Mental Health App

PELIOS

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The name I have chosen for my app is **PELIOS**, the inspiration is drawn from the *Greek God of Emotion*, and the logo I have created reflects this concept.

The loading screen for the app will contain a block of text informing the user of the relevance of **PELIOS**:

"Any strong emotion felt is said to be the gaze of **PELIOS** lingering for a moment".
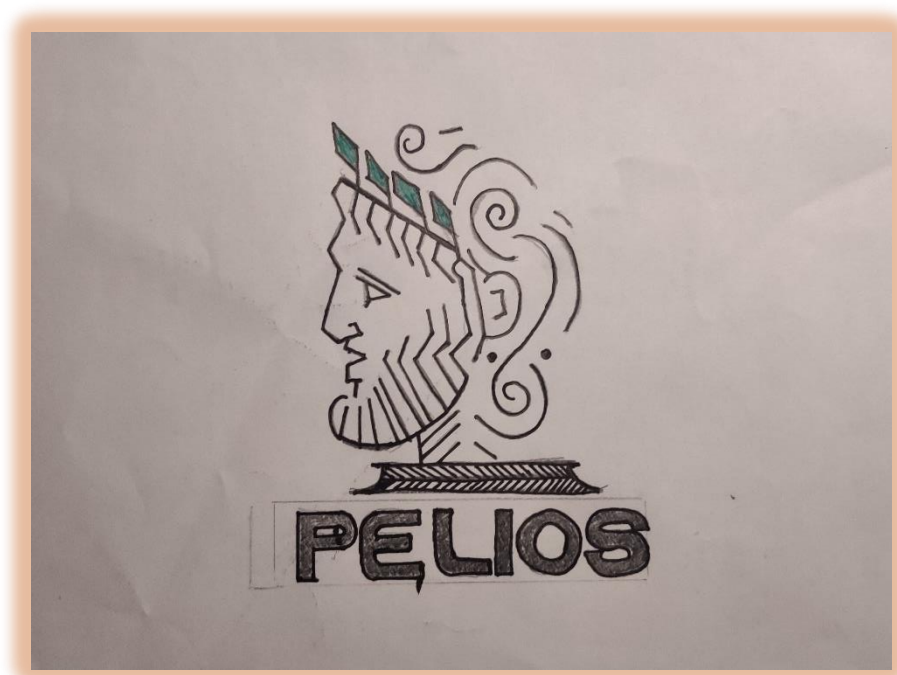

Figure 1: Logo Concept

There are pre-existing apps like **Headspace** and **Calm** that allow you to record how you feel and provides useful insights and shows you patterns and uses the data entered by the user in various ways to enhance the over all UX. Headspace offers great features such as a session timer, e-mail reminders, progress tracking, program training, and an app community to discourse. There are high-quality, short, video infographics, which complement the guided meditation tracks. These features are all very useful and offer a wide variety of choice so there is something for everyone, Pelios takes some of these features as a source of inspiration and improves upon them.

When the app loads up the user will be presented with a question:

HOW DO YOU FEEL?

I want to personify the prompts to engage the user more and to make it feel personal to successfully establish rapport with them and to help them to use the app more effectively. In this home page I will use an animated GIF to bring the **PELIOS** Bot to life and to give the user an experience like they are talking to a person that will listen to them and operate accordingly. From this page the user will be presented with 4 possible choices for how they feel at that given moment.
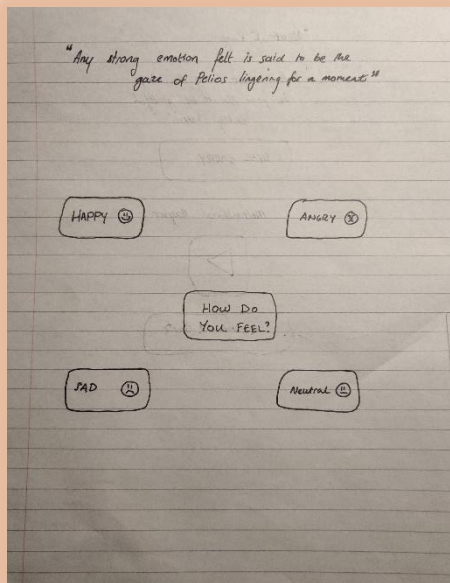

