

# Team Tech Epic (Interactive Demo)

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Peaceful  
Garden



The Problem



# SOCIAL MEDIA

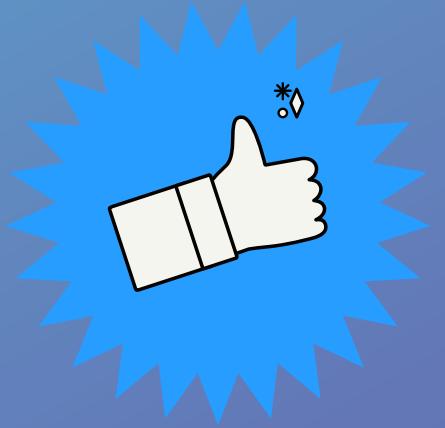
- Maintain Contact and connections
- Share Positive thoughts
- Organise Events
- and more...

# But there are negatives...



## Friends

The amount of friends.  
Can inappropriate quantify popularity.



## Likes

The amount of likes for posts.  
Can also inappropriate quantify popularity.



## Beauty

How good looking you appear  
in posts. Can lead to  
development of body image issues.



## Cyber Bullying

How good looking you appear  
in posts. Can lead to  
development of body image issues.

TRIGGERS COMPARISON!



**STIMULATES FEELINGS OF INADEQUACY**  
You compare yourself  
to an artificial  
representation of  
someone else's "Perfect  
life".

Help Guide. (2020, September). Social Media and Mental Health. Help Guide,  
<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>

**Negative impact on mental health**

- "Users tend to disproportionately represent positive life developments", and
- "Portray themselves to be happier than they actually are"

## THE PROBLEM WITH CURRENT MENTAL HEALTH APPS

74%

OF USERS



Abandon mental health apps after 10 days of use due to lack of engagement.

For example, a popular PTSD Coach app, developed by the U.S. Veterans Administration, was reported to have been downloaded 166861 times. However, only 14% of individuals had used the app the day after downloading.



**FACEBOOK**  
2004



**YOUTUBE**  
2005



**TWITTER**  
2006



**INSTAGRAM**  
2010



**SNAPCHAT**  
2011

Release dates of various social media platforms

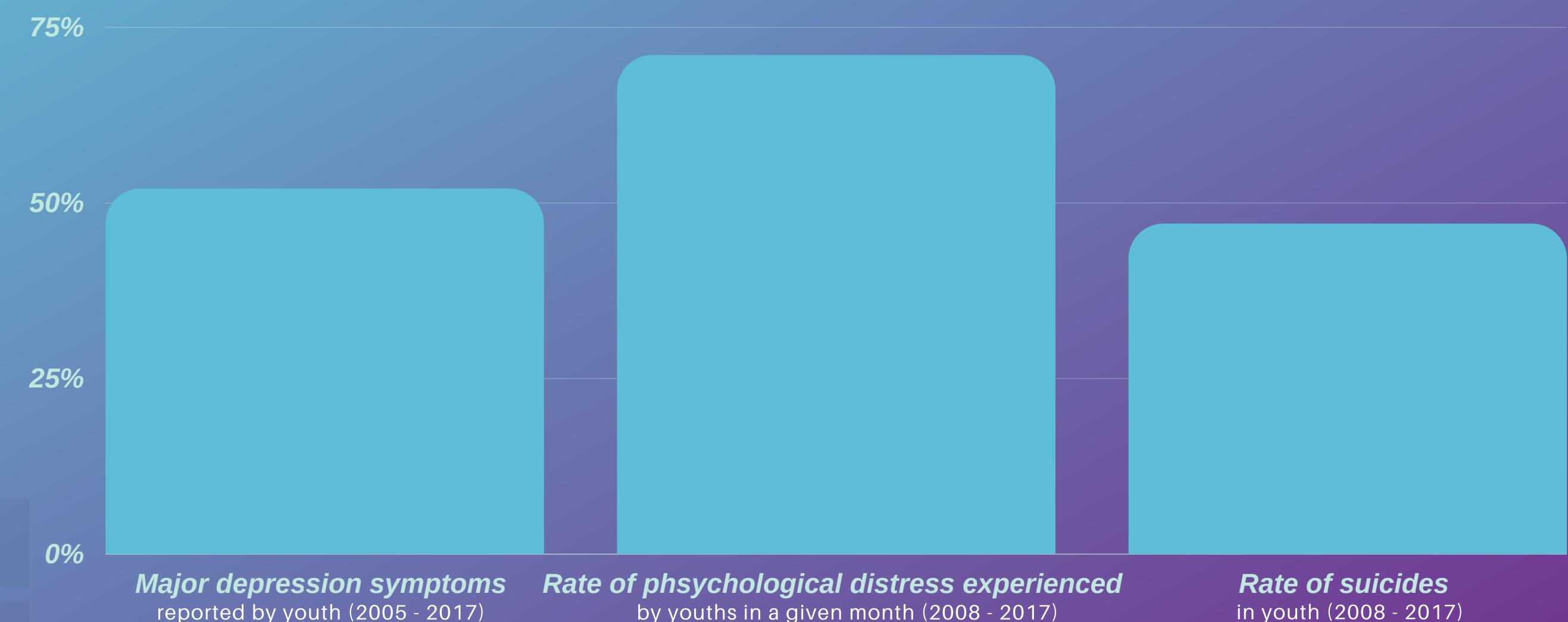
Social Media usage rates  
(ages 13-17)

