class="question-box active" id="q1">` is giving question 1 the power to be activated which can be seen, and give it a unique name called "q1."

`<p>1. How often do you feel overwhelmed by your responsibilities?</p>` is the question that is showing on the website.

There are many answers to choose from. For example,

`<button type="button" onclick="nextQuestion(1, 0)">Never</button>` creates a "Never" button, when it's clicked it will show in question 1 the value is 0.

`<button type="button" onclick="nextQuestion(1, 1)">Rarely</button>`, the second button is "Rarely," and the value would be 1.

`<button type="button" onclick="nextQuestion(1, 2)">Sometimes</button>`, the third button is "Sometimes," for this answer the value would be 2.

`<button type="button" onclick="nextQuestion(1, 3)">Often</button>`, and the last one is "Often," the value would be 3.

`</div>`, after finishing writing question 1, I close it up.

`<!-- Question 2 -->`, now we're on question 2, it's going to be the same thing as question one, except the answers are organized in a class called "answers" the question number will be changed, and I also added a previous button.

`<div class="question-box" id="q2">` shows question 2, and gives question 2 a unique name called "q2".

`<p>2. How well are you sleeping lately?</p>` print on the website when it is visible.

`<div class="answers">` created a class to organize the answers in one place.

`<button type="button" onclick="nextQuestion(2, 0)">Very well</button>` generates a "Very well" button, when this is clicked the value in the question will become zero.

`<button type="button" onclick="nextQuestion(2, 1)">Well</button>` makes a "Well" button, and the value will turn to 1 if this option is pressed.

`<button type="button" onclick="nextQuestion(2, 2)">Okay</button>` `<button type="button">`, a "Okay" button with a value of 2.

`onclick="nextQuestion(2, 3)">Poorly</button>`, the last choice is "Poorly" with a value of 3.

`</div>`, I close up question 2.

And opened another one for my "Previous" button,

`<div class="nav-buttons">` clarified it is a navigation button.

`<button type="button" onclick="previousQuestion(2)">← Previous</button>` creates the "Previous" button, and when it is click, it will run the function calls "previousQuestion," which I

made earlier. The number in the parentheses tells the browser which question it is on, so it will be easier to find the last question.

