

Team Tech Epic (Portfolio)

Hao Yan (45385191)

Kwan Ho Yip (44764155)

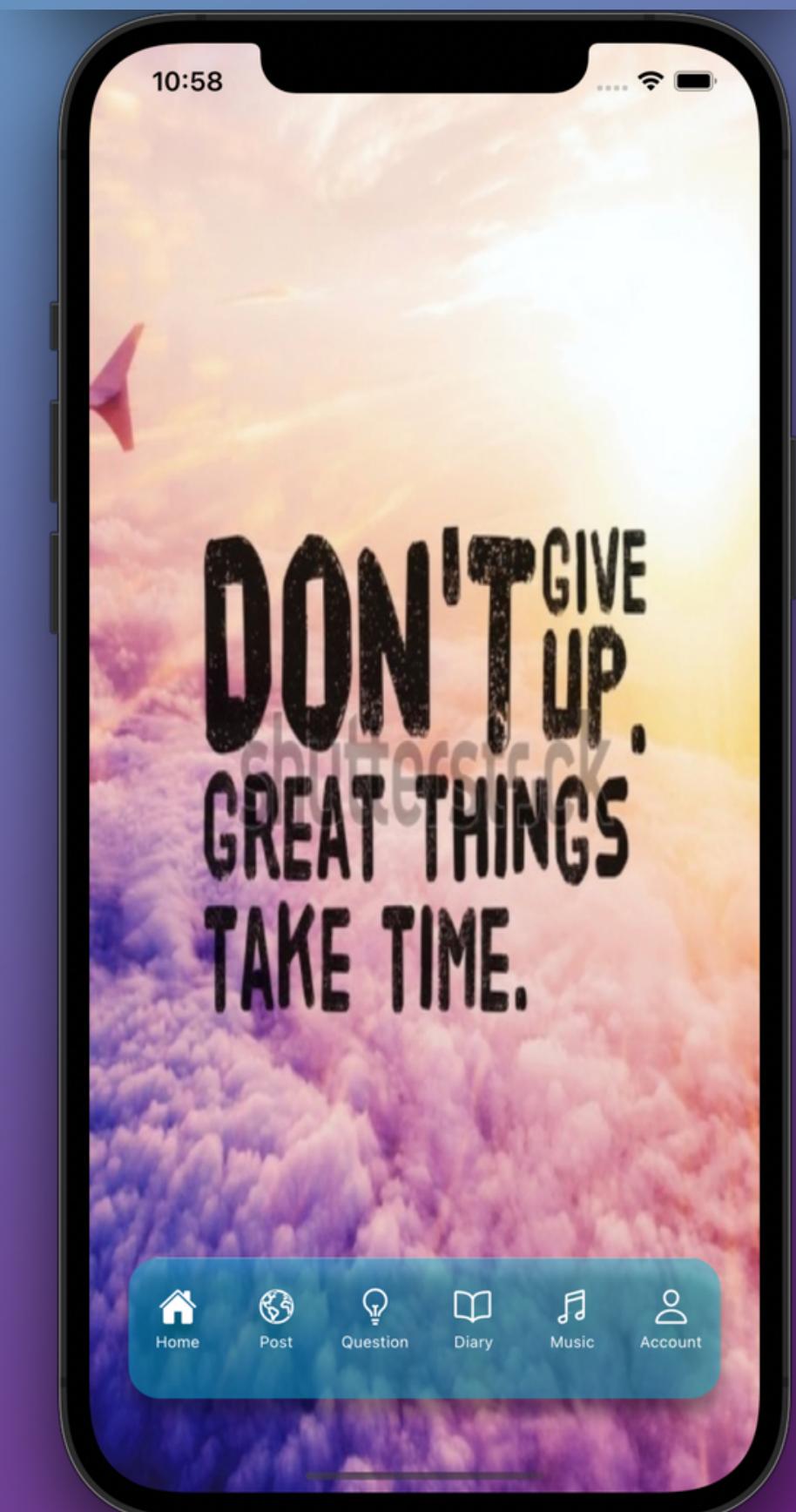
Yuexuan Sheng (45181759)