85% YouTube

72% Instagram

69% SnapChat

51% Facebook



# RISE IN MENTAL HEALTH SYMPTOMS (Increase Rates)

Ethical  
Design

# Differences In Design

## ANONYMOUS USER PROFILES

Limited to fake names and selected profile avatars.

## RESTRICTED POSTING

According to set templates to support positive thinking

## NO COMMENTING AND NO REACTING TO POSTS

You can like posts to save the posts that you like in your account. Like counts and people who like posts are never reported to the author of the posts.

## NO ADVERTISING

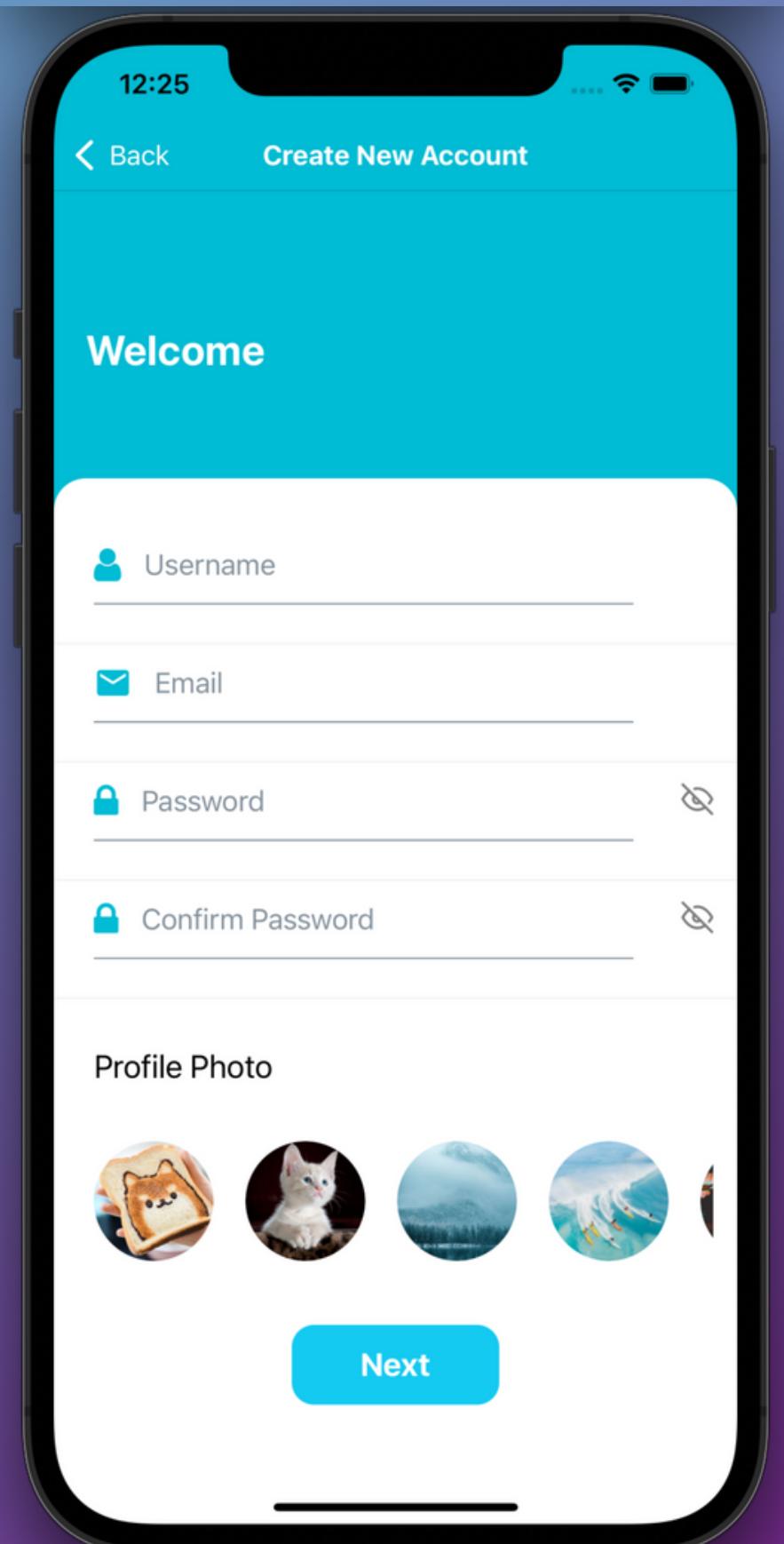
Period.



