NeuroDot

Mental Health Dashboard

A data driven mental health platform designed to simplify mood tracking and provide personalized insights

- Role : Student Designer
- Tools : Figma , Prototyping , Wireframing
- Duration : 2 weeks
- Type : Concept Project

PROJECT OVERVIEW

About the project ：

Neurodot is a concept mental health app designed to make mood tracking easy and visually engaging. It helps users record daily check-ins, track emotional patterns, and access supportive resources.

My role :

As a student designer, I worked independently on the entire process — research, ideation, wireframing, prototyping, and final UI design in Figma.

Objective ：

Create a minimal, calming, and engaging dashboard to improve user retention in mental health tracking apps.

PROBLEM STATEMENT

How can we design a mental health app that feels less overwhelming and more supportive, while still being data-rich?

Challenges Identified :

- Existing apps overload users with too much data.
- Users drop off because of complex tracking processes.
- Lack of personalization in insights.

USER PERSONA

Riya Sharma

Age	24
Education	BBA Graduate
Statuts	Single
Occuptaion	Marketing Executive
Location	Bengaluru

Personality

Overthinker | Supportive | Introvert

Brief Story

Riya Sharma, 24, Marketing Executive in Bengaluru, recently moved away from home and is juggling deadlines, commutes, and personal growth. Energetic at work but often drained outside of it, she struggles to find mental clarity.
She tried wellness apps but found them too complex and clinical, which left her discouraged. Riya wants a lightweight, calming tool that feels supportive, not overwhelming.
Neurodot gives her exactly that—quick check-ins, clean dashboards, and soothing visuals that help her feel in control of her emotional well-being.

Goals

- Build a daily emotional wellness habit.
- Keep track of work stress vs personal life balance.
- Quickly visualize her mood patterns without analysis overload.
- Have an app that feels like a calm friend, not a strict therapist.

Frustrations

- Other apps feel too clinical or data-heavy.
- She doesn't have patience for long surveys.
- Gets annoyed by spammy push notifications.
- Often forgets to track because of busy schedules.

Needs

- One-tap mood check-ins
- Visual dashboards that are easy to understand
- Gentle nudges/reminders instead of constant alerts
- Option to personalize themes

Motivations

- To stay emotionally balanced while managing a busy career
- To see progress visually and feel rewarded
- To use a tool that feels calm and friendly, not clinical
- To build a consistent daily self-care habit

RESEARCH & INSIGHTS

User Research :

- Quick check-ins are preferred over lengthy forms.
- Data visualization motivates users to continue.
- Soothing UI colors create trust and comfort.

Key Insight :

A calm, minimal dashboard with quick input methods can significantly improve consistency in mood tracking.

User Insight Board :

Daily check-ins feel like a chore.

Forms take too long to complete.

Users feel overwhelmed by too many graphs.

Users feel drained filling long surveys.

