Complimentary App Specification v 1

Introduction

My Internal World …. a place you can visit to explore and understand how you can improve your capacity to be happy. You answer questions, we analyse the answers and give you personalised feedback on key areas of your emotional health, with options for taking action and improving your happiness.

It is a WordPress based, mobile-friendly website that offers an emotional health assessment, detailed personalised report and development pathways. It holds user data including emails. passwords and their assessment answers and the scores required to create their report.

We are now looking to develop a complementary app for everyone who has an active, paid for MIW subscription. If it is technically possible can they still have access to the app on their phone if they stop their subscription to MIW.

Objective

The objective of the app is to

(1) allow us to push notify the user to use the MIW website more e.g. take your next assessment - keep working on the Stress pathway.

(2) support the user with the quick tools available on the MIW website

Functionality

The app needs the following functionality:

Start up screen Day 1

Welcome message and
Quote of the day*

Start up screen ongoing

Quote of the day* and
affirmation if chosen/
random or personalised

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*A bank of 365 quotes minimum

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Onboarding

Explanation of how the
user's data will be
used/shared

Offer to set up an affirmation
(can set later)

Set push notification on/off
(can change later)

Main Selection Screen
How are you feeling today?*

Crisis button
Affirmation generator
Visualisation
Just breathe
Journal
MIWs thought for the day**
Check-in history

* really want them to do this first - how to prompt this visually?

**This is different to the front screen thought of the day approximately 100

How are you feeling today screen 1 - State

Select one from a choice of words/scale

- Ecstatic
- Excited
- Happy
- Meh
- Angry
- Guilty
- Sad
- Low
- Depressed
- (there may be more)

Julian - which one?

How are you feeling today screen 2 - Context

What might that feeling be related to?

Money
Relationships
Work
(there will be more)

How are you feeling today screen 3 - Follow up
Do you want your manager to know how you feel? If they click yes ask them to fill in their managers email address and we send a summary email.

Do you want to journal about it?
Yes - go to journal screen
No - go back to Main Selection Screen
Later - set push notification for 4 hours - "Do you want to journal now?"

Crisis
Links to other websites/apps or phone numbers

NHS 111
Samaritans
Citizens advice
Switchboard

Affirmation Generator

Select random generator
(will display a random
affirmation everyday)

Choose your affirmation
(from a list)

Create up your own
affirmation (users types in
their own affirmation to fit the
starting words "You are …"

*Radio button to indicate which one will be on their welcome page each day.
**Needs a brief explanation text as what an affirmation is

Visualisations

Brief relaxation

Prepare for your day

End of your day

Deep relaxation

Just breathe

Visual*

Voiced (same as visual)

* Charlie icon in colour filling up on the in breath and emptying on the out breath. 3 setting of length of breath 4 seconds in 7 seconds out - 5 seconds in 9 seconds out - 6 seconds in 10 seconds out

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Journal
Show the latest Check-In
State and Context

Free Text (today's date
needs recording)

Past Entries*

*past entries a list of dates so that they can be reread

Check-In History

Graph of check-in state and
trend

*Can we word cloud the most often checked in states?

User Settings

Push Notification On/Off

Declarations
We do not share affirmation/
journal

MIW collates anonymised
states to display trends

Privacy

Notifications Screen
A date ordered list of
notifications that have been
generated by the app.*

*Notifications list
Quote of the day
MIW Thought of the day
You have not checked in today
Intermittently if this part of the app has not been used for 21 days repeat if still not accessed for
further 21 days -
- Have you tried journaling
- Have you used the visualisations for relaxation
- Have you tried using the breathing exercises?

Regular prompts designed to draw the user back to the main website MIW

- When they can take a new assessment - by system timing 28 days since last one
- When a new (internal) blog is published
- Haven't logged into MIW for a while - after 14 days and every 2 weeks thereafter for 3
  occurrences in total
- Pathway prompts - 1 every 21 days revolving and out of synch with the 21 day cycle
  above
    - How are your stress levels - take a look at the stress pathway
    - Self esteem
    - Outlook
    - Feelings

Question if we want to increase the bank of Thoughts and Quotes can we do that later relatively
simply?