

Emotions Tracker

Deliverable D1

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Application Description

Our app is designed to serve as a personal emotion tracking and mental health assistant, enabling users to log and reflect on their emotional states over time. By leveraging detailed emotion logging features, including categorization of emotions, specific feelings, and contextual notes, users can gain insights into their emotional patterns. The app automatically captures the time and location of each log, enriching the context of these emotional snapshots. A journal-like history allows users to review their logs, offering both a broad overview and the ability to dive into specific entries for deeper reflection. Users can edit and delete logs, ensuring their emotional journal remains accurate and relevant. The app also provides analytical insights, motivational quotes, and affirmations to support users in their mental wellness journey. Personalization features, such as notification preferences and visual themes, allow users to tailor the app to their needs.

Key Functionalities

- Emotion Logging:
 - Selection of an emotion category.
 - Identification of specific emotions within the selected category.
 - Optional addition of contextual notes.
 - Automatic recording of time and location for each log.
- Journal/History of Logs:
 - Overview list of past emotion logs.
 - Ability to open a specific log for more details.
 - Options to edit and delete logs.
- Analytical Insights:
 - Display of basic statistics, such as the most common emotion.
 - Comparison of mood ratings over the last 7 days against the previous period.
- Motivational Content:
 - Screen with motivational quotes and affirmations.
 - User action triggers the loading of new content.
- Settings and Personalization:
 - Notification settings to prompt users for new emotion logs.
 - Personal settings for user's name and app's color theme.

Target User Group

Our app is specifically designed for individuals seeking to enhance their emotional awareness and mental well-being through regular monitoring and reflection. By providing a tool for users to log emotions, access motivational content, and receive insights into their emotional patterns, the app caters to a wide range of users interested in personal growth, mental health, and self-care. The following points outline our primary target user groups:

- **Individuals Interested in Mental Health:** Users who are actively seeking tools to monitor and improve their mental health will find the app's emotion tracking and analysis features particularly beneficial.
- **People Seeking Self-improvement:** Those on a journey of personal growth and self-improvement who wish to gain deeper insights into their emotional states and triggers.
- **Busy Professionals:** Professionals dealing with stress and seeking a quick and effective way to track their emotional well-being and find moments of mindfulness in their busy schedules.
- **Students:** Students facing academic and social pressures can use the app to manage stress, track mood patterns, and access motivational content to stay positive.
- **Therapy and Counseling Clients:** Individuals in therapy or counseling can use the app as a supplementary tool to track their emotions and progress over time, potentially sharing insights with their therapists.
- **Wellness Enthusiasts:** Users who are already engaged in wellness activities like yoga, meditation, and mindfulness, and are looking to complement their practices with emotional tracking.

Functional Use-Cases

Use-Case 1: Daily Emotion Logging

Scenario: Alex experiences fluctuating moods throughout the day and wants to understand their emotional patterns better.

Action: Alex opens the app each evening, navigates to the Journal tab, clicks the "Add Entry" button, uses the slider to rate their day from 0 to 10, selects the prevailing emotion category, and specifies more detailed feelings from that category.

Outcome: Over time, Alex notices patterns in their emotional state and identifies triggers that affect their mood.

Use-Case 2: Accessing Motivational Content

Scenario: Jordan is having a particularly rough day and needs a quick motivational boost.

Action: Jordan opens the app, goes to the Affirmations tab, and shakes their phone to generate a new motivational quote or affirmation.

Outcome: The app presents an uplifting message, providing Jordan with the encouragement needed at the moment.

Use-Case 3: Reviewing Emotional Trends

Scenario: Sam wants to see if their recent efforts to manage stress have been effective.

Action: Sam opens the app and navigates to the Insight tab to review their mood ratings and most common emotions over the past month.

Outcome: Sam observes a positive trend in their mood ratings and feels motivated to continue their stress management techniques.

Use-Case 4: Setting Up Reminders

Scenario: Taylor often forgets to log their emotions due to a busy schedule.

Action: During the onboarding process, Taylor navigates to the Settings tab, enters the Reminders section, and sets up daily notifications to remind them to log their mood and emotions.

Outcome: Taylor receives timely reminders, ensuring consistent emotion tracking and contributing to a richer data set for personal insights.

Use-Case 5: Customizing App Experience

Scenario: Casey prefers a dark theme for their apps and wants the emotion tracking app to reflect this preference.

