

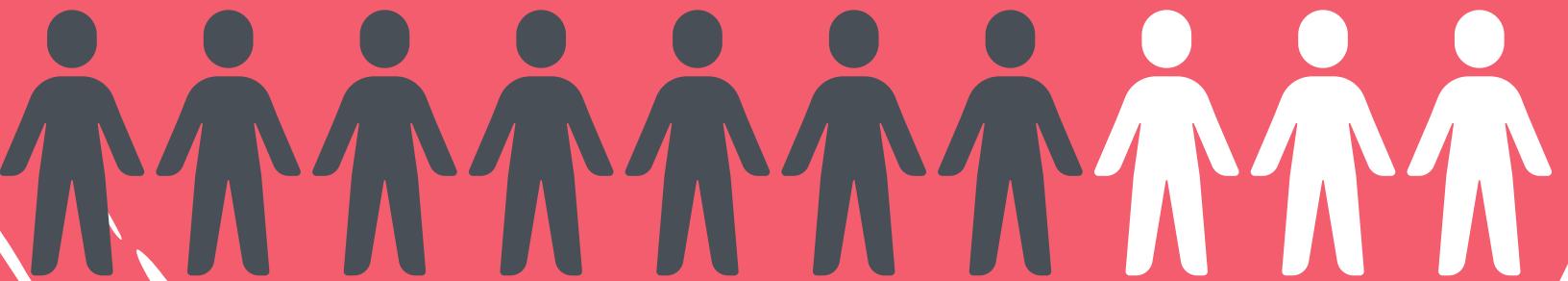


Digital Behavioural Interventions in Alleviating the Imposter Phenomenon

Third Year Individual Project
Naser Salameh



The Imposter Phenomenon

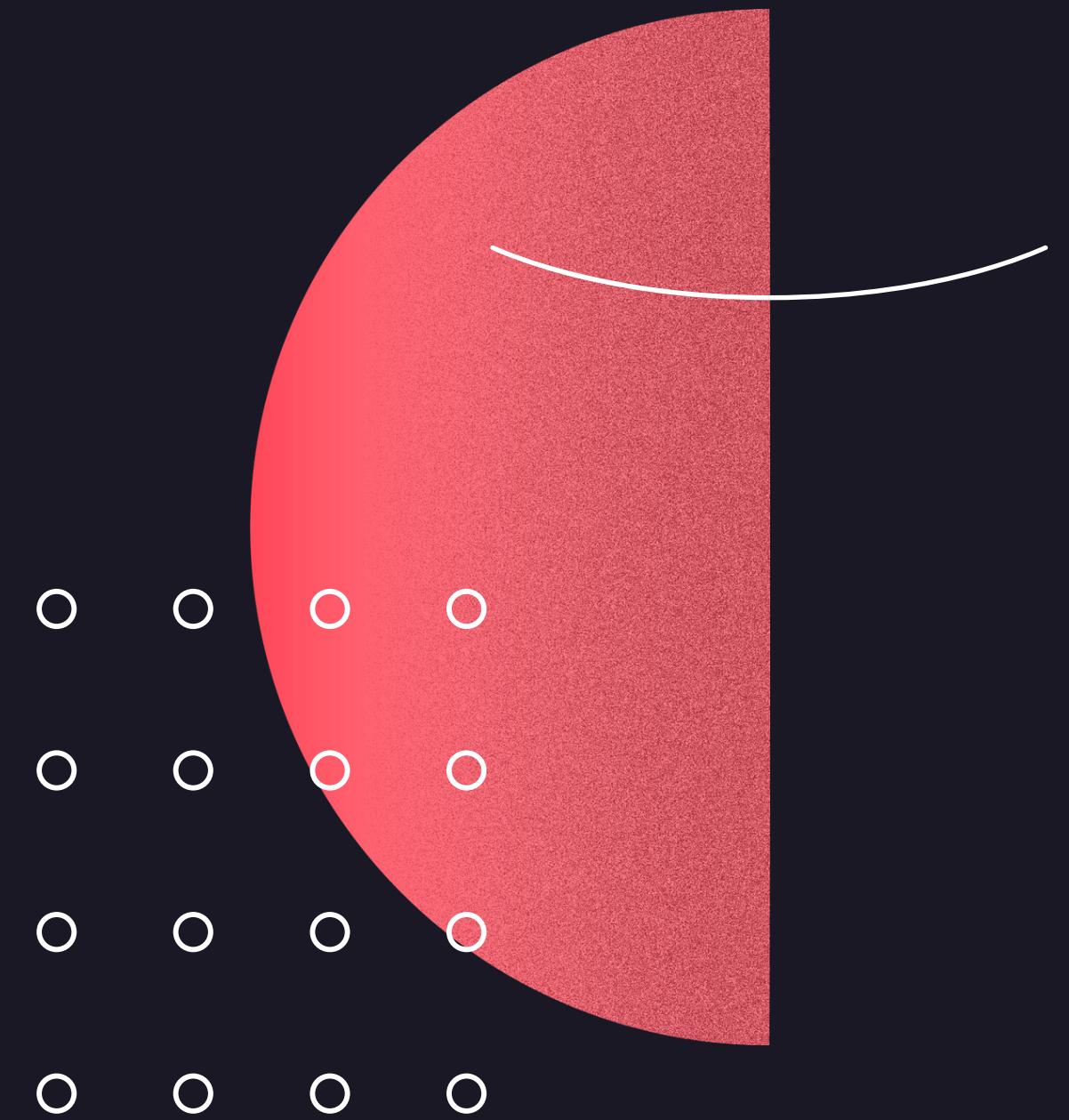


Digital Behavioural Interventions (DBIs)

“-----,

