Agenda

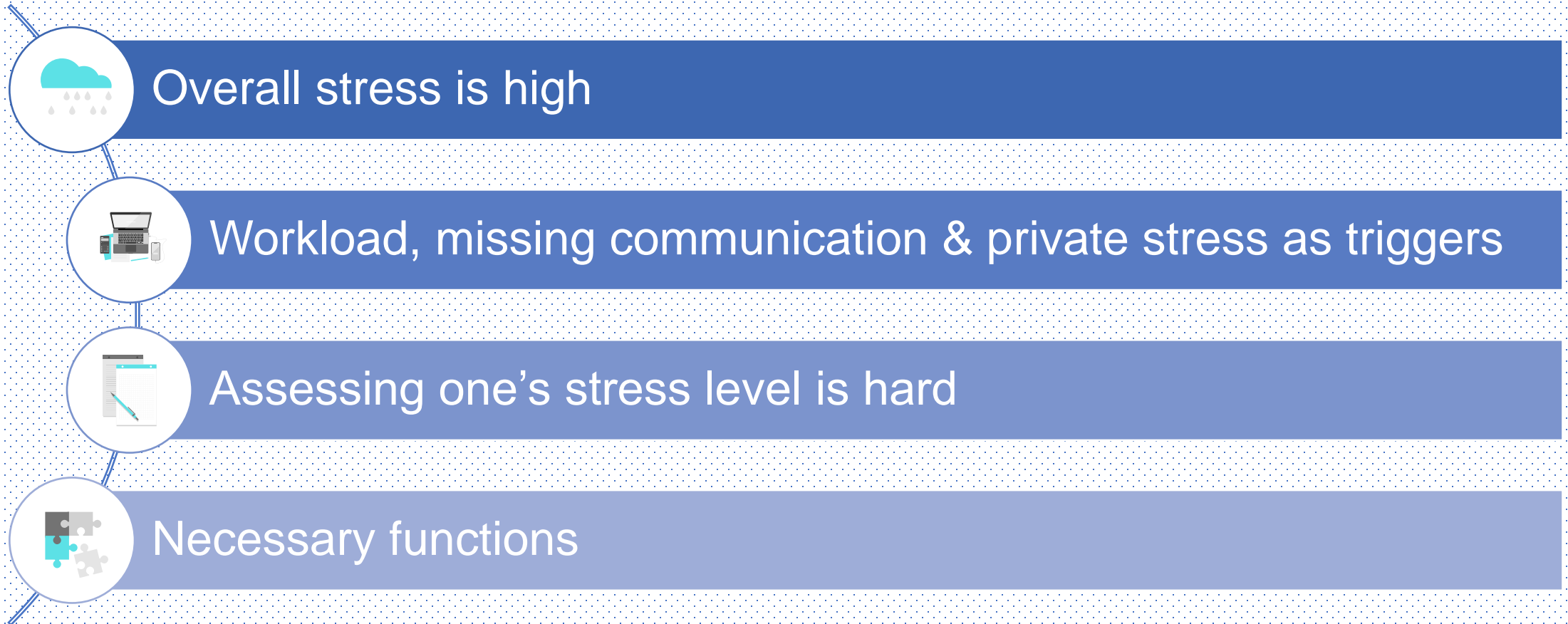|		
❓	**01**	**Introduction** Why MoodPod?
👤	**02**	**User needs & Functions** Identifying necesarry functions
🖥	**03**	**Building the Solution** Building & Managing the solution, Live Demo
📋	**04**	**Conclusion** Outlook & Questions

Introduction

Why MoodPod?

Motivation

- Stress has significant impact on physical and mental health

- Work-related stress is the most prevalent one

- Burnout as the result

- 3rd "good health and well-being" & 8th SDG "decent work and economic growth"

Objective

Track stress level of the user

Track

Analyse

Analyse potential threats (e.g. burnout)

Relieve stress through information (&routines)

