



# Companion App Specification v 1.4.3

2nd May 2022



## Table of Contents

<b>Document History</b>	<b>4</b>
<b>Introduction</b>	<b>5</b>
Background	5
Objective	5
<b>Login Screen</b>	<b>6</b>
<b>Startup Screen</b>	<b>7</b>
First-time use	7
Onboarding	7
Ongoing use	10
<b>Link to</b>	
<b>Quotes of the day Test File</b>	
<b>Affirmations Test File</b>	<b>10</b>
<b>Main Selection Screen</b>	<b>11</b>
Home Screen	11
First Time each day	11
<b>Check-in and Analysis</b>	<b>12</b>
Check-in screen	12
<b>Crisis Button</b>	<b>14</b>
<b>Affirmation Generator</b>	<b>15</b>
<b>Visualisations</b>	<b>16</b>
<b>Just Breathe</b>	<b>18</b>
<b>Journal</b>	<b>19</b>
<b>Self-Commitment Tracker [Note new name]</b>	<b>20</b>
<b>Prioritisation Helper</b>	<b>21</b>
<b>User Settings</b>	<b>22</b>
<b>Notifications list</b>	<b>23</b>
In-App	23
Driven by User data from My Internal World	23
Monthly Report	25
Streaks	25
<b>Companion App talking to MIW and vice versa</b>	<b>27</b>



Check-ins	27
Security	27
Notifications	27
Usage Data	27
App Usage data	27
Miscellaneous	28



## Document History

v 1	Initial draft of specification
v 1.1	Name change from complementary app to the companion app. Fuller detail in specification after meeting between JH, BF and CB plus a couple of potential additional functions to be reviewed
v 1.2	23rd Feb document updated during an online conversation to clarify the specification to date. Callum, Bregje & Julian
v 1.3	Review of the document post online updates plus the inclusion of the output of the Notifications discussion held at the University of Nottingham on 7th March 2022.
v 1.4	Update of our meeting at Bardill's garden centre (Julian, Callum, Emma, Matthew and Bregje).  Note the addition of a login screen  Any significant changes/notes since the previous version are highlighted either within the test or just the title where there would be a lot of yellow.
v 1.4.1	Addition of explanatory wording for each function  Confirmation of two voices for guided visualisation  Confirmation of Check-in approach
v 1.4.2	Change of wording (3rd and 1st person) for random and drop-down list of affirmations. (First-person still for those users that choose to write their own)
v 1.4.3	Finished the notifications and added a monthly activity report (for both app and website usage)



# Introduction

## Background

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 companion app for everyone who has an active, paid for MIW subscription.

At the same time as starting this project, Julian and Bregje are also considering a rebrand of My Internal World to better include it within the Calm People brand. This would mean a name change to Calm People Anytime Anywhere and the change of the 'Charlie' logo (top right of each page). The timing of the rebrand is not clear at the moment but please develop the app knowing we may not confirm brand colours and image until later in the project.

## 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, etc.
- (2) support the user with the quick tools suggested on the MIW website



# Login Screen

**Login Screen**

*User Name*

*Password*

*(Using the user name and password from MIW)*

Reset Password

Need to work out how we reset the password - either via an email or via a deeplink which will return the user back to the app.



# Startup Screen

## First-time use

### Startup screen Day 1

*Welcome to My Internal World*  
*Helping you deal with life and still find the joy*

Quote of the day<sup>1</sup>

[Tap to continue]

## Onboarding

### Onboarding

Explanation of how the user's data will be used/shared<sup>2</sup>

Offer to set up an affirmation (can set later)

Set push notification to default settings on/off  
(can change later)

[Need to check what the notification toggle options  
there will be at this stage]

It would be good to have an onboarding guide/avatar with a chosen image/personality.

The first time you go into each in-app function, the guide appears and explains

1 This is the reason this is important

2 Evidence to back it up

3 Would you like to be reminded to do xyz?

If yes - set push notification

Frequency Daily/Weekly

At xx.xx time

And be able to reset to No

[Info] The guide will then appear each time the info button is pressed on each in-app screen to show the same details - why it is important - evidence to back it up - would the user like to be reminded to use it

---

<sup>1</sup> List of quotations are in a separate spreadsheet. There are currently 176 quotes. We will be adding another 200 or so

<sup>2</sup> Wording to be decided nearer completion



## Explanatory Text for each of the app functionality

*(These may be a bit wordy and we can make more concise if needed)*

### Check-in

The key to self-development, emotional development and good mental health is self-awareness. This starts with being able to understand how we feel. By checking in every day we start to understand how we are feeling today and the impacts that external factors and events have on how we may feel.