features

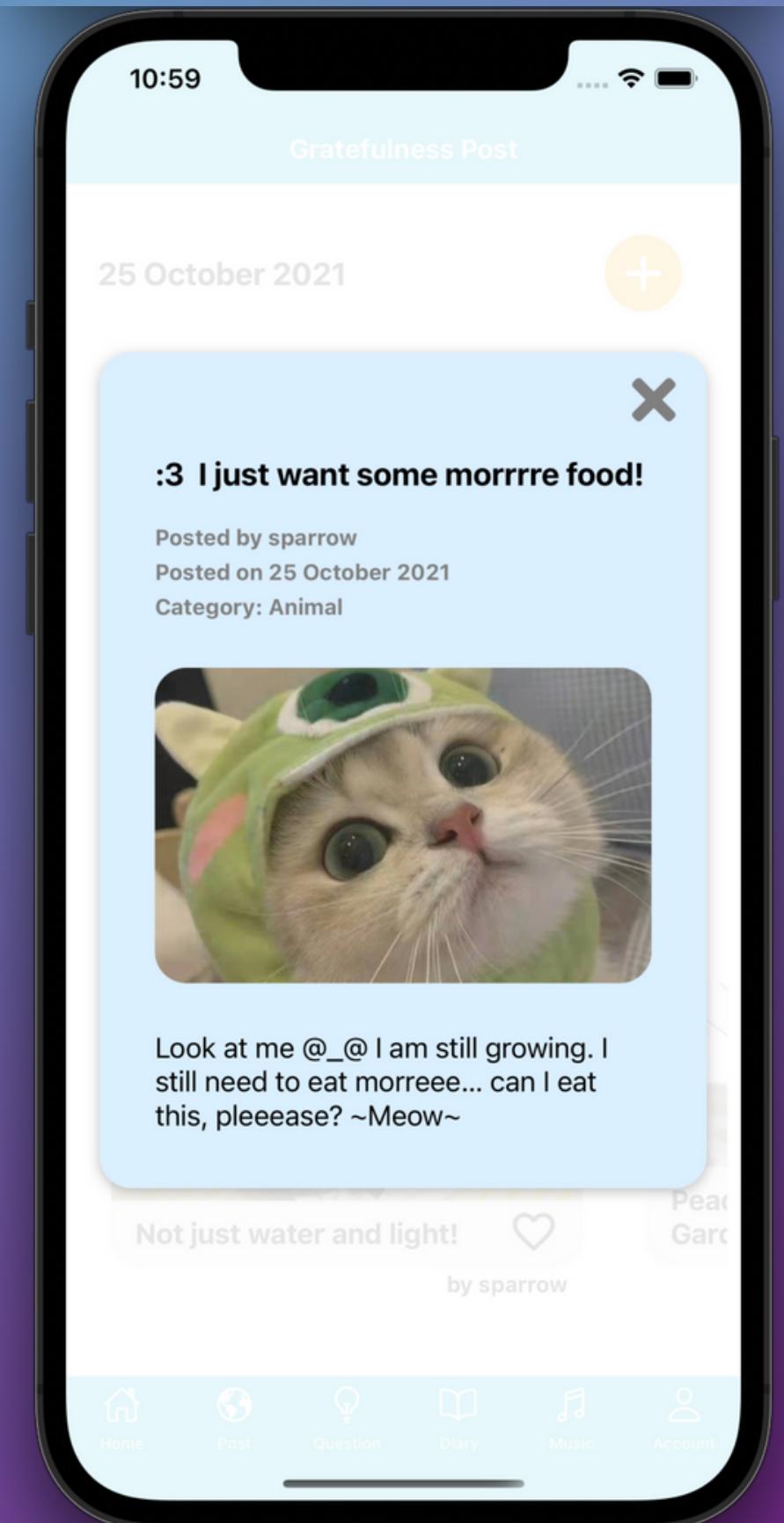
# Anonymous Profiles

Account to manage gratefulness posts, answers to questions, and amending personal interests (for filtering posts)