-An Intervention Plan aimed through a digital medium!

-Alleviating negative experiences, or altering unwanted behaviours.



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PROJECT STAGES

Design

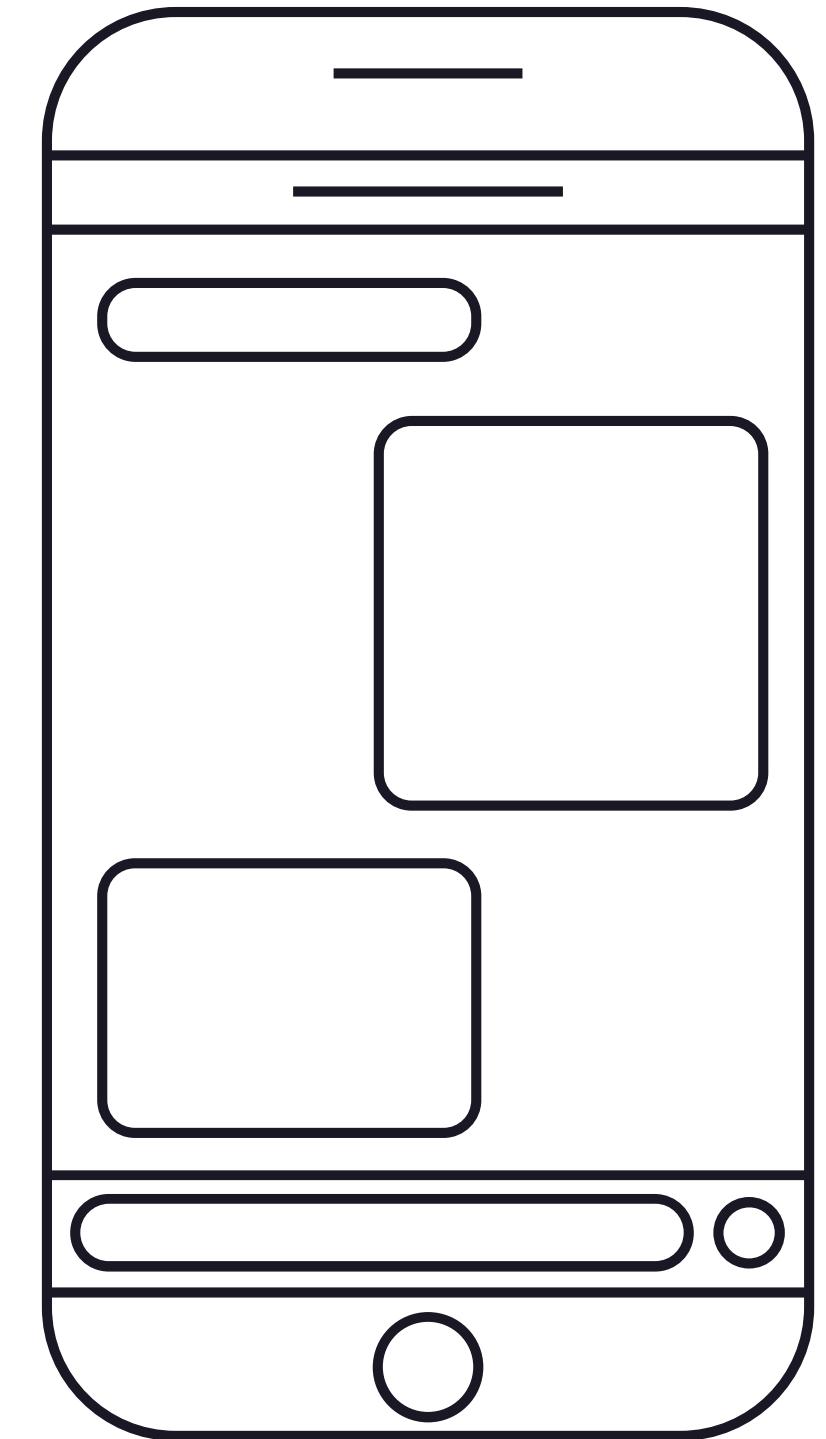
- 1) Key Behaviours
- 2) Intervention Plan
- 3) Digitise Plan
- 4) Requirements + Wireframes

