

The background is a gradient of green and blue, transitioning from a lighter green at the top left to a darker blue at the bottom right. It features several abstract circular elements: a large scale on the left with numbers from 140 to 260, and several smaller circles with arrows indicating clockwise or counter-clockwise movement. The overall aesthetic is clean and modern.

POSITIVITY CALENDAR

LAMIA SHEIKH

RESEARCH

- How was it Done?
- Market Research
- Competitive Analysis
- Personas
- 1:1 interviews

MARKET RESEARCH

- 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.

Company	Code Blue	Talk Space	My mental health Mouthblazon
	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 show 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 licensed therapist via messaging. With a subscription to Talkspace, users can start right now and take an active role in their mental health care. U.S. my mental health crisis plan to choose your own psychiatric advance directive or mental health provider.	use evidence-based CBT techniques to deal with depression, anxiety and stress. Mouthblazon helps you learn new and better ways of coping with stress, low mood, depression and anxiety. Tell Mouthblazon 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.
Description	Emergency Concise. Easy to use. GPS signal. With both mental health crisis requirements and mental health emergency requirements on our phone.	Allows you to be prepared in the case of an emergency. Understands your information to make emergency calls much easier. Gives you direct access to emergency numbers, gives you access to your phone contacts. Gives you access to a waiting room just like the message room on our phone.	Has very good options for users and is more open minded. Tracks your mood throughout, recognizes patterns you may have. Has an option for emergencies.
Pros			



COMPETITIVE ANALYSIS

Company	Code Blue	Talk Space	My mental health Mouthblazon
Cores	Limited to support groups and not professionals. User that is doing the harm to themselves 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 identity information. Doesn't differentiate between crisis and emergency.
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.





Megan

I'm a student obtaining my bachelor's from a state university. I work part-time as a barista and am extremely proactive. I often find myself trying to learn new skills or improve myself on a minutely bases.

- Age 27
- Student, Part-Time employee
- Single, Living with parents to save tuition money
- Loves to sing and dance
- Pays half of tuition with her part-time job

Sometimes this proactivity can be harmful myself and my family. I forget to spend time with them. I am socially inept. I also don't realize that I am in a constant state of stress. This stress ruins my relationships. I notice it, others do. I also know I stress because of my point I often breakout.

I pride myself in my time management skills. I should take some time out of my day to work on myself so that I don't get overwhelmed. I want to be more inspired to think more positively to boost my mood.



Mimi

I'm a student at the University of Colorado. I am studying science and minoring in Digital Design. I am trying to figure out what makes me happy. I am my personal favorite and that's because I am always looking forward to my development. I'm always looking forward to my development with the lack of support I find it difficult.

- Age 20
- Undergrad student
- Single
- Victim of Narc abuse
-

I find myself easily inspired by others and I listen to uplifting podcasts or reading positivity books. I journal my feelings and thoughts as well as I find myself not as organized. Some days I don't want to write anything however and I feel like I have no days to keep track of. It doesn't matter how I study my own mood patterns.



Dev

I'm a full time software developer. I have a very busy schedule. I am a really hard worker. I often find myself working extra hours in the day because of how I hate to plan my day but I do.

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

All of my work frustration goes out toward my family day and ruins my relationship with my wife. I am not with my family and friends and thus I feel like I am not. I'm also a patient of anxiety and that does not help my health. I also know I stress because all the time someone triggers me.

PERSONAS

HMW AND POV

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

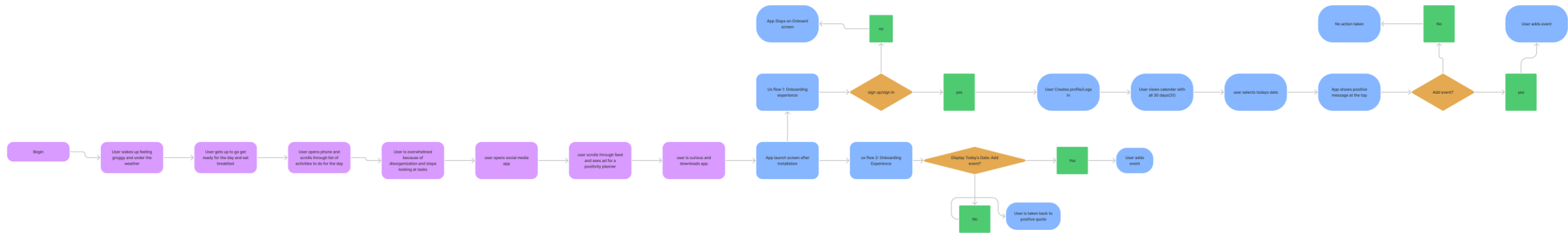
- Users need an app that reduces their stress and anxiety
- Users need an app that will help them stay organized
- Users need an app that will boost their overall mental health
- Users want to be happier

HMW & POV

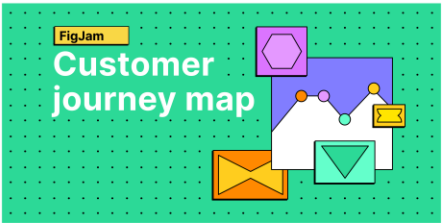
HMW

- How might we help reduce stress and anxiety and what are some effective proven methods
- How might we help users create a more interactive and fun way of planning their day
- How might we use technology as a beneficial method of boosting overall mood and mental well being

