

MindMend

Mental health management app





Mind Mend is a mobile app specializing in **improve your mental health** and training your mental state be to **well regulated** with **mindful task and habits**

Problem Statement:

In this day and age, mental health challenges are on the rise due to the **fast-paced** and **digitally connected** lives we are living. Individuals are facing increasing levels of stress, anxiety, and burnout and other emotions due to academic pressures, career , social media influence and personal identity struggles and more. Many **struggle** to find accessible, affordable, and effective tools to manage their mental well-being to keep their mental health in check and create habits that would maintain their mental health stability.

Product Goal:

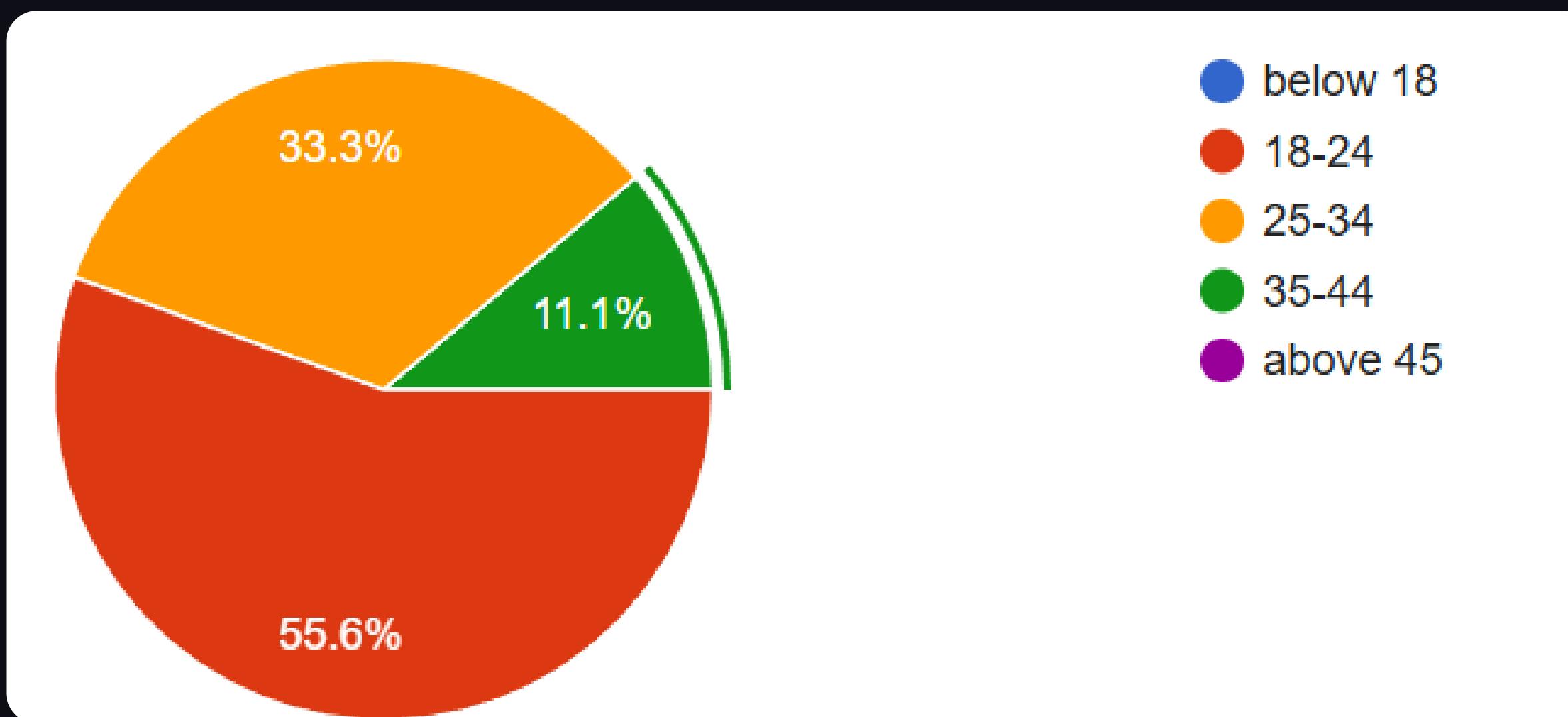
Designed an app mainly targeted to young adults offering relatable and engaging tools to manage stress, enhance emotional health, and cultivate mindfulness in a **cheap** and easily accessible way through a mobile app to integrate into their busy lives.



Research

Survey

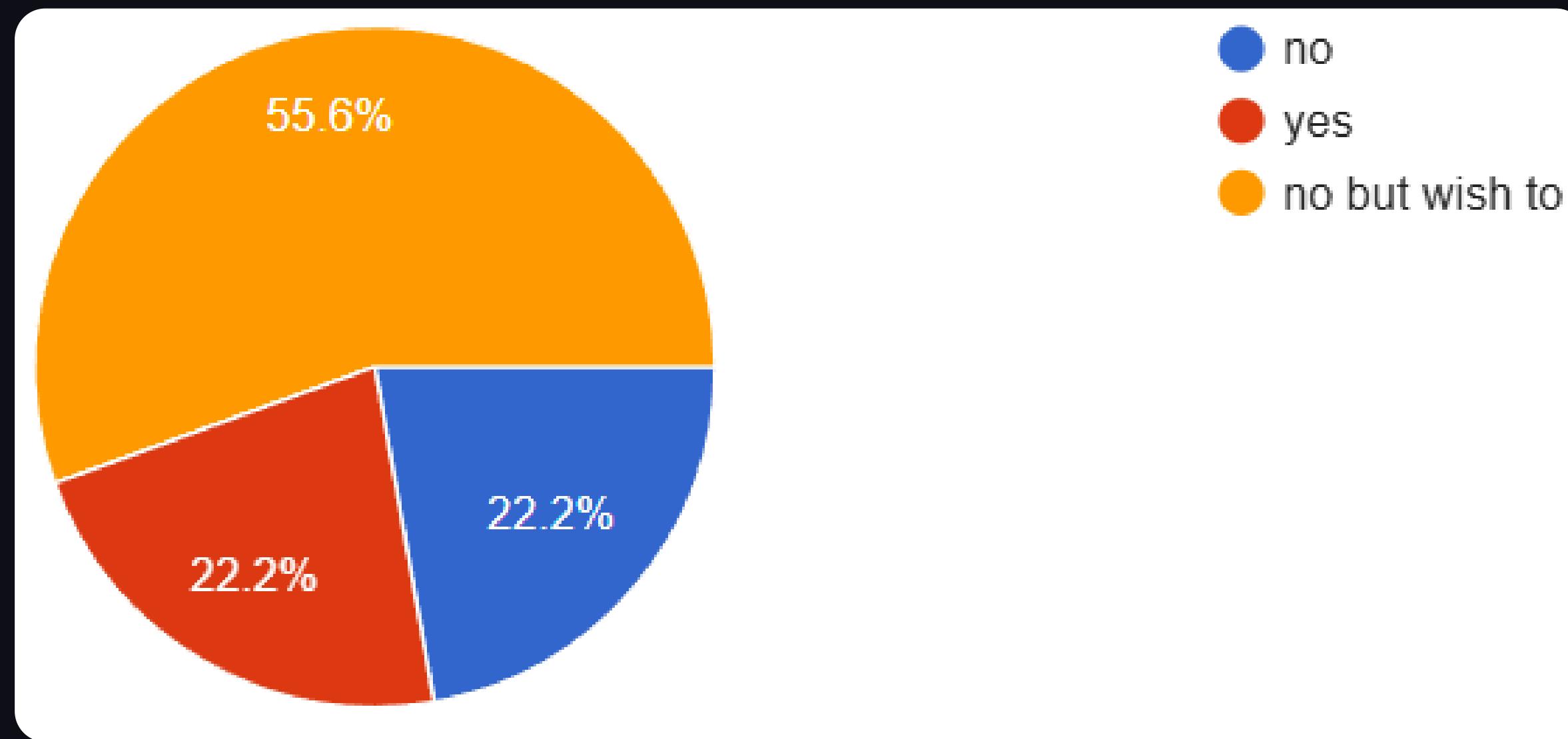
What is your age group?



How is your mental health ?



Do you engage in any task or activity to improve your mental health?



What barriers prevent you from accessing mental health resources or tools? (e.g., cost, time, stigma, lack of awareness)

Cost

Time

Effort

Lack of awareness

Stigma

What are some tasks or activities you would do to improve your mental health

research about how to deal with some of my mental health changes

listen to podcast

journaling

guided exercised like mediation

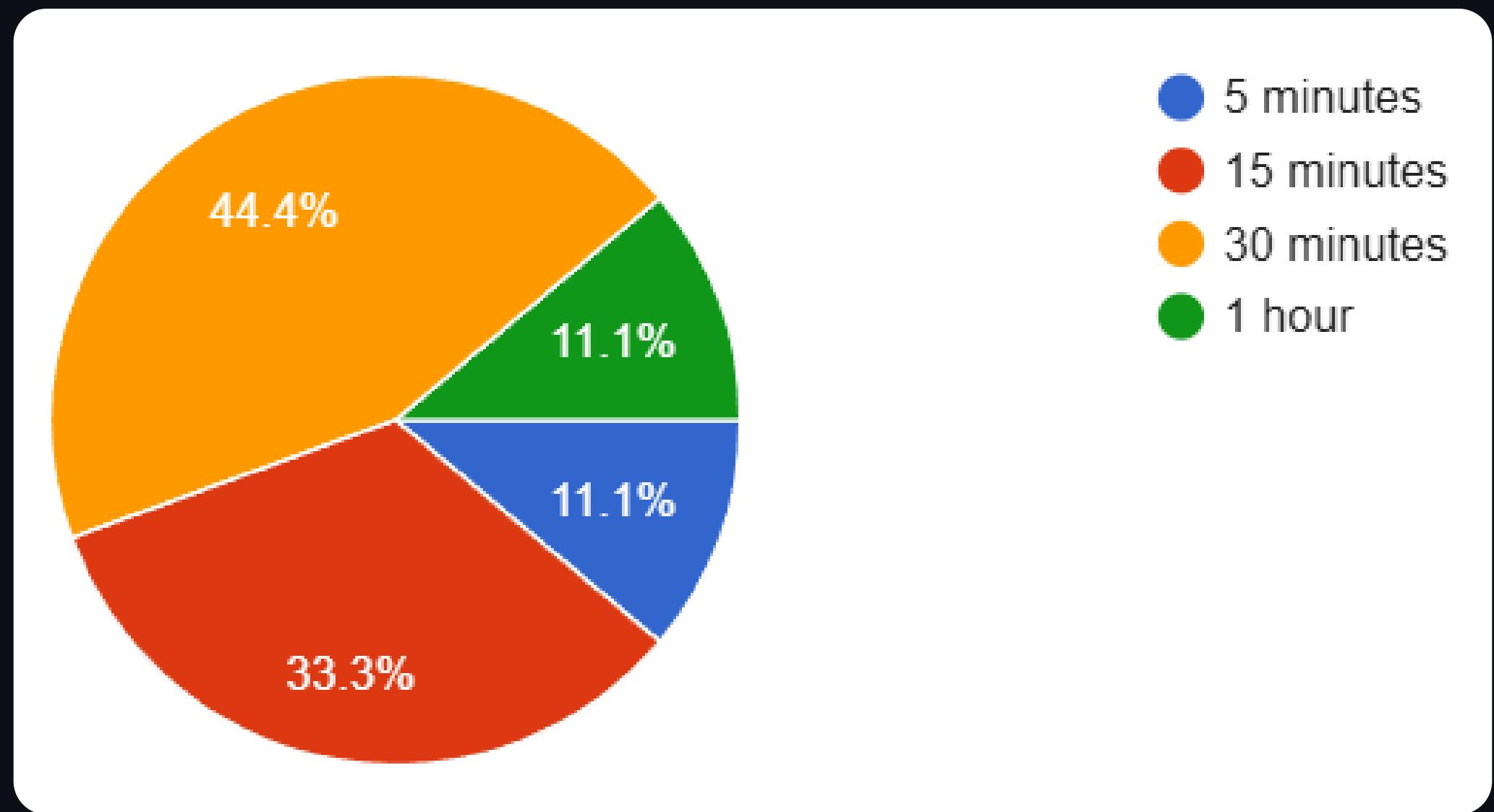
breathing exercises

listen to music

reflect on my thought with a journal

chatting with friend and family about my problems

How much time per day would you be willing to spend on a mental health app?