Development

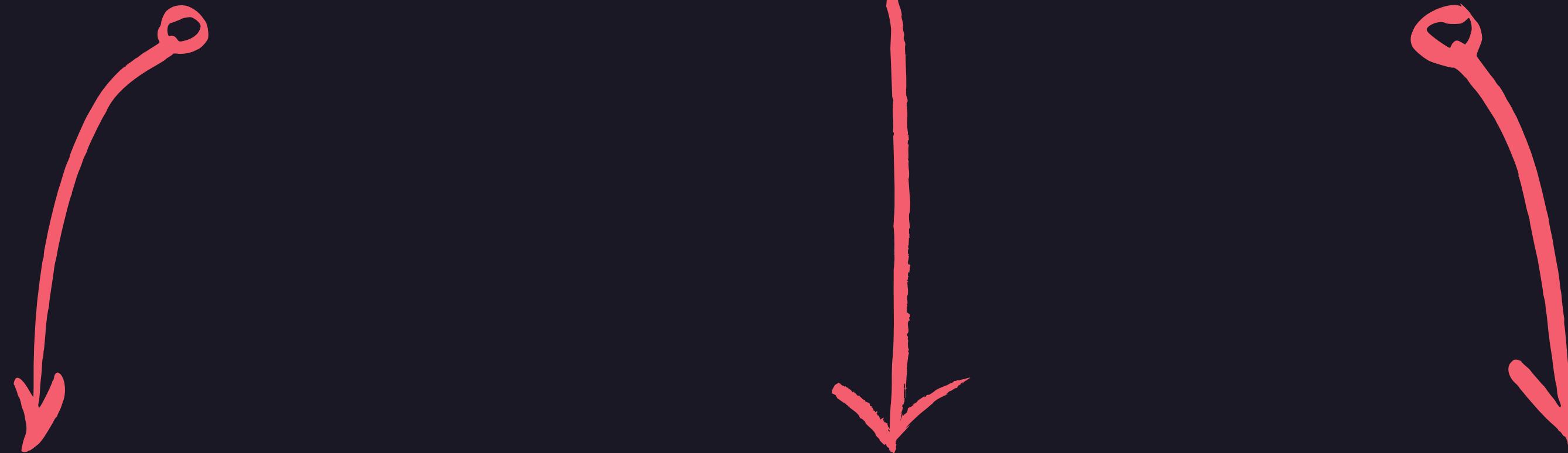
Develop the "Imposterless" App Using Agile Tools and Techniques

Evaluation

- 1) Functionality
- 2) Usability
- 3) Imparting Familiarity of IP
- 4) Engagement
- 5) Effectiveness



IDENTIFYING KEY BEHAVIOURS



Underestimating Abilities

Discounting Achievements

Perfectionism

Creating the Intervention Plan

Underestimating Abilities

Intent: Alter to Growth Mentality

Event: - See Abilities Growth With Goal Completion through Gaining EXP
- List Abilities Based on Fleischman's

Requirement: Abilities Section

Discounting Achievements

Intent: Alter to Acknowledge Achievements

Event: - List all Achievements
- Recognise Achievements Are Granular
- Add Achievements with time
(Manually and Automatically)