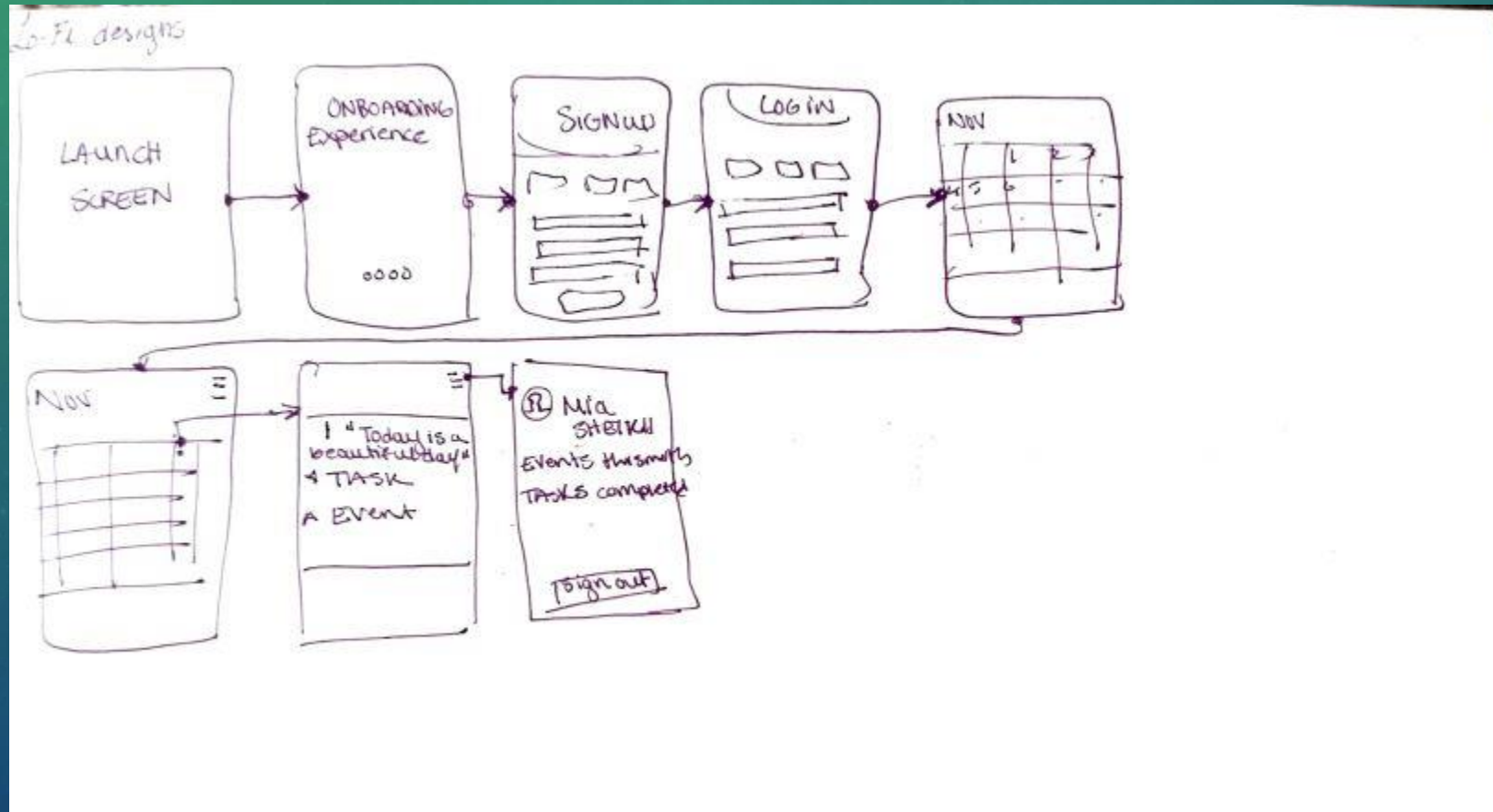
USER FLOW



USER JOURNEY



LO-FIDELITY PROTOTYPE

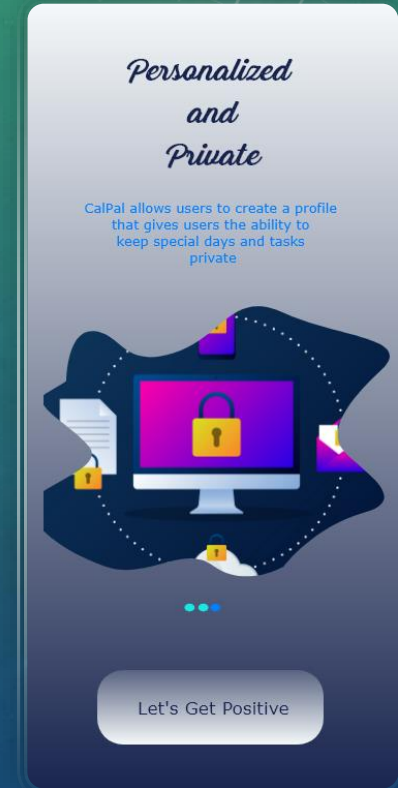
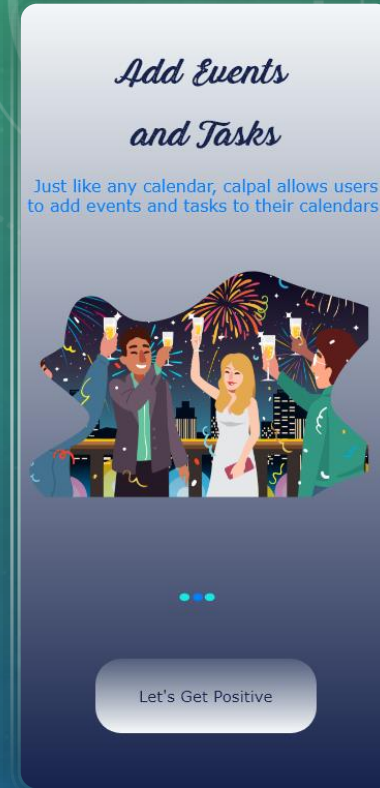
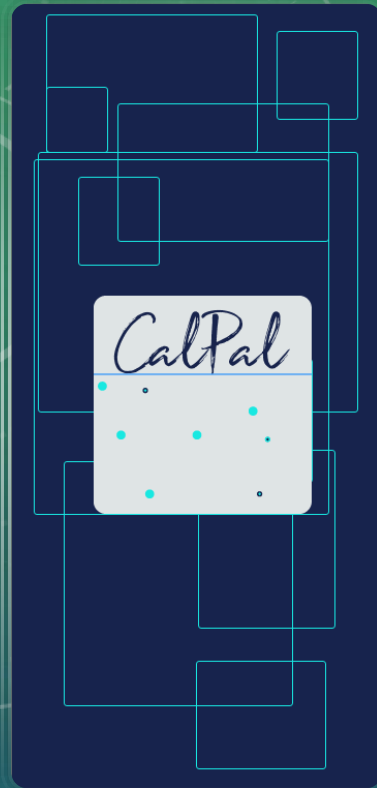


