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CS280

Part 1

My proposed mood app would be a mobile app widely available to then apps store or play store and off course offline. The main focus off the app would be helping the user identify these emotions. Firstly the app would have a section to record your mood once this section is clicked it would lead you to another page which has a scale to measure your mood from a good mood to poor since there is a plethora of other emotions there would be an other category for other emotions E.G. anxiety, confusion etc. once these emotions/feelings clicked there would be a psychological tip to improve your mood to the corresponding mood you've picked. under the mood picker would be section to record why you think your feeling these emotions or to simply record your state of mind, these mood recordings would also record the time and date the goal of this would be to compile your progress over time this would be shown on the main page as a graph to make it easier for the user to visualise.

There would also be an another section in the homepage to record to record how much sleep you're getting and gives you feed back depending on how Many hours you've inputted.

While researching I found that meditation should be practiced by everyone for at least a recommended 10 minutes a day. I would incorporate this be adding a feature to help with mindfulness by having free meditation program with set goals of how much the recommended time you should meditate of course you would also be able to edit the goal time of mediation. I would back this by making it constantly ping the user every so often until the goal time is reached.

User A

A typical user for this app would be someone with a negative life events or shifts in their own mental health this shift or change has motivated them to make a change for improvement and to make them further investigate their state of mind. The main focus of this user would be to achieve self awareness and gain further understanding of the emotions they are feeling. Tracking the time of the recorded entry of the moods and thoughts of what they are thinking or what they are feeling and also can help in even identifying their problem for example if they are unknowingly in a negative mood because of a certain person in their life they'll find out through looking at the time stamps. Not only that but also the curiosity to find what puts them in a good mood or makes them happy. They would also use the meditation feature to free themselves of overflowing thoughts, this would help them in organising and identifying their thoughts and feelings.

User B

Another typical user may be a student. The life of some a student can be very stressful at times constantly worrying about results getting to class on time and the social aspect can be very daunting on many people. The goal of this app is to give these people an understanding of why they feel negative, positive or anxious etc. and to identify what exactly is their problem the answer may always be in front of you however writing this down can immensely help in visualising the problem. The meditation program would also be a big help as many students experience anxiety to some sort of degree, this would help give them a break from the stress and hopefully relieve the flood of thoughts they are constantly thinking about, resulting in anxiety relief.

hand-drawn sketches

<p>11:20 ▽ 32%</p> <p>Hello user</p> <p>How are you?</p> <p>Weekly Progress</p> <p>10% above Average</p> <p>Mon Sun</p> <p>mood Sleep Medit History</p>	<p>11:23 ▽ 31%</p> <p>What is your mood?</p> <p>excellent ok bad</p> <p>date time</p> <p>25/2/22 11:23</p> <p>Home Sleep Medit His</p>
<p>11:27 ▽ 35%</p> <p>Sleep</p> <p>bedtime: 23</p> <p>wake up: 7</p> <p>12</p> <p>Home Mood Medit His</p>	<p>11:31 ▽ 24%</p> <p>meditation</p> <p>10:00</p> <p>Start</p> <p>Set time 10:00</p> <p>Home Mood Sleep His</p>

<p>11:15 ▽ 15%</p> <p>History</p> <p>logged in time</p> <table> <tr> <td>11/2/22</td> <td>11:54</td> </tr> <tr> <td>10/2/22</td> <td>9:36</td> </tr> <tr> <td>9/2/22</td> <td>15:15</td> </tr> <tr> <td>9/2/22</td> <td>14:7</td> </tr> <tr> <td>9/2/22</td> <td>23:2</td> </tr> <tr> <td>7/2/22</td> <td>5:18</td> </tr> <tr> <td>5/2/22</td> <td>7:41</td> </tr> <tr> <td>5/2/22</td> <td>13:32</td> </tr> </table> <p>Home mood sleep med</p>	11/2/22	11:54	10/2/22	9:36	9/2/22	15:15	9/2/22	14:7	9/2/22	23:2	7/2/22	5:18	5/2/22	7:41	5/2/22	13:32
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