Action: Casey navigates to the Settings section of the app, selects the Theme option, and chooses a dark color theme from the available selections.

Outcome: The app interface switches to a dark theme, making it more comfortable for Casey to use the app during evening reflections.

Use-Case 6: Post-Editing Emotion Entries

Scenario: After hastily logging an emotion due to a reminder during a busy moment, Alex wants to add more details to their entry for accuracy.

Action: Alex opens the app, goes to the Journal tab, selects the relevant entry to view details, and clicks "Edit Entry" to fill in or change additional information.

Outcome: Alex successfully updates the emotion log, providing a more accurate reflection of their experiences and feelings.

Fulfillment of Requirements

Data

- **Local Data Storage:** Utilizes Swift's Core Data for local storage of user data and emotion logs, ensuring efficient and scalable data management.
- **API for Affirmations:** Fetches daily affirmations via a RESTful API, enriching user engagement with fresh, motivational content.

Sensors

- **GPS Location Tracking:** Employs Core Location to record the user's location during emotion logging, adding valuable context to emotional entries.
- **Gesture Recognition:** Implements shake gesture detection to refresh affirmations, offering an interactive and intuitive user experience.

UX & UI

- **Notifications:** Sends timely notifications to encourage regular emotion logging and engagement with new affirmations.
- **Onboarding Process:** Features a streamlined onboarding experience to familiarize users with the app, setting up essential preferences from the outset.

Analysis of Existing Solutions

Apple Health

<https://apps.apple.com/us/app/apple-health/id1242545199>

Our app draws significant inspiration from Apple Health, especially its mindfulness and mental well-being sections. We value its emphasis on native design elements, straightforward user workflows, and comprehensive logging features. Below is an analysis highlighting specific aspects of Apple Health that influenced our app design:

Mental Health Features Offered by Apple Health

- **Mood and Emotion Logging:** Allows users to log their mood and emotions at any given time, offering a choice between logging current emotions or overall mood for the day.
- **Mental Wellbeing Tracking:** Tracks mental wellbeing through standardized mental health assessments (PHQ-9 for depression, GAD-7 for anxiety).
- **Customizable Reminders:** Users can set reminders to log their state of mind either during the day or at the end of the day.
- **Data Visualization:** Offers insights into mental wellbeing by charting mood logs, associated factors, and life factors affecting mental state.
- **Interactivity:** Includes features like dragging sliders to select mood intensity and choosing words to describe feelings and impacts.
- **Integration and Sharing:** Integrates with other Apple Health data, allows sharing mental health data with clinicians or family.