Relieve
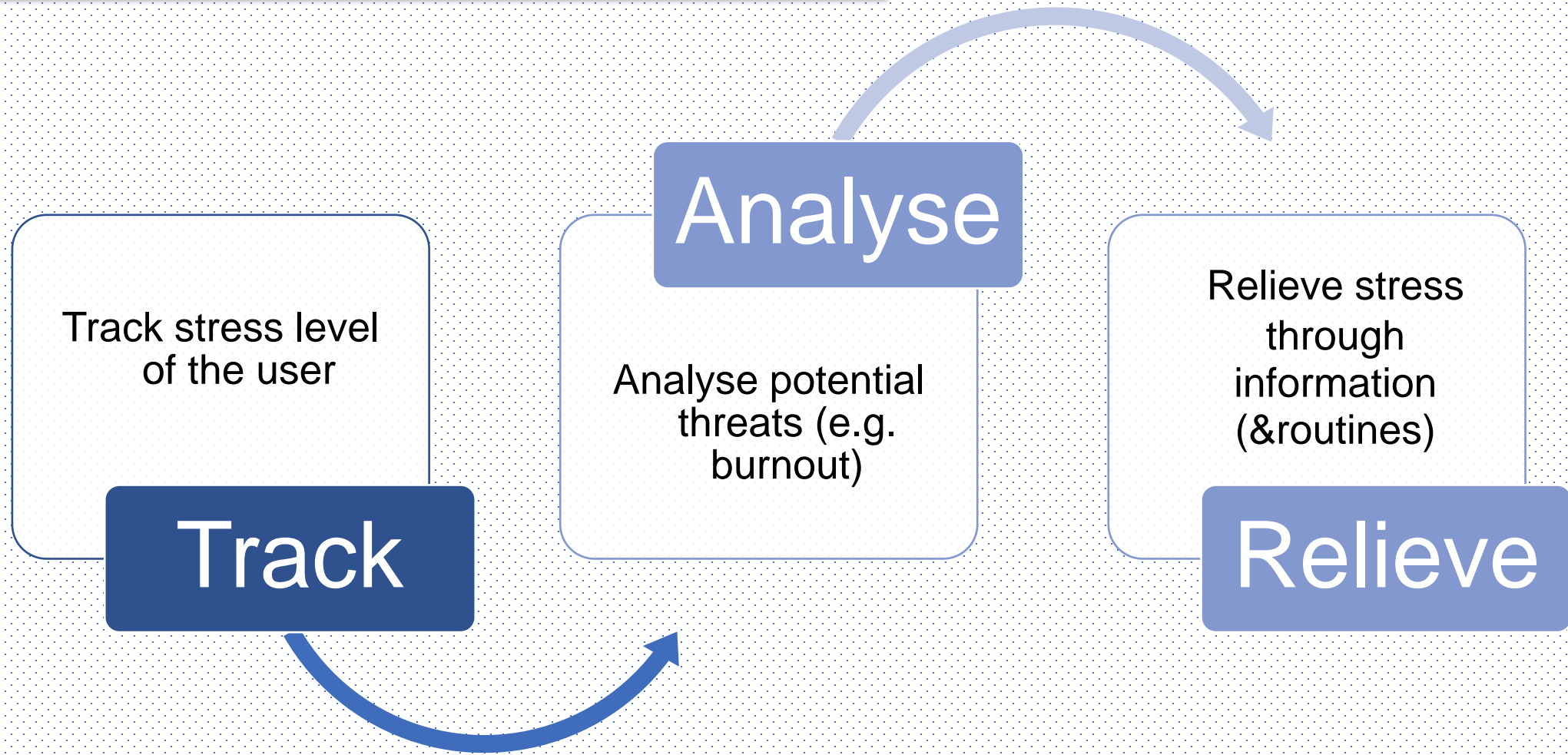
User needs & functions

Identifying necessary functions

Key Insights

Overall stress is high

Workload, missing communication & private stress as triggers

Assessing one's stress level is hard

Necessary functions

Building the Solution
