

# Research



# Tell Me

An app to help teenagers with depression identify and relieve their emotions



Over **24%** of students in China suffer from varying degrees of **depression**, The prevalence of **somatic symptoms** in adolescents with depression is nearly **70%**

Suicide rates in the depressed student population exceed **20%**, as do rates of **self-injury**.

**Depression in adolescents does not manifest itself in the same way, as depression in adults and can therefore be easily overlooked.**

**These students are often misunderstood and often feel isolated and distressed**

# Interview & Persona

What are parents and children thinking?



Kids these days are **too fragile** at heart  
She is just **lazy** and don't want to do anything all day  
She is so **difficult to communicate** with, he gets upset when we talk to him  
My child is so **grumpy** that she gets angry when he says he is not doing something right

## Keywords

## Demand

## Emotion

## Pain

## Expectation

Aggressive, Highly action-oriented ,Outgoing

Easing the relationship between mother and daughter

Angry, intense, quizzical

Don't understand what my daughter was thinking and why she did it

Understanding what my daughter is thinking  
Calmly communicating with my daughter

## Says

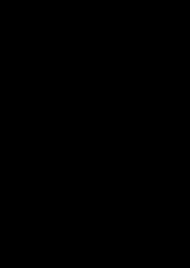
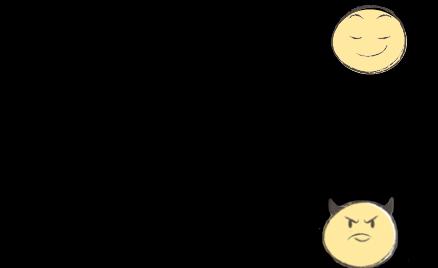
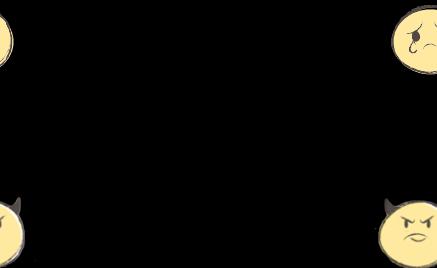
## Think

## True emotions

## Grumpy Expressions

## Embodied emotions

## Conclusion



I don't think it is meaningful to do anything, so I don't want to act

Don't want my parents to **control** me

No one will want to understand me

No one will want to know why I am like this, they will just **accuse me** of not getting ahead

## Keywords

## Demand

## Emotion

## Pain

## Expectation

Aggressive, Silent, Unintelligible

Easing the relationship with my mother

Crushing, painful, numbing

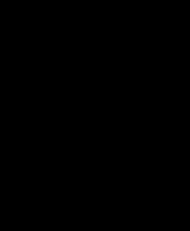
Always misunderstood by parents

Parental understanding  
Calm communication with family  
Not being blamed  
Wanting to be accompanied

## Think

## Says

## Conclusion



**Adolescent depression is different from adult depression** in that the **emotions are aggressive** and the adolescents themselves are **not aware of their emotions**. Adolescent depression is different from adult depression in that the emotions are aggressive and the adolescents themselves are not aware of their emotions. For example, teenagers are down but express their sadness by shouting, and parents will recognize their emotions as anger and teach them accordingly, but the teenagers themselves do not know what state they are in.. It is easy for **both sides to misunderstand** over the expression of emotions.

# Case study

What can I learn from it?

## Talking Tom

The Talking Tom is famous for **interactive virtual pets**. Players can **pet** him, **poke** him with their fingers, **punch** him lightly or catch his tail. However, due to the app's poor operation in China and the criticism of what now seems to be very backward and childish modeling, Chinese users gradually abandoned the app. And none of the competitors in the Chinese market are very mature.

### interact animation



### Conclusion

The APP design should **be simple** and can **remove unnecessary social functions and top-up functions**. The **target users should be clear**: families with teenagers with depression. The app should help the user to recognize emotions and control them, while the design and drawing should take into account the age of the user and **not be too childish**.

