

# USER MANUAL

IMOODY

SOCIAL MEDIA USED THE RIGHT WAY

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## 1. INTRODUCTION

iMoody is an application developed to help combat the control that social media tends to have on user's lives. It was designed to specifically target university students who have realized that they have an addiction to social media and want to take positive steps to change how they think about it. Our application uses elements of Cognitive Behavioural Therapy (CBT) by giving users a way to log their use of social media and how it correlates to their overall mood.

We believe that the key to creating healthy habits in our users is by teaching them how they are in control of their actions and empower them to take a step back from behaviours that aren't healthy. This is why our suggestions section of the pop up will suggest a variety of activities and we plan to allow the option of customization in later versions.

## 2. INSTALLING OUR POP-UP

1. Open your Chrome browser.
2. Navigate to: [Chrome Web Store - Extensions](#).
3. Search for iMoody or follow this link:  
<https://chrome.google.com/webstore/search/imoodly>.
4. Click on the "Add to Chrome" button
5. A window will pop up asking "Add "iMoody"?", click on the "Add extension" button.
6. You will now be able to view the iMoody icon in your browser, an example is show below:

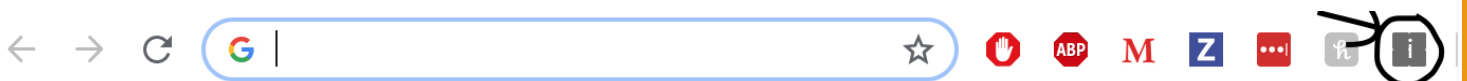


Figure 1: iMoody in navigation bar

### 3. CREATING AN ACCOUNT

1. To create an iMoody account, click on the icon in your navigation bar and click on the icon that is circled in the picture below:

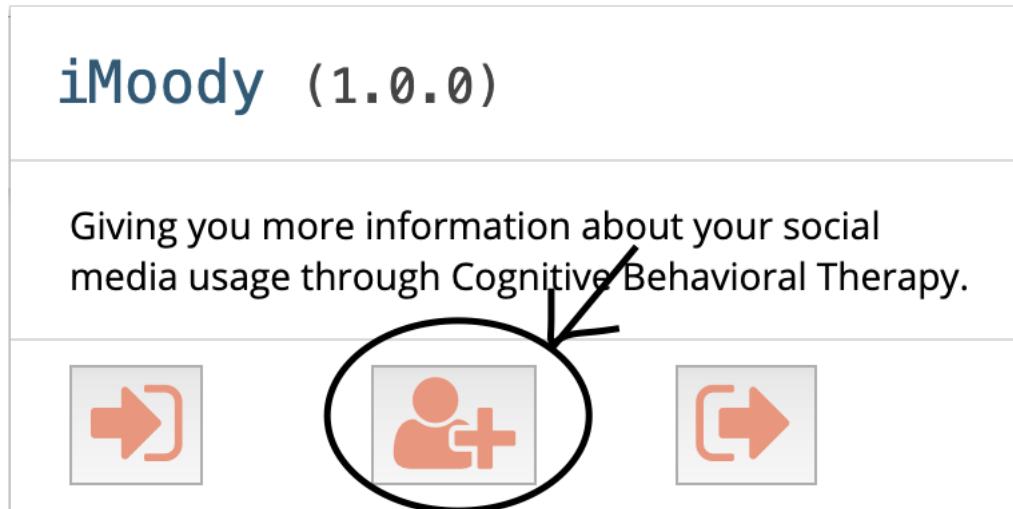


Figure 2: iMoody welcome page

2. Clicking this button will take you to this page:

A screenshot of the iMoody account creation page. At the top, it says "iMoody (1.0.0)". Below that, a text box reads "Giving you more information about your social media usage". Underneath, there are four input fields labeled "First name:", "Last name:", "Email Address:", and "Password:". At the bottom, there are two blue buttons: "Go back!" and "Submit".

