- With the rise of the pandemic and as the variants become more and more frightening for the public, the percentage of individuals struggling with feelings of anxiety, depression, negativity, and a lack of self-esteem and control. Even prior to the pandemic these struggles were common. " Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year." (Adaa). Further research suggests that "Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events." Given the pandemic and the feeling of a lack of control it is indubitable that the anxiety has peaked this time around. When it comes to anxiety, negativity is prone to rise. Studies show that " How you talk to yourself about events, experiences, and people plays a large role in shaping how you interpret events. When you find yourself interpreting something in a negative way, or only focusing on the bad aspect of the situation, look for ways to reframe the events in a more positive light." (Psychology.org). Given the rise of anxiety, depression, and overall negativity it was important to find a solution to how to increase positivity to overcome these feelings of lack of control. It is important to find a way to give individuals a sense of control and positivity to start of their day in order to reduce feelings of anxiety ,depression, overwhelm, and lack of control.

- For my Design Activities I have chosen to do:
    - Market Research

    - Competitive Analysis
    - Personas
    - POV/HMW statements
    - User flow/ User journey
    - Lo-Fi wireframes
    - Hi-fi wireframes
    - Usability Testing (if enough time)

- I would love to try to do this in the format of how I've seen some bootcamp portfolios being done but I'm not sure if I'll have enough time, so we'll see where this goes :D

Progress:

Research Goals

- Understand the correlation of the pandemic and mental health
- Understand the correlation of affirmations and mental health
- Understand causes of anxiety and stress

Research Questions

- Do you plan your day?
- How do you plan your day?
- Do you follow a routine?
- What are some things that boost your mood?
- How do affirmations and compliments make you feel?
- What are some methods you use to bring happiness into your day?

Assumptions

- To an extent users appreciate good messages
- Users are overwhelmed and having feelings of stress and anxiety because of a lack of control

Background

- When you get home from work and someone asks you how your day was, you reply that it was terrible—even though it was overall quite good despite that one negative incident.
- When you get home from work and someone asks you how your day was, you reply that it was terrible—even though it was overall quite good despite that one negative incident
- negative bias influences motivation to complete a task. People have less motivation when an incentive is framed as a means to gain something than when the same incentive will help them avoid the loss of something.

Statistics & Facts

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
- People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.
- Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry,

Demographics

- Anxiety disorders affect 25.1% of children between 13 and 18 years old. Research shows that untreated children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse.
- Anxiety is as common among older adults as among the young. Generalized anxiety disorder (GAD) is the most common anxiety disorder among older adults, though anxiety disorders in this population are frequently associated with traumatic events such as a fall or acute illness.
-

POV & HMW Questions

This process involves translating the statements into POV statements from the perspective of the personas, and then translating the statements into HMW questions. This process enables a better way to empathize and appreciate Dev,Mimi, and Meghan's perspective and the issues at-hand. The last column, HMW Questions, is the bridge to both the brainstorming process as well as the define phase.

POV

- Users need an app that reduces their stress and anxiety
- Users need an app that will help them stay organized
- Users need an app that will boost their overall mental health
- Users want to be happier