User Persona



University student studying Communications

Location: Urban city

Age: 22

Tech Savvy

Mental Health Status

stress and occasional anxiety due to academic pressure, part-time job demands, and maintaining a social life

BIO

Juggles a packed schedule of classes, a part-time job, and an active social life, she often feels the pressure of balancing her commitments. Despite the challenges, Emily is deeply driven by her desire to grow both personally and academically. She values authenticity, self-awareness, and connection, believing that true success comes from being both mentally and emotionally resilient

"I value progress over perfection-small steps can make a big difference in building a healthier, happier life."

Goal

- To manage stress and anxiety effectively without feeling overwhelmed by the process.
- To develop a consistent mindfulness routine that fits her busy schedule.
- To find an affordable and engaging tool that helps track her emotional well-being.

Motivation

- Believes that better mental health will improve her academic performance, relationships, and overall happiness.
- Inspired by friends who have successfully incorporated mindfulness practices into their routines.
- Motivated by the opportunity to track progress and celebrate small wins in her mental health journey.

Frustration

- Finds existing mental health resources too expensive or hard to integrate into her daily life.
- Overwhelmed by apps that feel clinical or lack personalization.
- Feels unsupported when struggling with mental health, as many apps focus on generic advice rather than actionable steps.

Needs

- An app that provides short, engaging activities to help mental state or mood-boosting tips
- Affordable pricing or freemium options to fit her student budget.
- Easy-to-use tools that integrate seamlessly into her fast-paced lifestyle.

User Stories

As a user, I want to reflect and express my feelings so I can improve my mental state and be more productive and focused.

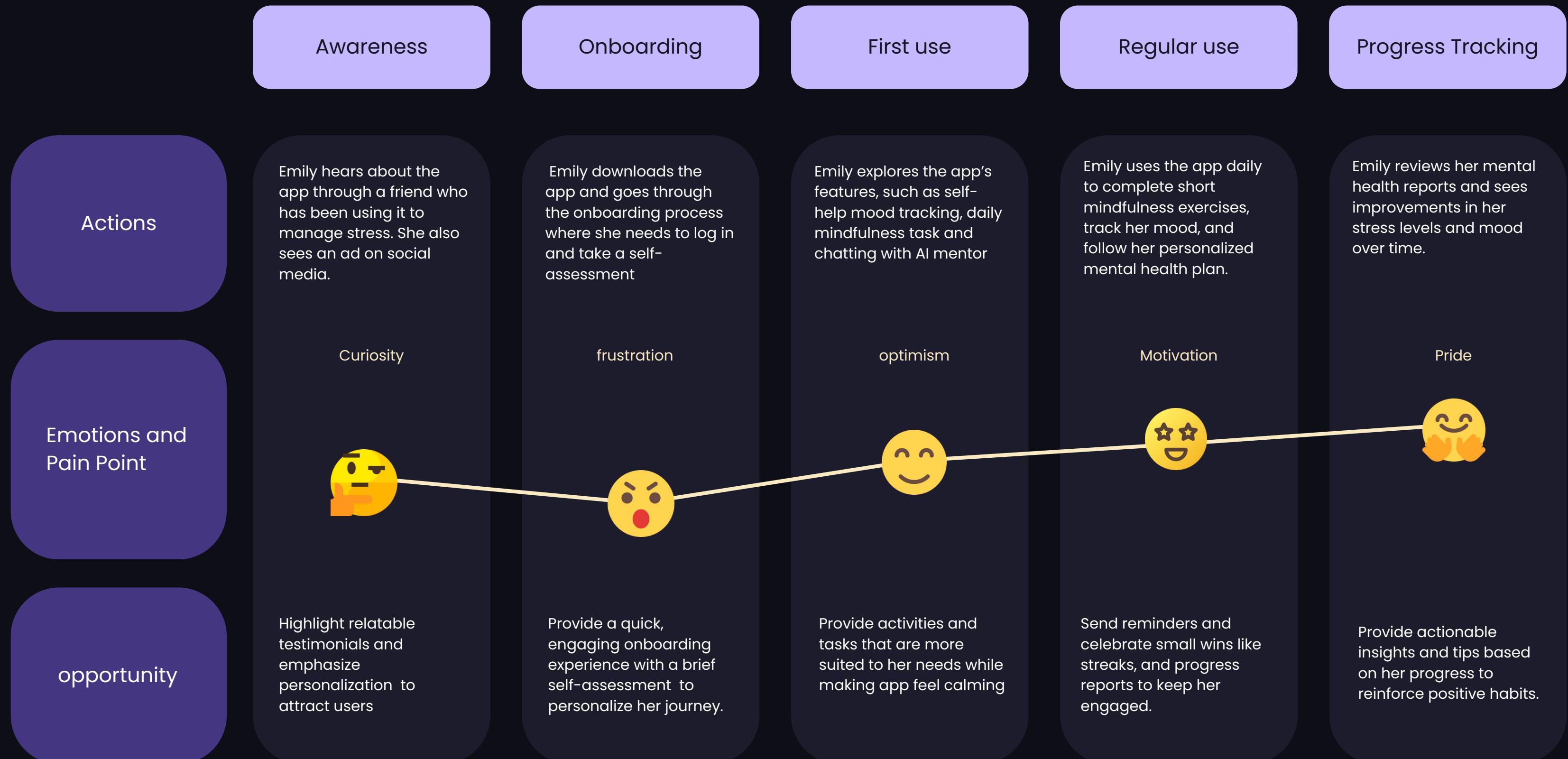
As a user, I want to see my mental health reports/analysis so that I know what area I need to improve on to become a better me.

As a user, I want to have a daily guide to complete tasks so that I can create good habits for my mental health in the long run.

As a user, I want to have a personalized experience where the recommended content is tailored to my needs so that I can improve my mental health more effectively.

As a user, I want to be able to make myself feel better through simple exercises or through knowledge about what I am going through so that I can be more calm and be in a more positive mood.