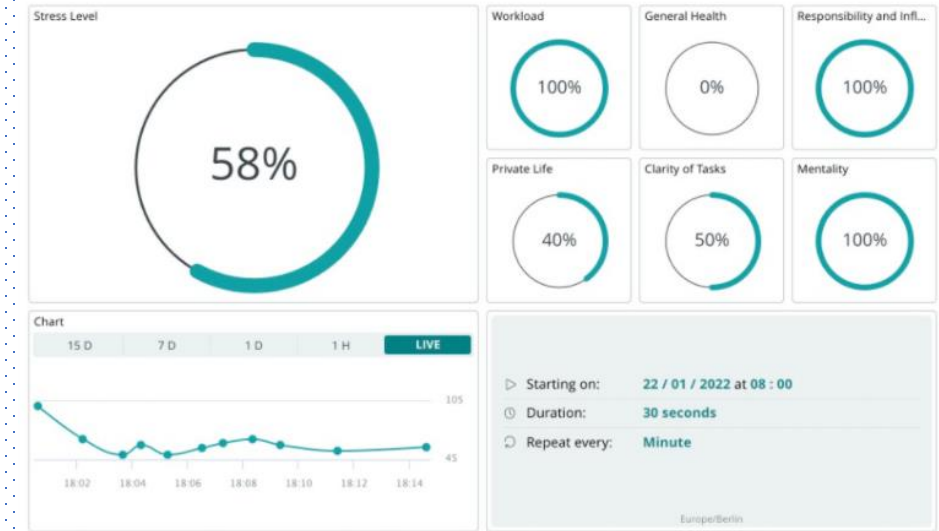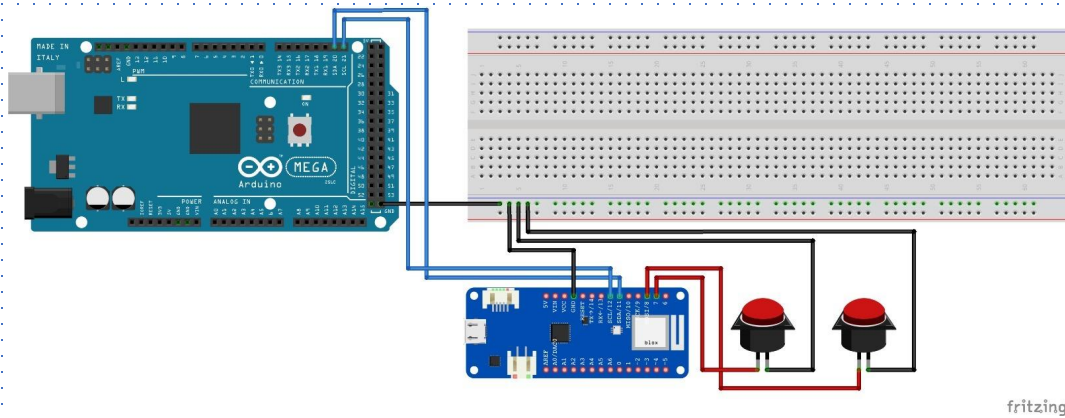Building & Managing the solution, Live Demo

Questionnaire

- 35 questions to start
- Seven different categories
- All can be answered with Yes or No
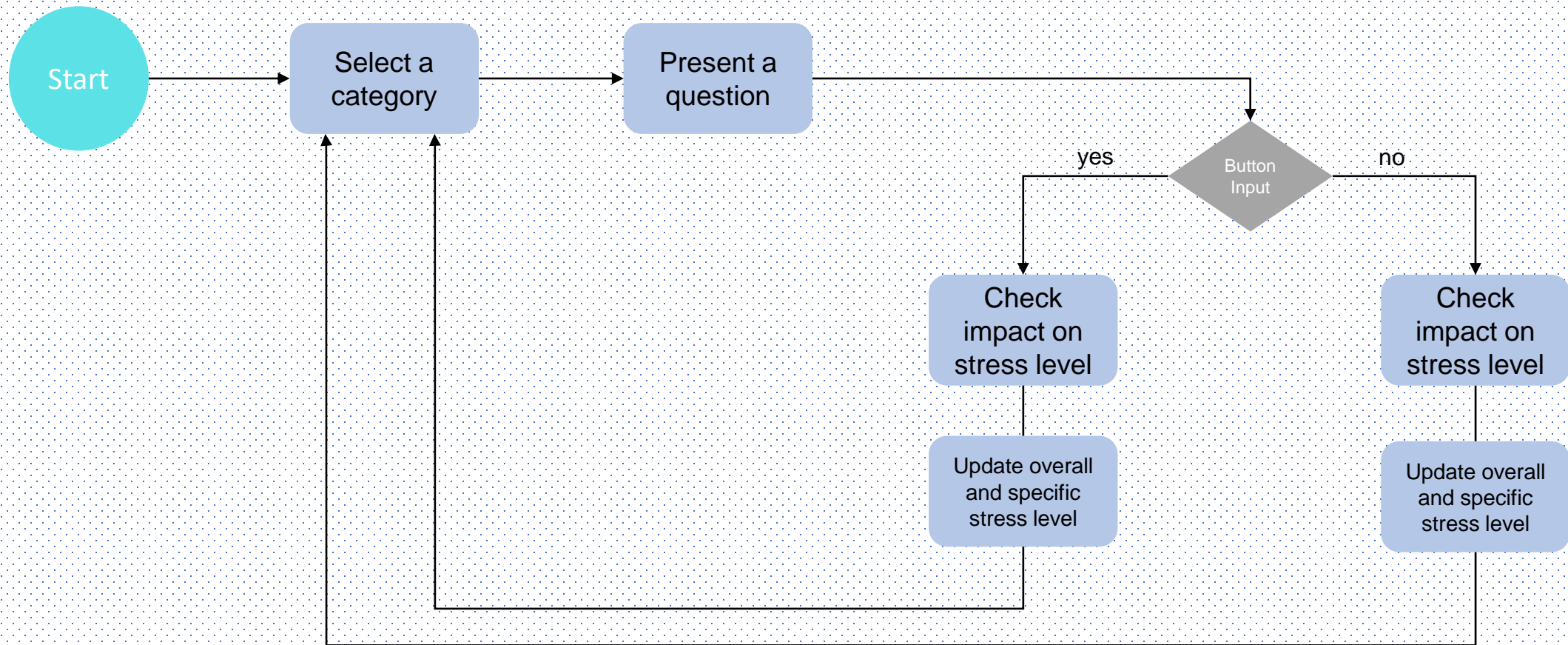- Based on Work-Stress Questionnaire by Holmgren et. al. 2009