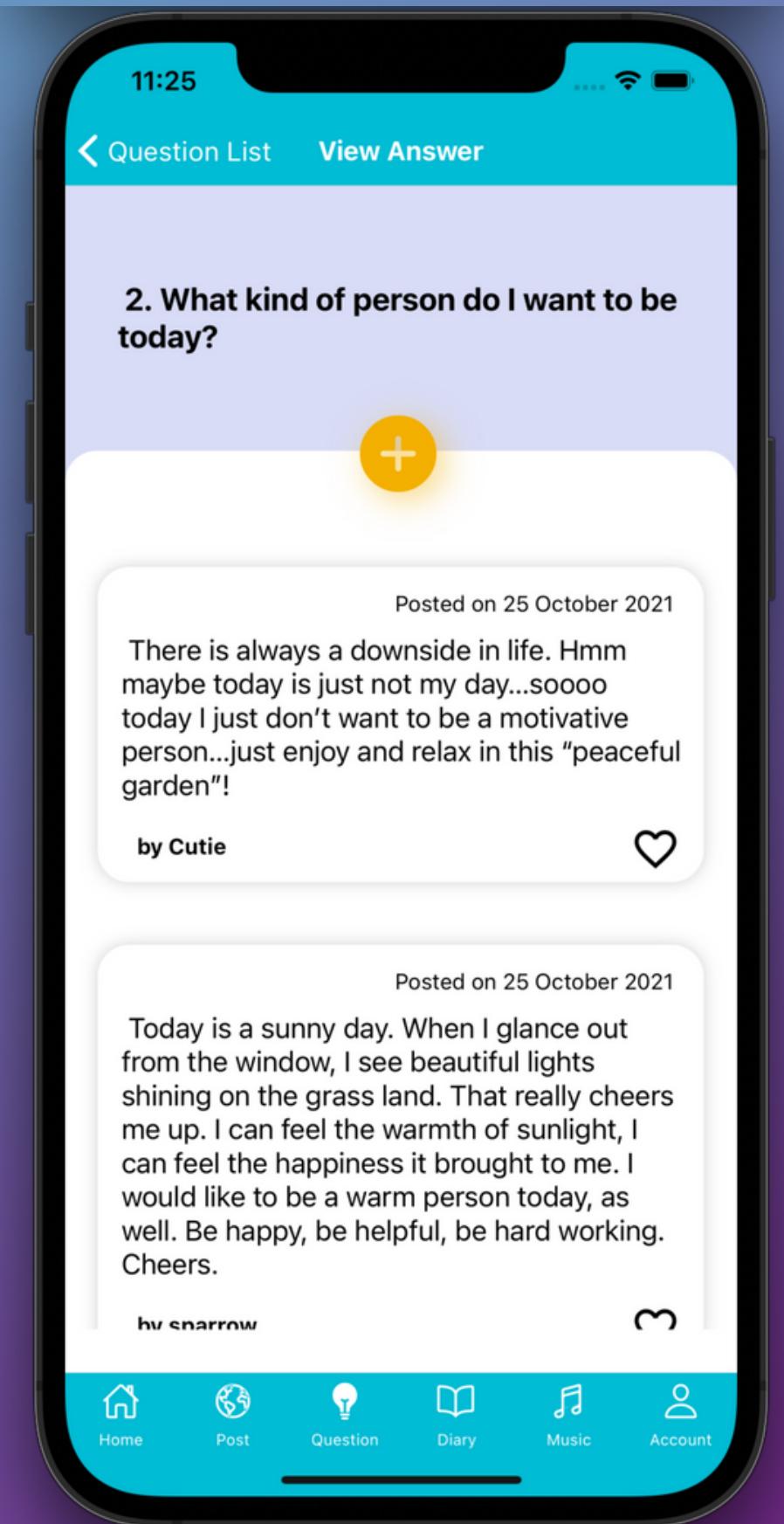
# Gratefulness Posts

Users view beautiful pictures that depict what others are grateful for, to support positive thinking