Because our feelings can be temporary in nature there is a tendency in all of us to only remember and associate with the feeling that we are experiencing at that moment. If you check in here every day you will build up a valuable record of your feelings day to day that will help you understand yourself better.

You don't always have to do anything to respond to how you are feeling or to change the feeling. In fact, simply being able to understand how you feel and let that feeling be there in you without judgement is a useful life skill to learn.

So, by using this function every day you will increase your self-awareness, build a record of your own feelings and possibly start a process of self-acceptance.

Want to know more? Click [here](#) to go to the feelings pathway on the My Internal World site.

### Affirmation Generator -

An affirmation is a brief, impactful statement that affirms positive qualities or experiences you would like to create or emphasise in your life.

By exposing yourself to positive self-affirmations every day you will gradually break down old neural pathways that affirm negative aspects of your personality and allow yourself to experience, enjoy and affirm the positive aspects of your personality.

If this feels uncomfortable at first that is part of your brain called your inhibition. This is part of your mind that thinks it protects you by labelling certain activities as stupid or ridiculous. In fact, all it does is hold you back from experiencing new things and enjoying life more.

Research published by Lisa Legault of Clarkson University and colleagues showed that those using positive self-affirmations scored higher scores in "go-no go tests" and, interestingly, when they made mistakes were more resilient and open to improvement.

Want to know more about these take a look at the self Esteem pathway in the My Internal World site





## Journal -

Use this journal to empty your mind of what is going on for you at this time. Only you can see this. Think of your mind like a bucket. Near the bottom of the bucket is your cheerful, positive, solution orientated mind which can quite easily get drowned out by all the stuff that life throws at you and fills your head up.

Having a daily routine of emptying the bucket is really healthy self-discipline to develop and different pieces of research have shown journaling to support self-confidence, a stronger immune system, and higher IQ.

We recommend journaling to empty your mind to give you the headspace to enjoy life more. Try it.

## Visualisations

Visualisations can be used for almost any purpose. In their most common format, they are a great way to get a burst of relaxation either part way through your day or to use as part of your pre-sleep routine.

We have provided you with a selection of different ways to relax including music background only plus specific visualisations that help you mentally prepare to have a great day and let go of your workday.

Why not find yourself a comfortable place to sit down with your back supported, close your eyes and try them out.

Make these part of your daily relaxation routine.

## Just Breathe

We all know how to breathe...right?

The challenge many of us have is that our stressful lives and our busy days lead us into less than healthy ways of breathing. This shallow stressful breathing means that we don't get enough oxygen in our system and we allow the stress hormones adrenaline and cortisol to stay in our bodies for longer than is healthy.

The healthy way to breathe is from our stomach rather than our chest. This can take practice. Use our simple breath pacer to take gentle healthy breaths. Use it twice a day for 5 minutes to improve the balance of hormones in your body and give yourself a gentle break from your busy routine.

## Self-Commitment Tracker

We often make commitments to ourselves to build new daily habits or routines. They don't always go so well unless we have someone reminding us to do what we have chosen to do. Use our commitment tracker to set your own personalised commitment and its frequency. This will then remind you to follow through on the commitment you have made to yourself.



## Ongoing use

### **Startup screen ongoing**

Quote of the day

Affirmation if chosen/ random or  
personalised

[Tap to continue]

## Link to

[+ Quotes of the day Test File](#)

[+ Affirmations Test File](#)



# Main Selection Screen

## Home Screen

**Main Selection Screen**

How are you feeling today?<sup>3</sup>

Check-in analysis

Crisis button

Affirmation generator

Visualisation

Just breathe

Journal

Commitment Tracker

Prioritisation Helper

## First Time each day

How are you feeling today?

(Go to Checkin Screen)

Not now

(if pressed just move on)

---

<sup>3</sup> We need a very visual way prompt to encourage the user to Check-in each day - perhaps another “first time each day” screen









# Check-in and Analysis

## Check-in screen

How are you feeling today?

Check In

How are you feeling today?



I don't know

Save

Do you want to journal about this?  
(goto journal screen)

See Check-in history

[Info] [Why it is important etc]

Note: we have decided to mirror the check-in we currently record on the My Internal World website. We can give you the original images. This has raised a question about what font to use on the app. Should we match it to the website? I will send over the brand guidelines.