Jorney Map

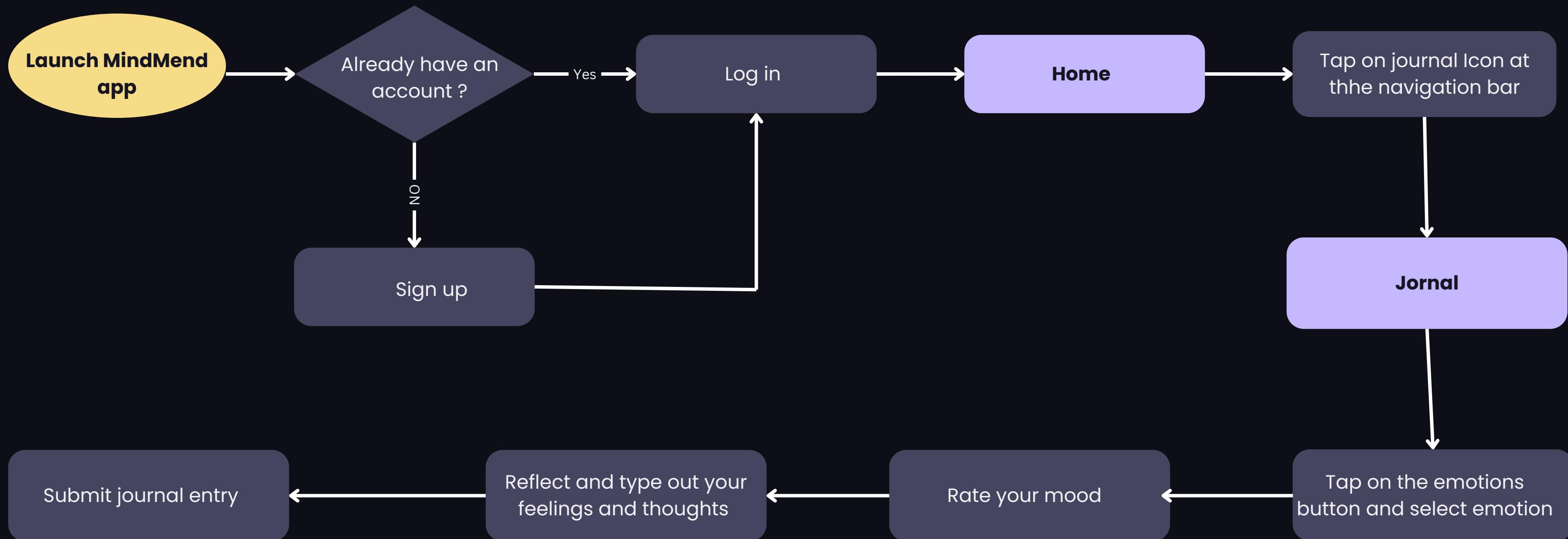


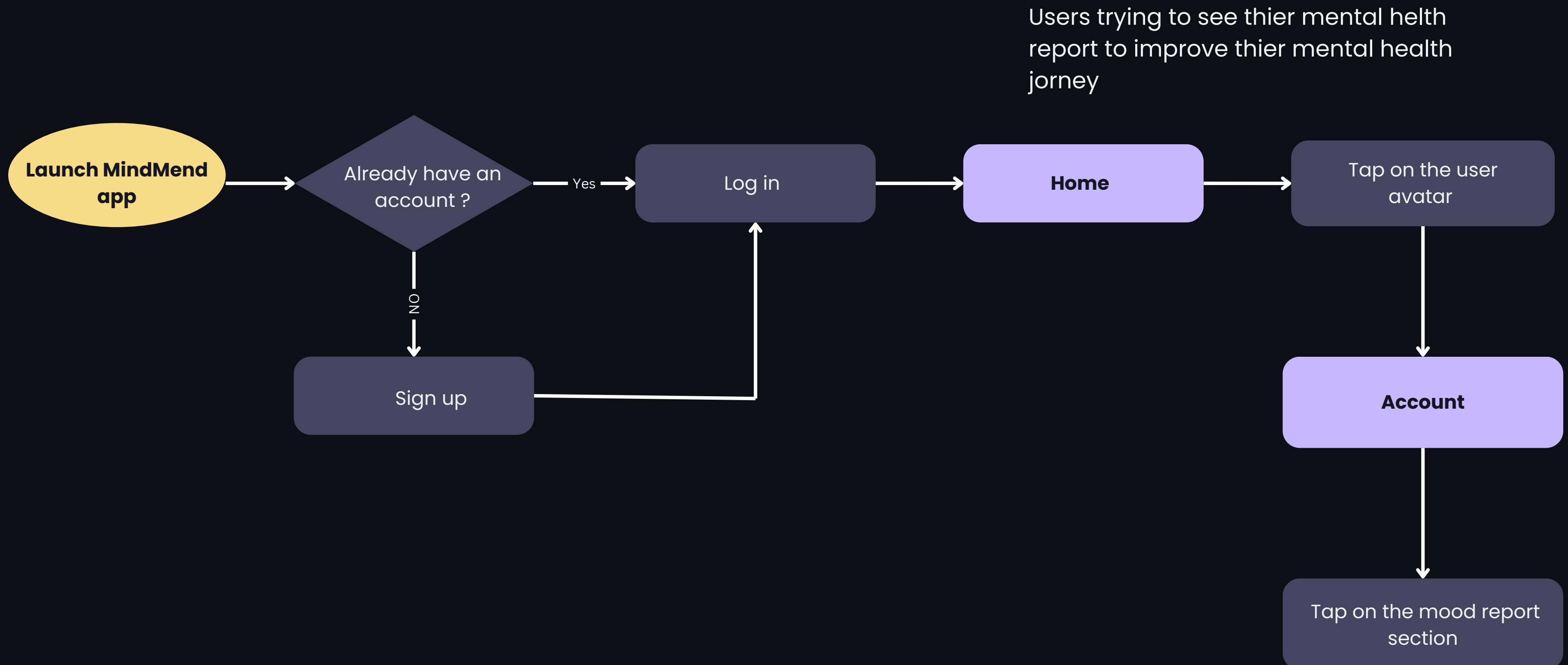
The background of the image is a stylized landscape. It features several layers of dark purple mountains. In the foreground, there are numerous tall, thin evergreen trees. The sky above the mountains is a bright, solid yellow. In the upper left quadrant, there is a large, semi-transparent white circle, which appears to be a rising or setting sun or moon. The overall composition is minimalist and modern.