Figure 2: Menu

This accounts for the four most common emotions felt by individuals according to statistics I found on the internet after doing some basic level research. The page implements a minimalist approach and will use a light orange and white theme as yellow and orange are said to be calming colours. For me less is more when it comes to making a good UI to ensure resources are directed to really matters executing functions efficiently and offering a great UX.
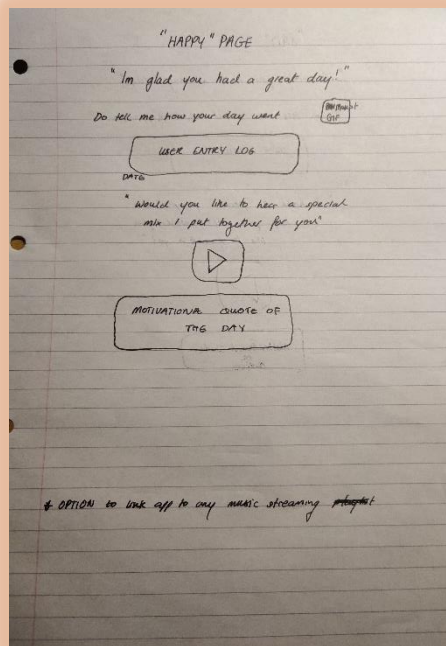
Figure 3: HAPPY Page

HAPPY 😊

The page will open with a statement from the **PELIOS** Bot that is personalised to the user (users name, age). There will be a section to take user input and to log how they feel and to record the good things that happened in their life that day. Below a quote will be included that is chosen specifically to add value to the user's life or to inspire them. This app will have the option to connect the user's music streaming platform of choice (Spotify, YouTube Music, Tidal). Using app metadata **PELIOS** will compile a list of songs with certain genres or moods associated with happiness and curate a special playlist to suit the user's mood and will offer them the option to play it.
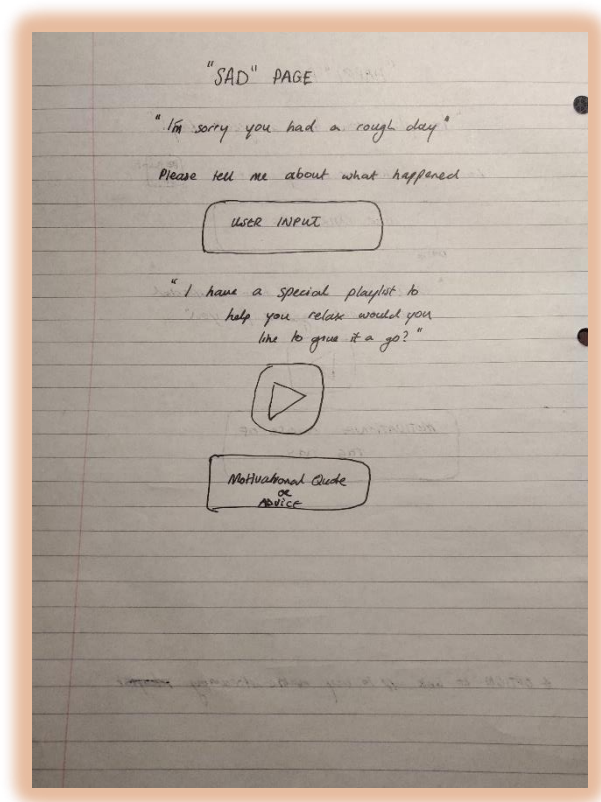
Figure 4: SAD Page

SAD 😭

This page will follow a similar format to the *'HAPPY Page'* mentioned above however the essential differences is that **PELIOS** will present a new playlist that will be curated according to the users taste that is uplifting or evocative. Using the power of suggestion **PELIOS** will reinforce the idea that the circumstances that the user is facing is temporary using quotes and/or real-life examples of influential men and women who went through similar circumstances based on the experience they enter that day into the journal using Regular Expressions to pair similar phrases in the right context.
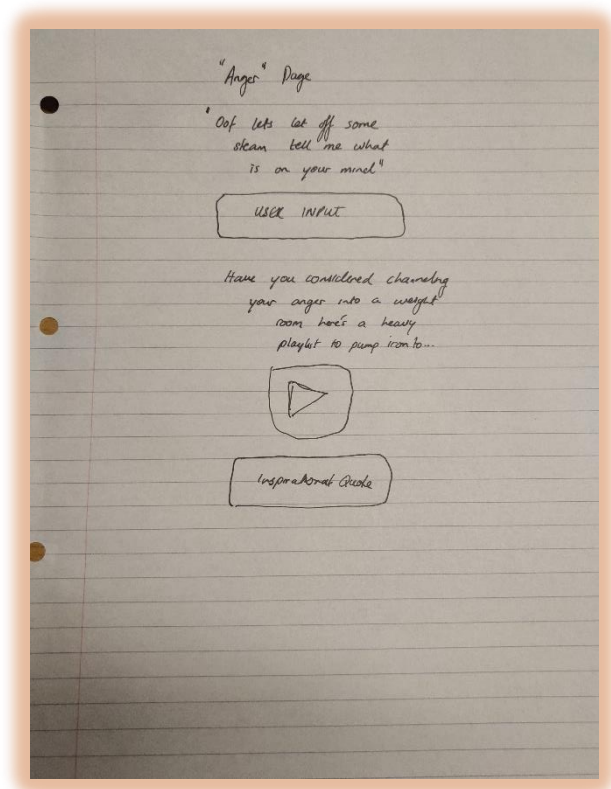
Figure 5: ANGER Page