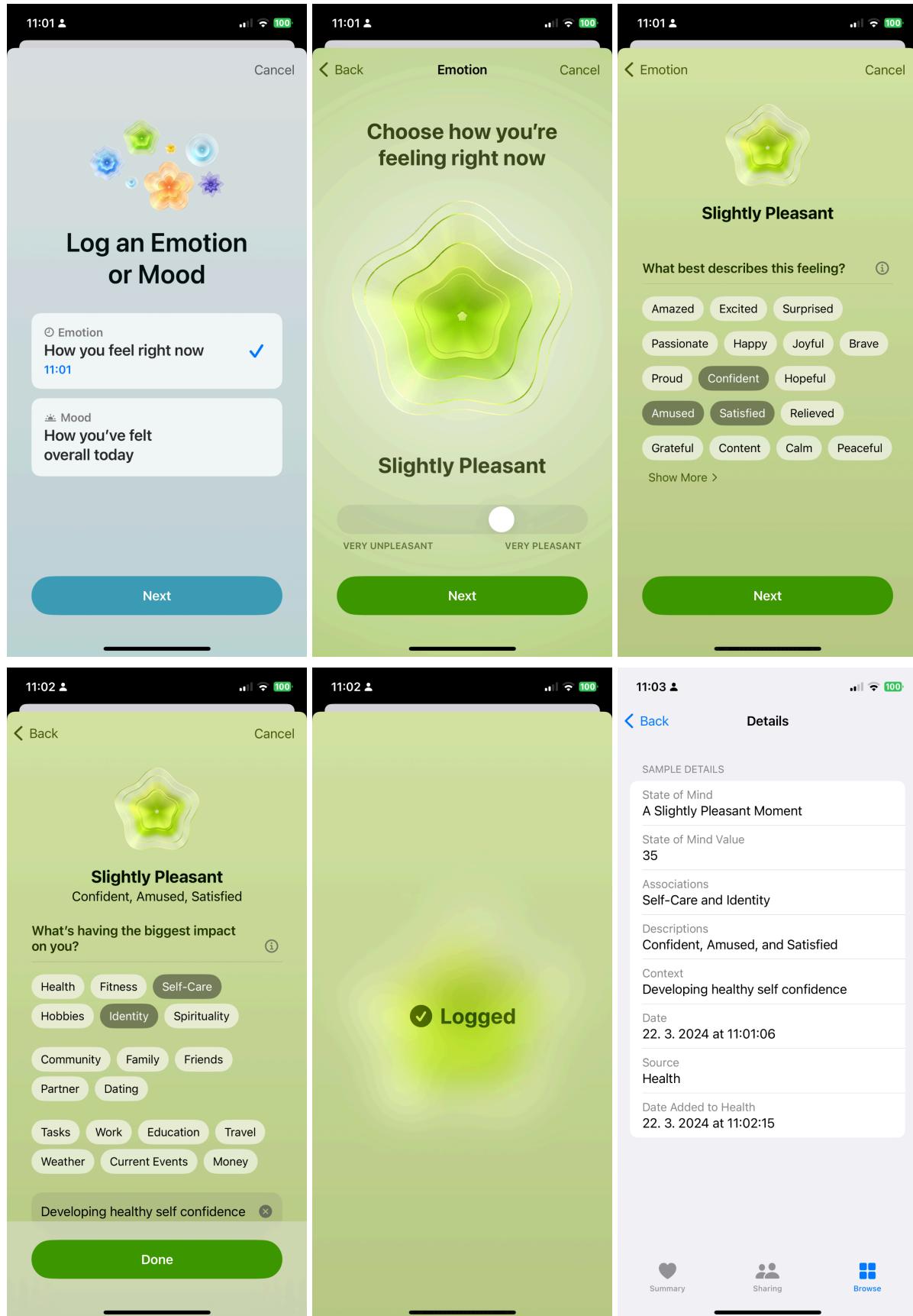
Our Emotions Tracker Compared with Apple Health

- **Mood and Emotion Logging:** Similar to Apple Health, the app will allow users to log their emotions, with added features like selecting specific emotions from broader categories and adding detailed notes.
- **Analytical Insights:** While not using standardized questionnaires, the app will provide analytical insights, focusing on mood trends and common emotions, similar to Apple Health's data visualization.
- **Notifications and Reminders:** Like Apple Health, the app will offer customizable reminders to encourage regular logging, with the added functionality of setting specific times for these reminders.
- **User Interface and Experience:** Inspired by Apple Health, the proposed app will utilize native, simple Apple design components for clear workflows and user interfaces.
- **Complex Logging:** Unlike Apple Health's binary emotion/mood logging, the proposed app allows for more nuanced logging, including mood scores and a broader range of specific emotions.
- **Personalization:** In contrast to Apple Health, the proposed app will offer enhanced personalization options like theme selection, aligning with users' preferences for app appearance.

Inspiration Points from Apple Health

1. **Simplicity and Clarity:** Adopting Apple Health's straightforward and intuitive UI design for ease of use.
2. **Data-Driven Insights:** Utilizing a similar approach to visualize emotional trends and impacts on wellbeing.
3. **Engagement Reminders:** Implementing reminders and notifications to promote consistent user engagement, akin to Apple Health's reminder system.
4. **Mood Logging Mechanics:** Integrating a slider-based interface for mood intensity and selection mechanisms for emotions for a user-friendly logging experience.

Apple Health's User-Flow for Adding Mood Entry



Mood Journal

<https://apps.apple.com/us/app/mood-journal-cbt-ai-tracker/id1591501325>

Mood Journal leverages psychotherapy principles, AI insights, and HealthKit integration for mood tracking and mental health improvement, focusing on video journaling and personalized content. This comparative analysis highlights elements from Mood Journal influencing our app's design and functionality.



Functionalities offered by Mood Journal

- **Mood Tracking with AI:** Utilizes AI algorithms to provide insights based on mood tracking and self-reflection.
- **Content Personalization:** Offers articles tailored to the user's current state to aid in improving mental health.
- **Video Journaling:** Encourages users to record their feelings via selfie-videos instead of traditional text entries.
- **HealthKit Integration:** Syncs with HealthKit to correlate mood changes with physical health data like sleep, steps, and weight.
- **Reminders:** Implements regular reminders to encourage users to maintain their mental health routines.