And for that I close up both of my “div” to finish my question 2 `</div>` `</div>`. All the questions are written like question number 2 except the question number will change, and some of the questions have more answers to pick from than the others.

```
<!-- Question 3 -->

    <div class="question-box" id="q3">

        <p>3. How often do you feel anxious or tense during
the day?</p>

        <div class="answers">

            <button type="button" onclick="nextQuestion(3,
0)">Never</button>

            <button type="button" onclick="nextQuestion(3,
1)">Rarely</button>

            <button type="button" onclick="nextQuestion(3,
2)">Occasionally</button>

            <button type="button" onclick="nextQuestion(3,
3)">Frequently</button>

        </div>

        <div class="nav-buttons">

            <button type="button"
onclick="previousQuestion(3)">◀ Previous</button>

        </div>

    </div>

<!-- Question 4 -->

    <div class="question-box" id="q4">

        <p>4. How easily can you focus on a single task?</p>
```

```
        <div class="answers">

            <button type="button" onclick="nextQuestion(4,
0) ">Never</button>

            <button type="button" onclick="nextQuestion(4,
1) ">Very easily</button>

            <button type="button" onclick="nextQuestion(4,
2) ">Somewhat easily</button>

            <button type="button" onclick="nextQuestion(4,
3) ">Not easily</button>

        </div>

        <div class="nav-buttons">

            <button type="button"
onclick="previousQuestion(4) ">← Previous</button>

        </div>

    </div>

<!-- Question 5 -->

<div class="question-box" id="q5">

    <p>5. How often do you feel sad?</p>

    <div class="answers">

        <button type="button" onclick="nextQuestion(5,
0) ">Never</button>

        <button type="button" onclick="nextQuestion(5,
1) ">Not much</button>

        <button type="button" onclick="nextQuestion(5,
2) ">Sometimes</button>
```

```
        <button type="button" onclick="nextQuestion(5,
3) ">Usually</button>

    </div>

    <div class="nav-buttons">

        <button type="button"
onclick="previousQuestion(5) ">← Previous</button>

    </div>

</div>

<!-- Question 6 -->

<div class="question-box" id="q6">

    <p>6. Do you have any headaches, tension, or body
pain? (0 = Nothing, 5 = Very Often)</p>

    <div class="answers">

        <button type="button" onclick="nextQuestion(6,
0) ">0</button>

        <button type="button" onclick="nextQuestion(6,
1) ">1</button>

        <button type="button" onclick="nextQuestion(6,
2) ">2</button>

        <button type="button" onclick="nextQuestion(6,
3) ">3</button>

        <button type="button" onclick="nextQuestion(6,
4) ">4</button>

        <button type="button" onclick="nextQuestion(6,
5) ">5</button>

    </div>
```

```
        <div class="nav-buttons">

            <button type="button"
onclick="previousQuestion(6) ">← Previous</button>

        </div>

    </div>

    <!-- Question 7 -->

    <div class="question-box" id="q7">

        <p>7. How stressed do you feel right now? (0 = Not
at all, 5 = Extreme)</p>

        <div class="answers">

            <button type="button" onclick="nextQuestion(7,
0) ">0</button>

            <button type="button" onclick="nextQuestion(7,
1) ">1</button>

            <button type="button" onclick="nextQuestion(7,
2) ">2</button>

            <button type="button" onclick="nextQuestion(7,
3) ">3</button>

            <button type="button" onclick="nextQuestion(7,
4) ">4</button>

            <button type="button" onclick="nextQuestion(7,
5) ">5</button>

        </div>

        <div class="nav-buttons">

            <button type="button"
```

```
onclick="previousQuestion(7) ">← Previous</button>

    </div>

</div>

<!-- Question 8 -->

<div class="question-box" id="q8">

    <p>8. How often do you worry about how others think
of you?</p>

    <div class="answers">

        <button type="button" onclick="nextQuestion(8,
0) ">Never</button>

        <button type="button" onclick="nextQuestion(8,
1) ">Rare</button>

        <button type="button" onclick="nextQuestion(8,
2) ">Sometimes</button>

        <button type="button" onclick="nextQuestion(8,
3) ">Frequently</button>

        <button type="button" onclick="nextQuestion(8,
4) ">Often</button>

    </div>

    <div class="nav-buttons">

        <button type="button"
onclick="previousQuestion(8) ">← Previous</button>

    </div>

</div>

</div>
```

```
        <!-- Question 9 -->

        <div class="question-box" id="q9">

            <p>9. Have people ever told you that you walk or
talk very quickly, especially when you are stressed or busy?</p>

            <div class="answers">

                <button type="button" onclick="nextQuestion(9,
0)">Never</button>

                <button type="button" onclick="nextQuestion(9,
1)">Once in a while</button>

                <button type="button" onclick="nextQuestion(9,
2)">Sometimes</button>

                <button type="button" onclick="nextQuestion(9,
3)">A lot</button>

                <button type="button" onclick="nextQuestion(9,
4)">Always</button>

            </div>

            <div class="nav-buttons">

                <button type="button"
onclick="previousQuestion(9)">← Previous</button>

            </div>

        </div>

        <!-- Question 10 -->

        <div class="question-box" id="q10">

            <p>10. Do you get angry or sad easily because of
small or petty things?</p>

            <div class="answers">
```

```

        <button type="button" onclick="nextQuestion(10,
0) ">Never</button>

        <button type="button" onclick="nextQuestion(10,
1) ">Rarely</button>

        <button type="button" onclick="nextQuestion(10,
2) ">Occasionally</button>

        <button type="button" onclick="nextQuestion(10,
3) ">Quite often</button>

        <button type="button" onclick="nextQuestion(10,
4) ">Usually</button>

    </div>

    <div class="nav-buttons">

        <button type="button"
onclick="previousQuestion(10) ">← Previous</button>

    </div>

</div>

```

I realized the option for each question wasn't the same number, and the total point adding up was higher than I expected, so I changed `percentage = (score / 30) * 100;` to `percentage = (score / 37) * 100;`.