Anh Duy Hoang (45451685)

Calvin John Shaji (45570858)

Simin Liu (45385155)

Peaceful
Garden





(Positives) **SOCIAL MEDIA**

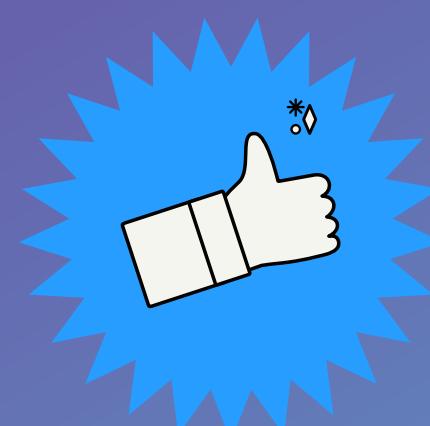
- Maintain Contact and connections
- Share Positive thoughts
- Organise Events
- and more...

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.

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

75%

50%

25%

0%

Major depression symptoms
reported by youth (2005 - 2017)

Rate of phsychological distress experienced
by youths in a given month (2008 - 2017)

Rate of suicides
Rate of suicides in youth (2008 - 2017)

RISE IN MENTAL HEALTH SYMPTOMS

Ethical Design: Changes

ANONYMOUS USER PROFILES

Limited to fake names and selected profile avatars.
Account to save gratefulness posts, answers to questions, and amending personal interests (for filtering posts)

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.

