**Ideation Report Template**

**Anxiety and Depression Tracker**

**1. Introduction**

* This would be an anxiety/depression tracker that would have exercise and diet tips.
* The values / benefits that this would bring to the end user would be to help motivate someone to keep track of their moods. This would help increase the user’s mood about themselves.

**2. Expected List of Features**

* It’s not easy to keep up with an app when you depressed or having anxiety. This app would use DBT, which is a form of psychotherapy that helps people with all degrees of depression. DBT has a lot of mindfulness and Buddhist teachings so to help motivate the user to keep up with the tracker, pop-up reminders would send them words of wisdom and encouragement. They could use this to show their therapist if they have one. They could do this to monitor their moods with their medication. In combination with the tracker, the app would have exercise “How-Tos” on various exercises to get their blood flowing. There will also be diet tips and maybe even some healthy recipes. There might even be a goal tracker i.e brush your teeth, brush your hair, water your plants, eat a healthy meal, drink a smoothie today, stretch, etc.

**3. Market Survey**

* Do a survey of the Web to find about five web sites that might have similar ideas as yours.

1. Daylio -Mood Tracker
2. Youper
3. What’s Up?
4. Pacifica
5. Happify

* Briefly compare the features of these applications with your application idea. Some of these apps have evidence-based games that are psychological and mindfulness games that will help the end user. One app is a mindfulness app that helps you identify your emotions and helps you find inner peace. The What’s Up app helps with coping mechanisms and breathing techniques in the heat of the moment. Youper is an AI based app where the end user will talk to their AI assistant and walk them through techniques on how to work with their thoughts and behaviors.
* **4. References** https://www.healthline.com/health/depression/top-iphone-android-apps#youper