December 30, 2025

Today, I was so curious about what my webpage will look like, so I decided to turn this into a website before I finished and see if there was anything to add or change. But I don't know how to change it to a website. So I went to search it up. I didn't understand how to do it, until I came across ChatGPT. It tells me to open a folder in my browser and name it, "templates" (can be named anything). Make sure the code file ends with ".html." Afterwards, put the code in the folder I just created, so I don't lose anything. Click the folder, and click the index.html(the code), it will open on google on a website. Before that I close my `</form>`, `</div>`, `</body>` and `</html>`. I opened it on google, and tried to do the form, but it feels like 10 questions was not

enough. I go back to my code and add 5 more questions.

```
<!-- Question 11 -->

<div class="question-box" id="q11">

    <p>11. Do you feel tightness or pressure in your
chest, when you are stressed?</p>

    <div class="answers">

        <button type="button" onclick="nextQuestion(11,
0)">Never</button>

        <button type="button" onclick="nextQuestion(11,
1)">Rarely</button>

        <button type="button" onclick="nextQuestion(11,
2)">Sometimes</button>

        <button type="button" onclick="nextQuestion(11,
3)">Quite often</button>

        <button type="button" onclick="nextQuestion(11,
4)">Usually</button>

    </div>

    <div class="nav-buttons">

        <button type="button"
onclick="previousQuestion(11)">◀ Previous</button>

    </div>

</div>

<!-- Question 12 -->

<div class="question-box" id="q12">
```

```
    <p>12. Do you use snacks/binge eating, cigarettes,
alcohol, or drugs to relieve stress?</p>

    <div class="answers">

        <button type="button" onclick="nextQuestion(12,
0) ">Never</button>

        <button type="button" onclick="nextQuestion(12,
1) ">Rarely</button>

        <button type="button" onclick="nextQuestion(12,
2) ">Sometimes</button>

        <button type="button" onclick="nextQuestion(12,
3) ">Often</button>

        <button type="button" onclick="nextQuestion(12,
4) ">Very Often</button>

    </div>

    <div class="nav-buttons">

        <button type="button"
onclick="previousQuestion(12) ">← Previous</button>

    </div>

</div>

<!-- Question 13 -->

<div class="question-box" id="q13">

    <p>13. After going to bed, do many negative thoughts
pop into your mind?</p>

    <div class="answers">

        <button type="button" onclick="nextQuestion(13,
0) ">Never</button>
```

```
        <button type="button" onclick="nextQuestion(13,
1) ">Rarely</button>
        <button type="button" onclick="nextQuestion(13,
2) ">Sometimes</button>
        <button type="button" onclick="nextQuestion(13,
3) ">Often</button>
        <button type="button" onclick="nextQuestion(13,
4) ">Always</button>
    </div>
    <div class="nav-buttons">
        <button type="button"
onclick="previousQuestion(13) ">◀ Previous</button>
    </div>
</div>

<!-- Question 14 -->
<div class="question-box" id="q14">
    <p>14. Do you need the help of sleeping pills to
fall asleep?</p>
    <div class="answers">
        <button type="button" onclick="nextQuestion(14,
0) ">Never</button>
        <button type="button" onclick="nextQuestion(14,
1) ">Rarely</button>
        <button type="button" onclick="nextQuestion(14,
2) ">Sometimes</button>
        <button type="button" onclick="nextQuestion(14,
```

```

3) ">Often</button>
        <button type="button" onclick="nextQuestion(14,
4) ">Always</button>
    </div>
    <div class="nav-buttons">
        <button type="button"
onclick="previousQuestion(14) ">← Previous</button>
    </div>
</div>

<!-- Question 15 -->
<div class="question-box" id="q15">
    <p>15. Do you feel like you shouldn't be having
fun?</p>
    <div class="answers">
        <button type="button" onclick="nextQuestion(15,
0) ">Never</button>
        <button type="button" onclick="nextQuestion(15,
1) ">A little</button>
        <button type="button" onclick="nextQuestion(15,
2) ">Sometimes</button>
        <button type="button" onclick="nextQuestion(15,
3) ">A lot</button>
        <button type="button" onclick="nextQuestion(15,
4) ">Always</button>
    </div>
    <div class="nav-buttons">

```

```
        <button type="button"
onclick="previousQuestion(15)"> Previous</button>

    </div>

</div>
```

And I also have to change my total score, `percentage = (score / 57) * 100;`.

December 31, 2025

I put what I have so far in the method slide, and organize it into a few paragraphs.