On 7th March we decided to drop the functionality to offer to email the manager with that day's check-in. We also added the option to journal after logging in

### **14th April Julian and Bregje would like:**

The user can check-in as many times per day as they would like to - we need to think about how to display multiple check-ins - same display on app and MIW

We would like to remind them to check-in at least once a day

If easy, we would like them to be able to check in on either the app or MIW or both.

Callum and Matthew to feed back what is possible. Thanks



## How are you feeling today?

screen 2

What might that feeling be related to?

Bills  
Money  
Relationships  
Work  
Conflict  
The News  
Social Media  
Illness  
The Past  
My behaviour  
Other's happiness  
Luck  
Worrying / Anxiety  
Life

This list can be shortened if it displays better

## Check-in Analysis



Top 3 contexts:  
Work  
Relationship  
Social media

Scrollable left and right of emoticons



# Crisis Button

## **Crisis**

Links to other support with phone numbers

NHS - 111

Samaritans - 116 123

Citizens advice - 0808 223 1133

Switchboard - 0300 330 0630



# Affirmation Generator

## Affirmation Generator

*Your Current Affirmation is displayed first*

Select random for a different affirmation every day\*

Choose your affirmation from this list\*

Create up your own affirmation (users type in their own affirmation to fit the starting words "I am ...")

Do you want to be reminded to say your affirmation?

If Yes - Frequency Daily/Weekly

At xx.xx time

And be able to reset to No

[Info] [Why it is important etc]

This could be a radio button to indicate which one will be on their welcome page each day.

\* both the random affirmation and the choice from a list will be populated from a spreadsheet with 30 affirmations. Each of these affirmations will be the same phrase worded in the 3rd person for the random one (we are affirming to them) and the 1st person for choosing from a list.

E.g. random - *You are powerful*

Dropdown - *I am powerful*

You can only select one of these three options, or none of them. That is, the user can not select random and create your own affirmation at the same time.



# Visualisations

## Visualisations

Your relaxation boost

Slow and deep relaxation

Building your positive thinking

Greet the day with energy

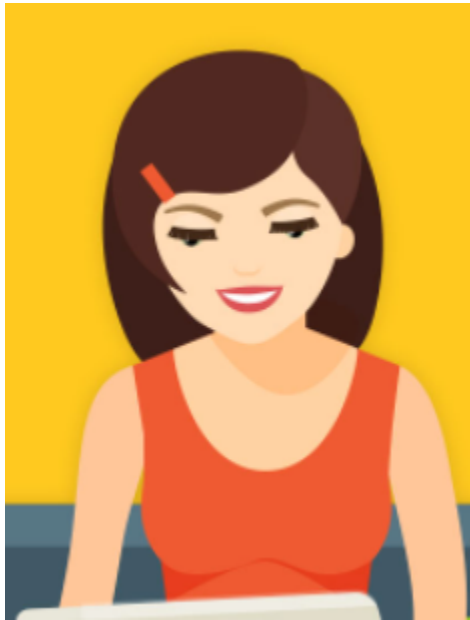
Getting in the zone

Improving your sleep quality

20 mins relaxing harmony

[Info] [Why it is important etc]

All visualisations will be recorded by Julian and Bregje and we need a toggle for the user to select which voice they hear. Perhaps we could use the cartoon characters from MIW?



or



Recording booked for 6th May and will be available shortly after.





# Just Breathe

## **Just Breathe**

Set timer [Length of session]

Choose

Silent or Start and Finish noise (tbd)

Visual<sup>4</sup> or Voiced:

Choose one of three settings<sup>5</sup>

[Info] [Why it is important etc]

---

<sup>4</sup> Julian and Bregje need to decide what visual we want for the breathing exercise

<sup>5</sup> 3 settings for length of breath 4 seconds in 7 seconds out - 5 seconds in 9 seconds out - 6 seconds in 10 seconds out



# Journal

## Journal

Show the latest Check-In State and Context.

Free Text (today's date needs recording)

Do you want to be reminded to journal?

If Yes - Frequency Daily/Weekly

At xx.xx time

And be able to reset to No

Past Entries<sup>6</sup>

[All your entries are stored locally so if you want to uninstall this app you will lose the date unless you upload them.]

Export journal entries

[Info] [Why it is important etc]

---

<sup>6</sup> Each entry needs to be recorded with a date so that previous entries can be read



## Personal Commitment Tracker [Note new name]

**Personal Commitment Tracker [?]**  
I am committing to ... [free text of limited length]  
  
How often? [x times a day/daily/weekly/monthly]  
  
I have done it this time [tick]  
  
Do you want to do it again?  
  