Figure 3: iMoody account creation page

3. Fill in your information and click on the “Submit” button.
4. You should see the follow screen:

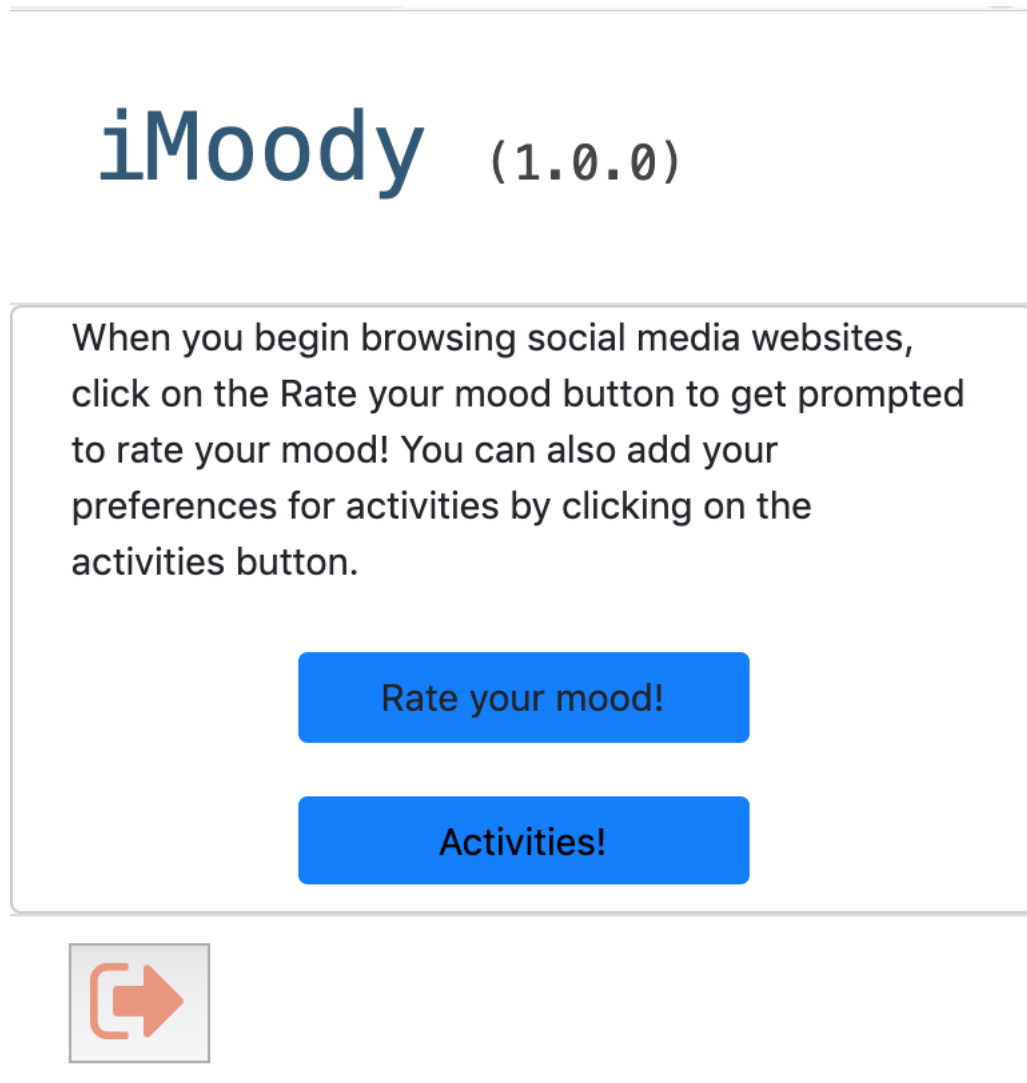


Figure 4: iMoody page after login

5. You now have an iMoody account!

## 4. LOGGING IN

1. To log in to the pop-up, click on the icon circled in the image below:

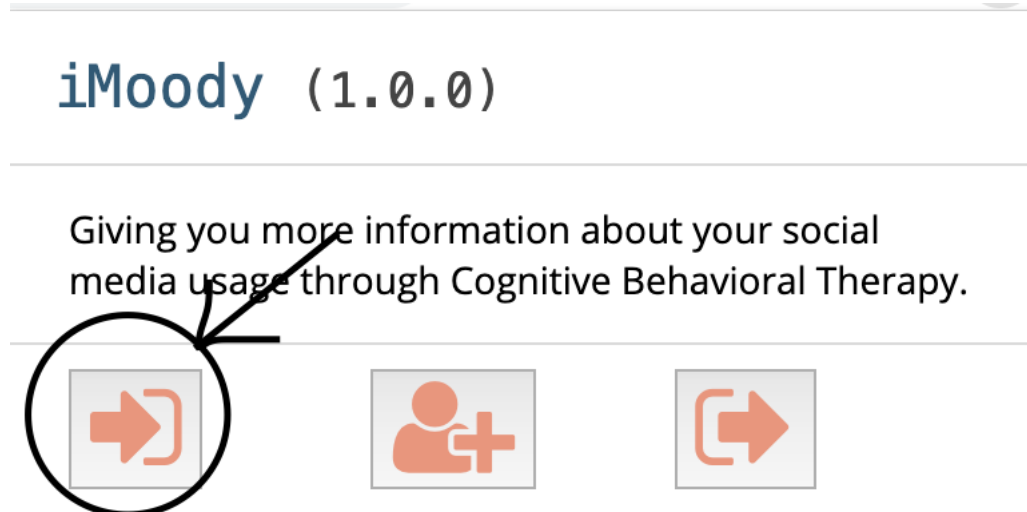


Figure 5: iMoody log in button

2. Fill in the email and password that you used to register and click the “Submit” button.

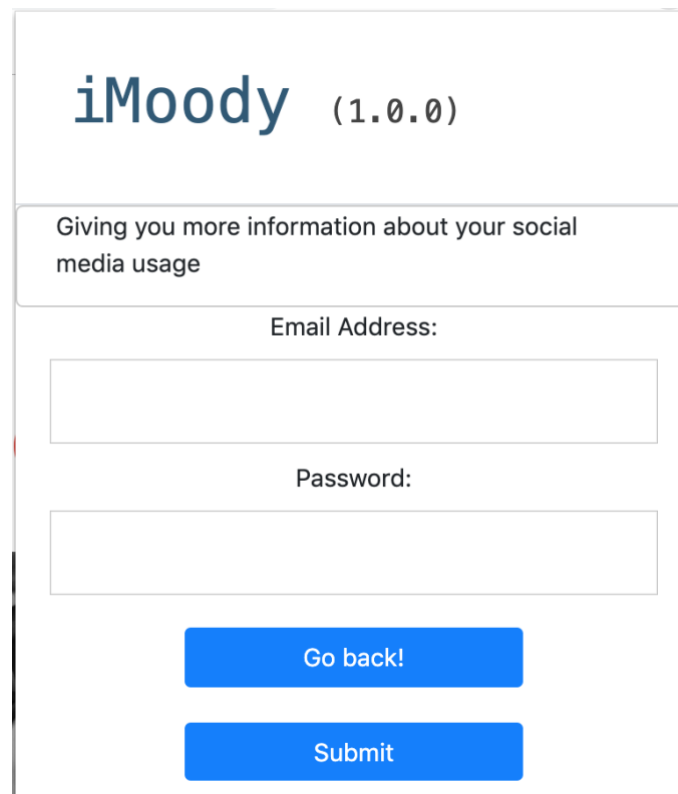
A screenshot of the iMoody login page. The page has a light gray background. At the top, there is a white header area with the text 'iMoody (1.0.0)'. Below the header, there is a white box containing the text 'Giving you more information about your social media usage'. Underneath this box, there are two input fields. The first input field is labeled 'Email Address:' and the second input field is labeled 'Password:'. Below the input fields, there are two blue buttons. The first button is labeled 'Go back!' and the second button is labeled 'Submit'.

Figure 6: iMoody log in page