January 2, 2026

Final step, today I will be putting the message at the end.

`<!-- Final Submit -->` is just a reminder.

`<div class="question-box" id="result-box">` will add a new id called "result-box" in the "question-box." And it is hidden at first because of the `question-box display: none;`.

`<p id="result-text"></p>` prints the "result-text" which is the message that I was coding earlier, `let message = `Your pressure level is ${percentage.toFixed(1)}%.<br>`;` and plus the other message that will be decided according to your mental pressure level.

`<button type="button" onclick="location.reload()">Restart</button>`, I created a button called Restart which lets you reload the page.

January 3, 2026

I think about a lot trying to make this more helpful. I ended up with a solution to create tips for my form. That means another function to create; I open my "script" again.

`<script>` open the script again to put the solution/ tips.

I thought of some tips, but they were not enough, so I searched it up. When I was searching, I came across these two websites, which prevented me from getting enough tips at last. I also organize the tips in different categories, so there will be different solutions for different pressure levels.

Government of Canada, Mental Health - Coping With Stress, canada.ca, 2017-05-04,

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html>

University of Colorado Boulder, 25 Quick Ways to Reduce Stress, colorado.edu,

<https://www.colorado.edu/law/25-quick-ways-reduce-stress>

```
const basicTips = [ "Listen to calm music 🎵", "Laugh 😄", "Do something you like ❤️", "Play with a pet 🐾", "Look outside 🌳" ];
```

by putting “const” before the name, it won’t be changeable or replaceable. In my basic tips, there are 5 tips.

```
const mediumTips = [ "Take deep breaths 🌬️", "Stretch 🧘", "Go for a walk or do light sports 🚶", "Write in a journal 📖", "Chew gum", "Get organized 📁" ];
```

and in the medium tips, there are 7 new tips.

```
const strongTips = [ "Talk to someone you trust ❤️", "Meditate 🧘", "Yoga", "Have enough sleep 😴", "Sip green tea 🍵", "Eat something sweet 🍫", "Find the source of the stress and ask for help" ];
```

at last, there are strong tips which can help to deal with higher level of stress.

```
function solution() {
```

now I start coding my “solution” function.  
`document.getElementById("solutionBtn").style.display = "none";` first, it will go find the “Solution” button and hide it.

The browser will give you different tips according to your score from that form.

```
let tips = [];
```

`if (percentage < 40) { tips = [...basicTips];` if the percentage was lower than 40, it will give you the basic tips.

```
} else if (percentage < 70) { tips = [...basicTips, ...mediumTips];
```

when the percentage is lower than 70, it will give you basic tips plus medium tips.

```
else { tips = [...basicTips, ...mediumTips, ...strongTips];
```

otherwise the browser will give you all the tips, including basic tips, medium tips, and strong tips.

```
tips = tips.sort(() => 0.5 - Math.random());
```

I want the tips to not be in order, so I added in this line.

```
let adviceHTML = "<br><br><strong>Things you can try:</strong><ul>";
```

create a leading sentence, this will be stored in “adviceHTML.” And it has two lines break, so this message will be on the next line. The text will be in bold, it will print the message “Things you can try:” the list after this sentence will not be in order.

```
tips.forEach(tip => { adviceHTML += `<li>${tip}</li>` });
```

turns all the tips into a list item, store every items in “adviceHTML” and close the unordered list.

```
document.getElementById("tips-container").innerHTML = adviceHTML;
```

puts everything inside “adviceHTML” in the tips-container.

Then, I tested it again, but the tip was too much, it went out of the container. So I put `overflow-y: auto;` in the styling section for the container because it will add a scrollbar if the text inside is overflow.

Finally, I close up everything, my script, form, div, body, and html, "`</script> </form> </div> </body> </html>`". I already closed it up before, but just to double check if they are close or not.

January 4, 2026

Today, I worked on my conclusion and analysis. Then, I add all the links in the citation section.

January 10, 2026

I worked on the acknowledgement and the declarations part.

January 11, 2026

I look through everything again and I rewrite my method, so it is more understandable.

February 27, 2026

I told my participant image, the header image and the project image. Then, I put it on the cysf platform.

February 28, 2026

I started creating my video and also finished creating my video.

February 29, 2026

I looked through everything again, making sure it was all finished and organized.