

Visual Concepts For a Wellness App and Brainstorming

Concept

Develop a dynamic health/wellness app for AU students. This student wellness app will be tailored to the AU student body and:

- support positive behavior change while collecting data,
- share educational tidbits appropriate for the individual at given times,
- give the user insight to groups of people connected to AU,
- provide motivation/connection,
- connect the user to exercise, support, and social opportunities,
- include an option for the user to track data themselves,
- possibly provide appropriate discounts for local healthy food and exercise options.

Professionals to Create Together

- Nutrition Education Professionals/Fellows
- Computer Design/Application Development Professionals/Fellows
- Business Professionals/Fellows



Team Development

Content Development:

Nutrition Education professors, Trina Ulrich & Jessica Yamamoto, create content, interspersed with behavioral psychology principles, while developing the overall concept.

App Development:

Develop the interface and app for a mobile phone app while communicating with the team about the overall concept.

Business Development:

Lead the financial aspects of app development and upkeep, including possible financial support through local businesses and/or grants and awards.

Application Objectives

- Students will become more aware of their overall wellness as defined by several key areas of interest, including:
 - sleep quality and quantity,
 - physical activity,
 - social wellness
 - emotional wellness,
 - occupational wellness,
 - water consumption,
 - fruit & vegetable consumption.

insert wellness wheel image here

Application Objectives (contd.)

- Students will learn the steps necessary (with the help of daily reminders) to reach the next level of wellness in each designated category.
- Students will gain a sense of Eagle Unity through the joint (yet potentially competitive, if interested) pursuit of wellness via challenges presented in the application.
- Students will learn of services offered to support their wellbeing at American University.
- A sense of community will grow among a variety of departments within American University throughout the app development process and research process.
- Professional development among students from a variety of departments across campus will be supported.

Baseline Questionnaire upon downloading and opening the app example:

- Hi! Please input your birthday here: (insert preferable input mode for birthday here)
 - Note – there should be an automatic setting where anyone who indicates that they are <18 years of age at the time of application is automatically removed from data collection.
 - Possibly we can consider putting in a birthday pop-up for everyone, but also include a pop-up asking individuals turning 18 after they begin using the application, if they would like to opt in for data collection.
- Please specify your gender.
 - Male (cisgender)
 - Female (cisgender)
 - Transgender Female
 - Transgender Male
 - Gender-fluid, non-binary
 - Prefer to self-describe: _____
 - Prefer not to say
- Which category (or categories) best describes you? Please select all that apply.
 - White
 - Hispanic, Latino or Spanish origin
 - Black or African American
 - Asian
 - American Indian or Alaska Native
 - Middle Eastern or North African
 - Native Hawaiian or Other Pacific Islander
 - Other (Please specify): _____
 - Prefer not to say

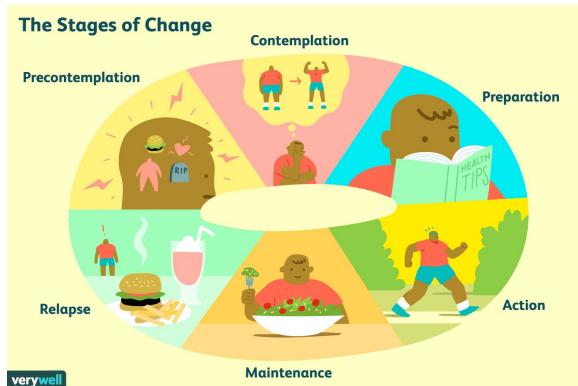
The following questions are questions to consider to include:

- On average, how many hours do you sleep per night?
- How many times a day do you eat a handful size serving of fruits? (Note: two handfuls would count as two times)
- How many times a day do you eat a handful size serving of vegetables? (Note: two handfuls would count as two times)
- On average, how many 8oz glasses of water do you consume per day? (Note: an average size water bottle has 16oz of water and would therefore count as two 8oz glasses)
- How many hours/minutes a week would you say that you exercise at an intensity where it becomes slightly difficult to carry on a conversation?