## Therapy APP

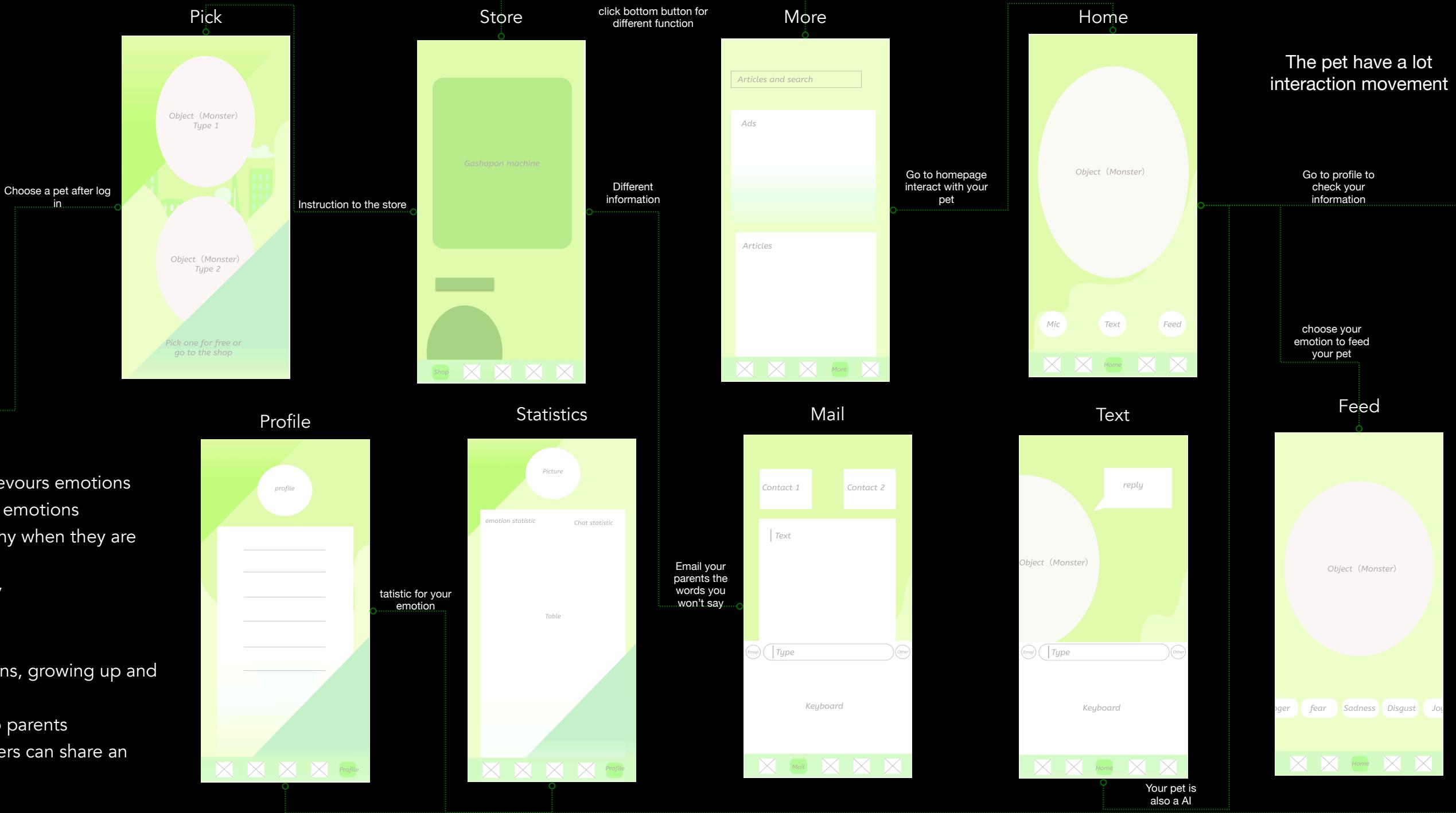
SuiSui is a software developed in China for users with **emotional problems**. Their slogan is "Reconcile with your emotions". However, due to the **lack of clarity of the target market** and the **low level of fun**, the daily activity of users is low, the app community module is silent and the sense of social functionality of users is very poor.