ideation

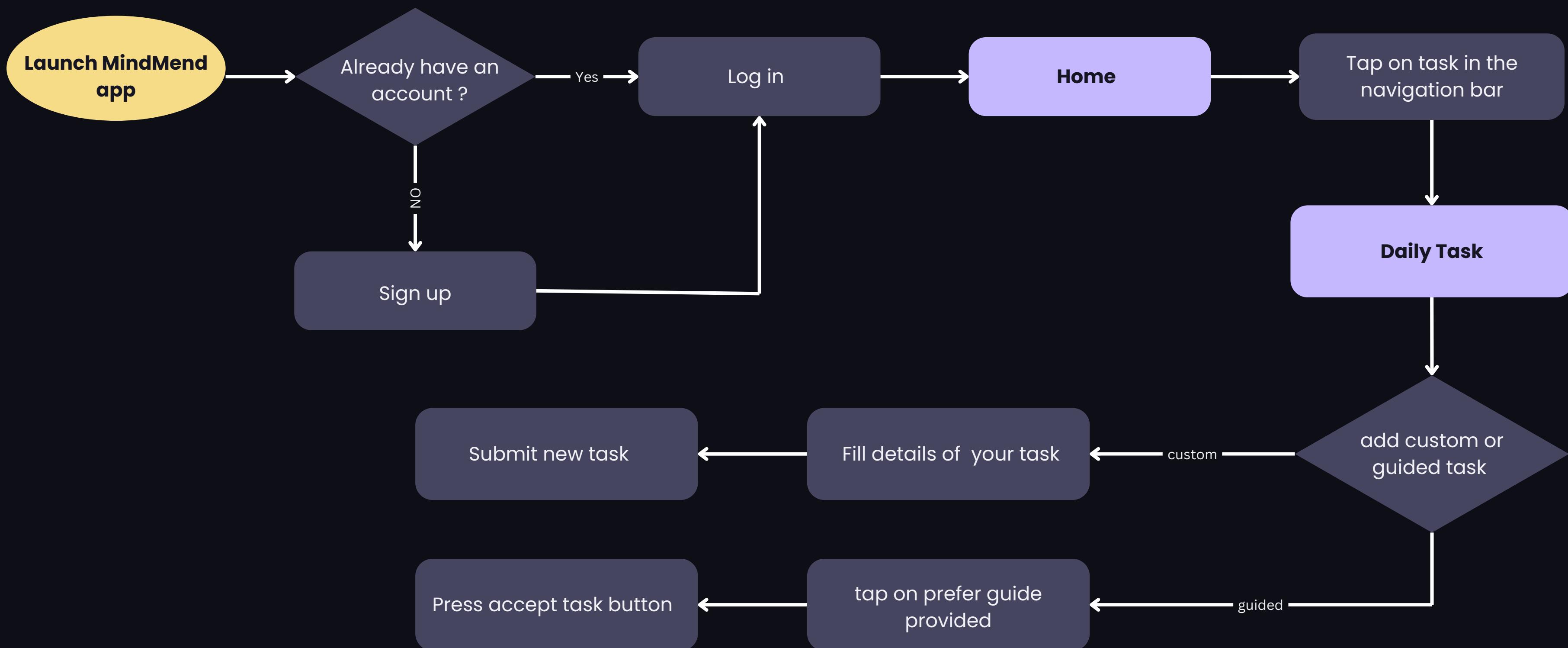
User Flow

Users trying to write down thier thoughts and feeling in a new jornal entery

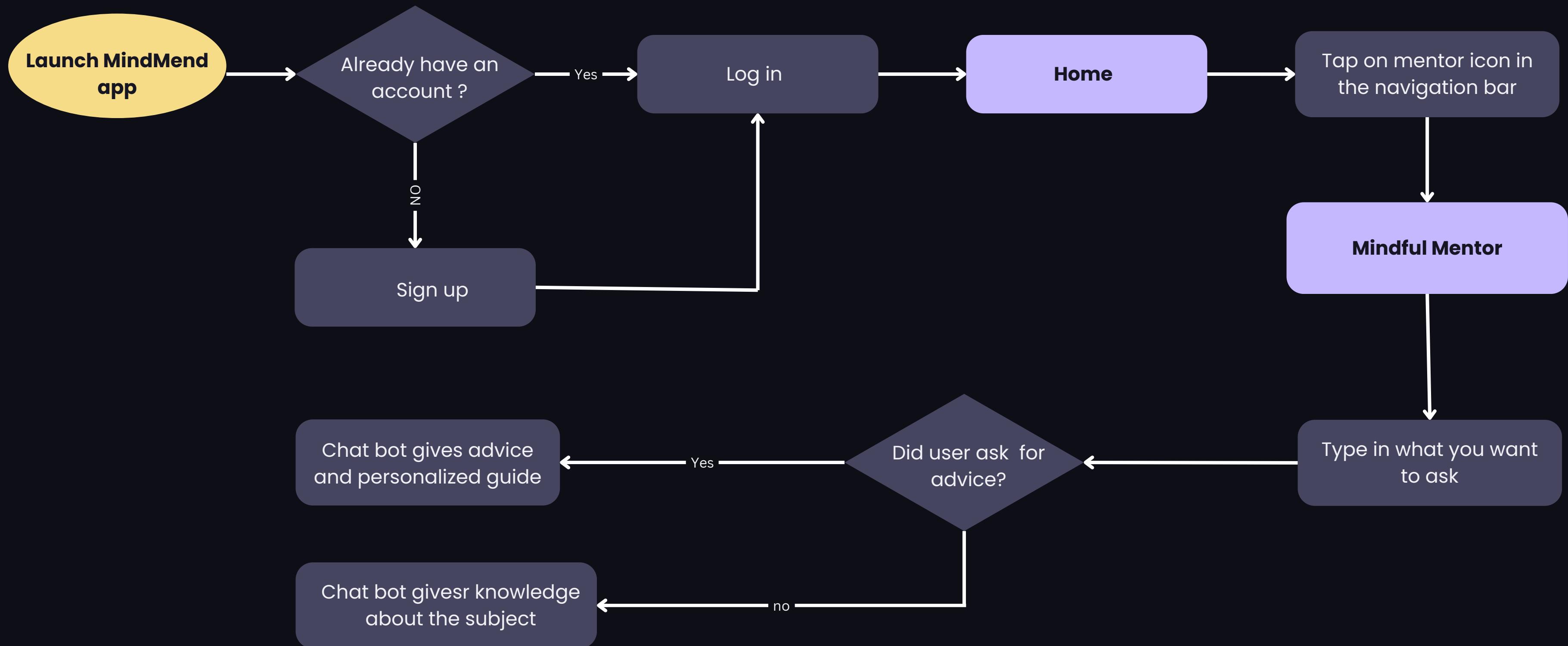


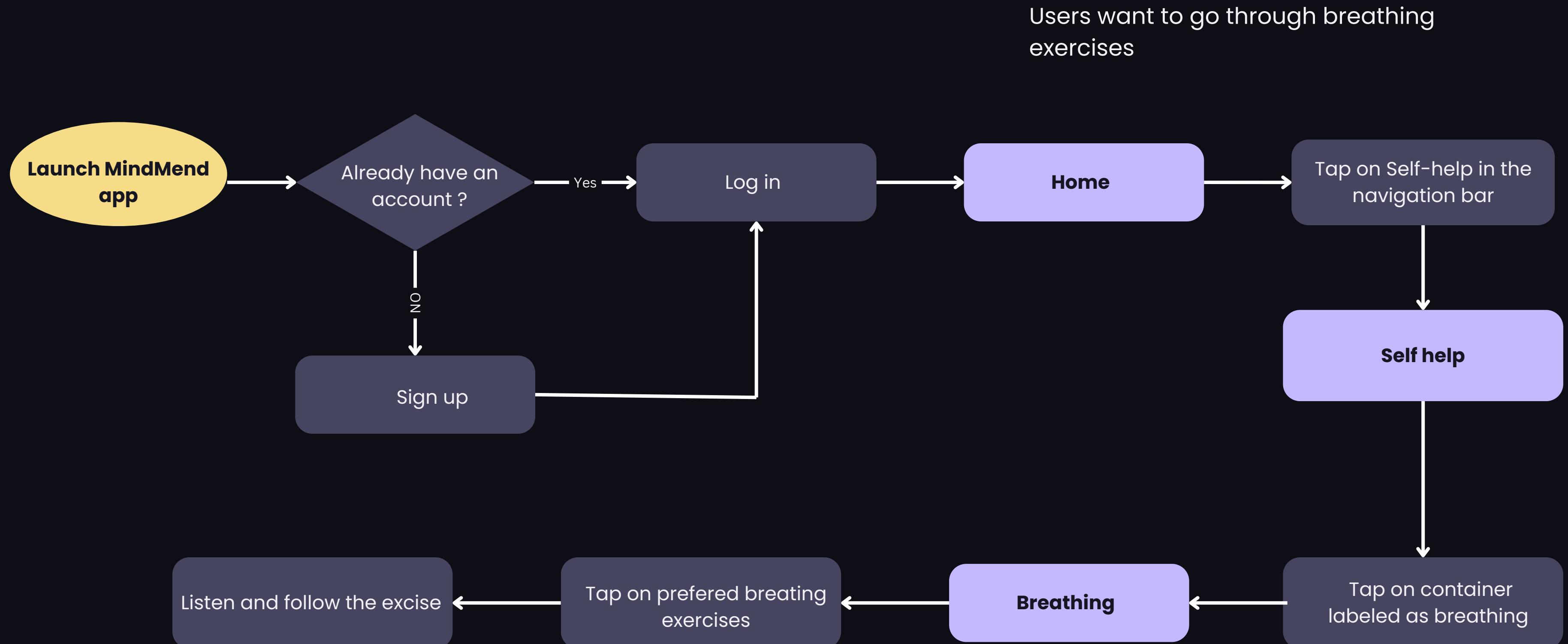


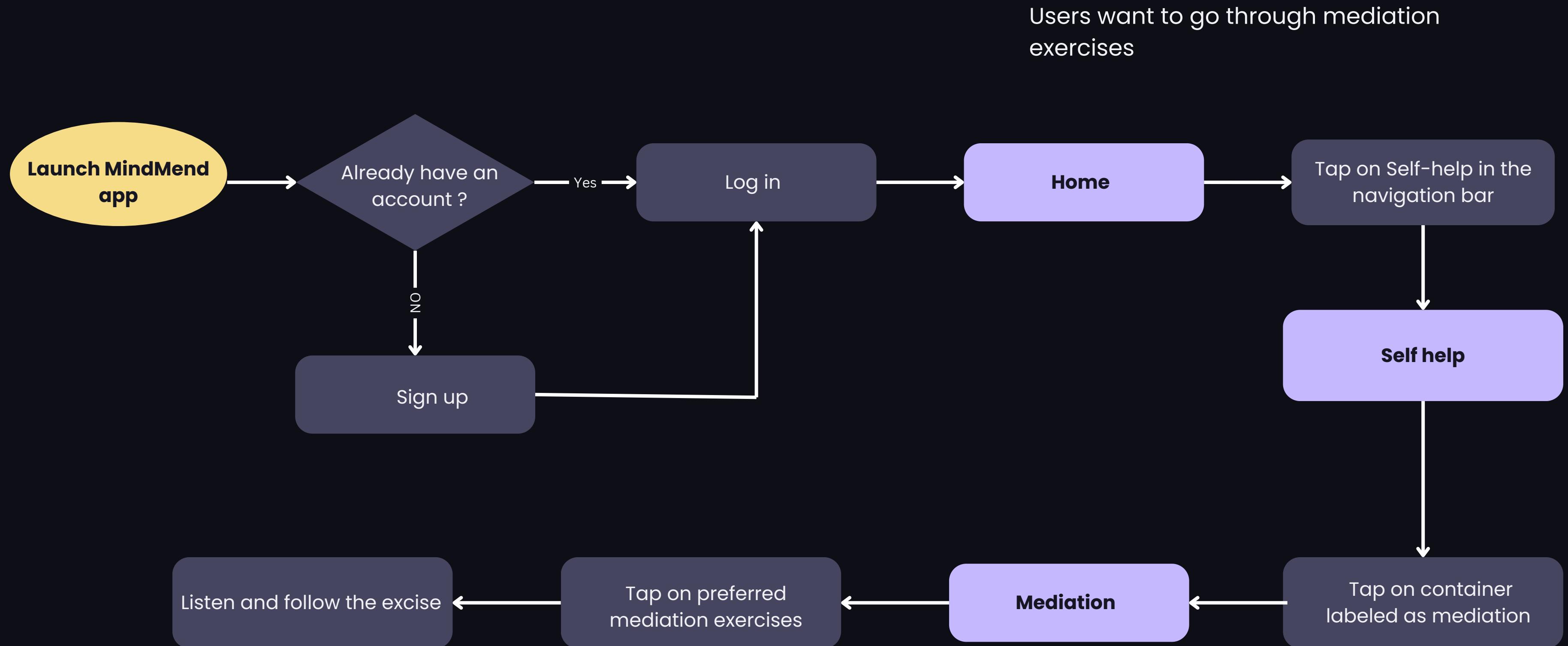
Users want to add daily task from user's own task or from recommended guide



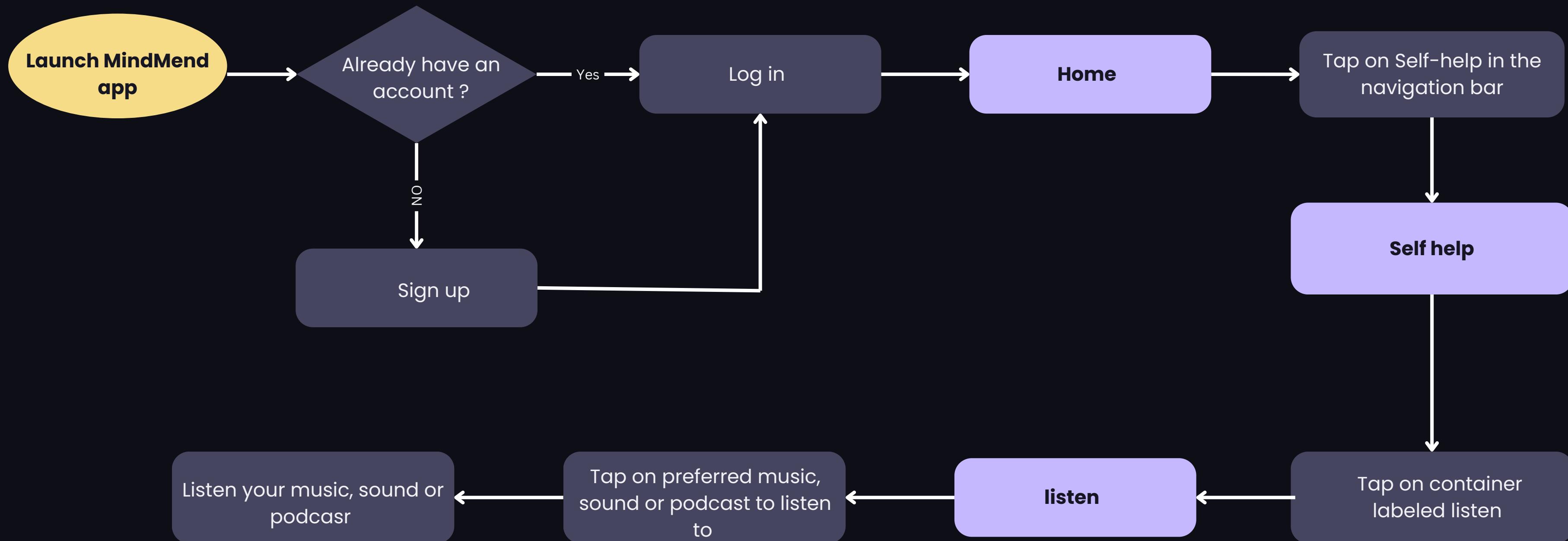
Users want to enquire more about their mental health



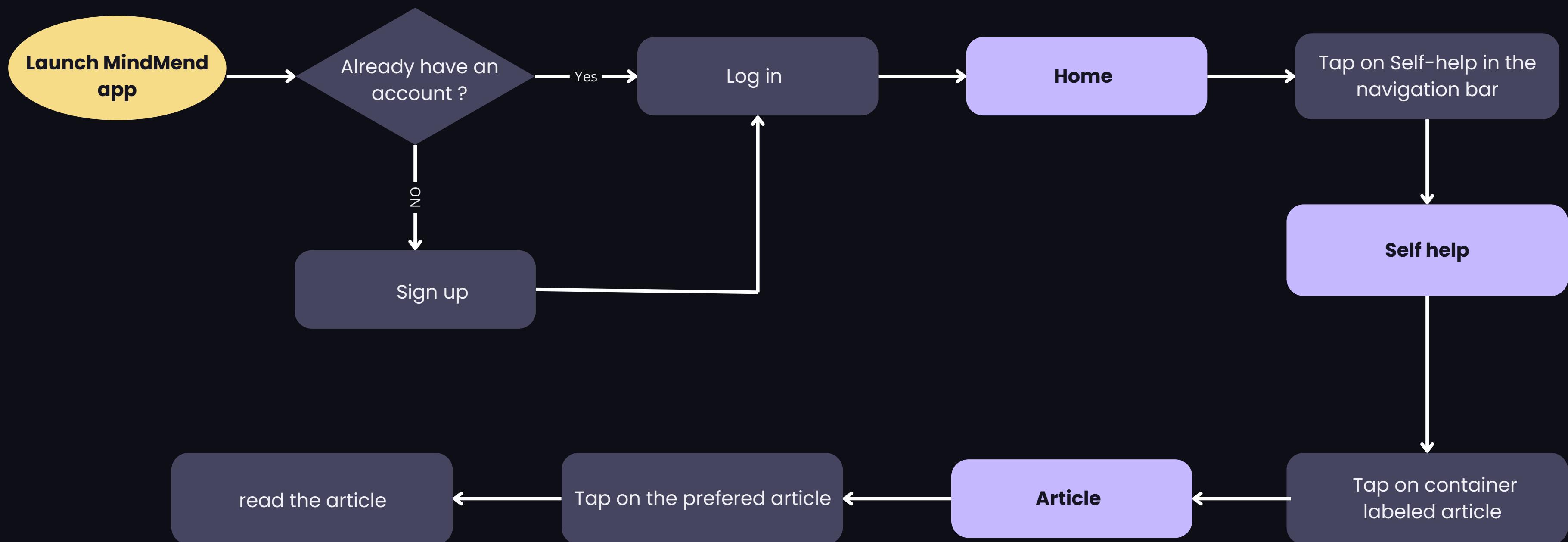




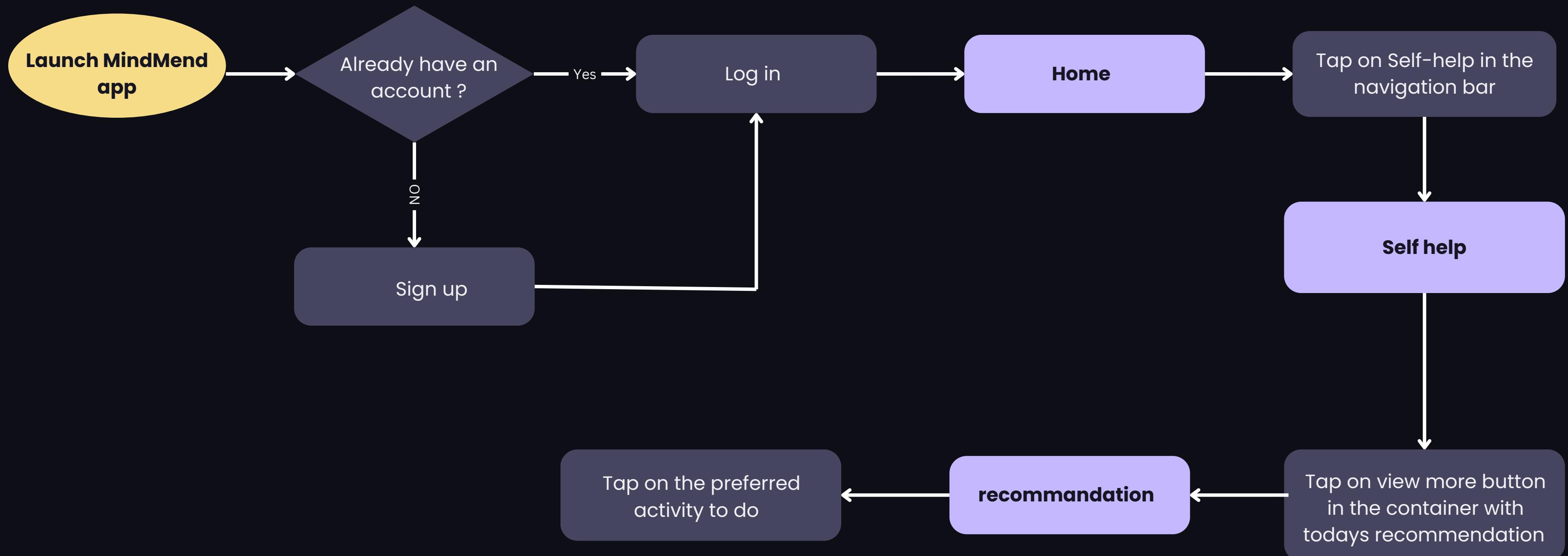
User want to listen to sounds/ music/ podcast