Do you want to be reminded to do this commitment?  
If Yes - Frequency Daily/Weekly  
At xx.xx time  
And be able to reset to No  
  
End this commitment [Delete]  
  
[Info] [Why it is important etc]

There can only be one commitment active at a time

The user decided if it continues or not.

When the reminder comes up - is it possible to defer the reminder?

23rd Feb

We want to track how often people react to the commitment reminders.

On the last day of each month, we could send them a notification saying you did "the commitment" x times.

Question what if they changed their commitment during this time?

Can also suggest a change of commitment if they haven't done many of them.

Activity reporting back to MIW - show if the user sticks to a commitment when they have one.

Three columns - they have a commitment - how many times they have changed their commitment and how often they did that commitment when they had one.

Where is this displayed?

25th March

Still not clear what we want to tell the user about their commitments. Needs to be defined.



# Prioritisation Helper

## Prioritisation Helper

In a couple of the pathways on the My Internal World website, we explain a technique to prioritise a list of choices. It involves comparing all the options with each other to get a prioritised list. I am aware of automated versions of this like

<https://rankingengine.pubmeeple.com/>

Just wondering if it is easy to programme something similar.

I am happy to give more details if it is something we could consider including. If it's a large piece of work we do not need to include this.

23rd Feb - Callum to have a look at the algorithm and see if it is a large piece of work



# User Settings

User Settings

Declarations

We do not share affirmation/  
journal

MIW collates anonymised  
states to display trends

Inapp notification toggles

↔ Checkin

↔ Affirmation

↔ Journal

↔ Visualisation

↔ Breathing

↔ Self Commitments

Privacy

**We would like the user to be able to choose between inapp or email notifications or both. (Neither is not an option)**



## Notifications list

### In-App

Users can set the in-app functions as “on” or “off” either within that app function or in the user settings. If the notification is set “on” they will be reminded each time they open the app to do that function. As detailed in the User Settings sections.

#### Whatsapp conversation:

Bregje - if a user installs the app but doesn't open it, we

1. don't know if they have installed it and
2. Have no way of telling them to open it

Callum - currently that's true, you will have the info that it's been downloaded but not by who and not sure of any way to send them notifications, maybe through the firebase, but will need to check.

### Driven by User data from My Internal World

Notification	First Prompt	Reminders	In-app or email	In monthly Report?
Take first assessment	One week after 1st login  *Text Needed*	Monthly thereafter	App and Email	Last assessment date
Start using your app	Logged in and did not done anything.  1 week after login  “Hey! We noticed you have taken a great first step in improving your emotional health by downloading the app. You haven't started using ut yet so	Monthly thereafter	App and email	App last opened date



Notification	First Prompt	Reminders	In-app or email	In monthly Report?
	we thought we would give you a gentle nudge. Inside there are lots of features you can personalise to help you remain emotionally strong. It only takes a couple of minutes to set up."			
Take your next assessment	91 days after the last assessment <b>*Text Needed*</b>	91 days after the last reminder	App and email	Last assessment date
Taking action after an assessment	One week after the last assessment date  "You may have needed some reflection time - why not set yourself time to work on a pathway or yourself"	None	App and email	None
Ongoing action after any assessment (pathways)	Scored red in any areas and has at least 0% progress in the red pathways.  3 weeks after the assessment  "We noticed you scored Red in ABC. You have	6 weeks after assessment then stop.	App and email	Pathways % progress



Notification	First Prompt	Reminders	In-app or email	In monthly Report?
	not started looking at BC pathway(s). We are nudging you on this because we want you to get the most out of the system"			
Started pathway not complete	Cycle across the 7 pathways (not health habits) and if % complete is not 100 then send a message  Week 1 Stress Week 2 Self Esteem etc.		App and email	Pathways % progress
No pathways ever	2 weeks after first login "We noticed you haven't looked at any pathways yet. Even if you don't take the assessment these can be really useful.	No reminders	App and Email	Pathways % progress
Worksheets	Bregje to check what we have and then decide if we need any notification			
New Blog Available	When a blog is uploaded on MIW *Text Needed*	None	App and email	None
Relevant Blog if scored Red in the last assignment	On an 8 week cycle, get a link to the relevant blogs for that pathway. Each week is a different section e.g. Stress,	A different report section each week.	App and email	None





