Workflow

The app approaches the issue based on short and long term solutions for the user. The focus of the app is to monitor behavior and respond accordingly. Workflow revolves around a user’s daily experience, requiring user engagement and feedback. Users will record their experience based on a quantifiable metric (scale, good/bad, etc.). As more data entries are recorded, certain trends may emerge, and will trigger an action in the app. If the user records three negative experiences sequentially, the app will send a notification to the University mental health service. The user will then be presented with options regarding the available mental health services from the university. They can then choose to engage in the services, and address any mental health issues they are currently experiencing. The data recorded in the mood tracker is available to the user in the toolkit section of the app, and is presented in the form of charts and graphs. This same data is also sent to the university for further analysis. When users are experiencing stress