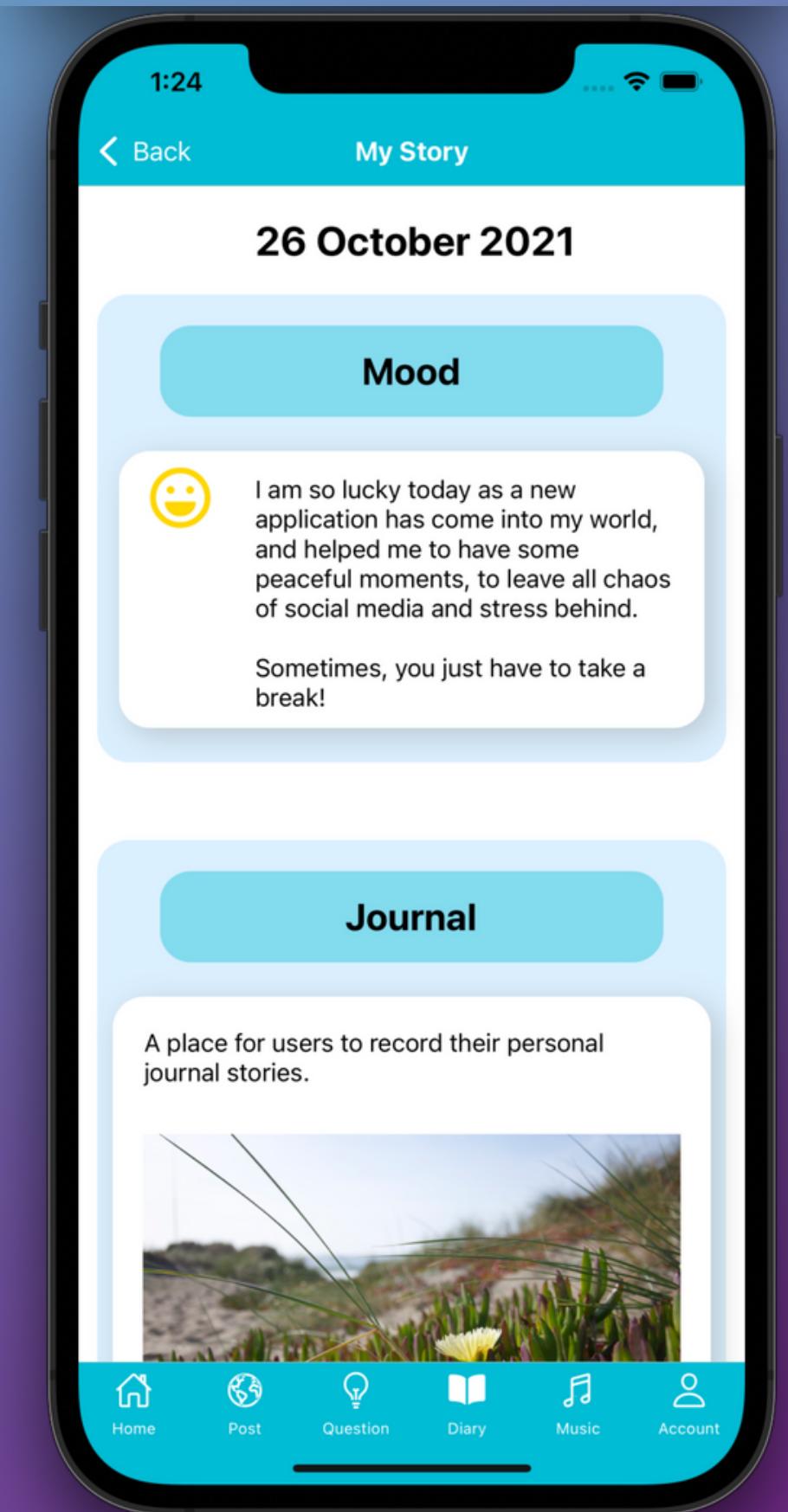
# Self Awareness Questions

Answering a selected question supports