USER FEEDBACK

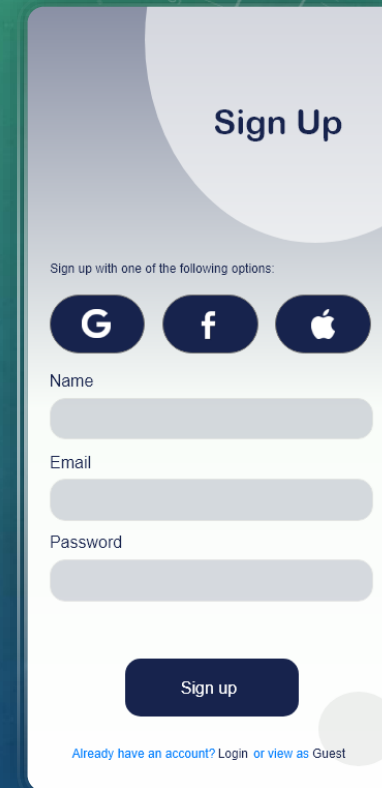
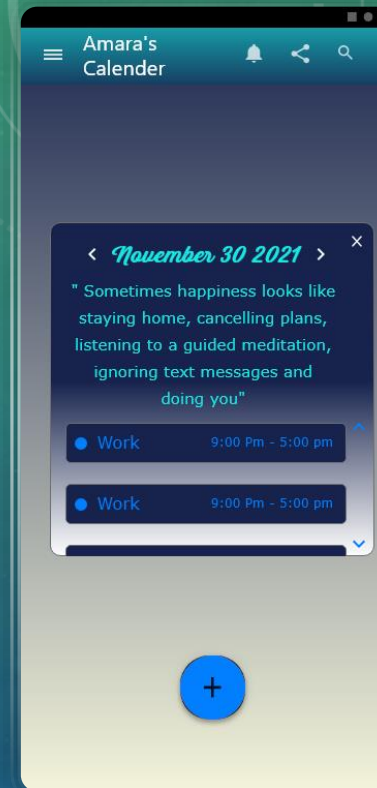
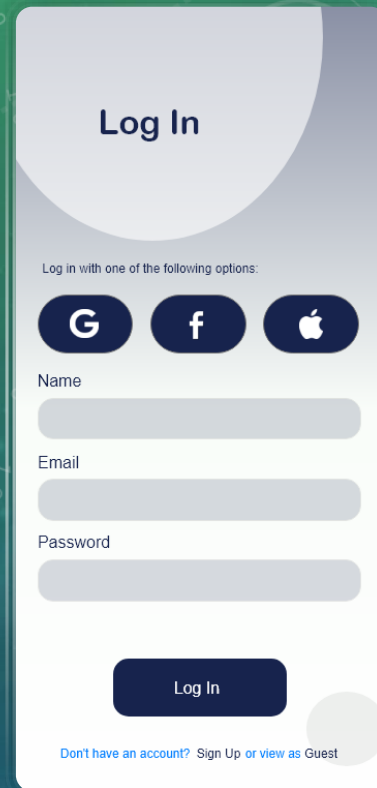
- “Calendar feels bland “
 - “Only targets the organization aspect “
 - “Feels like something is missing “
 - “Like the organization”
 - “Like the User Friendliness “
-
- Notes: Create an onboarding experience that explains the purpose, Personalization, Like the positive quotes,