Baseline Questionnaire continued upon utilizing the app

This will help each user initially plot themselves on the Wheel of Wellness

Consider having a version of the following graphic for each category, with imagery relevant to the topic at hand (Note: this image is taken from google- we would need to design our own. :))



Once a user clicks on the picture that they feel is appropriate, they can get a text pop-up verification, more fully explaining the selected stage of change and then be prompted to proceed, or go back and select a different stage that best describes their current status. (see following slides for examples of the pup-up verification questions)

Baseline Graphic Image Concepts: Water/Hydration

Stage of Change	Image concept	Text verification
Pre-contemplation	Image side view of a person's head with visual pop-ups of what their thoughts might be, with a big X mark through a cup of water	Has the idea of staying hydrated been off of your radar? Is the thought of drinking water or staying hydrated the farthest thing from your mind? If so, this may be the right category for you. Click "yes" to continue, or "back" to select a different category.
Contemplation	Person sitting and thinking about a cup of water	Has the idea of ensuring adequate hydration been on your mind but perhaps you don't know where to begin, or haven't had the opportunity act on this interest yet? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category.
Preparation	A person reading about adequate hydration /water	Have you began to plan out how you can stay better hydrated? Have you explored some of the health impacts of adequate hydration? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Action	Person actually drinking water	Within the last six months, have you began focusing on adequate hydration? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Maintenance	Calendar with days checked off indicating 6 months of continued hydration, maybe with a graphic of 8 cups of water in one calendar day	Have you been drinking adequate amounts of water and plan to continue to do so? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Relapse	Person sitting on the couch with unchecked calendar days indicating a lack of hydration	Were you previously working hard to ensure adequate hydration and water consumption, but have fallen off of the proverbial horse lately? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category

Baseline Graphic Image Concepts: Fruit and Vegetables

Stage of Change	Image concept	Text verification
Pre-contemplation	Image side view of a person's head with visual pop-ups of what their thoughts might be with a big X mark through several different fruits and vegetables	Has the idea of consuming a healthful diet full of fruits and vegetables been off of your radar? Is the thought of eating fruits or vegetables of any form, the farthest thing from your mind? If so, this may be the right category for you. Click "yes" to continue, or "back" to select a different category.
Contemplation	Person sitting and thinking about fruits and vegetables	Has the idea of eating more fruits and vegetables been on your mind but perhaps you don't know where to begin, or haven't had the opportunity act on this interest yet? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category.
Preparation	A person at the grocery store buying fruits and vegetables	Have you began to plan out how you can eat more fruits and vegetables? Have you explored some of the health impacts of healthy eating? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Action	Person actually eating fruits and vegetables	Have you recently began eating more fruits and vegetables within the past 6 months? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Maintenance	Calendar with days checked off indicating 6 months of continued fruits and vegetable consumption - possibly different produce listed under each day	Have you been eating adequate amounts of fruits and vegetables and plan to continue to do so? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Relapse	Person sitting on the couch with unchecked calendar days indicating a lack of fruit and vegetable consumption (consider having an X through some fruits and vegetables)	Were you previously eating adequate amounts of fruits and vegetables but have fallen off of the proverbial horse lately? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category

Baseline Graphic Image Concepts: Physical Activity

Stage of Change	Image concept	Text verification
Pre-contemplation	Image side view of a person's head with visual pop-ups of what their thoughts might be with a big X mark through several physical activities such as running;weight lifting	Has the idea of being physically active been off of your radar? Is the thought of physical activity of any form, even walking the farthest thing from your mind? If so, this may be the right category for you. Click "yes" to continue, or "back" to select a different category.
Contemplation	Person sitting and thinking about exercising	Has the idea of physical activity been on your mind but perhaps you don't know where to begin, or haven't had the opportunity act on this interest yet? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category.
Preparation	A person stretching and/or putting on tennis shoes	Have you explored types of physical activity that may work for you and when may be best to put your body in motion? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Action	Person actually exercising or running/walking	Have you recently began a physical activity regime (i.e. walking, running, dancing etc) within the past 6 months? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Maintenance	Calendar with days checked off indicating 6 months of continued exercise - possibly different activities listed under at least 5 days of the week on the calendar	Have you been maintaining a regular physical activity regime (i.e. walking, running, dancing, etc) for the past 6 months and plan to continue to do so? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Relapse	Person sitting on the couch with unchecked calendar days indicating a lack of physical activity	Were you previously physically active, but have fallen off of the proverbial horse of regular physical activity? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category