Company	Code Blue	Talk Space	My mental health	MoodMission
Description	Code Blue is designed to provide teenagers struggling from depression or bullying with support when they need it. Users can choose several contacts to be part of their support group. With just a few taps, the app will alert the support group that the user needs immediate help. members of the support group can then text or call the user. The app can also share the user's location with the support group, and members can indicate that they are on their way to see the user in person.	Talkspace seeks to make therapy more available by connecting users with one of over 200 licensed therapists via messaging. With a subscription to Talkspace note that their app is not meant to be a substitute for in-person therapy, and their therapists are trained to identify when users need more extensive help than the app can provide.	Let YOUR Choices Guide Care. start right now and take an active role in your mental health care. USE my mental health crisis plan to create your own psychiatric advance directive or mental health advance.	use evidence-based CBT techniques to deal with depression, anxiety,and stress. MoodMission helps you learn new and better ways of coping with stress, low mood, depression, and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 missions that can help you feel better and improve your wellbeing.
Pros	Emergency Contacts, Easy user interface, GPS signal, Hits both mental health crises requirements and mental health emergency requirements	Allows you to talk someone when you are reaching a mental health crisis, in some case the therapist will advise you on what to do next. Real like therapists are involved. Talkspace UI looks user friendly and shows a texting room just like the messages on our phone.	Allows you to be prepared in the case of an emergency; Understands your information to make emergency care much quicker. Gives you direct access to emergency numbers, gives you access to phone contacts, Gives you access to create an emergency plan for someone else.	- Has very good options for users and is more open minded. Tracks your moods throughout, recognizes patterns you may have, Has an option for emergencies

Company	Code Blue	Talk Space	My mental health	MoodMission
Cons	Limited to support groups and not professionals. User that is doing the harm to themself has to be the one to call. UI seems oversimplified and outdated. Doesn't follow recent design trends which may be a turn off for the target audience (teens)	Doesn't handle emergencies at all. Doesn't have any numbers to call in case of an emergency.	Is mostly used to store identify information. Doesn't differentiate between crisis and emergency.	- Is a paid app and can be expensive, may have in app purchases, Doesn't have the option to talk to a therapist
Improvements	The app can include a wider target audience. It can include a newer user interface that matches industry standards. It can include the option to talk to professionals rather than just support groups.	The app can include emergency situations and not just a one time therapy session or counseling appointments. The app can include more options to help users better identify their own needs because sometimes it can be hard to put a label on feelings.	The app can be more open to both crisis and emergencies, User interface is a bit dull which may make the feel of the app less appealing.	The app can be free but some features could be paid for options. Funding and donations could help in recovering the money necessary to run the app. The app can have live conversations with therapists. The app can have a support group option or chatrooms.

Dev

I'm a full time software developer. I have a wife and 3 kids and tend to have a very busy schedule. I am a really hard worker and extremely proactive. I often find myself working extra hours in the office and not being able to get through the day because of how I hate my boss. I barely have time to plan my day but I do.

All of my work frustration goes out towards my family at the end of the day and ruins my relationship with my wife and kids. I forget to spend time with my family and friends and thus I feel that no one really wants me around. I'm also a patient of anxiety and that doesn't help my situation. Anxiety ruins my health. I also know I stress because all the frustration is released when someone triggers me.