FIRST HIGH FIDELITY

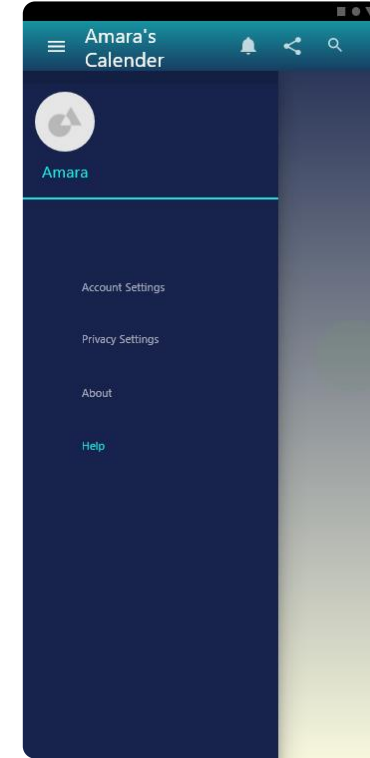
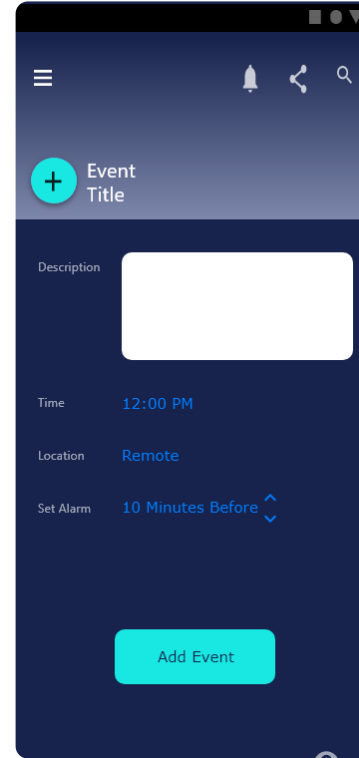
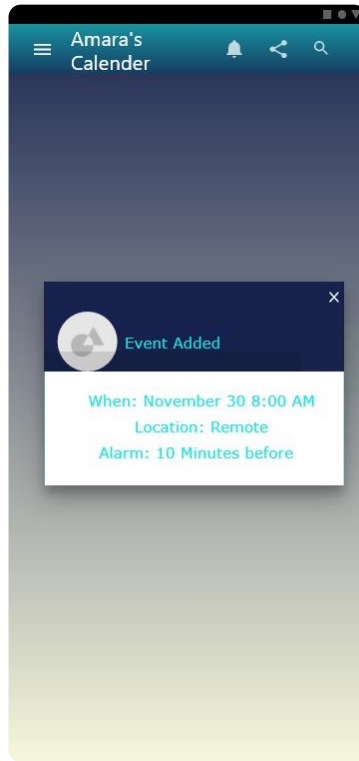
- Clickable Prototype: <https://xd.adobe.com/view/83536041-46c1-4e8e-85c8-b67d3aafff7a-d600/>



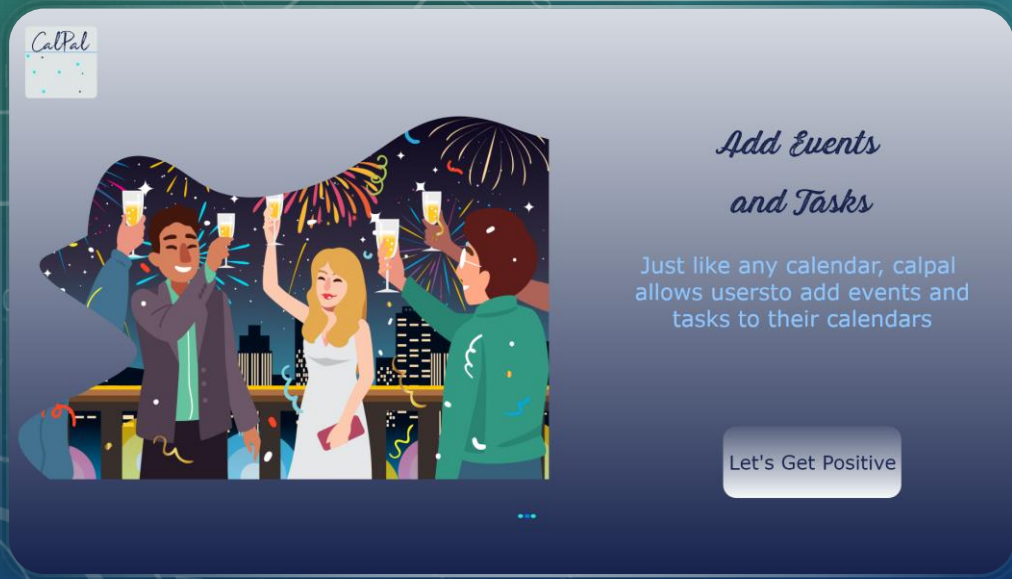
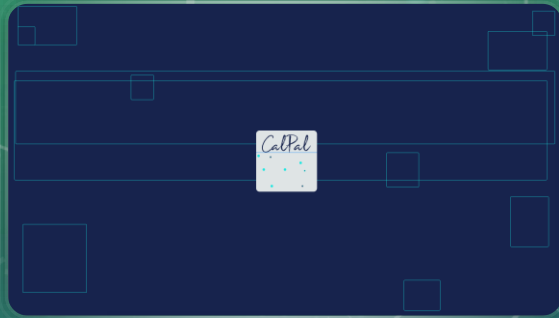
REVISED HI-FIDELITY PROTOTYPE (APP VERSION)