Baseline Graphic Image Concepts: Sleep

Stage of Change	Image concept	Text verification
Pre-contemplation	Image side view of a person's head with visual pop-ups of what their thoughts might be with a big X mark through a bubble thought of a person sleeping in bed.	Has the idea of getting adequate sleep been entirely off of your radar? Is the thought of getting 7 to 8 hours of sleep a night the farthest thing from your mind? If so, this may be the right category for you. Click "yes" to continue, or "back" to select a different category.
Contemplation	Person sitting and thinking about a sleeping, this can be noted with a bubble of a person in bed or by a "zzz"	Has the idea of getting enough sleep been on your mind but perhaps you don't know where to begin, or haven't had the opportunity act on this interest yet? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category.
Preparation	A person making a comfortable-looking bed	Have you began to plan out how you can get more sleep? Have you explored some of the health impacts of adequate sleep? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Action	Person actually sleeping comfortably	Have you recently began focusing on adequate sleep within the past 6 months? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Maintenance	Calendar with days checked off indicating 6 months of continued adequate sleep,, maybe with a graphic of 8 hrs + a person in bed	Have you been getting adequate amounts of sleep for the past 6 months and plan to continue to do so? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Relapse	Person sitting on the couch with unchecked calendar days indicating a lack of adequate sleep	Were you previously getting adequate sleep, but have fallen off of the proverbial horse lately? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category