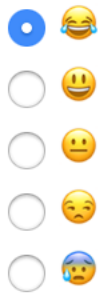
## 5. LOGGING YOUR MOOD

1. Click on the “Rate your mood!” button. You will see the following screen:

iMoody (1.0.0)

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Please click on the emoji that best describes your current mood!



Submit

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Figure 7: iMoody mood rating page

2. Select the emoji that best represents your mood and click “Submit”.
3. When you are ready to rate your mood again, repeat step 2.
4. You will then see a graphical representation of your mood over time and be able to re-rate your mood when you are ready.

# iMoody (1.0.0)



Figure 8: Graphical mood representation

## 6. VIEWING YOUR MOOD STATISTICS

1. As stated in the previous section, to view your mood statistics, you must first rate your mood twice and then you will be taken to the graphical representation of your mood over time.



## 7. LOGGING OUT

1. If you wish to sign out at any point when using the pop-up, simply find the symbol circled in the image below. This symbol exists on every page in the pop-up.

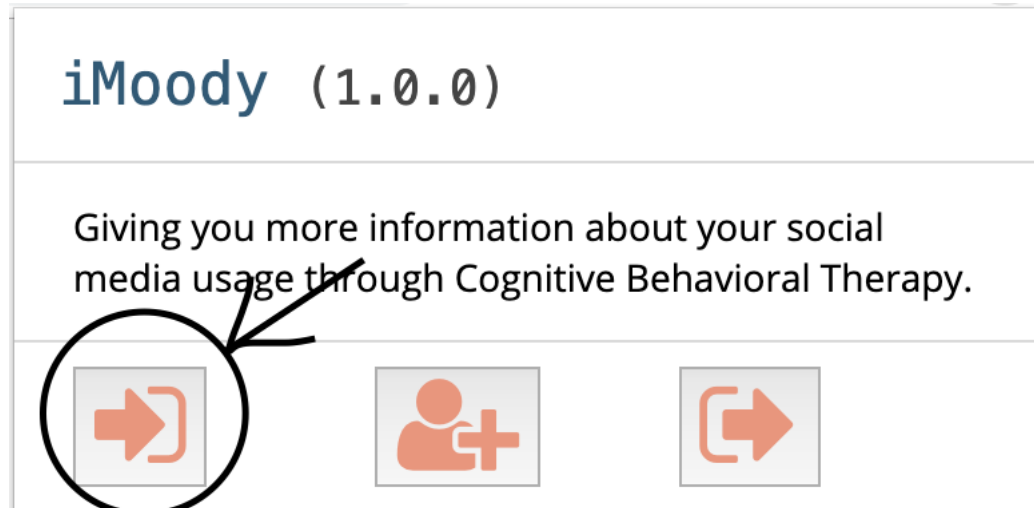


Figure 9: iMoody log out button