Hardware & Software

- Arduino Mega 2560, MKR 1010 Wifi
- IoT-Cloud
- 9 classes, 590 lines of code
- Two-Button Feedback

- Dashboard
- Scheduler to present Questions to the user
- Responsive Questions (through Questionnaire)

How does it work?

LIVE DEMO

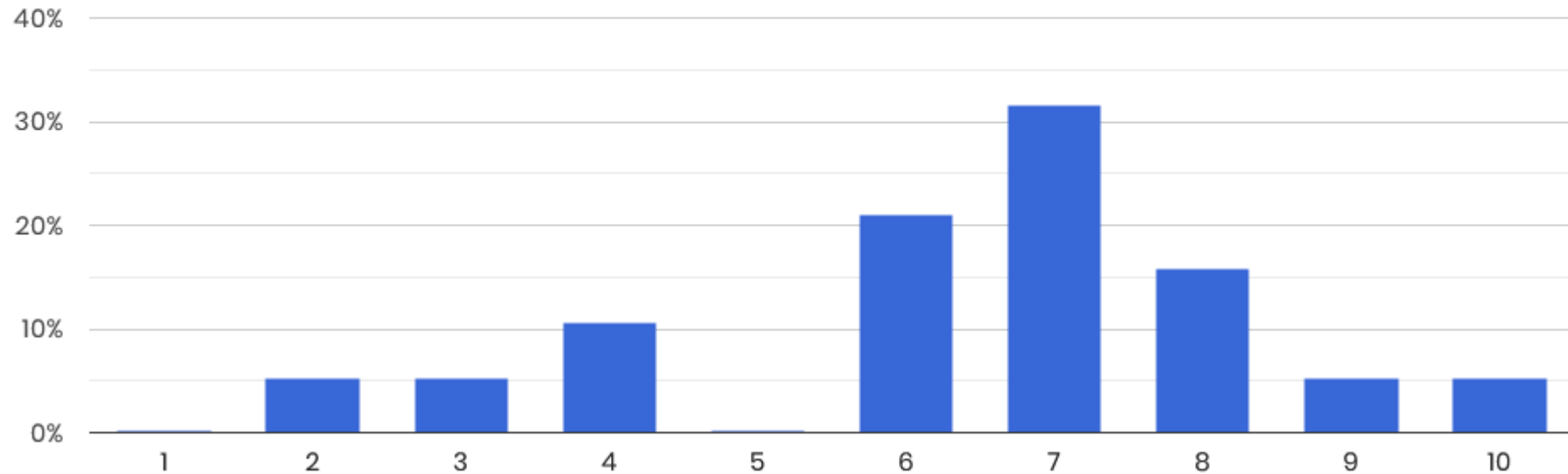# Conclusion