Our Emotions Tracker Compared With Mood Journal

- **Mood and Emotion Logging:** Similar to Mood Journal, the app will feature mood and emotion logging but focuses on textual input rather than video.
- **Analytical Insights:** Offers insights into emotional patterns and triggers, akin to Mood Journal's AI-driven insights, but without the AI component.
- **Affirmations:** Draws inspiration from Mood Journal by including an Affirmations tab to help improve users' mental state.
- **User Engagement:** Like Mood Journal, the proposed app will use reminders to promote regular mental health tracking.

Inspiration Points from Mood Journal:

1. **Structured Navigation:** Adopting Mood Journal's tab-based navigation (Journal, Insights, Affirmations, Settings) for a coherent and user-friendly interface.
2. **Incorporation of Affirmations:** Inspired by Mood Journal, the proposed app will feature a dedicated section for motivational affirmations.
3. **Analytical Approach:** While lacking AI, the app will provide analytical insights into mood patterns, drawing from the principle of using mood data for self-reflection as seen in Mood Journal.

Data Diagram

Entities

User

- Each user has a unique ID and a name.
- Users can create multiple emotion logs (EmotionLog) to track their mood and emotions over time.

EmotionLog

- Logs include a unique ID, timestamp, location, mood rating, a main emotion category (type), and a list of specific feelings (emotions).
- The timestamp and location are automatically recorded from the device.
- Mood rating is on a scale from 0 (worst) to 10 (best), selected via a slider.
- Users select a main emotion category and then specify one or more concrete emotions within that category.

EmotionCategory

- Each category has a unique ID and a name.
- Categories are used to organize emotions into groups (e.g., happiness, sadness).

Emotion:

- Emotions have a unique ID and a name.
- They represent specific feelings users can select within a chosen category.

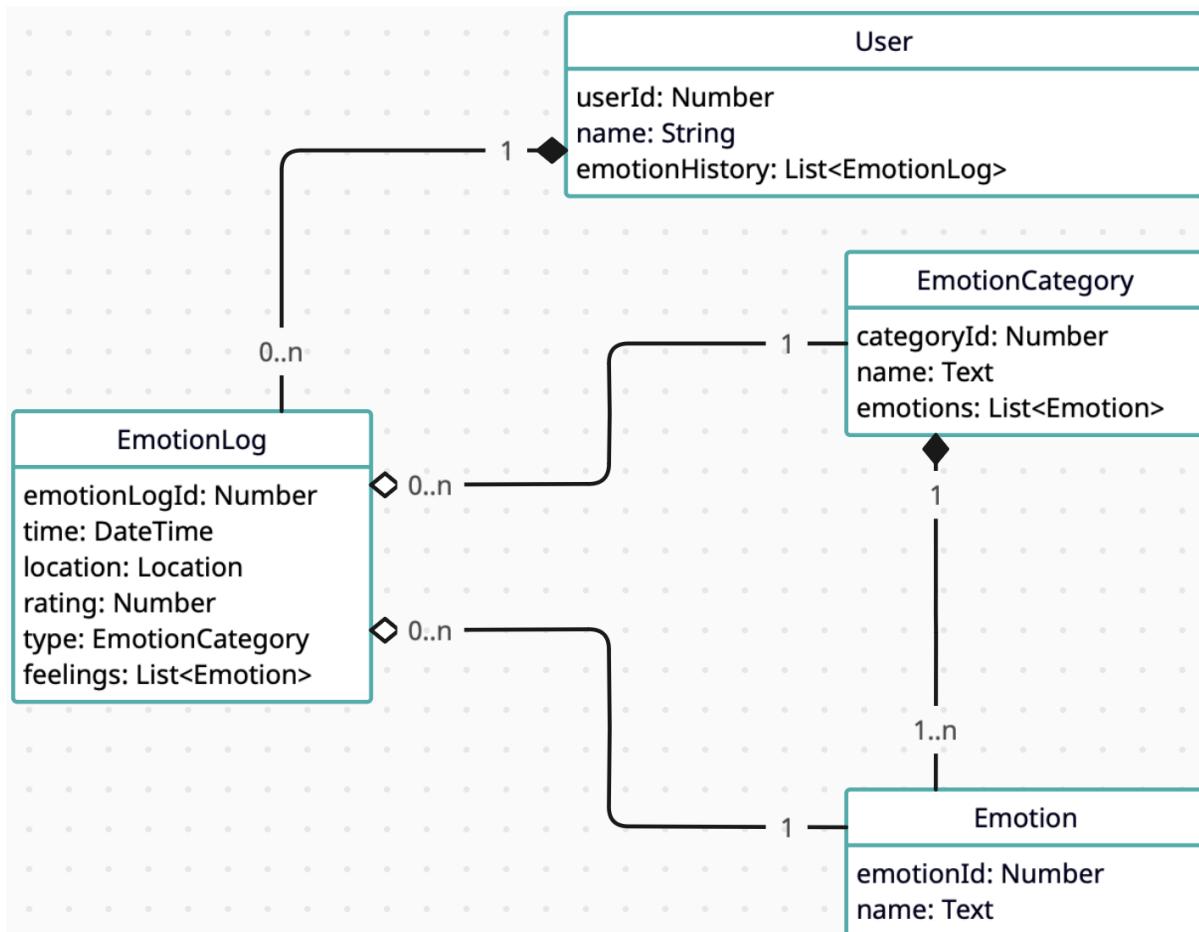
Both categories as well as emotions are sourced based off:

<https://www.healthline.com/health/list-of-emotions>

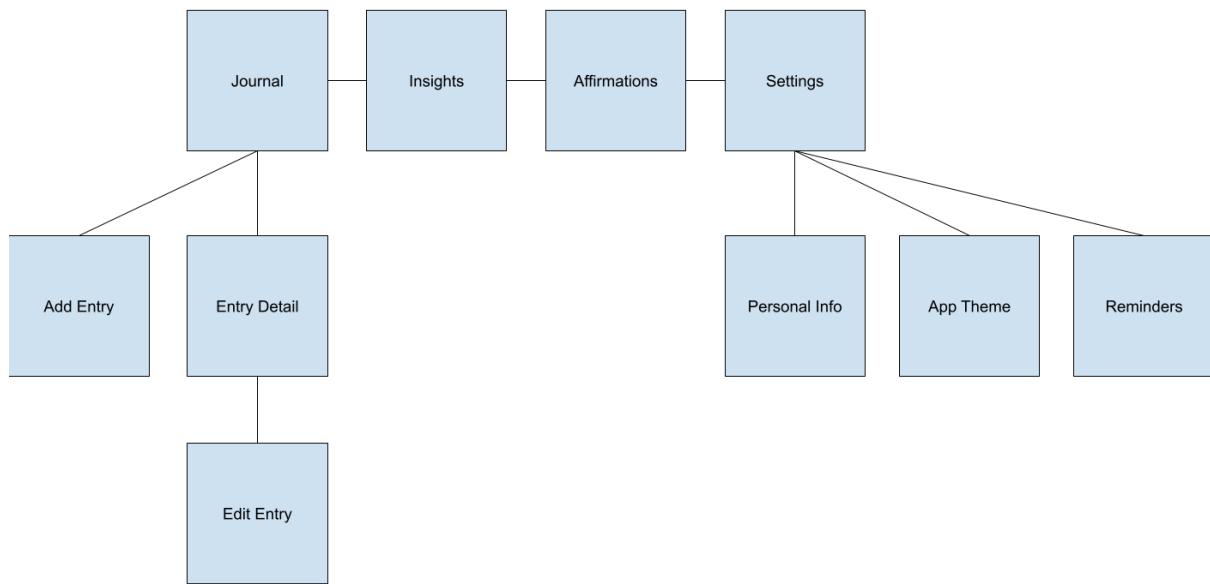
Relationships

- A User is related to EmotionLog in a one-to-many relationship, indicating that a user can have multiple emotion logs.
- EmotionLog is linked to EmotionCategory in a many-to-one relationship, showing that a log is associated with one main emotion category.
- EmotionLog and Emotion have a many-to-many relationship, allowing logs to contain multiple specific emotions.
- EmotionCategory and Emotion also have a one-to-many relationship, with each category encompassing various specific emotions.

UML Schema



Screen Map



Prototype

<https://www.figma.com/file/jIMCxJL7YOYKzKAQJy0WYc/Emotions-Tracker?type=design&node-id=0%3A1&mode=design&t=MV0yVxwrGUJGWyqb-1>