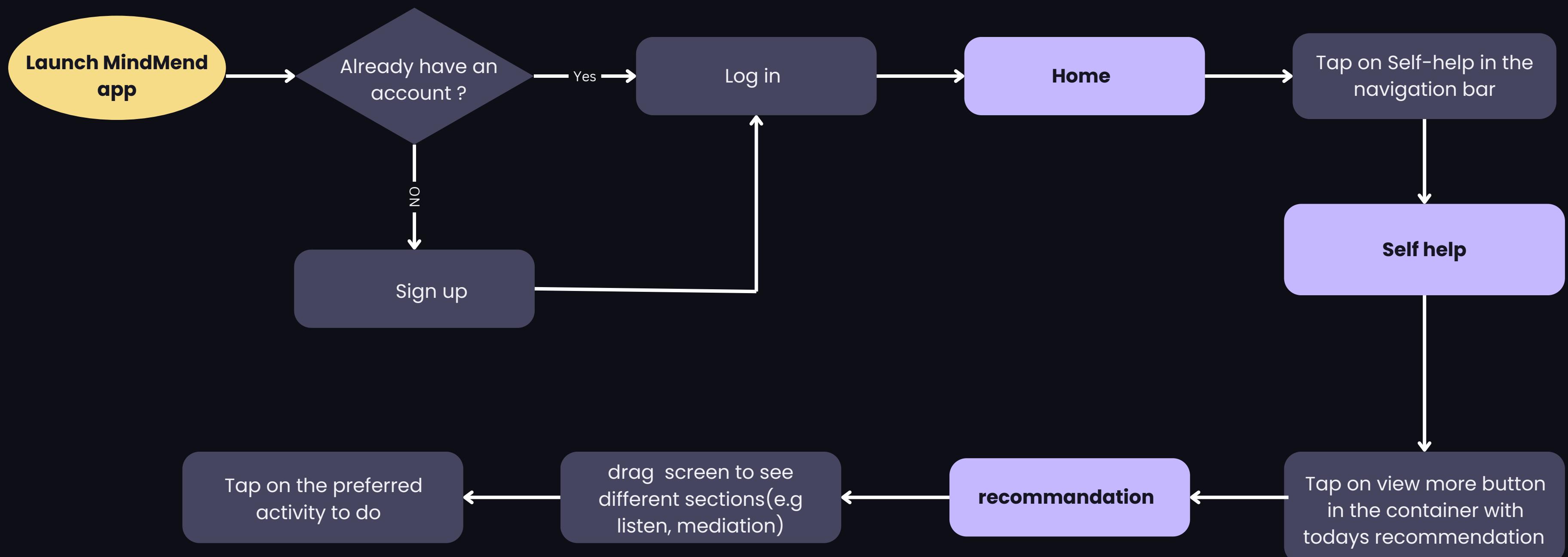
Users want to read more article about mental health subject

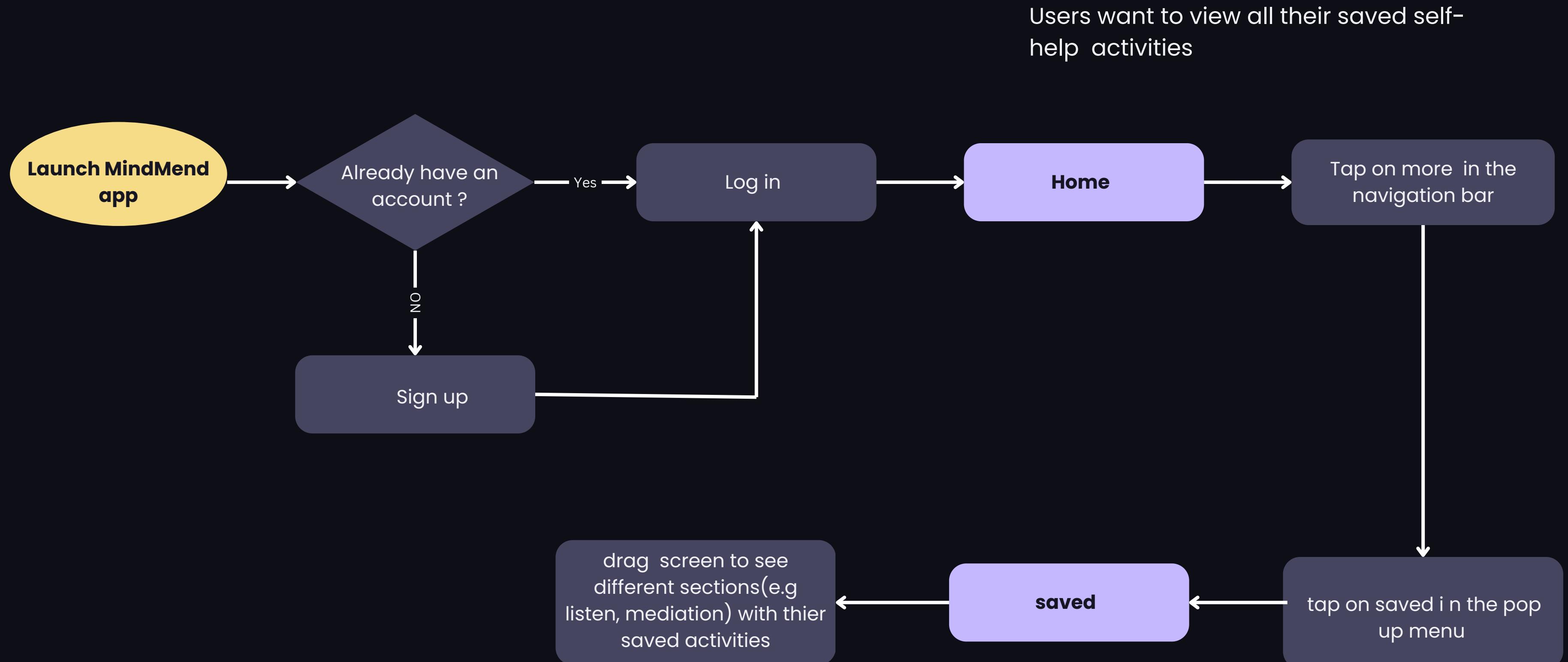


users want to get their self help activities personalized for them so they can use it

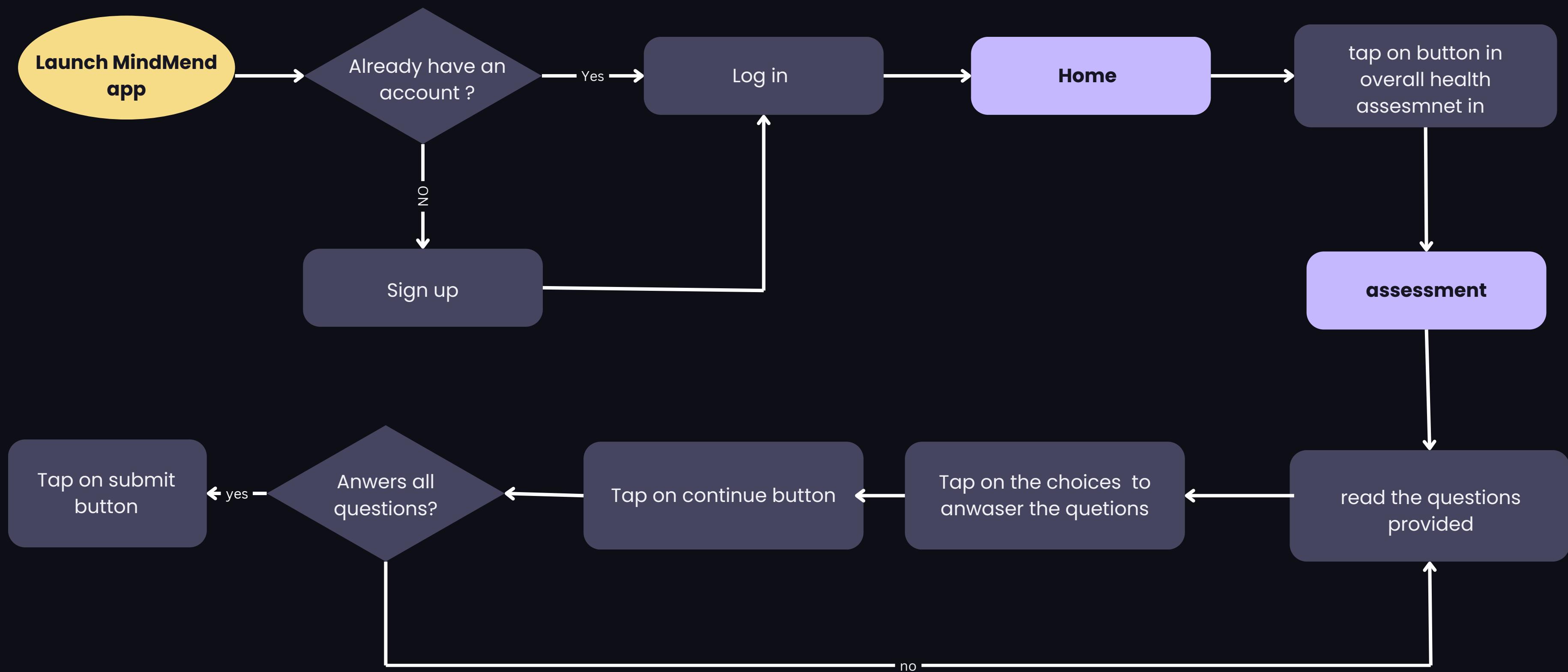


users want to get their self help activities personalized for them so they can use it