- Age 45
- Full Time Employee
- Married
- Victim of anxiety

Dev's Goals

DISCOVERY

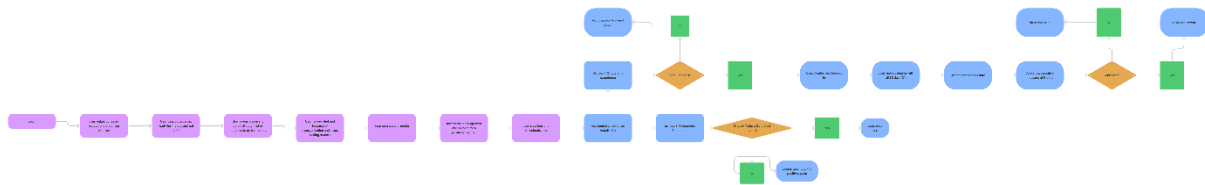- Help me figure out a method to boost my mood and think more optimistically
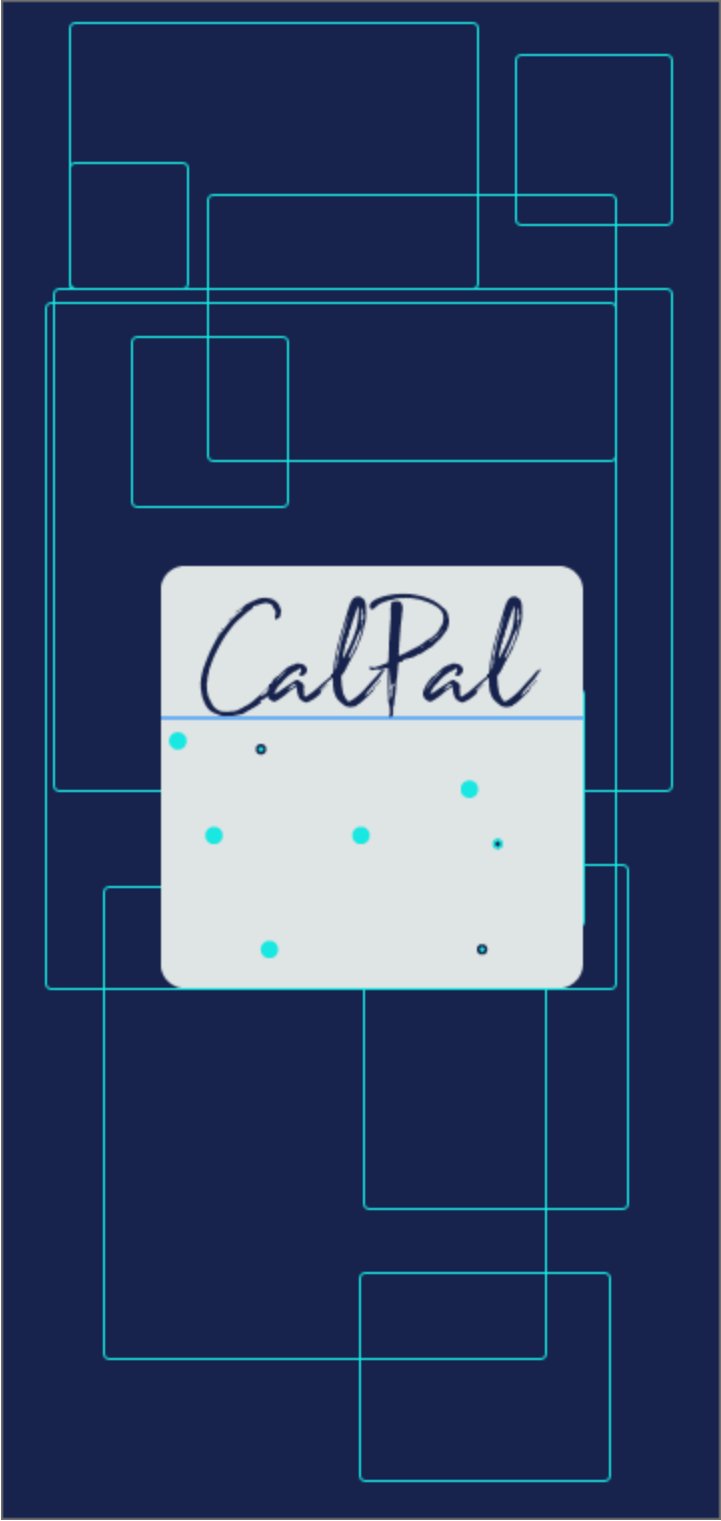- Help me manage my anxiety

TACTICAL

- Know what makes me happy
- Know what I need to do in order to get my life organized so that I don't have that much anxiety and frustration

ux design masterclass

AWSMCOLOR

007FFF   17224D   #5FAFA   17E9E1

Point™ Soft

&DISCOVER

ABCDE

#204ECF

Moodboard

2020 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CalPal

Log In

Log in with one of the following options:

G   **f**   **🍎**

Name

Email

Password

Log In

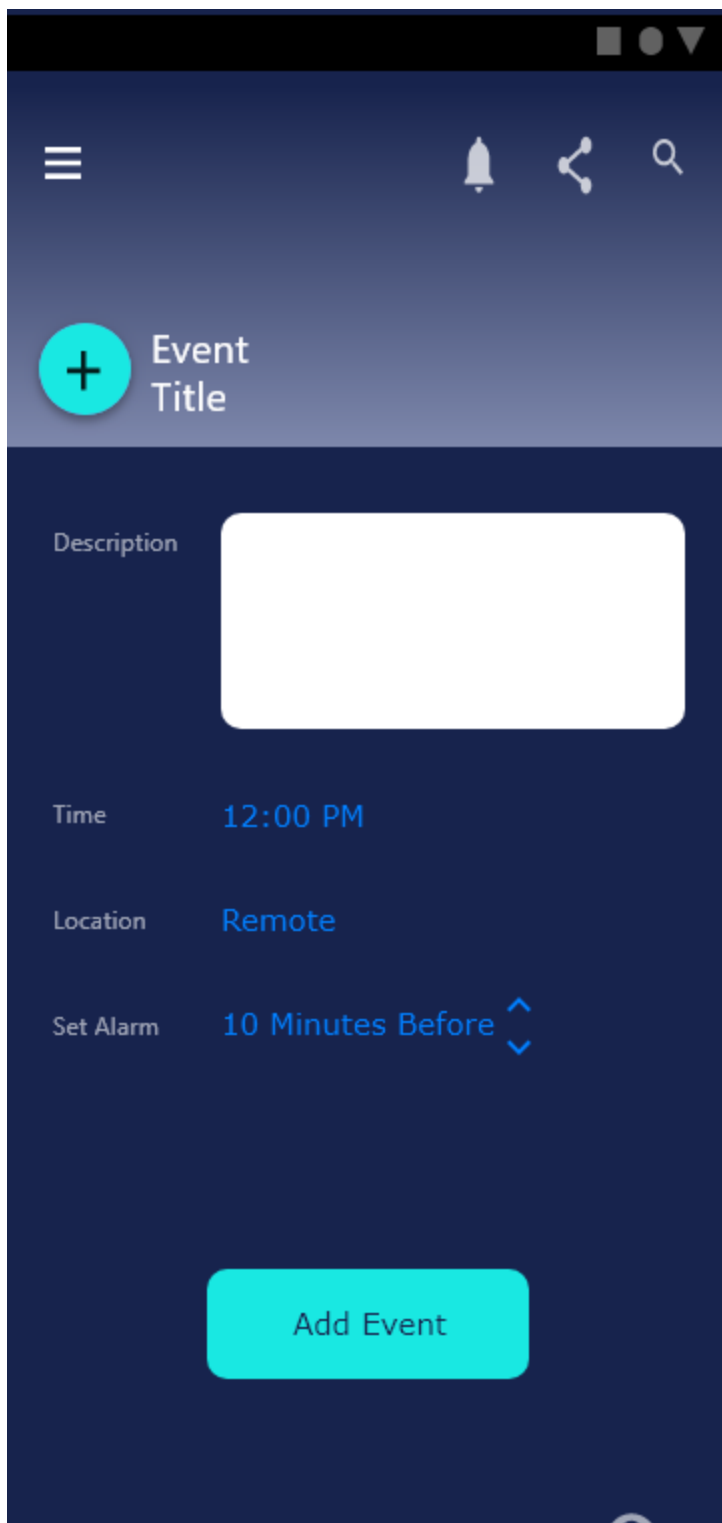Don't have an account? Sign Up or view as Guest

Positive Affirmations

For Everyday

CalPal is uniquely designed to give you
positive affirmations on a daily
basis to start off your day on a good
note