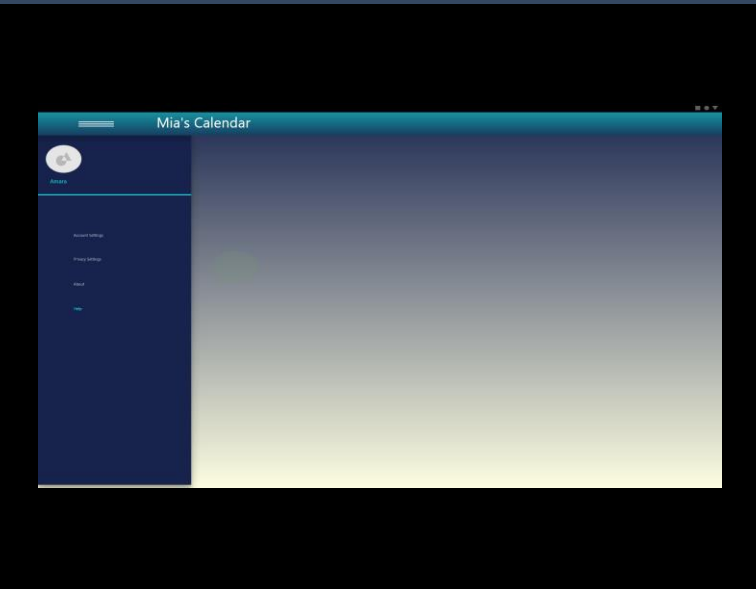
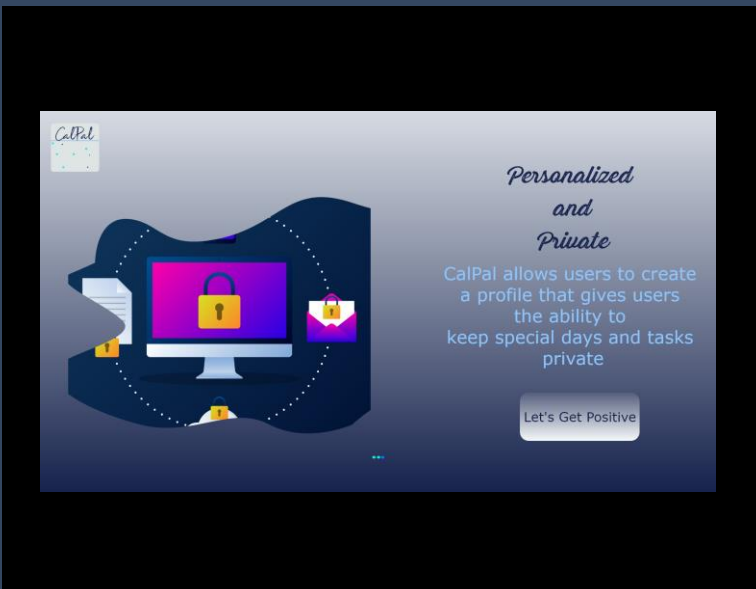
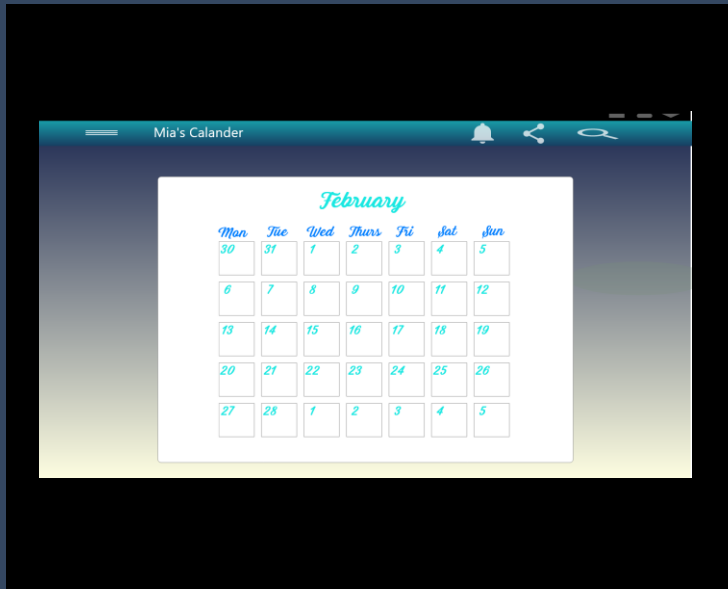
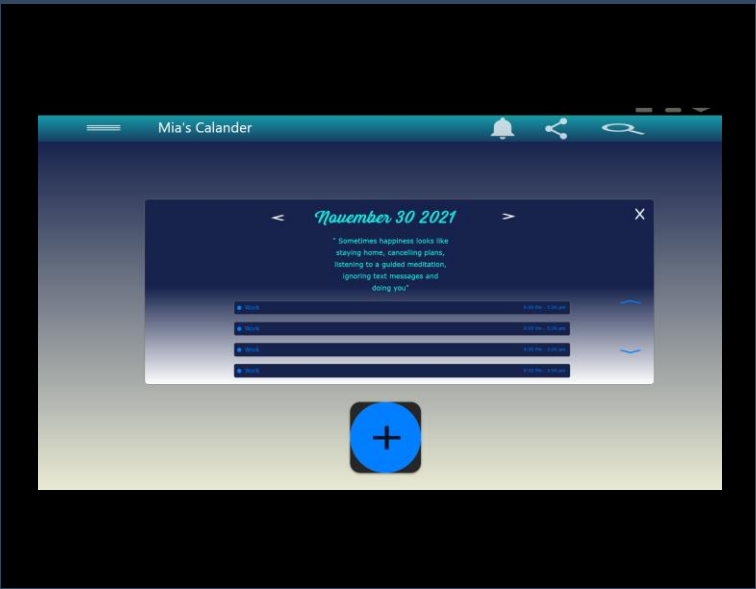
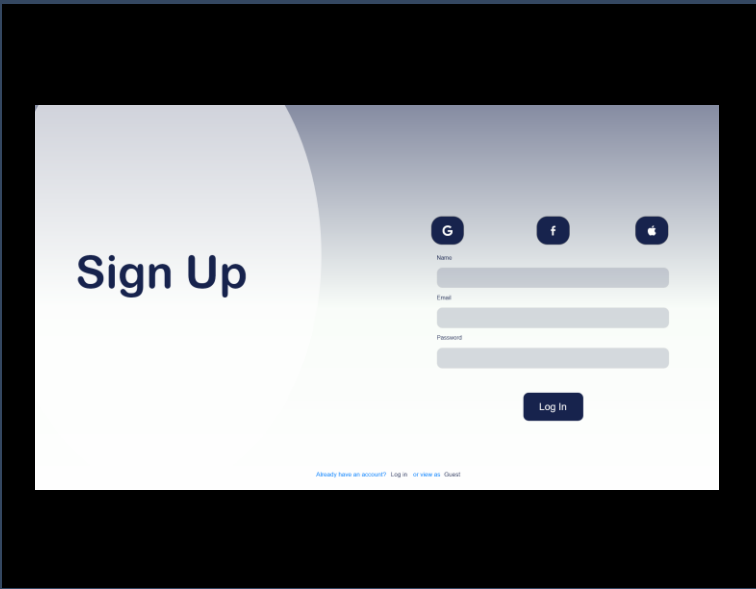
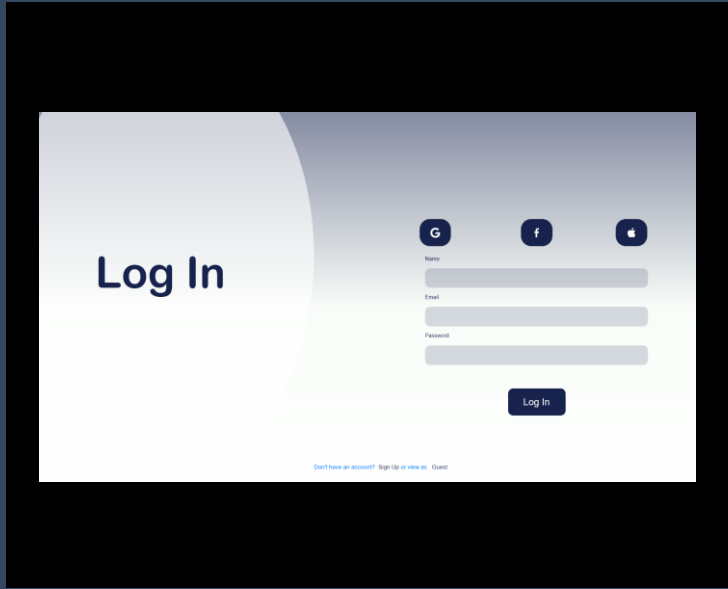
HI-FIDELITY PROTOTYPE