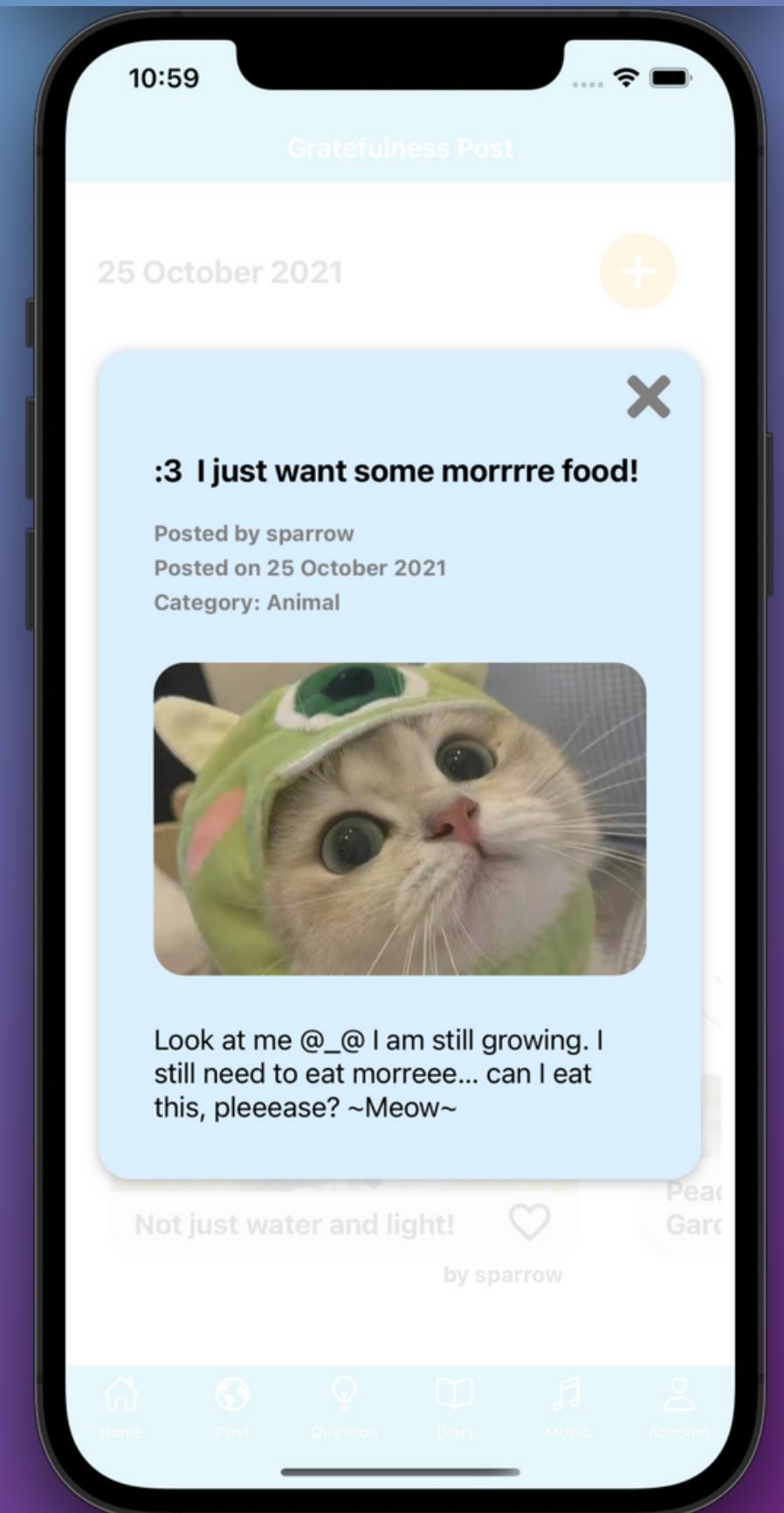
NO ADVERTISING

Period.

Ethical: Features

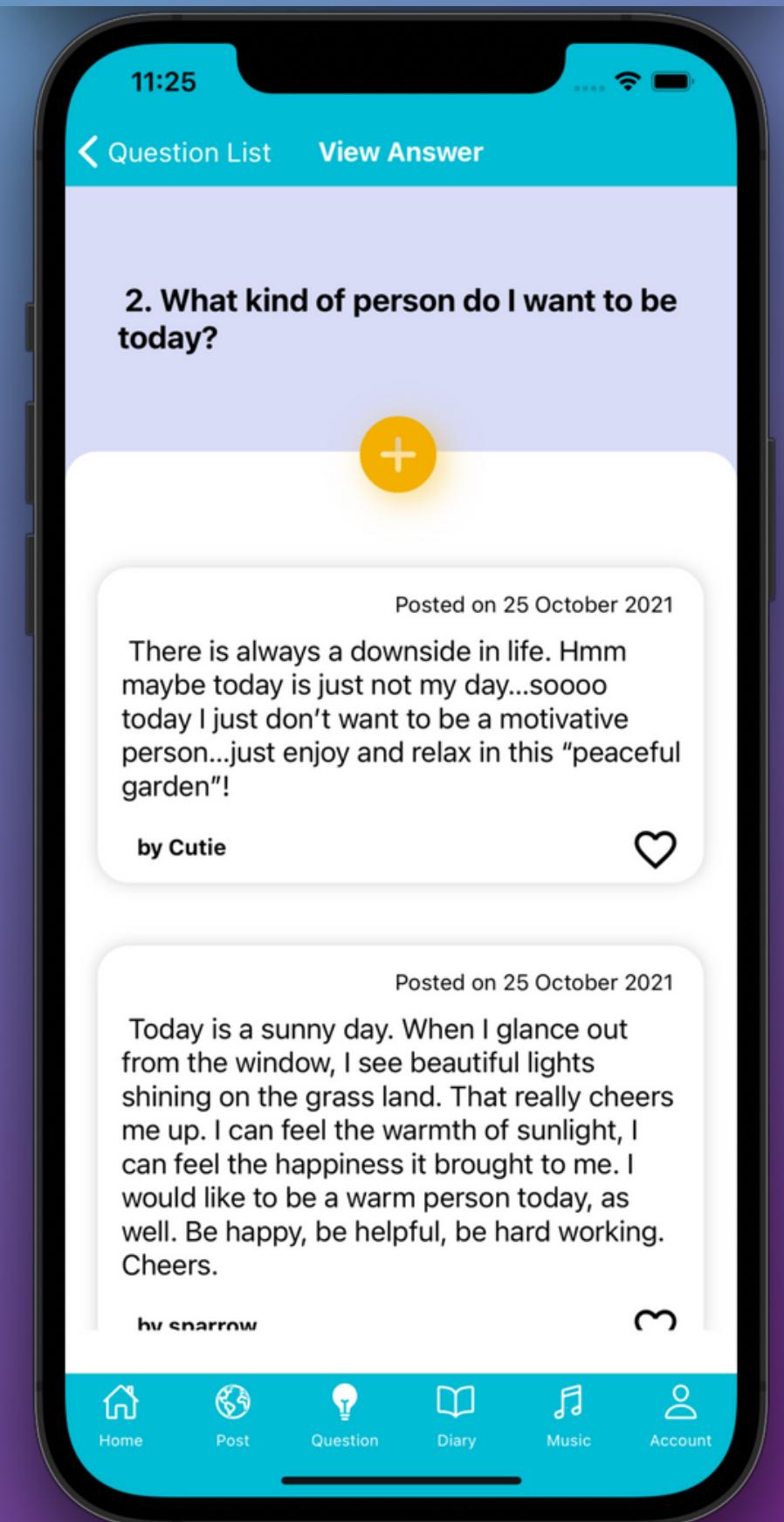
Gratefulness Posts:

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



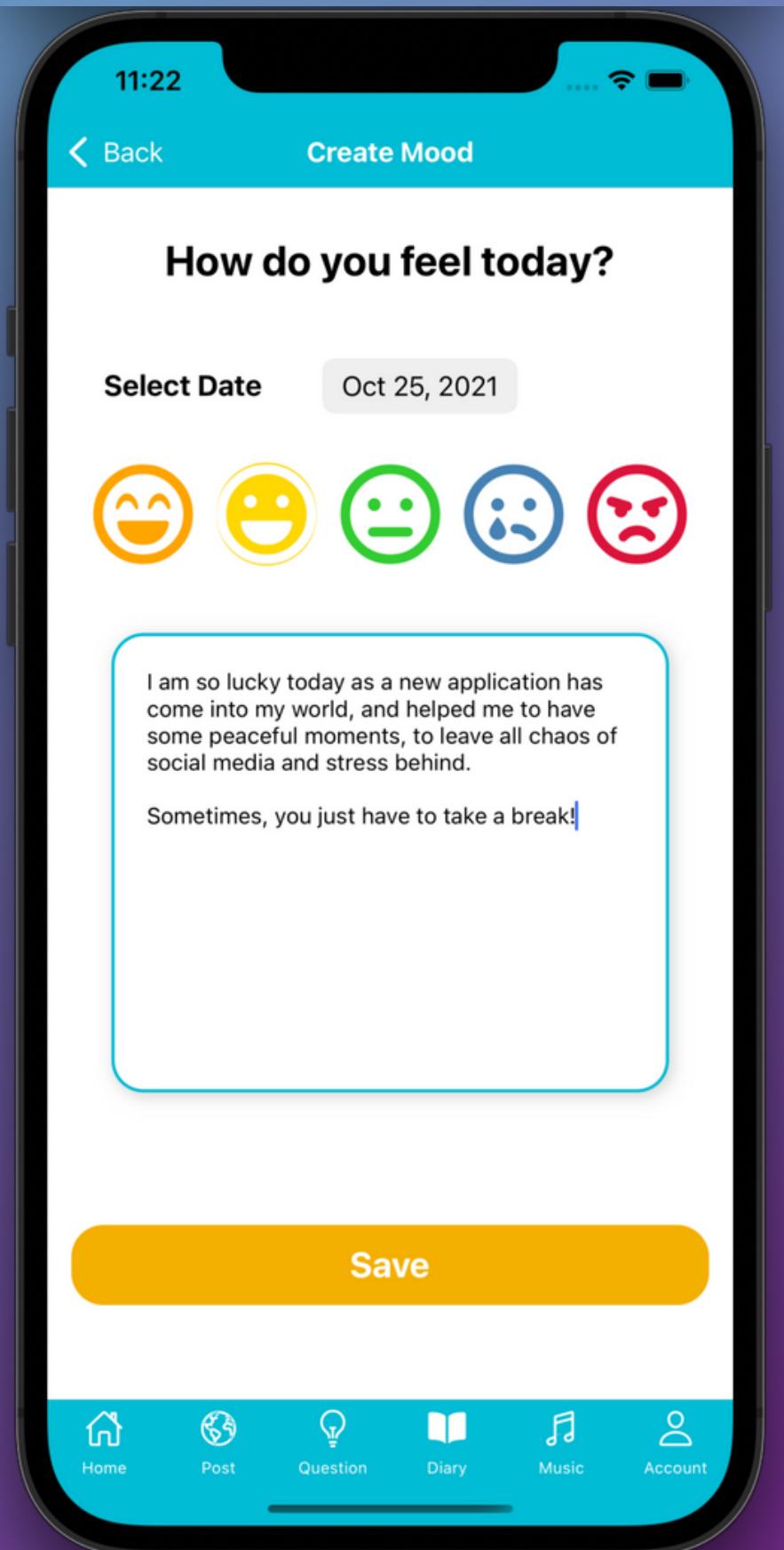
Ethical: Features

Self-Awareness-Questions (SAQ's):
Answering a selected question supports
self-reflection and promotes