Requirement: Achievements Section

Perfectionism

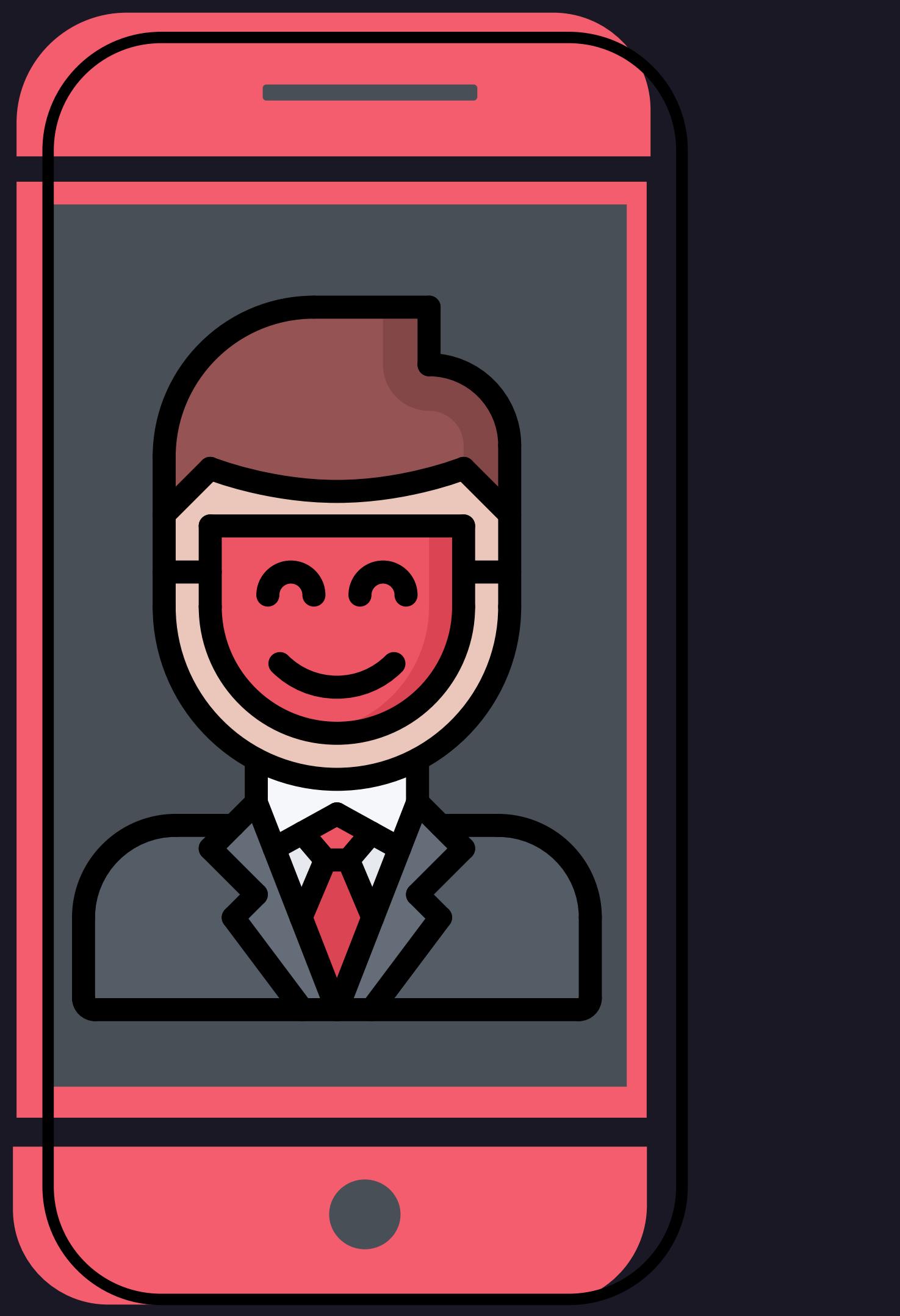
Intent: Alter to Grounding Expectations

Event: - Teach to apply the Goal Setting Theory
- Reflect on Completed Goals

Requirement: Goals and Reflections Section

DEVELOPMENT

Sprint 1	Sprint 2	Sprint 3	Sprint 4	Sprint 5
General Layout	Database Integration	Achievements Tab	Goals Tab	Content
Startup	Profile Tab	Abilities Tab	Reflections Tab	Graphics
Setup	Information Tab	CIPs Tab	Integrate All Components	Misc

