

COMP390 Final Year Project

2023/24

Tranquill   
An introspective app for mental health self-development

Software Evaluation Form

Participant Name:

DEPARTMENT OF

COMPUTER SCIENCE

University of Liverpool

Liverpool L69 3BX

Hi,

Thanks for agreeing to participate in Software Evaluation for Tranquill. If you have not already, please fill in and attach the consent form: <Tranquill_Evaluation_Consent.docx>

For this evaluation I ask that you test the application using the build provided and answer the questions, as well as providing comments where you see fit.

Questions are based off of my fulfilment of my original aims, requirements and objectives for the app as listed below, you may wish to include further comments, please include the section of the app where the requirements were met if applicable:

* Address both anxiety and low mood
* Designed for use by non-clinical populations
* Reporting of thoughts, feelings, or behaviours
* Mental health information
* Real time engagement
* Gamification and intrinsic motivation to engage
* Log of past app use
* Reminders to engage
* Simple and intuitive interactions
* Links to crisis support services
* Effective implementation of Journaling Features
* Effective implementation of Mindfulness Features
* Effective implementation of Self-Help / Insight
* Customisability within the app

Copy and Paste where suitable: **☑** ☒

Sections of the app for further comments: Journal / Mood Entry, Mindfulness, Personal Profile, Guided Insight, Settings

# Evaluation Questionnaire

# Address both anxiety and low mood

My app was intended to support a variety of mental health issues with its features instead of just focussing on a specific individual topic.

Requirement Met?   
☐

Further Comments:

Type here…

# Designed for use by non-clinical populations

My app was intended to be designed in order to be used by any user, whether they have a clinical diagnosis for a mental health condition or not.

Requirement Met?   
☐

Further Comments:

Type here…

# Reporting of thoughts, feelings, or behaviours

My app intended to have functionality to record thoughts feelings or behaviours.

Requirement Met?   
☐

Further Comments:

Type here…

# Mental health information

My app intended to include a section to host information about various mental health issues or conditions.

Requirement Met?   
☐

Further Comments:

Type here…

# Real-time engagement

My app intended to have real-time engagement. Meaning at any given time a user could pick up the app for help or to use a feature (for example, when they are stressed at a given moment).

Requirement Met?   
☐

Further Comments:

Type here…

# Gamification and intrinsic motivation to engage

My app intended to use gamification\* features in order to engage or motivate the user to continue using the application.

\*Gamification implied the use of *‘game-based mechanics (such as scoring or progression), aesthetics, and game thinking to engage people, motivate action, promote learning, and solve problems’*

Requirement Met?   
☐

Further Comments:

Type here…

# Log of past app use

My app intended to log the past use of the app and display this to the user in a manner that showed progression or benefit from the app.

Requirement Met?   
☐

Further Comments:

Type here…

# Reminders to engage

My app intended to use personalisable notifications (where consent was agreed) in order to remind the user about their engagement habits.

Requirement Met?   
☐

Further Comments:

Type here…

# Simple and intuitive interactions

My app intended to have a visually enticing, easy-to-use / easy-to-navigate and engaging layout and pipeline that the user would want to return to, in order to drive retention.

Requirement Met?   
☐

Further Comments:

Type here…

# Links to crisis support services

My app intended to include links to external services that could be used to further support the user past the functional capabilities of the app itself.

Requirement Met?   
☐

Further Comments:

Type here…

# Effective implementation of Journaling Features

Please review the included journaling features of the application. Journaling and Mood Tracking in the different functionality contexts that each has to offer.

Requirement Met?   
☐

Further Comments:

Type here…

# Effective implementation of Mindfulness Features

Please review the included Mindfulness features of the application.

Requirement Met?   
☐

Further Comments:

Type here…

# Effective implementation of Self-Help / Insight

Please review the implementation of the self-help / guided insight features of the application.

Requirement Met?   
☐

Further Comments:

Type here…

# Customisability within the app

Please review the customisability available within the application (mainly through the settings preferences page)

Requirement Met?   
☐

Further Comments:

Type here…