mindfulness exercise.



Ethical: Features

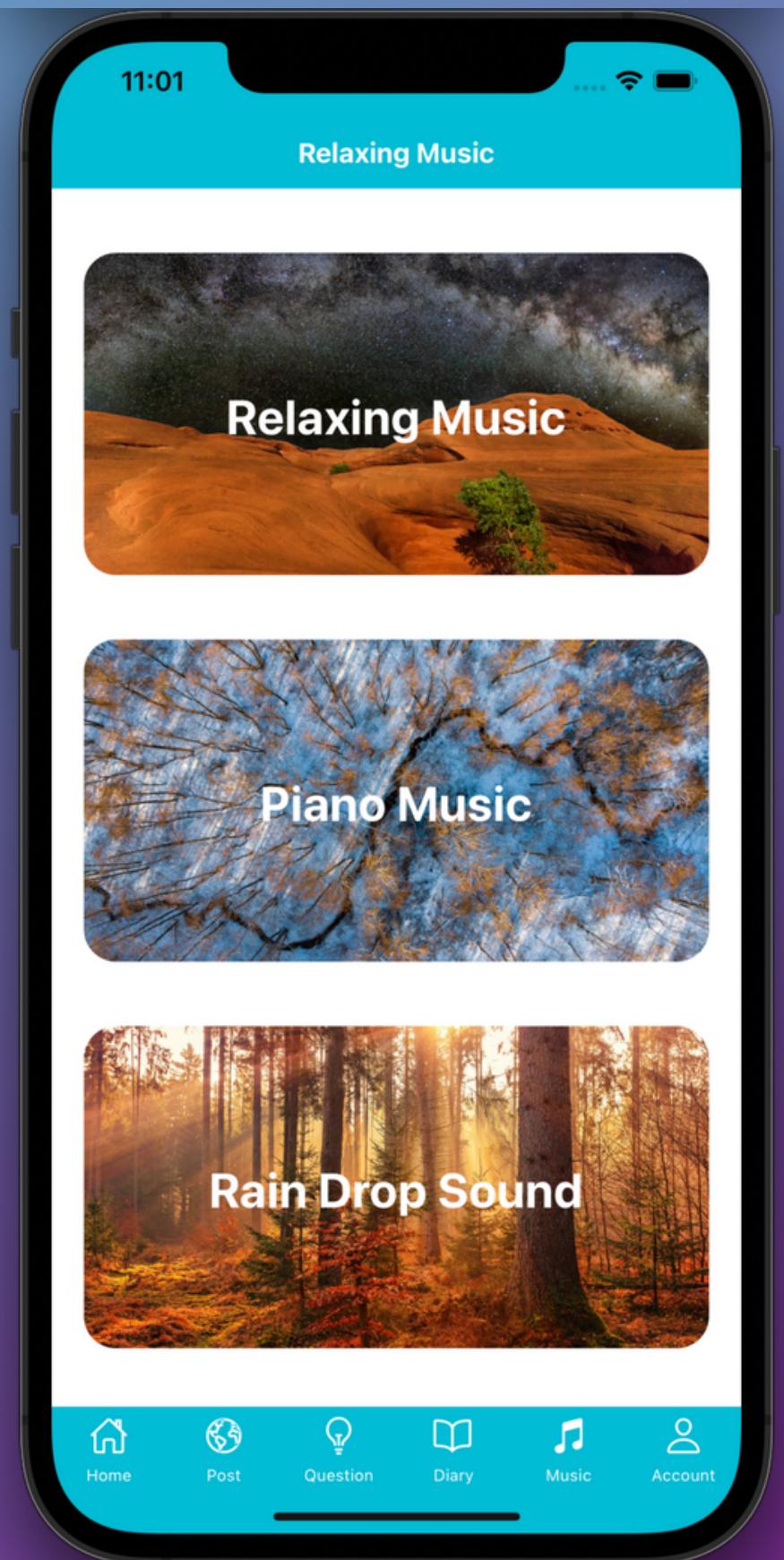
Mood Journal & Mood Tracker:
Reflect on the history of ups and downs
in life and speculate how the future can
change things for the better



