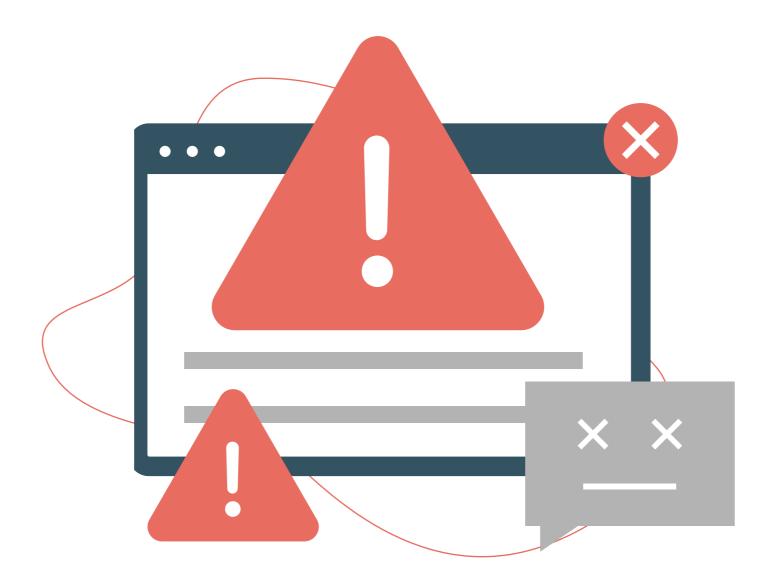
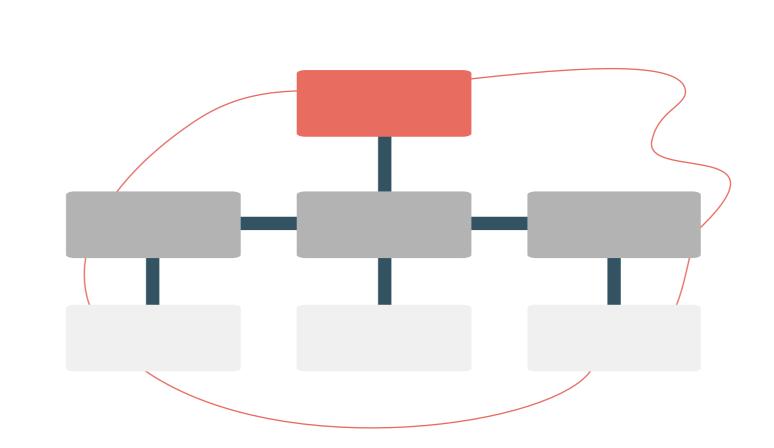
Designing for users with anxiety and panic disorders.



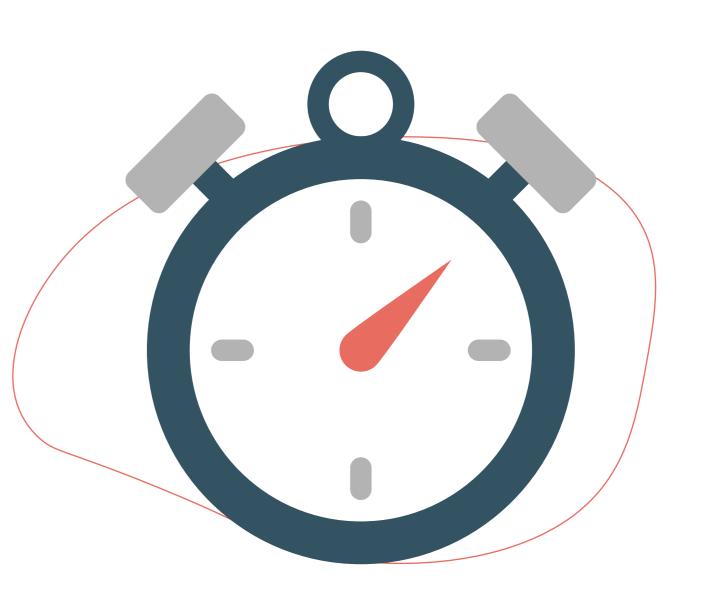
Be mindful of manipulative content that could cause actions performed out of panic, or stress-buying.



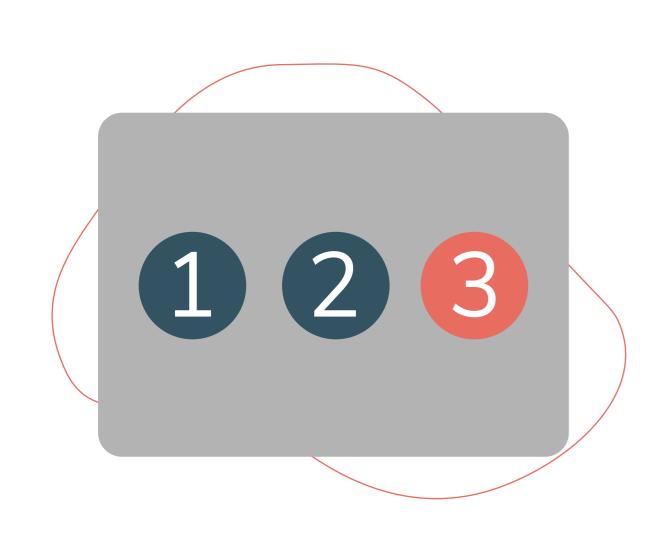
Avoid negative interactions such as error messages which can overwhelm users.