Let's Get Positive

Event Title

Description

Time 12:00 PM

Location Remote

Set Alarm 10 Minutes Before

Add Event

Add Events

and Tasks

Just like any calendar, calpal allows users
to add events and tasks to their calendars
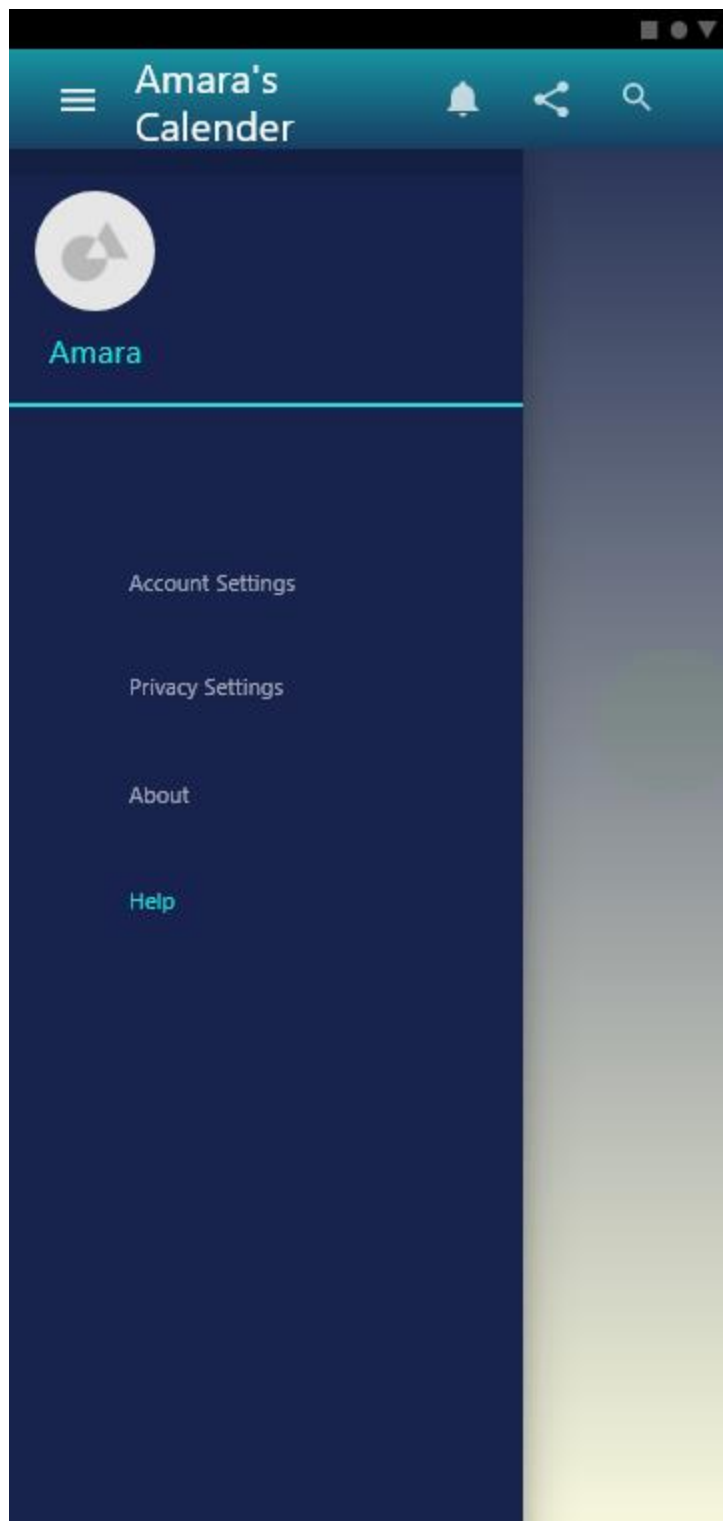
Let's Get Positive

Personalized

and

Private

CalPal allows users to create a profile
that gives users the ability to
keep special days and tasks
private

Let's Get Positive

November

Mo	Tue	Wed	Thurs	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30 ●	31	1	2

Amara's Calender

Amara

Account Settings

Privacy Settings

About

Help

< **November 30 2021** > ✕

" Sometimes happiness looks like staying home, cancelling plans, listening to a guided meditation, ignoring text messages and doing you"