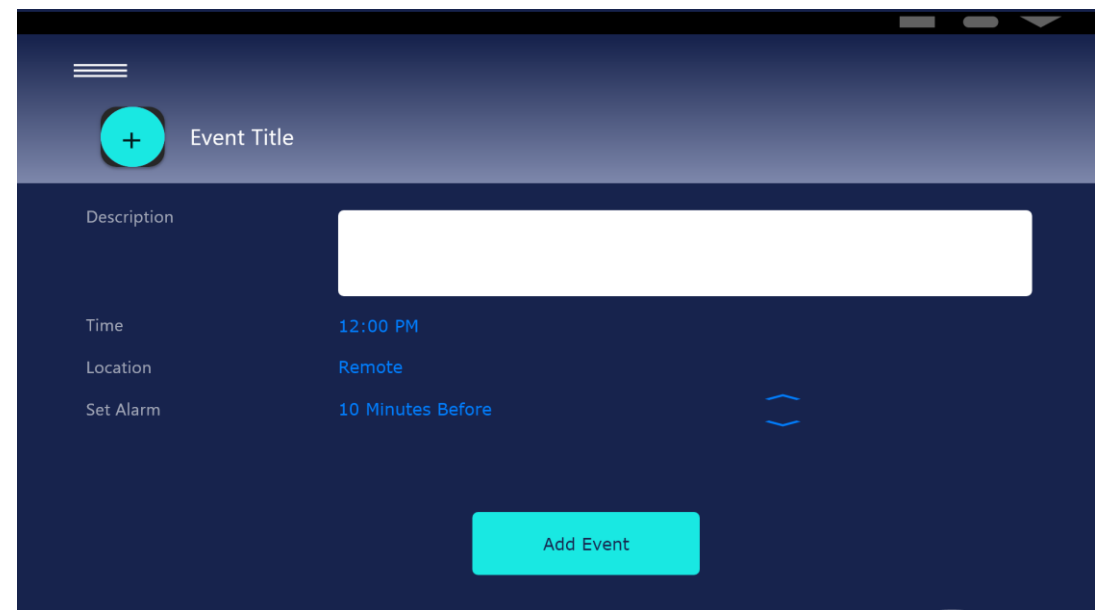
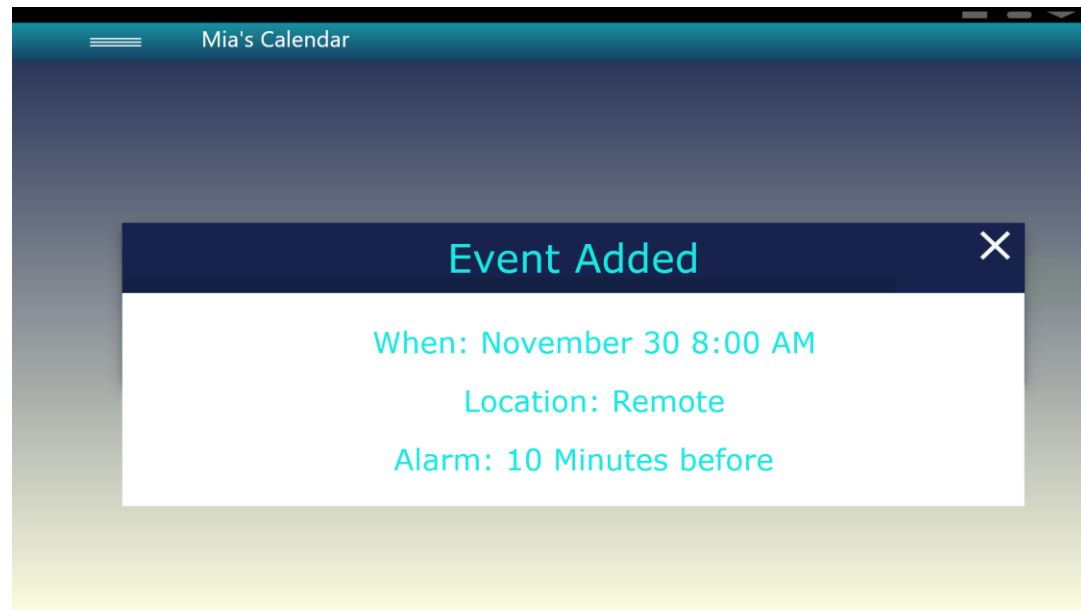


HI-FIDELITY PROTOTYPE



HI-FI WEB VERSION





FRONT END DEVELOPMENT

- React, MongoDB, Express, Node, FullCalender

FULL CALENDAR PLUGIN

- FullCalendar generates real React virtual DOM nodes so you can leverage Fiber, React's highly optimized rendering engine.