Ethical: Features

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

Ethical Design: 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.

Ethical Design: 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.

Description of Issues	Heuristic Violated	Severity (out of 4)
Editing or deleting journals was inconsistent with users conceptual model. Users had to long press the button to make it work. However, when the user clicks on it it doesn't work, which leads them to think the button does not work at all. This issue was resolved by changing it into a normal clickable button.	#1: Visibility of System Status (Issue resolved)	3 (Issue resolved)
Not all functions with input box has a error message alert ("Save" button in the journal page).	#5: Error Prevention (Issue resolved)	2 (Issue resolved)
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	2 (Minor usability issue)

Team Reflection



Let's begin!

Jul 29, 2021

Tech Epic's journey of
“breaking through obstacles”





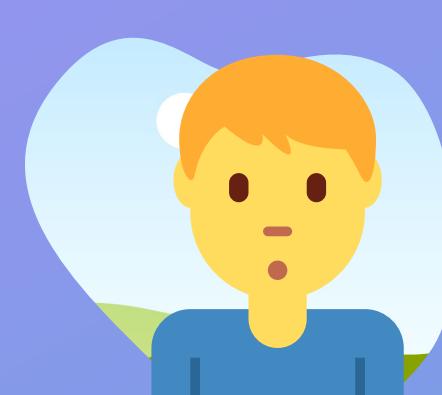
Team Formation



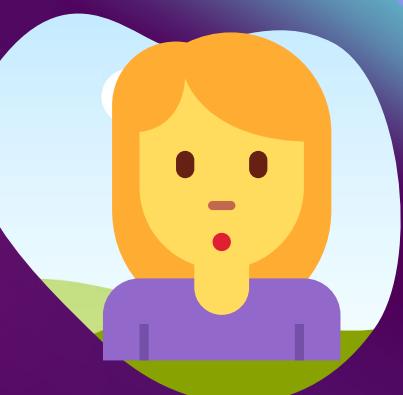
AUSTRALIA



CHINA



MIDDLE EAST



SINGAPORE



SINGAPORE



VIETNAM

Six Hrs Time Difference

SKILLS:

- building a website including
 1. CodeIgniter,
 2. database,
 3. interactive design and
 4. other coding skills

COLLABORATION CHANNELS:

- regular Zoom meetings on Saturday
- daily communication channel on WeChat
- Google drive to share all documents, including sprint plan tracking

Not much team orientation at the beginning

Brain Storming



BUILD:

mobile application

TOOLS:

- React native Expo Cli
 - building tool
- Firebase
 - cloud database
- GitHub
 - managing source code versions & collaboration



LEARNING:

basic study on React Native



PROBLEM:

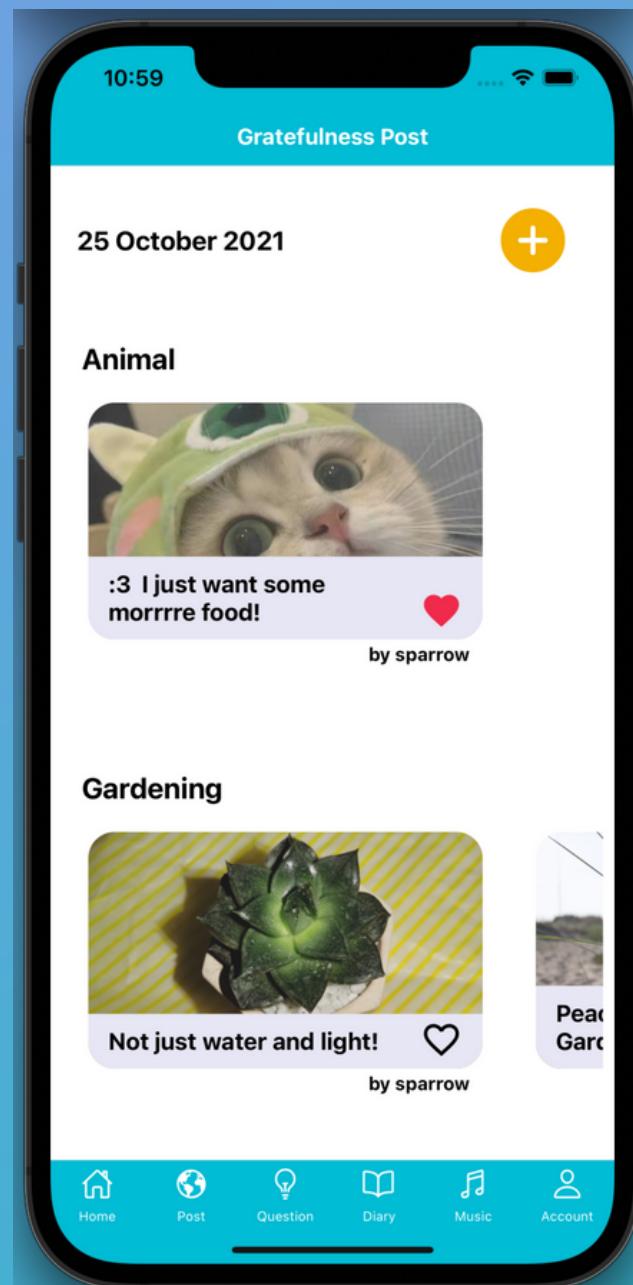
In week 6, experience turned the opposite

LEARNT:

- comprehensive preparation before making decisions
- hands-on of React Native instead of watching videos
 - clearer time & effort required
 - better judgement
 - weekly task allocation

Thus, more time to improve the functionalities

- E.g.
- (✓) user ❤️ "posts" & "answers"
 - (✗) view the collection of ❤️ "post" or "answers"



APP Building

Start

BUILD:

Main functions

- both front-end & back-end
- distribute based on main functions

"Chaos" starts...



Issues

REACT NATIVE:

fast developing:
videos published a few month ago may not be relevant to the current version

FIREBASE:

re-writing of codes:

- amending of data structure
- resolving unexpected errors
e.g. unmatched data format
- limits of cloud data daily transmission

Reflection

ACTION TAKEN:

- collaborate tightly
- learnt from each other's experiences.
- share common functions
- create and share firebase accounts
- hold personal meetings more frequently
 - experienced the pain of unable to meet face-to-face
 - share, explain and demonstrate codes in online meeting is difficult & time consuming.
- update project plan frequently based on current progress to meet deadline.