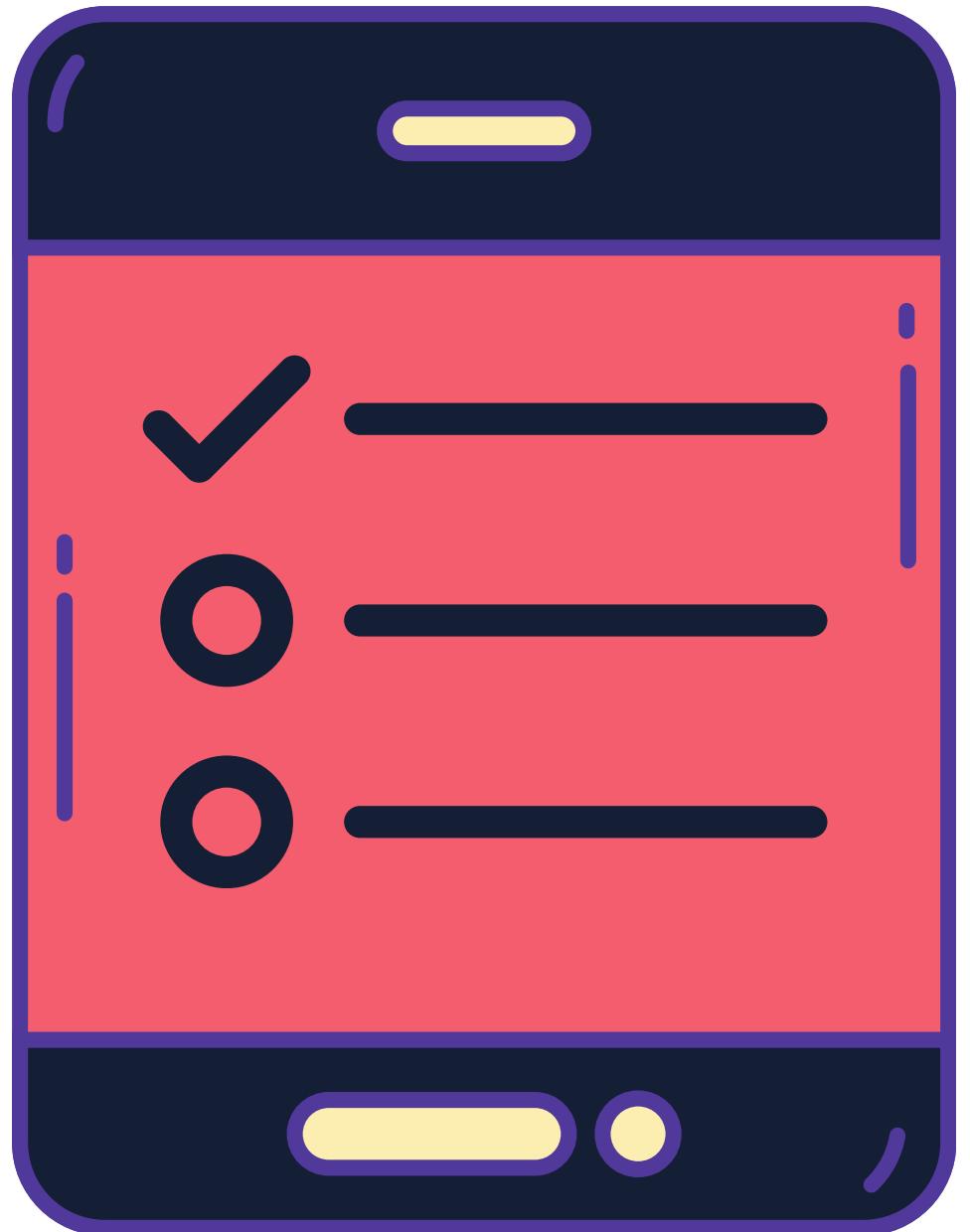


IMPOSTERLESS APP

TESTING

- 1) Unit Testing
- 2) Functionality Testing

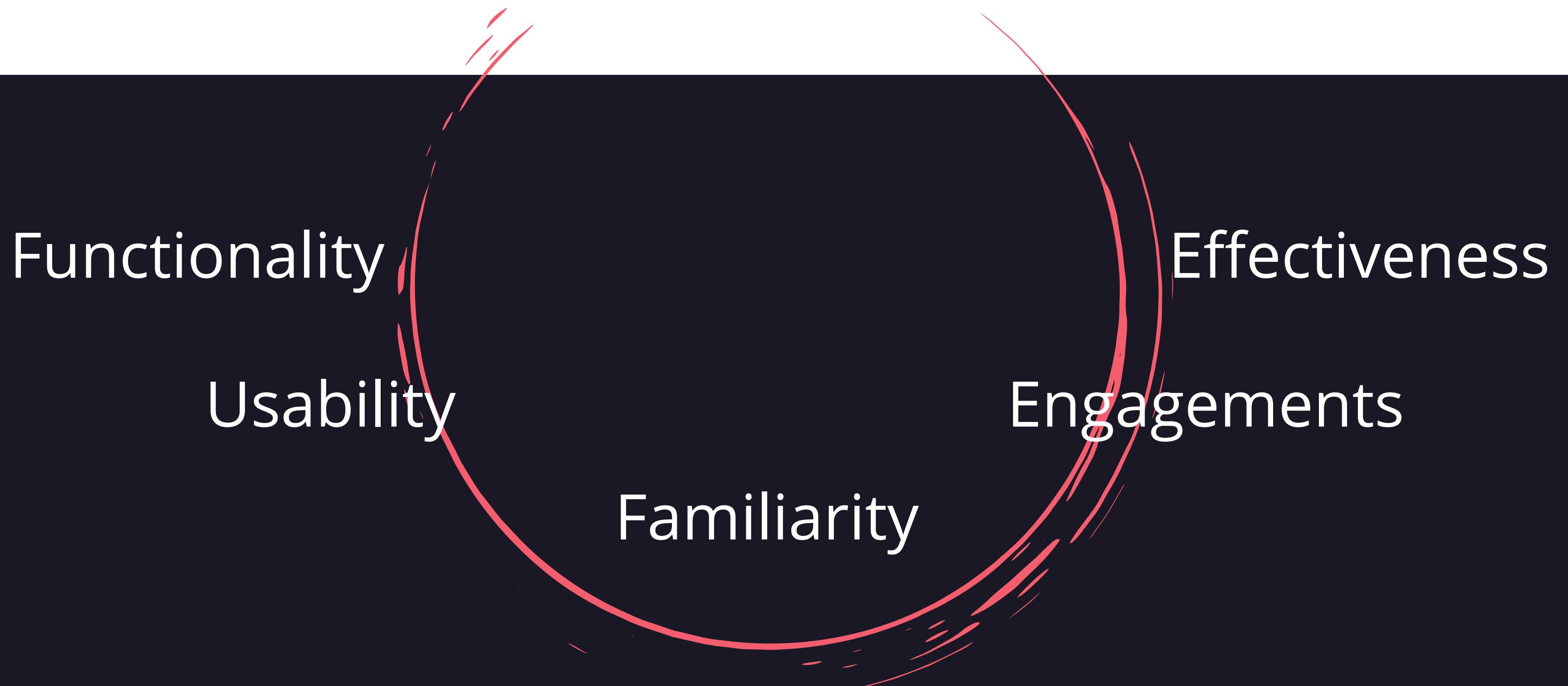