Outlook & Questions

Outlook

MoodPod - Domenic Wamig, Calvin Cottin, Thomas Gante
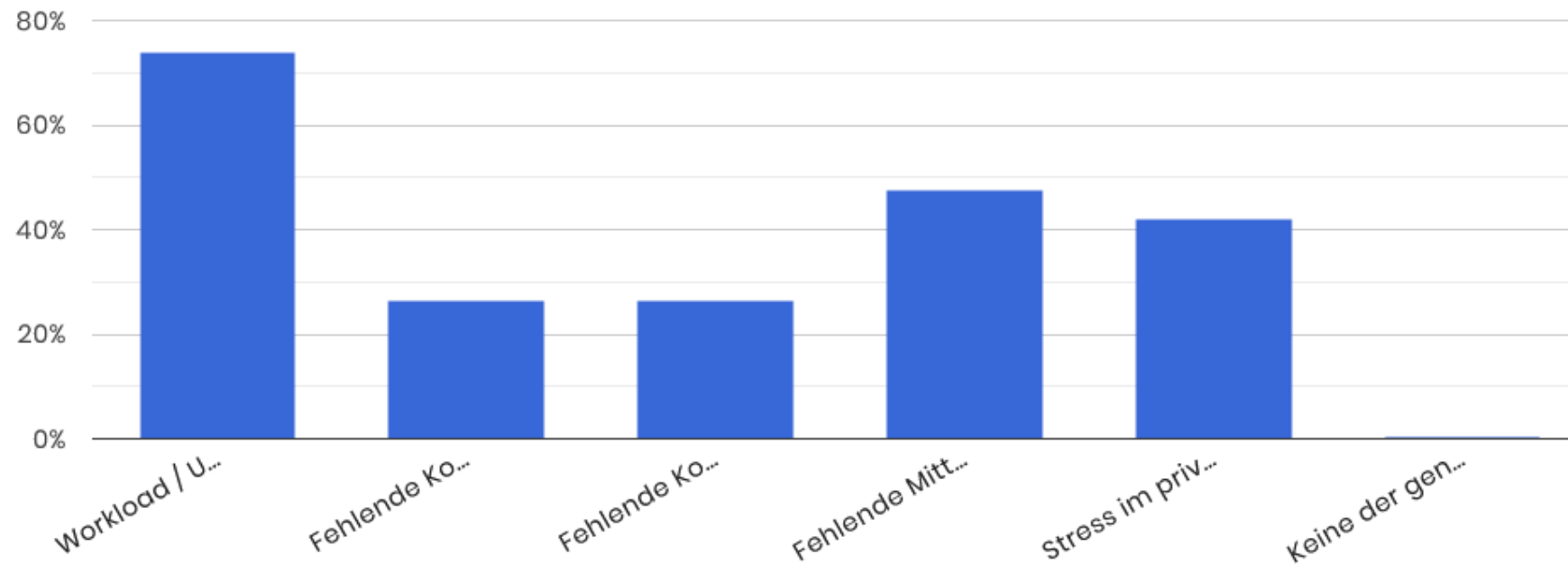
Additional Ressources

Key Insights Survey (1/4)

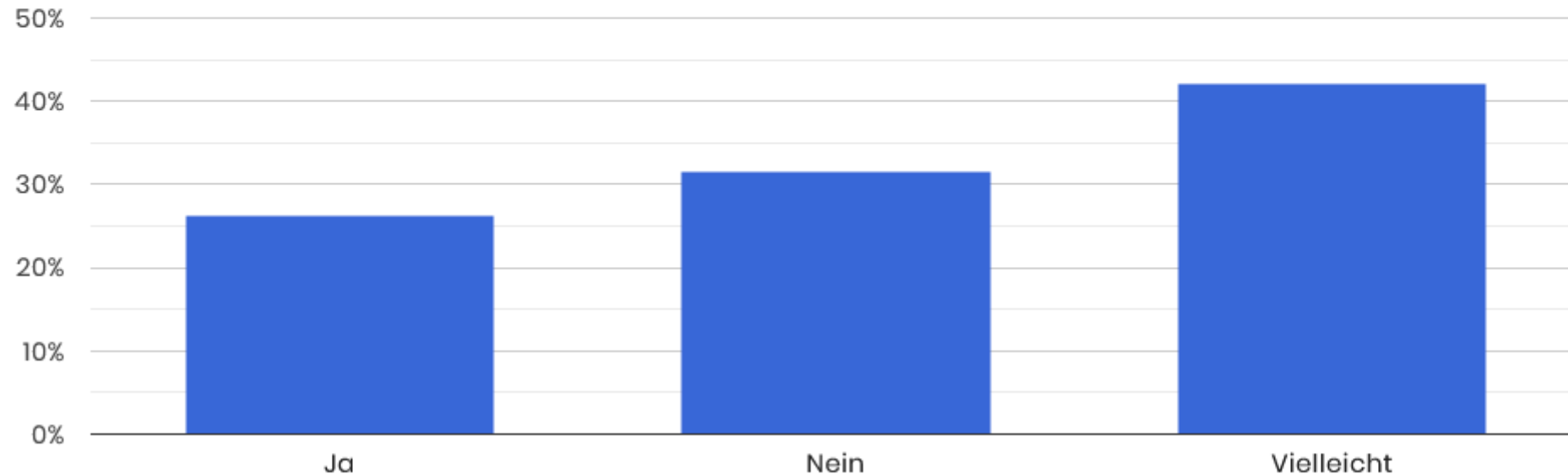**Wie stressig ist dein Arbeitsalltag?** (1=kaum, 10=extrem)

