



# Companion App Specification v 1.3

21st March 2022



## Table of Contents

<b>Document History</b>	<b>3</b>
<b>Introduction</b>	<b>4</b>
Background	4
Objective	4
<b>Startup Screen</b>	<b>5</b>
First-time use	5
Onboarding	5
Ongoing use	6
<b>Main Selection Screen</b>	<b>7</b>
Home Screen	7
First Time each day	7
<b>Check-in and Analysis</b>	<b>8</b>
Check-in screen	8
<b>Crisis Button</b>	<b>10</b>
<b>Affirmation Generator</b>	<b>11</b>
<b>Visualisations</b>	<b>12</b>
<b>Just Breathe</b>	<b>13</b>
<b>Journal</b>	<b>14</b>
<b>Commitment Tracker</b>	<b>15</b>
<b>Prioritisation Helper</b>	<b>16</b>
<b>User Settings</b>	<b>17</b>
<b>Notifications list</b>	<b>18</b>
In-app	18
Driven by MIW	18
Other notifications	18
Streaks	19
<b>Companion App talking to MIW and vice versa</b>	<b>20</b>



## Document History

v 1	Initial draft of specification
v 1.1	Name change from complimentary 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 Any significant changes/notes since the previous version are highlighted either within the test or just the title where ther would be a lot of yellow.



# 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.

Notifications are still a work in progress, we will look to confirm our exact requirements in the next couple of weeks.

## 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



# 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



Bregje and Julian to provide the text for each of these, for

Check-in

Affirmation Generator - [An affirmation is a brief, impactful statement that affirms positive qualities or experiences you would like to create in your life. Here are two examples]

Journal - [Use this journal to empty your mind of what is going on for you at this time. Only you can see this].

Visualisations

Just Breathe

Commitment Tracker

## Ongoing use

### **Startup screen ongoing**

Quote of the day

Affirmation if chosen/ random or  
personalised

[Tap to continue]



# 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

A mockup of a mobile app's check-in screen. At the top, the text 'How are you feeling today?' is displayed. Below this is a white rounded rectangle containing the title 'Check In' and a right-pointing arrow icon. Inside this rectangle, the question 'How are you feeling today?' is repeated. Below the question are six yellow circular emoji icons: three with happy faces (smiling) and three with sad faces (frowning). A grey button labeled 'I don't know' is positioned below the first three emojis. A dashed-line button labeled 'Save' is at the bottom right of the rounded rectangle. Below the rounded rectangle, the text 'Do you want to journal about this?' is followed by '(goto journal screen)' on the next line. Below that is the text 'See Check-in history'. At the very bottom, there is a line of text: '[Info] [Why it is important etc]<sup>4</sup>'.

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]<sup>4</sup>

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.

On 7th March we have added the option to journal after logging in

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

---

<sup>4</sup> We do not want them to be able to set a notification for checking in. They will be prompted each day they open the app that they have not already checked in.





## 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 "You are ...")

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



# Visualisations

## Visualisations

Brief relaxation

Prepare for your day

End of your day

Deep relaxation

Relaxing music (Chloe)

[Info] [Why it is important etc]

(Exact contents of this screen to be  
confirmed by Bregje and Julian  
- it's on the list)

Julian and Bregje need to do a little more work on this. We need to choose we could:

1. Lift the visualisation recordings from MIW
  - a. Meditation practices (30min, 15min, 5min)
  - b. Self-worth
  - c. Positive thinking
  - d. Performance
  - e. Energy Confidence
2. Take 'best' from MIW and hire a recording studio and re-record
3. Could have totally different topics (like those on the box above) and record

B& J decide if more than one voice



# Just Breathe

## Just Breathe

Set timer [Length of session]

Choose

Silent or Start and Finish noise (tbd)

Visual<sup>5</sup> or Voiced:

Choose one of three settings<sup>6</sup>

[Info] [Why it is important etc]

---

<sup>5</sup> Julian and Bregje need to decide what visual we want for the breathing exercise

<sup>6</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>7</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>7</sup> Each entry needs to be recorded with a date so that previous entries can be read



# Commitment Tracker

**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?



# Prioritisation Helper

## Prioritisation Helper

Would like to verify that the notification reminder to perform this task is not required?

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

<p>User Settings</p> <p>Declarations</p> <p>We do not share affirmation/ journal</p> <p>MIW collates anonymised states to display trends</p> <p>Privacy</p>
---

Need to have further discussions on whether there is a Notifications On/Off toggle

Push Notification On/Off

Also, do we want to offer notification by phone and by email?

[Info] [Sell the benefits of having notifications on]



## Notifications list

### In-app

The user can set whether they have notification reminders for the in-app functionality for:

Check-in

Affirmation Generator

Journal

Visualisations

Just Breathe

Commitment Tracker

### Driven by MIW

We have then identified a number of potential notifications that would be driven by data in MIW:

#### Assessment

- Take your first assessment
- You haven't reassessed for x weeks
- You are now able to take your next assessment
- Congratulations on taking an assessment - have you started working on it?

#### Pathways

- You scored red in areas - time to have a look at xxxx pathway
- You have started but not completed xxxx pathway
- You haven't looked at any pathways for x weeks

Try this worksheet (Random trigger or connected to pathways currently open?)

### Other notifications

There are also potentially some other notifications

- You haven't opened the app in a while/ever (!)
- Once a month, check whether we are sending too many notifications - but what are we going to do if they say yes? They can reset the in-app notifications by going into the individual functions/screens

Also once a month you haven't got any notifications switched on - are you sure about that?

- New blog available
- *Interesting information (not sure what that includes)*
- Organisation related messages



We mentioned having different levels of notification

Recommended / Minimum / Everything - but we could not decide what would be in each category. Just including this as we are looking to finalise everything.

## Streaks

“Well done you have done xxx for x days”

Check-in

Commitment Tracker

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.

## Stats

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?

## 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?