EVALUATION

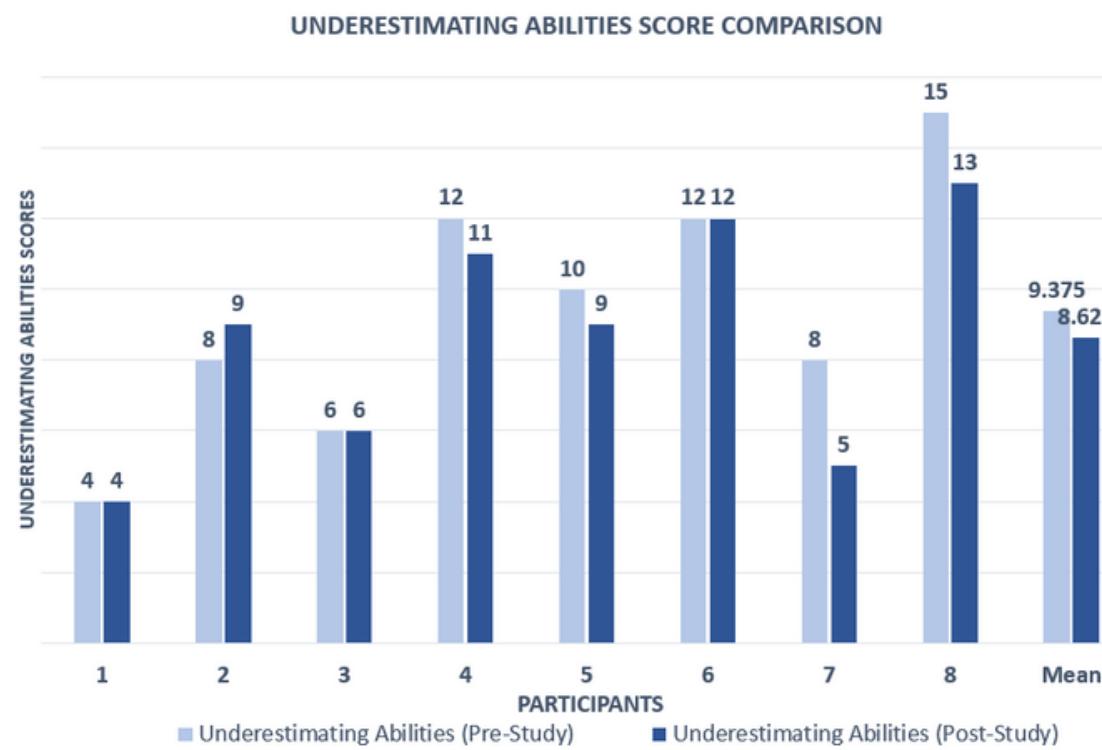
Usability Study

EVALUATION

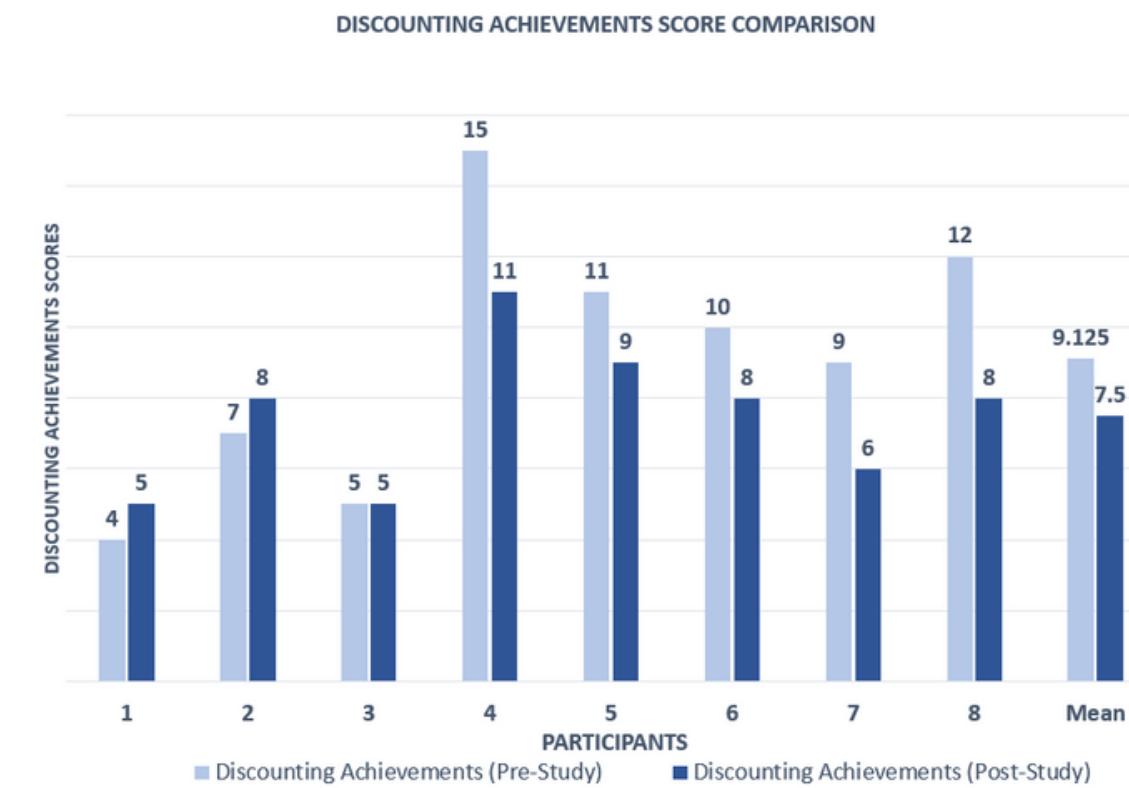


EFFECTIVENESS

