



# STRESS MANAGEMENT APP FOR STUDENTS

## UXD User-Centered Design

Faolán Brazil, Mohd Farzaan, Parijat Dhar, Sai Sugun, Vedant Verma

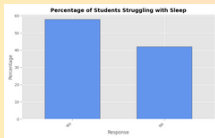
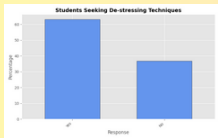
### ABSTRACT

This app is designed to help college students manage their mental health and well-being during stressful times. By providing personalized audio sessions tailored to individual needs, it helps students focus, relax, sleep better, and practice mindfulness. Whether it's dealing with sleepless nights or needing a moment of calm during the day, the app acts as a supportive tool for students to feel more balanced and in control of their mental health.

### Requirements Gathering

#### Survey

To truly understand the struggles students face, we conducted a survey focusing on sleep habits, stress levels, and preferences for relaxation techniques. The feedback helped us pinpoint key areas where students need the most support.



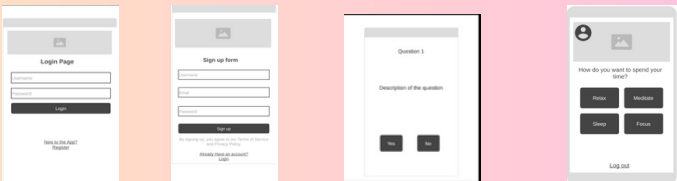
#### Persona Creation

The personas of Izabela and Robert provide a comprehensive understanding of the diverse challenges faced by postgraduate and undergraduate students, highlighting their unique needs and motivations. Izabela Viitanen, a 25-year-old International Business postgraduate student from Poland, is ambitious yet struggles with focus and procrastination. She aims to balance her academics, social life, and exercise while maintaining a good sleep schedule. However, her tendency to get distracted by social media and juggle multiple deadlines often leaves her overwhelmed. Izabela uses the Student Stress Management app to stay on track, selecting features like focus timers and calming music to complete her academic tasks efficiently, while gentle reminders encourage her to take necessary breaks. On the other hand, Robert, a third-year Computer Science undergraduate at University College Dublin, faces challenges in managing stress from tight deadlines and a demanding schedule. His reliance on music to focus or relax highlights his need for an accessible solution to manage anxiety, especially during stressful moments like crowded commutes. By using the app's relaxation feature, Robert can unwind with ambient music and calming visuals, helping him disconnect from his worries. These personas illustrate the importance of personalized features in the app, addressing both focus and relaxation needs for users navigating busy academic lives.

### Lo-Fi Prototyping

We believe that a simple, easy-to-navigate app with mood-based options for focus, relaxation, sleep, and meditation will resonate with students. Our initial prototype uses a basic design to test if the app's core features meet user needs. The aim is to provide a no-frills experience that focuses purely on functionality and user flow.

#### Phone App



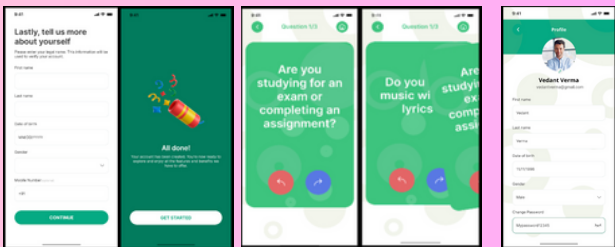
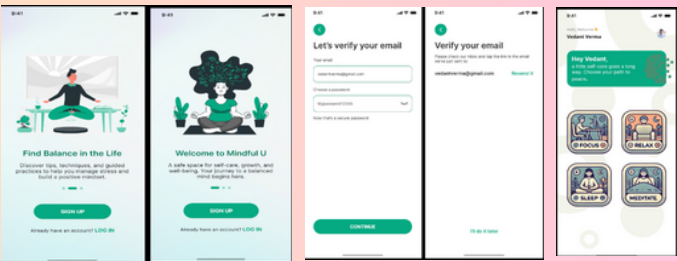
#### Web App



### Hi-Fi Prototyping

Once the core functionalities are validated through the initial prototype, the next step is to develop a more refined version that incorporates advanced features tailored to diverse user needs. This includes options for group study modes, integration of calming nature sounds, and flexible audio durations to suit varying preferences. The goal is to create a seamless and personalized user experience that not only addresses the practical aspects of mental health support but also fosters a sense of comfort and empowerment. By focusing on user-centric design principles, this enhanced version aims to make interactions intuitive, meaningful, and deeply supportive of students' mental well-being.

(<https://www.figma.com/proto/5fOWbC7DSnZEXTuqnEfr/HI-FI-UXD?node-id=53-420&node-type=frame&t=ur12KZV0s5ig0P3u-16scaling=min-zoom&content-scaling=fixed&page-id=33%3A1756&starting-point-node-id=52%3A282>)



### Evaluation

The evaluation of the proposed mental health app for college students was conducted using survey data and user feedback. The primary aim was to assess the need for such a tool, validate the app's core features, and ensure its design aligns with user expectations. Below is a detailed breakdown of the evaluation.

The survey responses highlighted critical insights into the challenges faced by college students. These include:

#### Sleep Challenges:

Nearly 57.89% of students reported difficulties in managing or improving their sleep habits, and 89.47% rated a healthy sleep schedule as essential for academic success. This underscores the demand for sleep-support tools like guided meditations and audio playlists.

#### Stress and Academic Pressure:

Approximately 78.95% of students strongly associated academic responsibilities with emotional stress. This validates the need for stress-management features, such as quick de-stressing exercises and mindfulness activities.

#### Focus and Concentration:

Students rated their focus difficulty at 4.42/5, reflecting significant challenges in maintaining attention during study sessions. This indicates a strong demand for concentration-enhancing tools. Prototypes were well-received, with the Lo-Fi design praised for its simple, user-friendly interface and mood-centric navigation, while the Hi-Fi prototype garnered positive feedback for advanced personalization features like group study options, nature sounds, and sleep fade-out music. Despite this, a potential data issue was noted, as no students reported using earphones in crowded environments, which requires clarification in future surveys. Additionally, 42.10% of students expressed interest in participating in follow-up interviews, demonstrating engagement and enthusiasm for the app's development. Overall, the evaluation confirmed the app's relevance and highlighted the importance of customizable, flexible, and accessible features to support the mental health and well-being of college students. These insights provide a strong foundation for refining the app to meet the diverse needs of its users.