Pain Points

Visually calming color palette

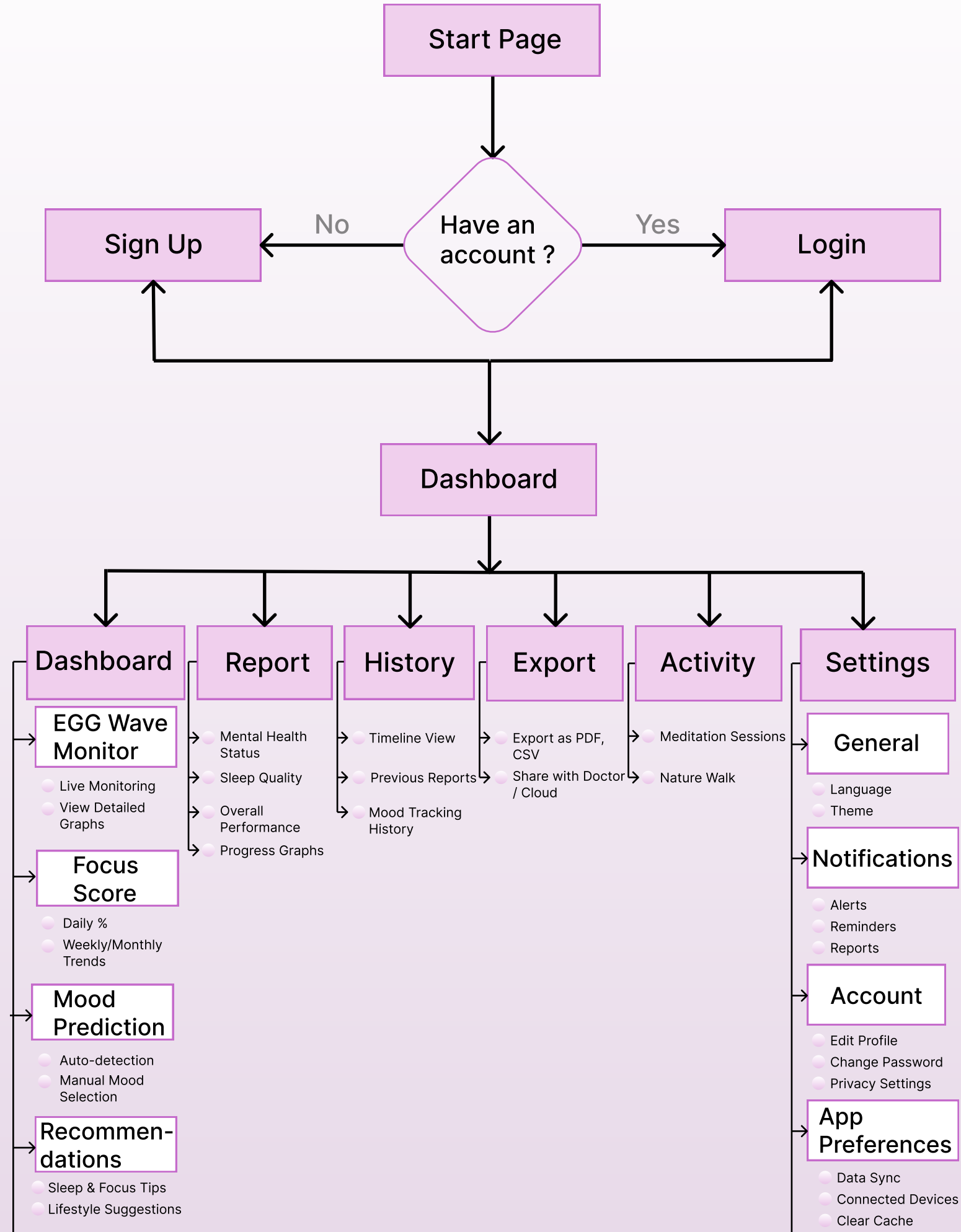
Soft gradient themes to reduce stress

Privacy & data safety assurance

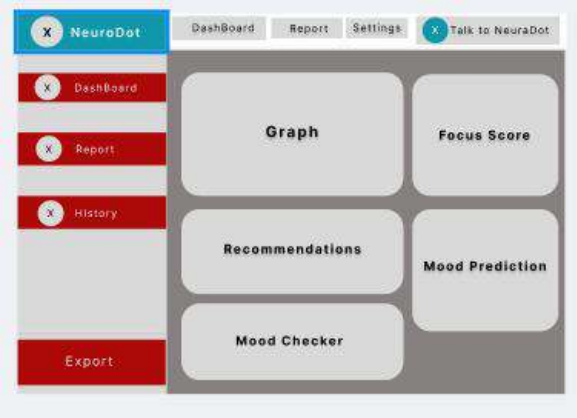
Dashboard with only “need-to-know” insights