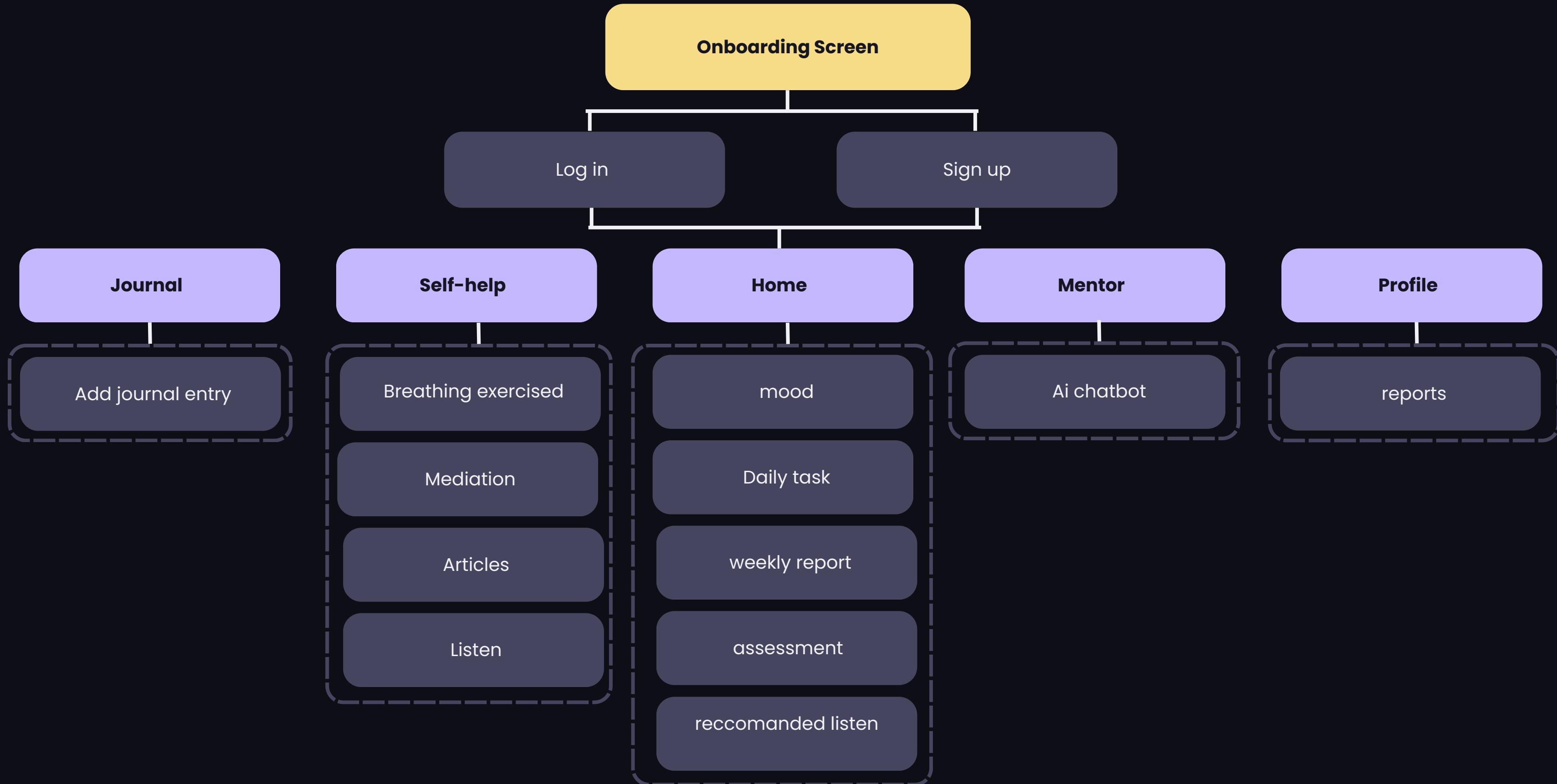




users taking assessment for mental health check



Site Map



A dark purple background featuring a silhouette of mountains and pine trees. A bright crescent moon is positioned above the text.

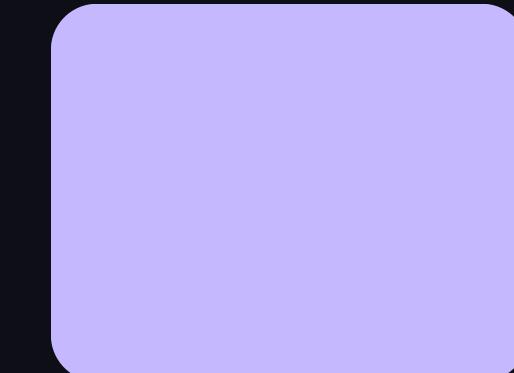
Ui-Kit

Color Schem

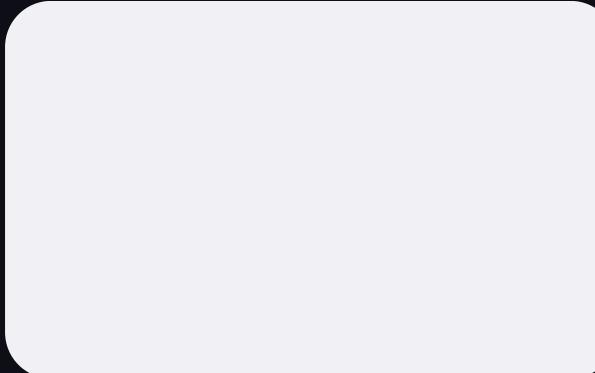
Background Base Color



Primary Color



Text Color



Secondary color



Typography

Urbanist

20px-Semibold

20px-Medium

20px-Regular

18px-Medium

18px-Regular

16px-Medium

16px-Regular

15px-Regular

14px-Regular

Form and Data Elements

Button

Button

Button

Button

Button

Button

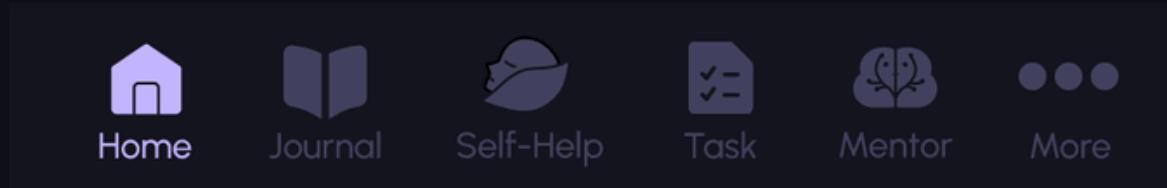
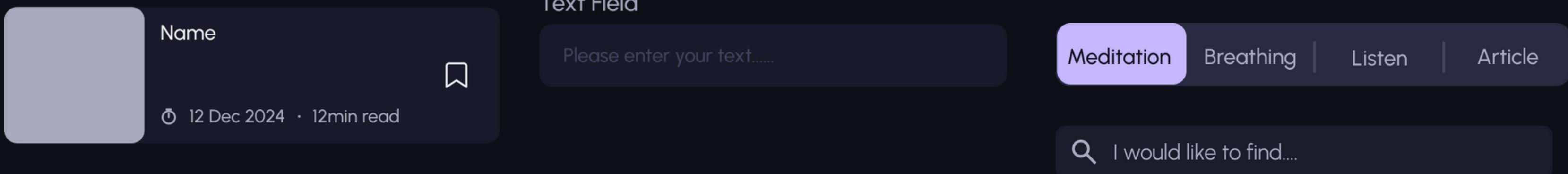
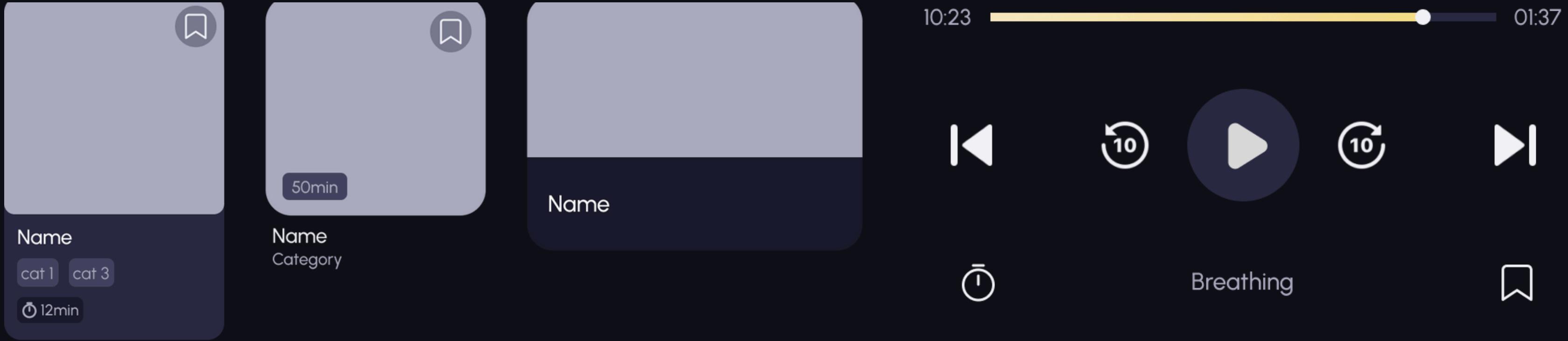
All