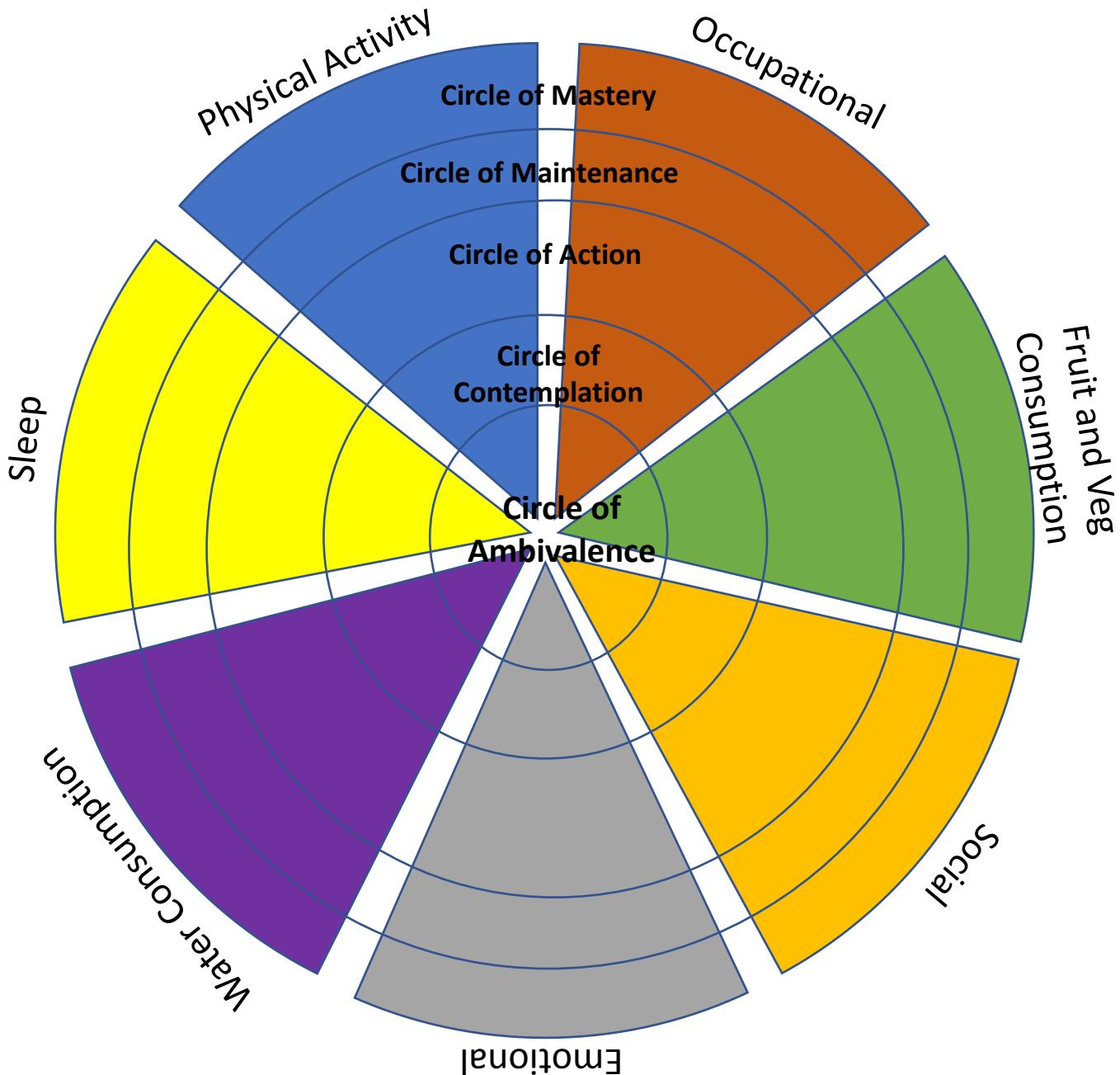
Baseline Graphic Image Concepts: Social

Stage of Change	Image concept	Text verification
Pre-contemplation	Image side view of a person's head with visual pop-ups of what their thoughts might be with a big X mark through a bubble thought of a group of people talking	Has the idea of working on your interactions with others been off of your radar? Is the thought of getting engaging with others the farthest thing from your mind? If so, this may be the right category for you. Click "yes" to continue, or "back" to select a different category.
Contemplation	Person sitting and thinking about a engaging with others. This can possibly be shown through a head with a bubble thought of a group of people talking	Has the idea of building your social networks been on your mind but perhaps you don't know where to begin, or haven't had the opportunity act on this interest yet? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category.
Preparation	A person reading a book on communication	Have you began to plan out how you can engage more with others? Have you explored some of benefits of building your social networks? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Action	Person actually engaging with others	Have you recently began focusing on building your social networks in past 6 months? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Maintenance	Calendar with days checked off indicating 6 months of continued engagement with others	Have you been continually building your social groups for the past 6 months? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Relapse	Person sitting on the couch with unchecked calendar days indicating a lack of engagement with others	Were you previously engaging well with those around you but have fallen off of the proverbial horse lately? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category