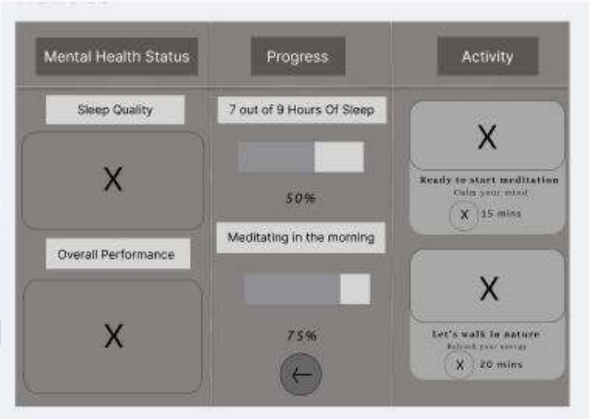
Needs

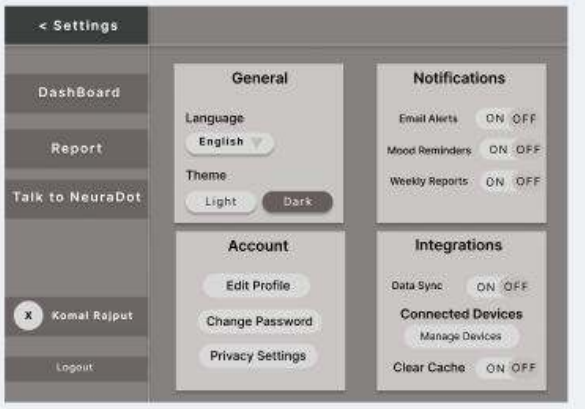
INFORMATION ARCHITECTURE



LOW - FIDELITY WIREFRAME



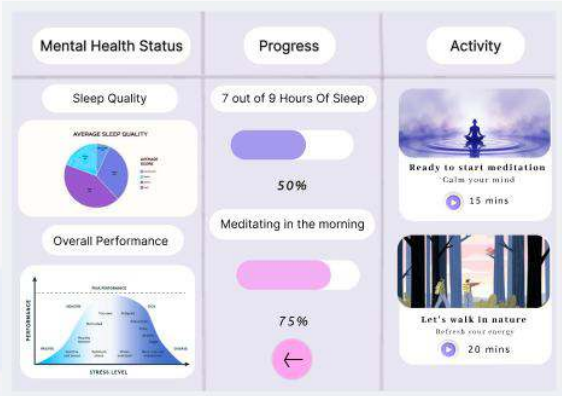


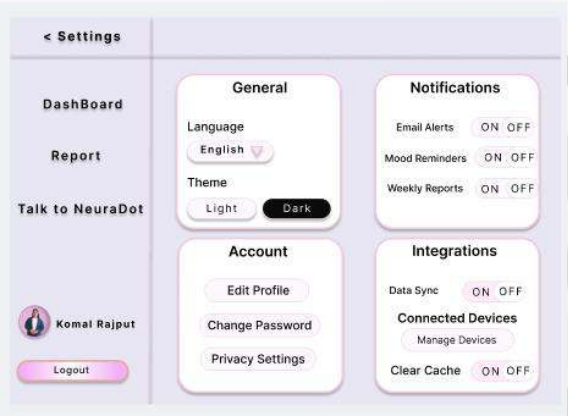


View the full interactive prototype here :

Link

HIGH - FIDELITY FRAMES





Connected UI screens with interactive flow to simulate user navigation (dashboard → reports → settings).

OUTCOMES & LEARNING

Outcomes :

- Designed a dashboard that allows users to easily visualize complex neurological data.
- Enabled users to track brain activity patterns and generate actionable insights.
- Applying a consistent design system improved usability and brand identity.

Learnings :

- Importance of using accessible color palettes for readability.
- Low-fidelity wireframes helped in validating ideas before UI polish.
- Learned to visualize complex data (EEG, mood, focus) in a simple layout.

Figma Prototype

Link

This project helped me move from wireframes to a functional prototype, strengthening my skills in user-centered design and usability.

I look forward to applying these learnings to create more simple, impactful, and accessible digital experiences.

Thank you for reviewing my case study !