cat 1

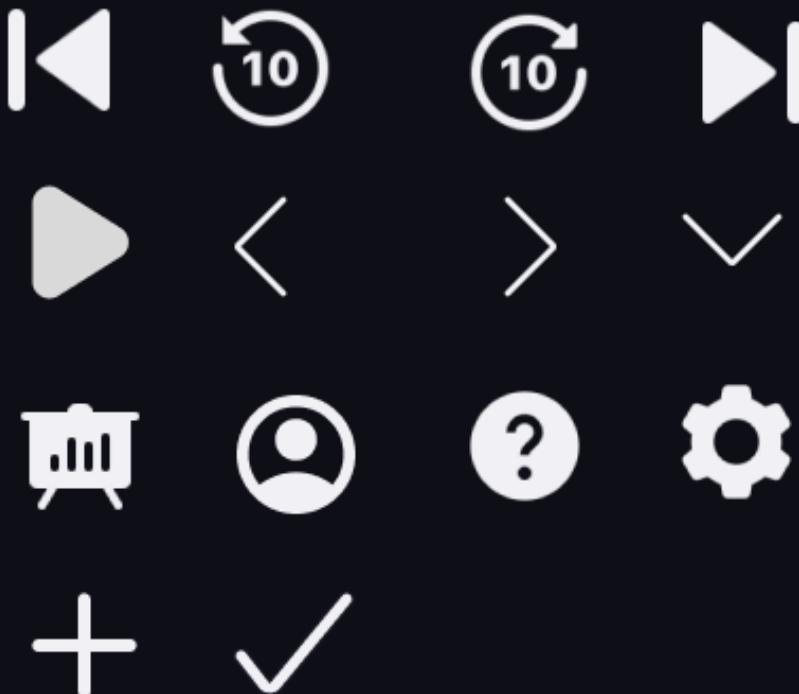
cat 2

cat 3

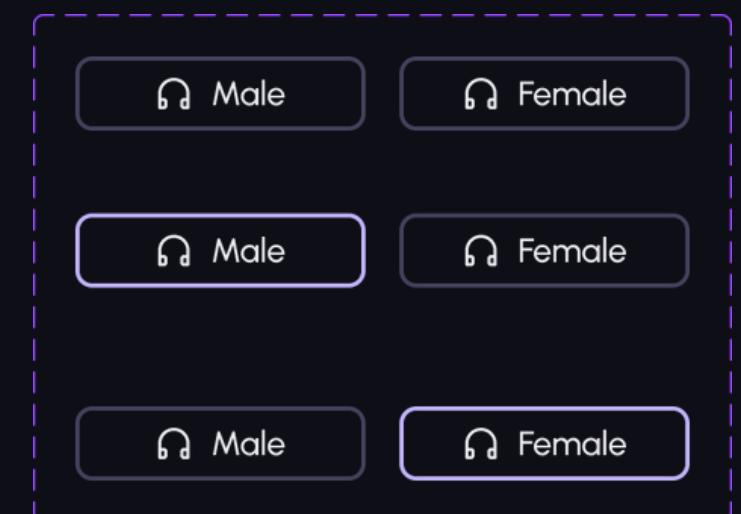
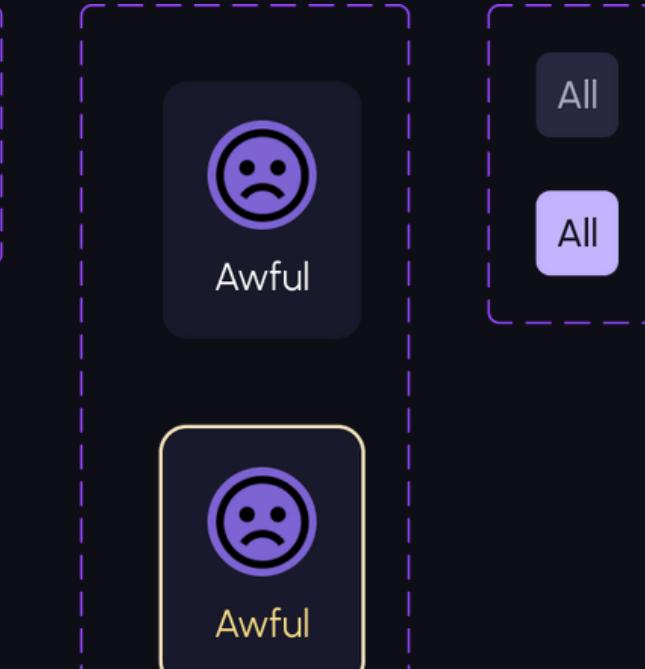
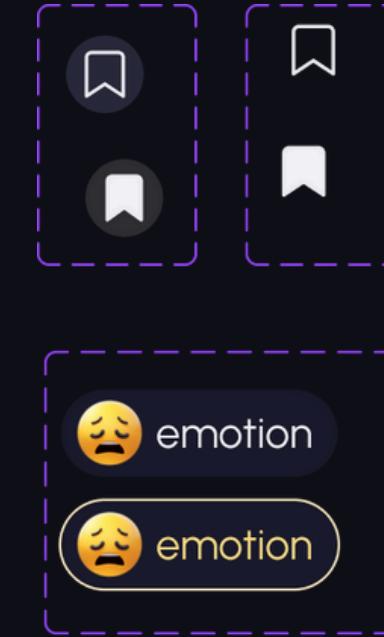
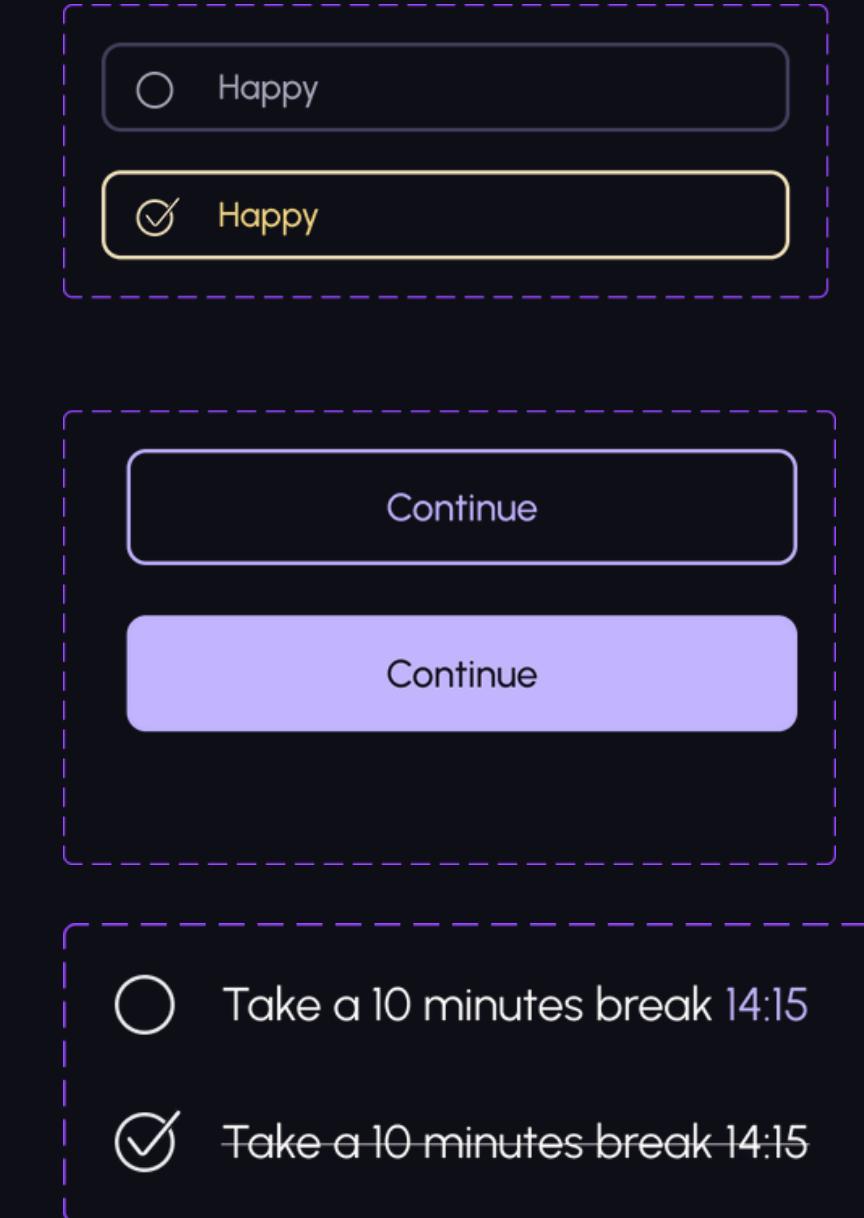
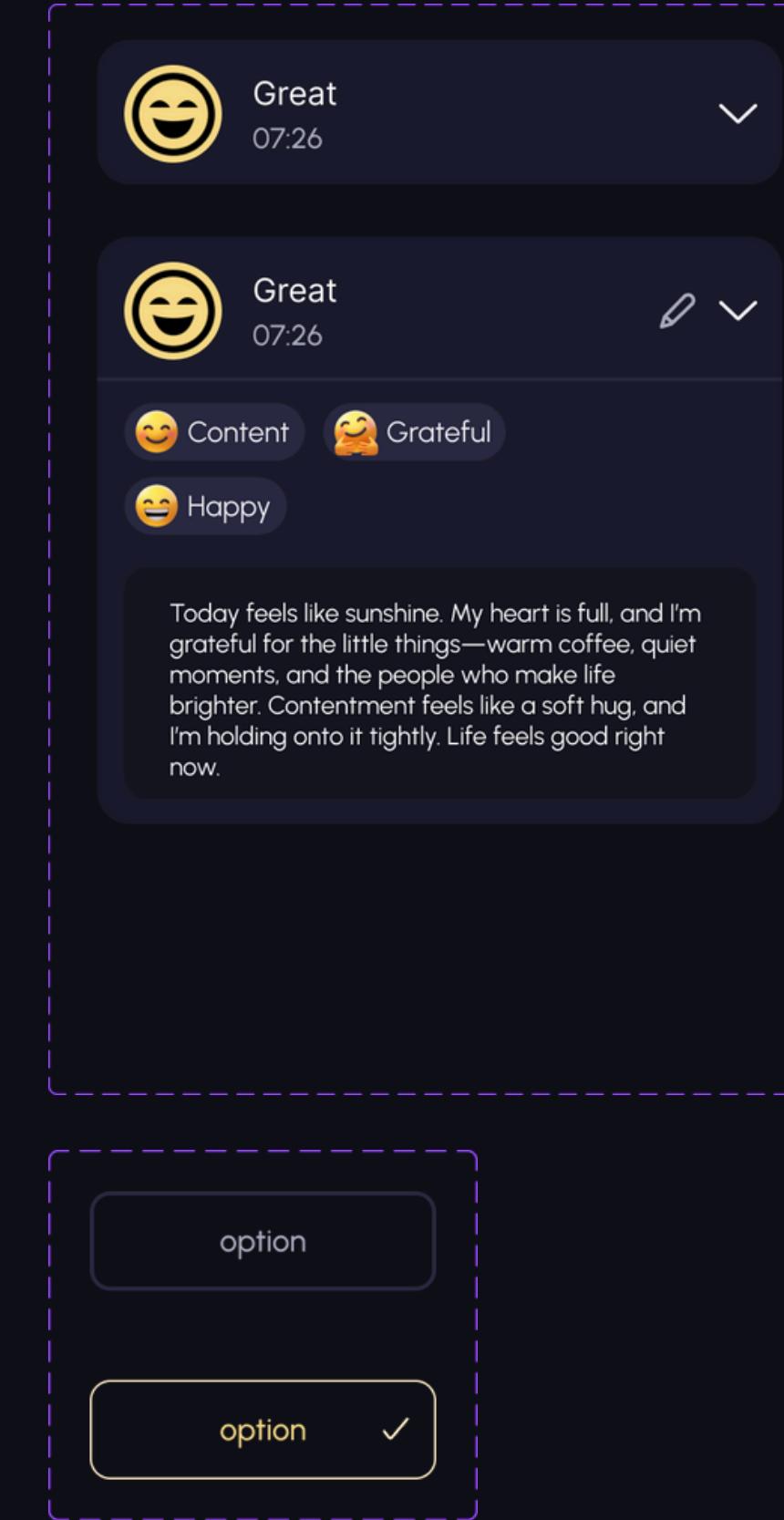
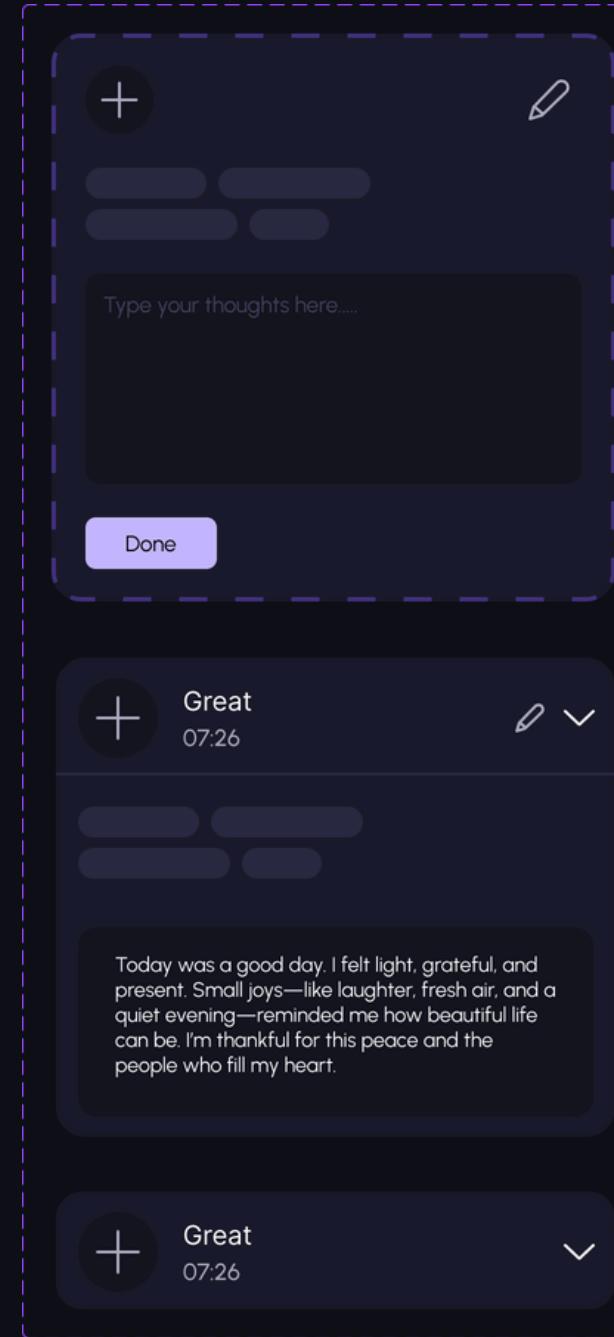
Layout Component