Baseline Graphic Image Concepts: Occupational/ Career goals

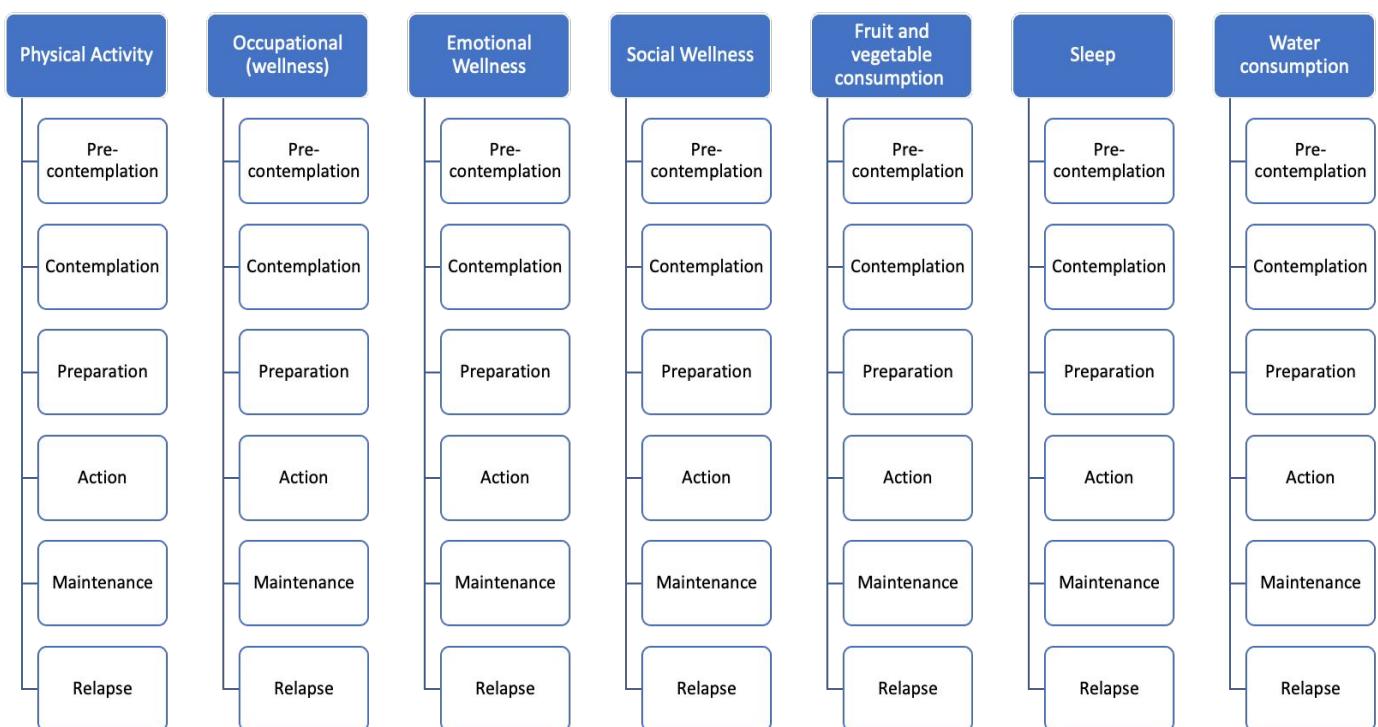
Stage of Change	Image concept	Text verification
Pre-contemplation	Image side view of a person's head with visual pop-ups of a person walking up steps with the letters c-a-r-e-e-r- spelled out, one letter per step ---- this bubble should have an "X" mark through it	Has the idea of professional development or work been the farthest thing from your mind? If so, this may be the right category for you. Click "yes" to continue, or "back" to select a different category.
Contemplation	Person sitting and thinking about the image described above (C-A-R-E-E-R steps) without teh "X" mark through it	Has the idea of professional development been on your mind but perhaps you don't know where to begin, or haven't had the opportunity act on this interest yet? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category.
Preparation	A person reading a book on professional development	Have you began to plan out how you can begin to or continue to develop professionally? Have you explored some of benefits of professional development or seek out careers which may interest you? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Action	Person actually climbing the c-a-r-e-e-r stairs	Have you recently began focusing on professional development and/or career selection? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Maintenance	Calendar with days checked off indicating 6 months of c-a-r-e-e-r stair climbing, perhaps with person progressing higher on the ladder	Have you been engaging in professional development activities/research for the past 6 months? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category
Relapse	Person sitting at the bottom of the c-a-r-e-e-r stairs with unchecked calendar days indicating a lack of engagement with others	Were you previously engaging professional development activities but have fallen off of the proverbial horse lately, or perhaps have just lost interest? If so, this may be the right category for you. Click "yes" to continue or "back" to select a different category

How are you doing? Your Wheel of Wellness



* Note* Each piece of the pie represents a different area of wellness, and each circle (from the inside out) represents one's level of mastery for each area of wellness.

Baseline Questionnaire Possible Outcomes



We are coming up with a database of facts, challenges, and questions for each of the white boxes above. Each white box, will require a different set of informational tid bits and questions. Depending on which white box (i.e. which stage of change) that the students falls under, the “game” will focus on this particular stage of change in each category.