Key Insights Survey (2/4)

Welche dieser Antworten sind in deinen Augen Auslöser für Stress im Arbeitsalltag?
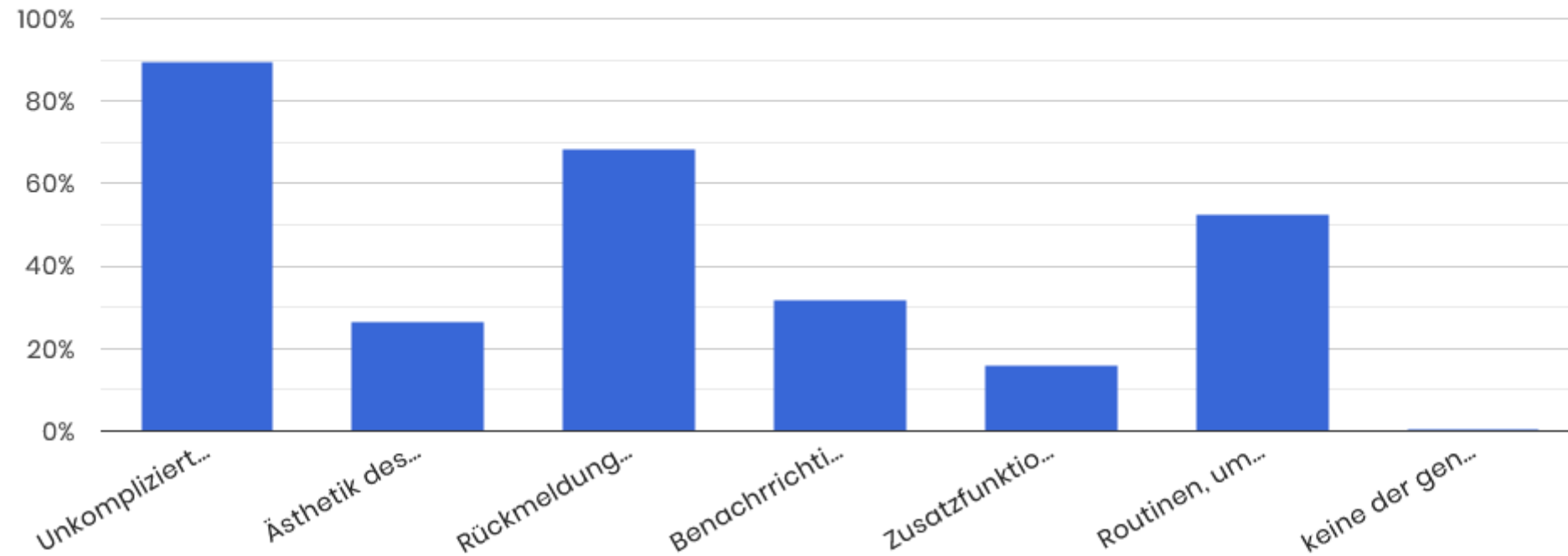
Key Insights Survey (3/4)

Kannst du dein Stress-Level so gut einschätzen, dass du einem bevorstehenden Burnout vorbeugen könntest?

Circuit diagram