Notification	First Prompt	Reminders	In-app or email	In monthly Report?
	<p>Self-Esteem The Past etc.</p> <p>Everyone gets a reminder of the Healthy Habits pathway.</p> <p>For all other sections only if scored red in that section, except Meaning &amp; Purpose in which case it is the score was amber. (No one can get a red in M&amp;P).</p>			
<p>Discretionary / one off update</p> <p>(Triggered by us rather than date held in MIW)</p>	<p>J or B decide to send a notification eg Broadcast Defined users eg a specific company or all admin users</p> <p>Need to be able to input relevant text</p> <p>Probably functionality on MIW?</p>	None	App & email	None
Pathway Complete	<p>If a pathway is 100% complete. 6 Weeks later (if we know the date?)</p> <p>“Hey! We notice you completed</p>	None	App and email	None



Notification	First Prompt	Reminders	In-app or email	In monthly Report?
	the xxx pathway. People have shared with us that revisiting pathways helps them consolidate their learning and pick up things they missed the first time round.2			
Admin User Monthly prompt	Hey! Your latest monthly usage stats are available. Not enough data? Check to see all the proven tips for encouraging use within your organisation.			



## Monthly Activity Report

*Below is listed the items we would like to present to the users each month.*

*This covers both usage on MIW and on the App (regardless of which the user uses - so we display zeros for MIW if they only use the App and vice versa).*

*We are not sure if it is one source document (e.g. a webpage) which can be accessed from the app, from the MIW dashboard or linked to in an email; or, if the source data is available for a report to be created in three different places. We want the reports to be visually consistent.*

*Where possible we would like to use visuals from MIW and the Companion App. E.g. whichever icon we use for Journaling would also be used in the report. Once we know what we can display and how the report will be created, we can help shape the visual design of the report.*

This is how you have used My Internal World this month:

Member since xxxxxx

### My Internal World

Date last logged in

Date of last assessment (note if you wish you can take an assessment every 28 days)

Summary of last report RAG

### Pathways

You are x% through Stress and made x% progress in month (if that is something we record / can record)

You are x% through Self-Esteem and made x% progress in month (if that is something we record / can record)

Etc. for all the pathways

### Check-in Graph

Current Check-in Streak is x continuous days

Maximum ever check in streak is x continuous days

This month





This is how you have used the Companion App / Anytime Anywhere App this month

Date last opened & How many times app accessed during the month

Affirmation Generator (same visual / icon as the app)

You are currently using a randomly generated / chosen / self written / no affirmation.

Journaling (same visual / icon as the app)

You have made x journal entries this month.

Your current streak is x daily entries.

Your best ever streak is x daily entries.

Visualisations (same visual / icon as the app)

You have used x visualisations this month

Your current favourite is x (don't display if none used)

Your current streak is x days.

Your best ever streak is x days.

Breathing (same visual / icon as the app)

You have used the breathing function x times this month

Your current streak is x days.

Your best ever streak is x days.

Commitment Tracker

You currently have no commitments set - or -

You have currently set a commitment of "I am going to ....." every day/week/month

Prioritisation Tool

You have used this x times this month



## Streaks

After using any of the functions below we display “You have xxxx-ed for x consecutive days”.  
If used for 28 consecutive days “Congratulations you are a Habit Building Champion”

Check-in

Visualisations

Breathing

Journalling



## Companion App talking to MIW and vice versa

### Check-ins

Can we share the check-ins recorded on the app into MIW and display the checking there as well? Do we want users to be able to check in on both and manage the syncing of the results or do we just check-in on the app once it goes live?

**A user can only check in once a day (on either the website or the app - need to discuss)**

Can we produce an aggregate score for each organisation each day of their check-in score?

### Security

The email and password will be the same on both the website and the app.

### Notifications

Can we run a query over the website data to get a list of people to notify on the app. E.g. they can take a new assessment as the last one was more than 28 days ago.

Also, do we want to offer notification by phone and by email? Need to be clear about what they are receiving across the two platforms.

### Usage Data

Do we want to record how long the user is in the app and on the MIW site?

Do they use the app or MIW more?

Are there any other things we want to record/report on? Where will we report on them?

### App Usage data

Will all app usage data be put into a MIW database?

Could include:

Timestamp check-in

Count access to each function

Count how often they change their affirmation

Record current and/or longest streak?

**Can we timestamp all of these to support the data shown in the Monthly Usage Report?**

**Need to talk to Callum about what else we could record and then B&J decide what we actually need**



## Miscellaneous

Copied from the Commitment Tracker section to make sure we don't miss it:

Activity reporting back to MIW - show if the user sticks to a commitment when they have one.

Three columns - they have a commitment - how many times they have changed their commitment and how often they did that commitment when they had one.

Where is this displayed?