### interface

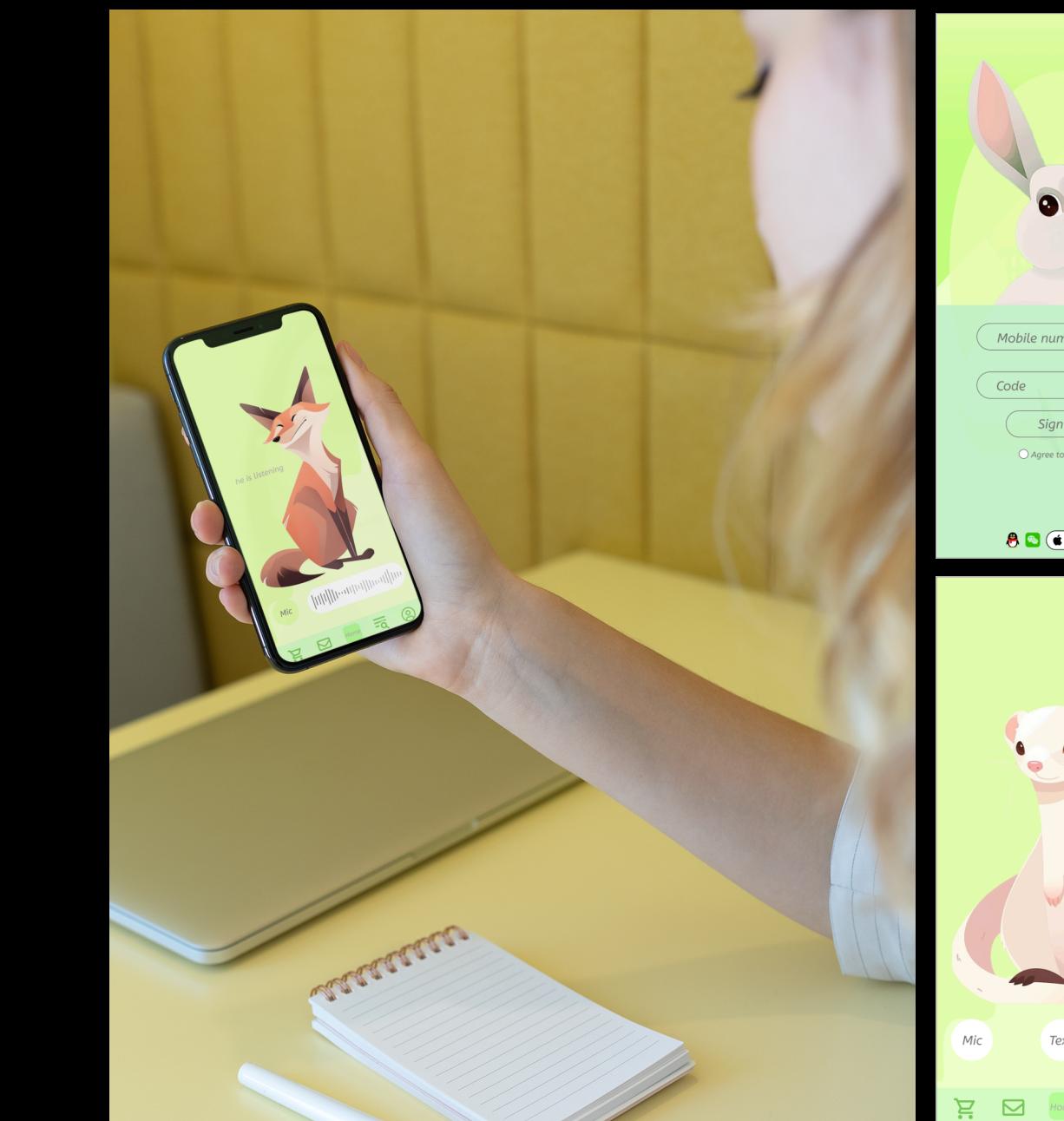


# APP interaction design low-fit

Interaction idea and logic



# Final outcome



A 4x4 grid of 15 screenshots from a mobile application. The app has a light green theme with white text and icons. It includes a sign-up screen with fields for mobile number and code, and options to agree to terms. A profile creation screen asks for nickname, birth date, gender (Male, Female, Others), and what you need (A friend, A Pet, A companion, A Listener, A Diary, A Place). A shop screen shows items like eggs and pets. A messaging screen shows a conversation with a parent and child. A statistics screen displays emotion and chat statistics with charts for negative, positive, joy, anger, and sadness counts over time. Other screens show a 'What's new' section with relaxation tips and a 'Today' section with family support information. The bottom row of screenshots is partially cut off.