API DESIGN MOCKUP

- Install yarn
- Install npm
- Install express
- Install mongoose

```
import Modal from "react-modal";

export default function ({isOpen, onClose, onEventAdded}) {
  const [title, setTitle] = useState(initialState: "");
  const [start, setStart] = useState(new Date());
  const [end, setEnd] = useState(new Date());

  const onSubmit = (event) => {
    event.preventDefault();

    onEventAdded({
      title,
      start,
      end
    })
    onClose();
  }

  return (
```

APP DESIGN MOCKUP

- Directory with controllers
- This will allow to create events asynchronously

API DESIGN MOCKUP

```
const mongoose = require("mongoose");

const EventSchema = mongoose.Schema({
  start: Date,
  end: Date,
  title: String
});

const Event = mongoose.model('Event');
```

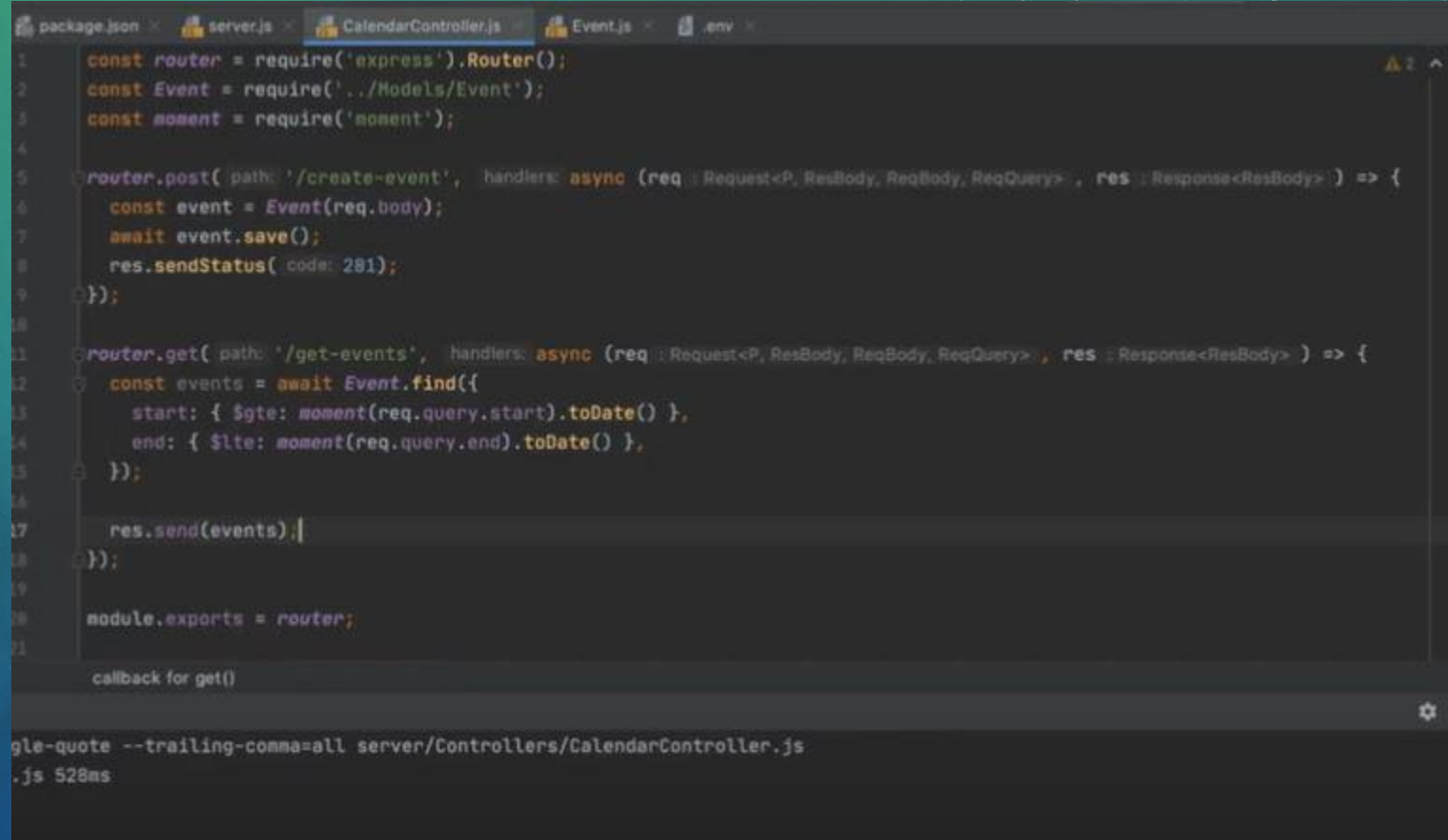
Event

```
node --trailing-comma=all server/.env
e: server/.env
```

- Create a model controller which will hold an event schema
- Schema will have start and end time—int, location: string
- Update the event controller to incorporate the schema