ANGRY 😡

Anger is a common emotion found in many people and in this page an essential feature that I decided must be included is a suggestion feature that will give recommendations to the user to channel their anger into a positive, creative outlet. These suggestions are based on data the user will have given when they created their account with **PELIOS** (*working out, art, socialise, hobbies*) this is very important as it can have a beneficial impact on the user's life if they take the suggestion on board and become productive in this state of mind. The playlist will be tailored to the activity they have chosen and will adhere to their tastes. It will also include a quote or motivational quote at the end to give the user some insight as to how or why they feel that way.
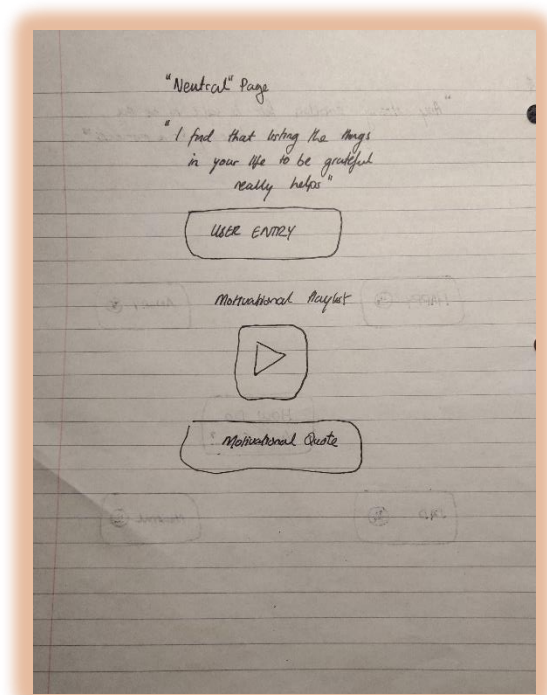
Figure 6: NEUTRAL Page

NEUTRAL 😐

This is the final page I have included for the prototype for this app is to account for when the user might not feel anything and here **PELIOS** might bring up past entries from the *'HAPPY Page'* to remind the user of the good times and to put them in a better mood. Once again, a special playlist will be curated according to the users taste to help put them in a better mood. I would like to include an option to link their fitness app (*Google Fit, Health, Samsung Health*) to see if they're getting enough physical activity for the day/week and provide a good alternative solution based on their data to help put them in a better state of mind or to help them get clarity to reflect on themselves

Target Audience

i.   Teenagers (15-17)

For this age group many app functions might be limited as they are not over the legal age to consent to their data being used and so must be used under the supervision of a legal guardian or parent. This app will be instrumental in raising awareness in young teens about mental health and help them understand the emotions they feel. Resources like this weren't available when I was a teen especially with the pressures and problem kids face (*bullying, peer pressure, identity struggles, academic stress, racism, unfair treatment, inferiority complexes*). This is a pivotal time in children's lives and as an individual who has experienced these struggles, I believe an app like this can be the difference between a healthy individual who is emotionally aware and reflective and damaged individual who struggles by bottling up and hiding their feelings. Allowing them to record how they feel can also provide parents with an invaluable resource to understand their child and to take actions if the child is believed to be in danger either to themselves or to others and can get them the help that they need. The little features like the quotes or personalised blurbs can be used to provide the child with positive reinforcement and establish a stronger belief in themselves by reminding them of their achievements or positive experiences especially when surrounded by negativity. A link to a hotline will be provided for children specifically that they can call if they ever feel threatened or upset by their environment at home or school.

ii.   Adults (18+)

Adults face a lot of pressures nowadays and many people are still unaware of the importance of mental health and the impact can have on their daily lives, this is something I have observed in my personal life and as such I believe Pelios can really help people, from the way the UI is laid out so that even less tech savvy people can operate it efficiently. The UI design is also very minimalistic to reduce clutter and to make it intuitive to any user. The various features offered to adults extends to syncing their music streaming platform to allow the app to make good suggestions for a custom playlist, journal entries and receiving snippets of advice that is relevant to them in that moment, also recommending physical activity or to provide alternative solutions to channel any negative emotions that they might be going through. Once again, a hotline will be provided for adults to talk to a licenced professional to guide them in the appropriate steps needed to help them whether it be referring them to specific agencies or simply to listen to them as many people feel unheard or might not have reliable people they can turn to in their hour of need. The world can be a cruel place sometimes and this app can be a healthy medium to express these negative feelings.