Example of User Experience

- User spins wheel and lands on **Sleep**
- User chooses a Truth or Dare

Example for Truth

(* depends on individual's specific Stage of Change within each category)

- a. Sleep (Contemplation Stage)
 - i. Truth (5 points earned if answer / 10 points if answer correctly)
 1. How many hours of continual sleep does an average adult under the age of 65 need per night for optimal health?
 - a. 5-7 hours
 - b. 7-8 hours
 - c. 9-10 hours
 - d. it doesn't matter

(*Discuss links to AU services within. Include: AU Counseling, etc.)

Examples for Dares

Dare (user must do something and track it for multiple days - 5 points earned for each day tracked)

1. We dare you to sleep 7-8 hours per night for the next 3 nights. You will receive a follow-up question once per day for the following 3 days to help hold you accountable. Each day these follow-up questions are answered, you will receive 5 points.
 - How do you think you will feel after doing this for 3 days? Different? More robust?
 - “Did you know that when we change our behavior in small increments , the chance of holding on to the new healthy behavior over time increases? Let’s try it out!
 - Each day the user receives a pop up on the app asking how many hours they slept the previous night. (1 point for each time the user answers)
 - The average hours slept will be plotted on the Wheel of Wellness (and compared to the plot from their last plot point)
2. We dare you to put your phone away for at least 30 minutes before going to bed for 3 nights in a row.
3. We dare you to turn off all screens for at least 30 minutes (or an hour) before going to bed for at least 3 nights in a row.
 - Follow-ups may include:
 - a. Did you accomplish your 30 minutes without looking at your phone before bed last night?
 - b. Did your quality of sleep improve? If so, how?
 - c. Have other areas of life been impacted since you started decreasing screen time before bed?

Pop-up Trivia Factoids

- User is asked 5 questions and/or learns new trivia factoids to earn the chance of another spin the next day (this also serves to educate and motivate individual in practicing healthy behavior) - each trivia factoid completed earns 1 point
 - Did you know the average undergraduate student sleeps 6-6.9 hours per night?
 - Physical activity and sleep are symbiotic. When we improve one, the other tends to improve as well.
 - How many hours of sleep did you get last night?
 - On average over the past 7 nights, how many hours of sleep did you get per night? (1 point)
 - * trivia factoid: Did you know, optimal bodily functions occur when we sleep 7-8 hours per night? (even down to the cellular level for strong immune systems!)
 - What hormone decreases in our bodies when we get 7- 8 hours of sleep per night? multiple choice with cortisol as the answer
 - *trivia factoid: explains cortisol and chronic stress vs. cortisol and sudden stress
 - Choose what is beneficial to improve our sleep: turning off screens 1 hour before sleeping, exercising right before it's time to sleep, etc.
 - *trivia factiod: exercise earlier in the day correlates with improved sleep compared to no exercise (and also compared to exercising before bedtime)

Point System

1. Popup Trivia Factiods (1 point each; 5 needed to earn next spin)
2. Truth (5 points if answered; 10 points if answered correctly)
3. Dare (5 points for each day practiced; maximum of 15 points for each dare)

Leveling up

- 400 points
 - Option to spin twice daily?
 - Coupon (give 3 choices; student chooses)
 - on-campus healthy food, activity, swag?, social option?
 - off-campus Orange Theory, Whole Foods options, ticket to event?, etc. (donation based)
- 1000 points
 - Options TBD; possible create choices that also include a partner to support social wellbeing

(*Discuss links to AU services within)

Collaborative Ideas

Spin the Wheel of Wellness For your Daily Challenge





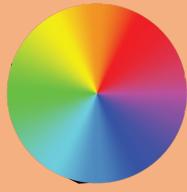
Wheel of Wellness Game



You have daily
questions to
answer!



Take a spin at
the Wheel of
Wellness



Double check
your Wellness
wheel



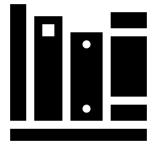
Leadership
board



Community
wall/badges



App Developer Questions



Click [HERE](#) for Google
Doc with Questions

Questions for IRB Application

Explain how the data will be coded and how the key will be secured.

Describe protections in place to restrict access to authorized persons.