API DESIGN MOCKUP

- New directory components
- Import react
- Import the full calendar plugin
- Update app.js



```
package.json x server.js x CalendarController.js x Event.js x .env x
1  const router = require('express').Router();
2  const Event = require('../Models/Event');
3  const moment = require('moment');
4
5  router.post( path: '/create-event', handlers: async (req : Request<P, ResBody, ReqBody, ReqQuery> , res : Response<ResBody> ) => {
6    const event = Event(req.body);
7    await event.save();
8    res.sendStatus( code: 201);
9  });
10
11 router.get( path: '/get-events', handlers: async (req : Request<P, ResBody, ReqBody, ReqQuery> , res : Response<ResBody> ) => {
12   const events = await Event.find({
13     start: { $gte: moment(req.query.start).toDate() },
14     end: { $lte: moment(req.query.end).toDate() },
15   });
16
17   res.send(events);
18 });
19
20 module.exports = router;
```

callback for get()

gle-quote --trailing-comma=all server/Controllers/CalendarController.js
.js 528ms

API DESIGN MOCKUP

- Create an add event js

```
return (  
  <Modal isOpen={isOpen} onRequestClose={onClose}>  
    <form onSubmit={onSubmit}>  
      <input placeholder="Title" value={title} onChange={e => setTitle(e.target.value)} />  
  
      <div>  
        <label>Start Date</label>  
        <Datetime value={start} onChange={date => setStart(date)} />  
      </div>  
  
      <div>  
        <label>End Date</label>  
        <Datetime value={end} onChange={date => setEnd(date)} />  
      </div>  
    </form>  
  </Modal>  
)
```

```
export default function () {  
  const [modalOpen, setModalOpen] = useState(false);  
  const calendarRef = useRef();  
  
  const onEventAdded = event => {  
  
  }  
  
  return (  
    <section>  
      <button>Add Event</button>  
      <FullCalendar  
        plugins={[ dayGridPlugin ]}  
        initialView="dayGridMonth"  
      />  
    </section>  
  )  
}
```

```
import Modal from "react-modal";  
  
export default function ({isOpen, onClose, onEventAdded}) {  
  const [title, setTitle] = useState(initialState: "");  
  const [start, setStart] = useState(new Date());  
  const [end, setEnd] = useState(new Date());  
  
  const onSubmit = (event) => {  
    event.preventDefault();  
  
    onEventAdded({  
      title,  
      start,  
      end  
    });  
    onClose();  
  }  
  
  return (  
    <Modal  
      isOpen={isOpen}  
      onRequestClose={onClose}  
      contentLabel="Add Event"  
    >  
      <form  
        onSubmit={onSubmit}  
      >  
        <input  
          type="text"  
          value={title}  
          onChange={setTitle}  
        />  
        <div>  
          <label>Start Date</label>  
          <input  
            type="datetime-local"  
            value={start.toISOString().slice(0, 16)}  
            onChange={setStart}  
          />  
        </div>  
        <div>  
          <label>End Date</label>  
          <input  
            type="datetime-local"  
            value={end.toISOString().slice(0, 16)}  
            onChange={setEnd}  
          />  
        </div>  
      </form>  
    </Modal>  
  )  
}
```

BUILD HTML AND CSS

```
27 <link rel="stylesheet" href="assets/css/untitled-4.css?h=0a489a160b512a73a772d48eb31c821a">
28 <link rel="stylesheet" href="assets/css/untitled-5.css?h=e69a57f32b62f5e5f615fea5501b1e34">
29 <link rel="stylesheet" href="assets/css/untitled-6.css?h=330edafc5f7447fcd38a722faad2404c">
30 <link rel="stylesheet" href="assets/css/untitled.css?h=b66d0f1467e07cb302e5a5f2ffdf2e31">
31 </head>
32
33 <body><a class="navbar-brand" href="#"></a>
34 <nav class="navbar navbar-dark navbar-expand-md" id="app-navbar">
35   <div class="container-fluid"><a class="navbar-brand" href="#"><i class="icon ion-ios-infinite" id="brand-logo"></i></a><button data-toggle="collapse" class="navbar-tog
36     <div
37       class="collapse navbar-collapse" id="navcol-1">
38       <ul class="nav navbar-nav ml-auto">
39         <li class="nav-item" role="presentation"></li>
40         <li class="nav-item" role="presentation"><a class="nav-link" href="Login.html">Login</a></li>
41         <li class="nav-item" role="presentation"><a class="nav-link" href="Signup.html">Sign Up</a></li>
42       </ul>
43     </div>
44   </div>
45 </nav>
46 <div class="carousel slide" data-ride="carousel" id="carousel-1">
47   <div class="carousel-inner" role="listbox">
48     <div class="carousel-item active"></div>
49     <div class="carousel-item"></div>
50     <div class="carousel-item"></div>
51   </div>
52   <div><a class="carousel-control-prev" href="#carousel-1" role="button" data-slide="prev"><span class="carousel-control-prev-icon"></span><span class="sr-only">Previous
53   <ol
54     class="carousel-indicators">
55     <li data-target="#carousel-1" data-slide-to="0" class="active"></li>
56     <li data-target="#carousel-1" data-slide-to="1"></li>
57     <li data-target="#carousel-1" data-slide-to="2"></li>
58   </ol>
```


FINAL DESIGNED WEBSITE

- <https://sheikhl.github.io/PosCal/index.html>

USER TESTING 2

- “ I like the improved UI of the website. It is easy to follow and lets me see my whole calendar with colored events”
- “ I like how easy it is to use and I love the positive affirmation that it gives”
- “ Website could use more to promote positivity”

FUTURE IMPLEMENTATIONS

- Incorporate mood tracker graph
- Incorporate meditation audios
- Incorporate audio versions of affirmations



THANK YOU FOR WATCHING