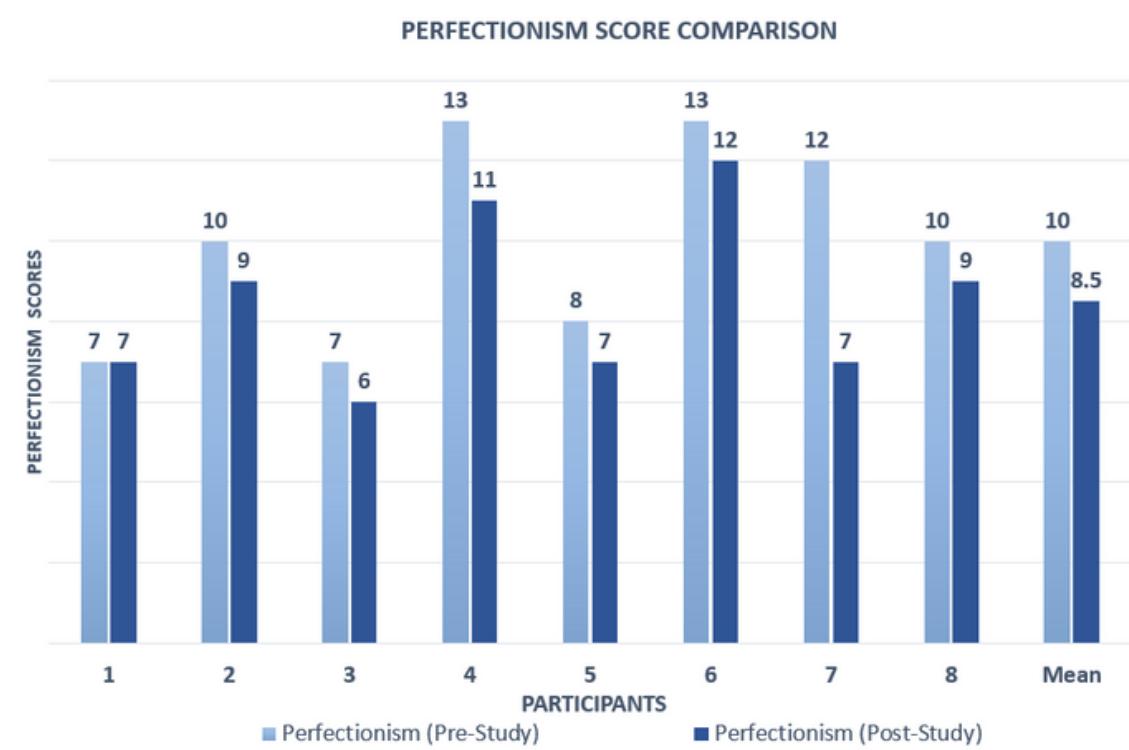
Underestimating Abilities



Discounting Achievements

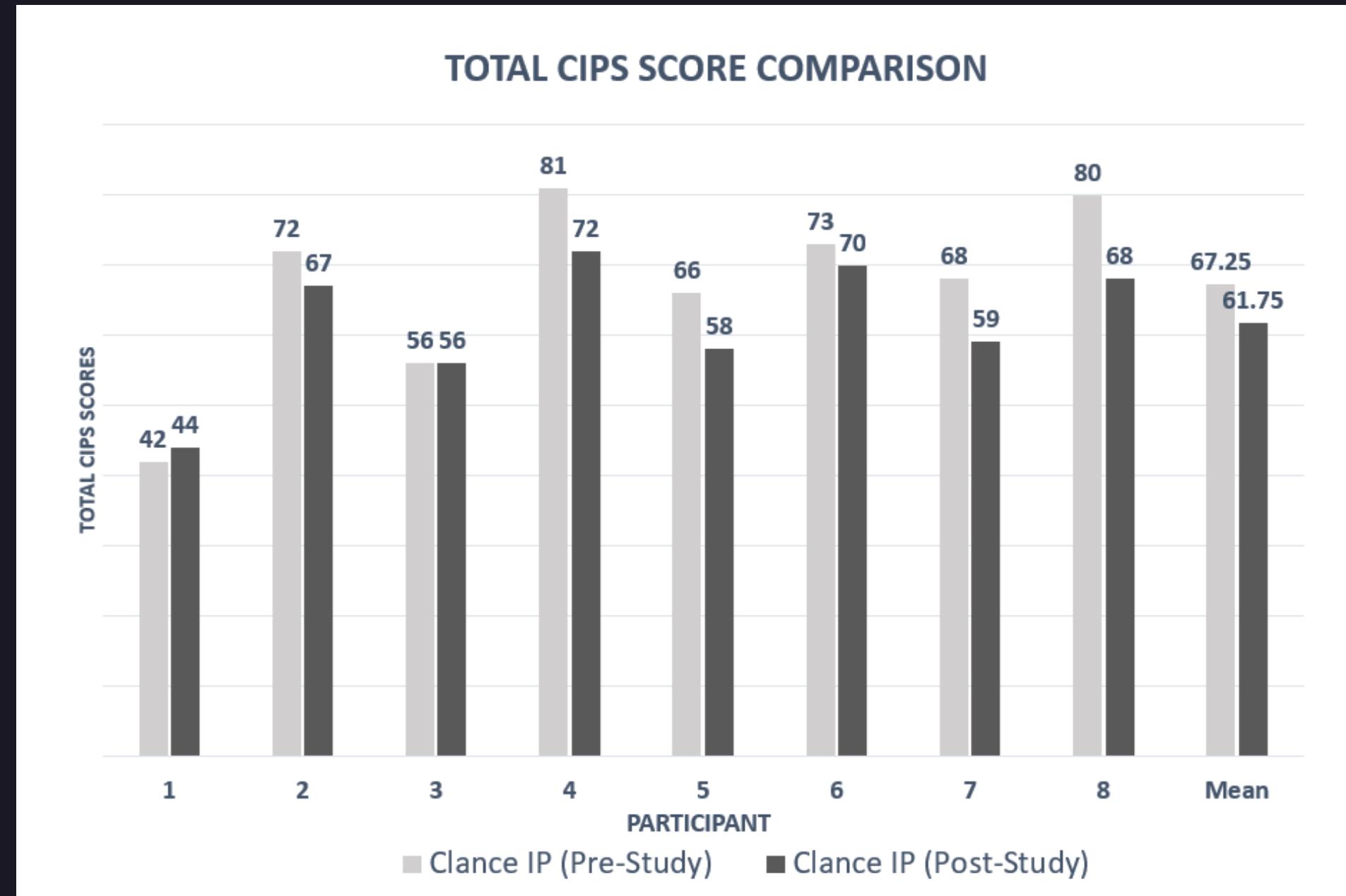


Perfectionism



Total Mean Change: 3.875 (8.6%) Drop

EFFECTIVENESS



Change: 5.5% Drop

That's All!

Project GitHub: github.com/NaserSalameh/Individual-Project-Imposter-Phenomenon-Intervention-App