self-reflection and promotes mindfulness exercise.



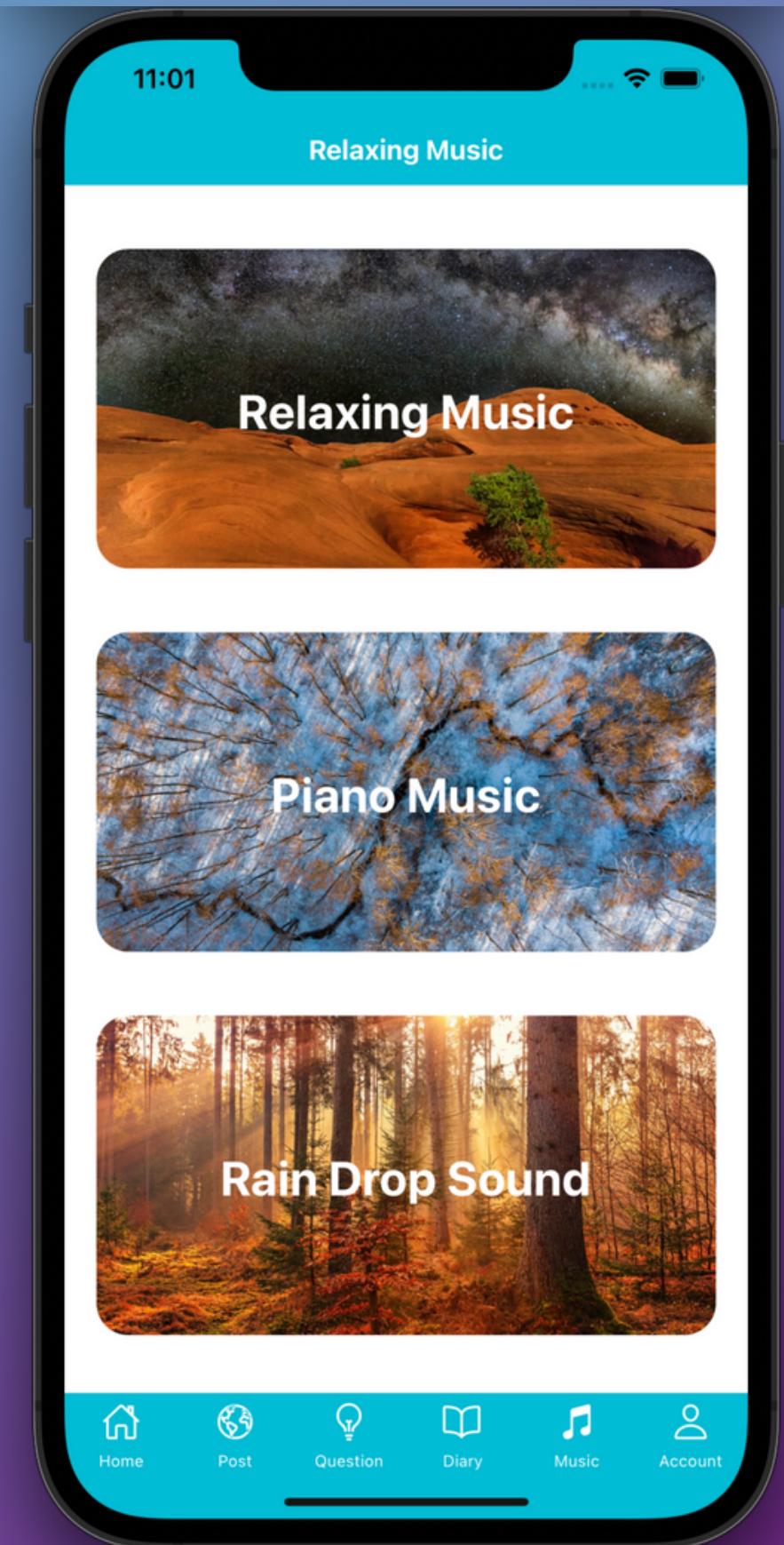
# Mood Tracker & Journal:

Reflect on the history of ups and downs in life and speculate how the future can change things for the better



# Relaxing Music

Allows for mindfulness meditation and relaxation. Helps to calm you when angry, frustrated, or sad.



## **PRIVACY & ANONYMITY**

User data is anonymous to the system as well as other users (except for the created fake names and chosen profile avatars that only appear next to the posts and answers you make in their respective feeds).

## **EASE OF USE**

All the application tools and features are easy to find supporting recognition over recall. We want users to feel relaxed and not complicate functions which could lead to panic as our users may not be as mentally strong. They need to be handled with care.

## **EXTRA CARE**

To support a positive experience and ensure that our users are treated fairly, we want to strictly monitor in-app content in the future (This is not implemented, as we could not fit it into the project timeline).

## **DESIGN STYLE**

A Blue colour theme and motivating infographics were chosen to make users feel calm and peaceful.

# **Ethical Design Principles**



Respecting  
Users

# Respecting User Preferences

We conducted user tests as we made additions to the prototype made by Team TearTech to appropriately scope our project timeline.

Based on the feedback, changes were made to allow users to upload 9 photos in each journal instead of prior limitation of 1. We also allow for creation of anonymous profiles and incorporating relaxing music as outlined earlier.

# Respecting User Preferences

We also conducted a final round of heuristic testing where participants found usability issues, as well as expressing opinions on our final product.

(Heuristics Violated Shown Below)

## #1: VISIBILITY OF SYSTEM STATUS

Users are not able to view liked posts and answers in their account page, so they're confused as to what liking something even does. (Issue was not resolved as we couldn't fit it into the project timeline).

## #1: VISIBILITY OF SYSTEM STATUS (RESOLVED)

Button for editing/deleting journals was inconsistent with users conceptual model. Users had to long press the button to. This issue was resolved by changing it into a normal clickable button.

## #5: ERROR PREVENTION (RESOLVED)

Not all functions with input box has a error message alert ("Save" button in the journal page).



live demo

Project  
Sources

- Team TearTech: proposed this project initially.
- Inspirations: current social media applications (only their positives), such as Instagram (Gratefulness Posts), Tiktok
- In-team discussions