● Work   9:00 Pm - 5:00 pm

● Work   9:00 Pm - 5:00 pm
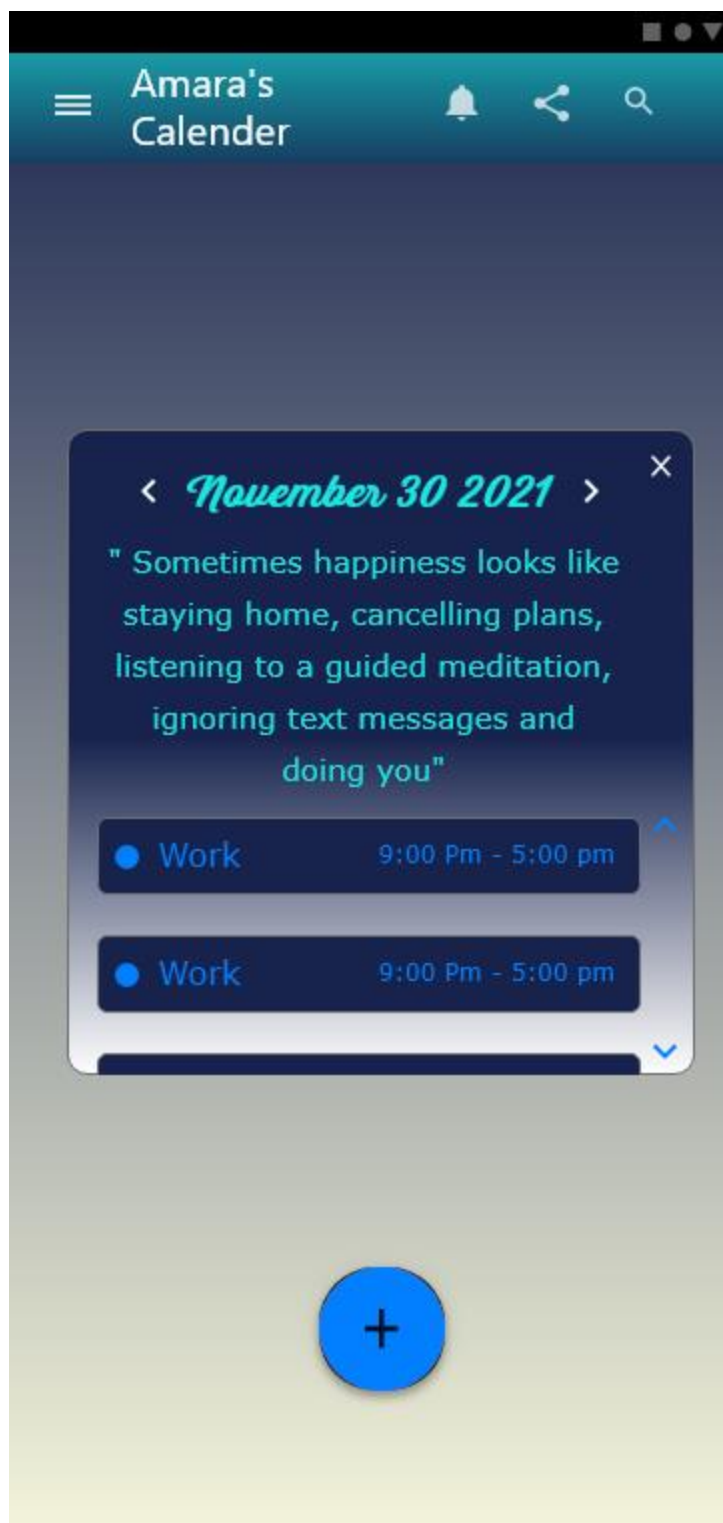
+

Sign Up

Sign up with one of the following options:

Name

Email

Password

Sign up

Already have an account? Login or view as Guest

APA:

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