APP Building



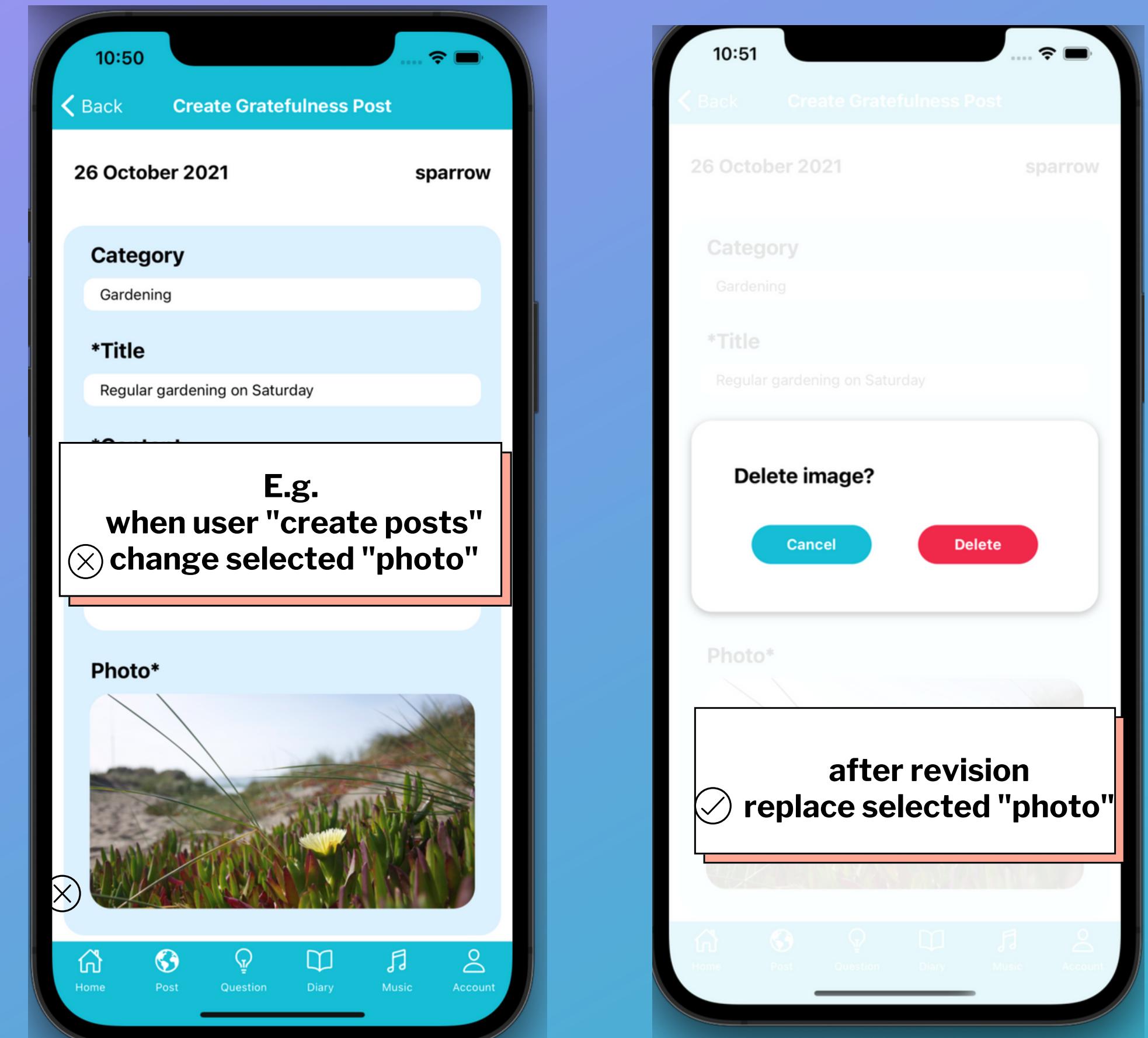
Reflection

LEARNT:

- allocate tasks according to functional elements
 - eliminate repeated learning
 - save time
 - implement more elements
 - consistency in coding
 - better code structure.

List down details of functions at the beginning

- be more prepared
- aware of amount of work required
- more complete functions





Final Product

we are proud of “Peaceful Garden”, hope everyone likes it

- time and coding constraints
- still functions which were not perfect

all members will do much better in the future

CHALLENGING JOURNEY:

- picked up various new skills
- worked through Agile project management
- communicated and collaborated effectively