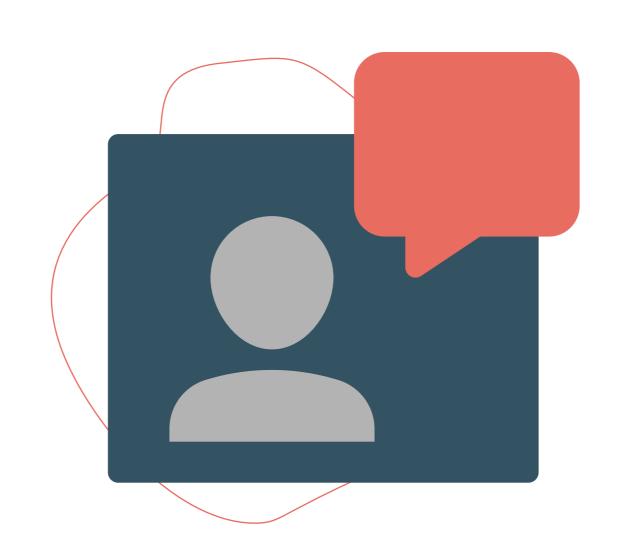
Ensure your architecture is straightforward and intuitive.



Don't rush users and give them enough time to complete actions.
And, allow users to stop the clock or countdown.



Don't leave users confused or unsure about the next steps. Explain what will happen after completing an action.



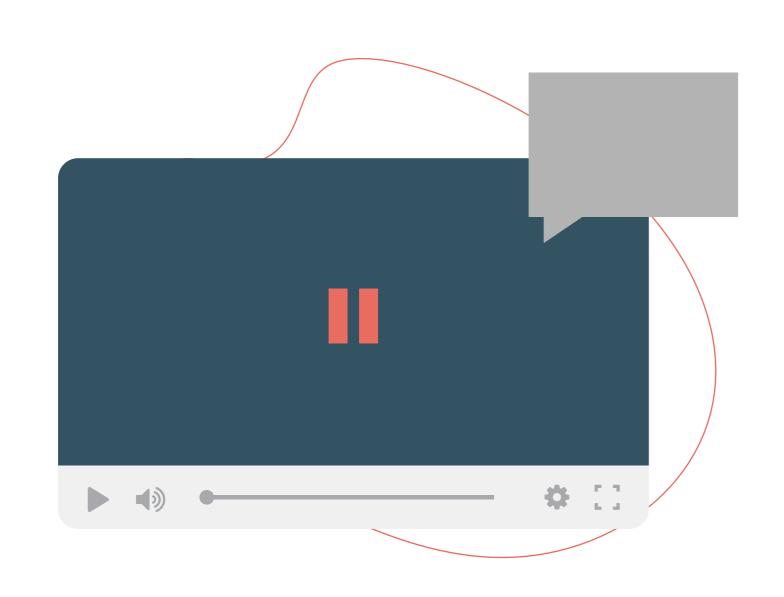
Give users the support they need and make it easily accessible.



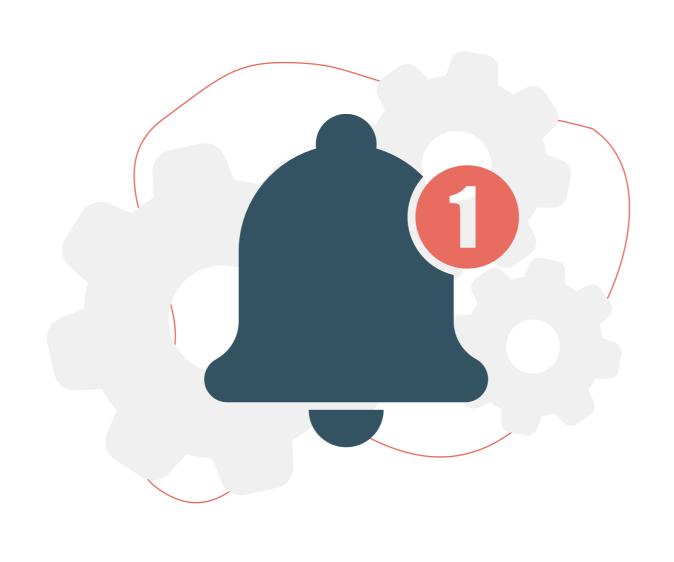
Let users check and revise their responses before they submit a form.



Deliver a clean and minimal design with thoughtful use of colour, fonts and design elements.



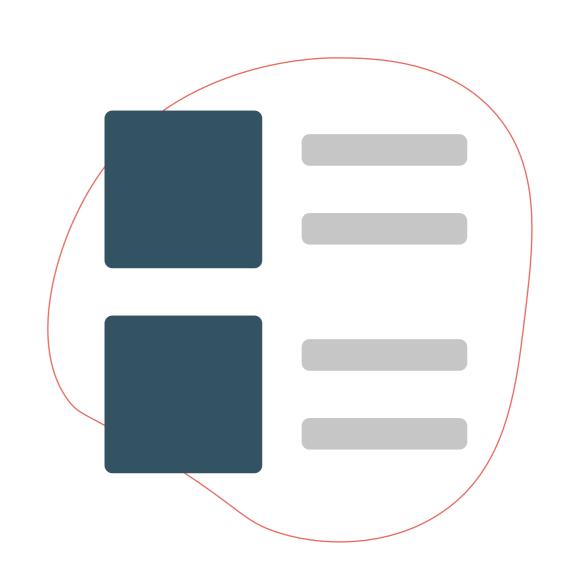
Warn a user if they are about to consume a triggering video or content and allow a user to turn auto-play off.



Allow a user to manage their notifications and how they are received and displayed.



Apply 'positive friction' to enable a user to back out of an action e.g. recall an email, delay purchase, re-submit information.



Use well-established patterns and familiar conventions.