Media and Assets



Interactive Component

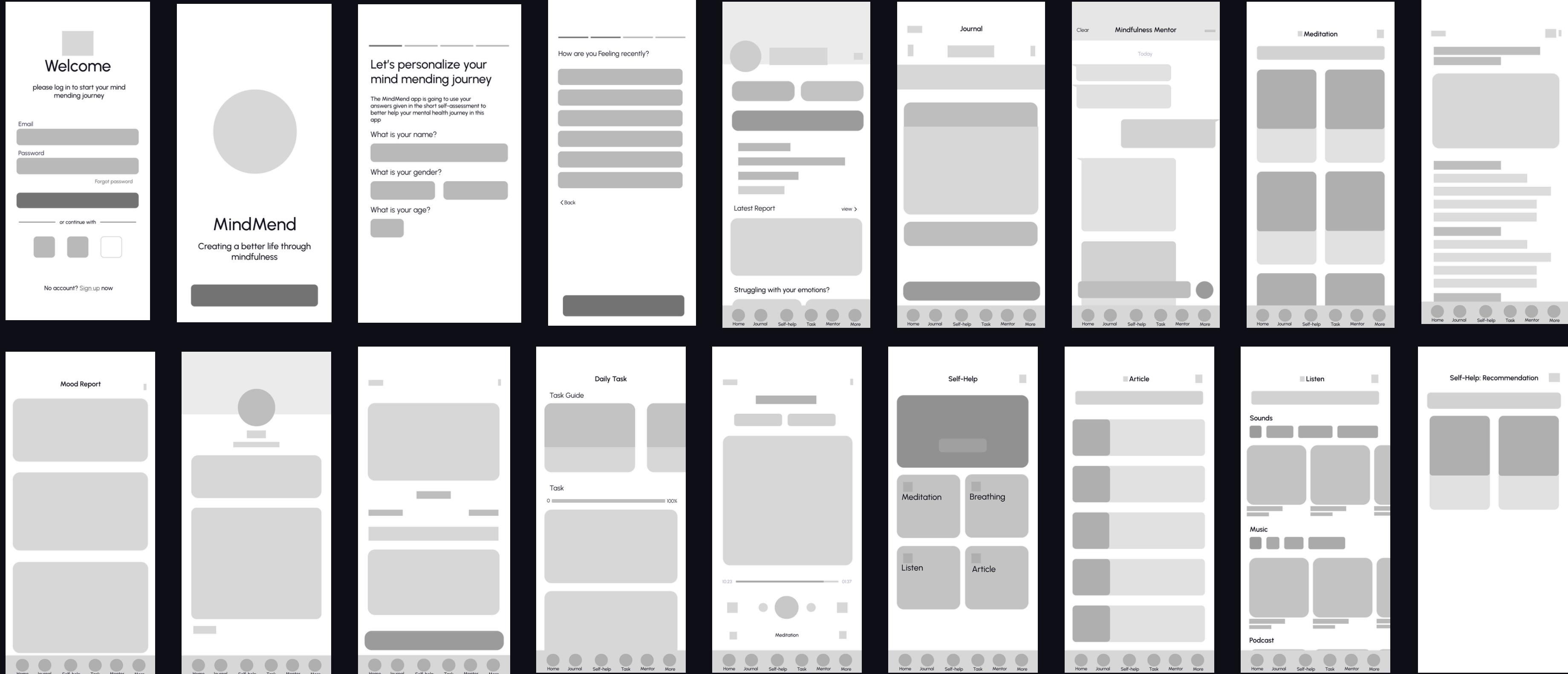


The background of the image is a dark purple landscape featuring several mountain peaks of varying heights. In the foreground, there are silhouettes of pine trees. A prominent crescent moon is positioned in the upper center, surrounded by a thin circular glow. The overall atmosphere is mysterious and nocturnal.

wireframe

Low-Fidelity

[Figma link](#)



High-Fidelity

Eigma link

The MindMend app interface is designed with a dark mode aesthetic, featuring a purple brain icon and various mood-related illustrations. The top navigation bar includes icons for Home, Journal, Self-Help, Task, mentor, and More.

- Welcome Screen:** Requests user login with email and password fields, and offers social media sign-in options (Apple, Google, Facebook). A "Get Started" button is present.
- Personalization Screens:** Guide users through setting up their profile by asking for name, gender, age, and mood. It also includes a "Continue" button.
- Mood Tracking:** Shows a timeline from December 2024 to January 2025. Mood entries include "Awful" (07:26) and "Great" (07:26). A "Daily Task" section lists activities like "Go for a walk".
- Journal:** Displays a "Latest Report" with mood analysis (60% mood quality) and a "Struggling with your emotions?" section.
- Mindfulness Mentor:** Features a "Mindfulness Mentor" named Emily, providing guidance on anxiety and stress management.
- Meditation:** Offers a search bar and a grid of meditation sound and music tracks, such as "Calm the Chaos" and "Embracing Strength".
- Self-Help Library:** Shows a list of articles under "TODAY'S RECOMMENDATION" like "Reducing Your Anxiety" and "Calm Within: Navigating Anxiety with Grace".
- Article Details:** Provides a detailed view of an article titled "Stress Less, Live More: guide to a quality life", featuring a sunset illustration and a summary of three steps: 1. Understand Your Stress, 2. Set Boundaries, and 3. Embrace Imperfection.
- Self-Help Recommendation:** Shows a "Self-Help: Recommendation" screen with cards for "Embracing Strength" and "Tranquility".
- Daily Task:** Displays a "Task Guide" for "Emily" with metrics like "Mending Streak" (12), "Mind Mending Days" (81), and "Days Spent" (97). It includes a "Start Today" section with tasks like "Go for a walk" and "Enjoy the environment without a phone".
- Self-Help Recommendation:** Similar to the one above, it shows cards for "Embracing Strength" and "Tranquility".



Usability Testing

Test Plan: Journaling

Test Goal :

To evaluate how easily users can add a journal entry and view their journaling history

Scope:

journal(usability)

Target Users:

- Young adults aged 18–34
- Tech-savvy and comfortable with mobile apps

Test Task:

- View journal history
- add new journal entry
- edit journal entry

Test Environment:

- remote testing
- android devices needed
- Places with Wi-Fi

Success Metrics:

- 80% completion rate
- takes less than 10 minutes

Analysis plan:

- identify common pain points
- Sum up key usability issues

Test Procedures:

- feedback survey, app, instructions would be sent to testers remotely
- screen record the test task
- fill in the survey with recording attached to it
- testers are given 3 days to complete the task and submit it
- feedback would be consolidated and summarized

Test Report: Journaling

Test Goal :

To evaluate how easily users can add a journal entry and view their journaling history

Test Task:

- View journal history
- add new journal entry
- edit journal entry

Participants:

- Johnatan (P1)
- Kelly (P2)
- Adriana (P3)





Johnatan
ID: P1

Task

- View journal history

Feedback

“the layout is not that interesting.”

Severity

Low

Recommendation

Change how the journal entry is displayed

- Add new journal entry

“ I cannot find the emotions I felt .”

medium

Add more emotions available for users to chose from

- Edit journal entry

“Nothing happen when I press the pen icon on past entries.”

high

make pen icon for past journal entry interactable for edit



Kelly
ID: P2

Task

- View journal history

Feedback

"I like the layout I prefer each entry to not be collapsible so I can see the entry straight away."

Severity

Low

Recommendation

Make journal entry not collapsible to show details right way

- Add new journal entry

"I can't really see the emotions clearly as the words are a bit too small."

medium

Make text size that describe the emotion bigger

- Edit journal entry

"Why can't I edit my past journal entry but only can edit my latest entry.?"

high

make pen icon for past journal entry interactable for edit



Adriana
ID: **P3**

Task

- View journal history

Feedback

"The image used for moods is not that appealing."

Severity

Low

Recommendation

redesign the mood icon

- Add new journal entry

"I cannot type my in the input field for my journaling."

high

Make input field interactable

- Edit journal entry

"I cannot edit my past journal entry."

high

make pen icon for past journal entry interactable for edit

Test Plan: Daily Task

Test Goal :

To evaluate how easy it is to add task and viewing of daily task

Scope:

Task(usability)

Target Users:

- Young adults aged 18–34
- Tech-savvy and comfortable with mobile apps

Test Task:

- View daily task
- Add daily task

Test Environment:

- remote testing
- android devices needed
- Places with Wi-Fi

Success Metrics:

- 80% completion rate
- takes less than 10 minutes

Analysis plan:

- identify common pain points
- Sum up key usability issues

Test Procedures:

- feedback survey, app, instructions would be sent to testers remotely
- screen record the test task
- fill in the survey with recording attached to it
- testers are given 3 days to complete the task and submit it
- feedback would be consolidated and summarized

Test Report: Daily task

Test Goal :

To evaluate how easy it is to add task or guided take and viewing of daily task

Test Task:

- View daily task
- Add daily task

Participants:

- Johnatan (P1)
- Kelly (P2)
- Adriana (P3)





Johnatan
ID: P1

Task

- View daily task

Feedback

"The progress bar should show my process in percentage too."

Severity

Low

Recommendation

Add percentage indication of user progression at around the progress bar

- Add daily task

"I cannot add any details about my daily task."

high

Add in a typing functionality



Kelly
ID: P2

Task

- View daily task

Feedback

" I want a more complex layout to make it look better."

Severity

Low

Recommendation

Change the layout to add in more depth

- Add daily task

"Why can't I type my task to add the task?"

high

Add in a typing functionality



Adriana
ID: **P3**

Task

- View daily task

Feedback

" I want a more complex layout to make it look better."

Severity

Low

Recommendation

Change the layout to add in more depth

- Add daily task

"I can't type anything in the input fields."

high

Add in a typing functionality

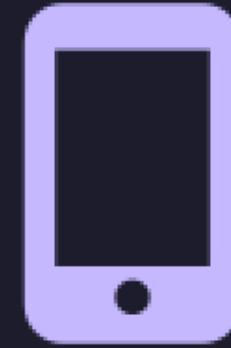
Improvement & Fixes



Add Typing
functionality



Adjust Text



Tweak layout

The background of the image is a stylized landscape. It features dark purple mountain silhouettes of varying heights. In the foreground, there are clusters of tall, thin evergreen trees. The sky above the mountains is a bright yellow-orange color, with a large, solid yellow circle representing the sun positioned in the center-right area. The overall composition is minimalist and modern.

Thank You