

DIGITAL DETOX

DESIGNING A DIGITAL DETOX &
WELLNESS PLANNER FOR
STUDENTS



Presented
By Yashvardhan
kumar

PROBLEM CONTEXT

Today's students rely heavily on smartphones, laptops, and digital platforms for studying, communication, and entertainment. While technology has improved access to information and connectivity, excessive screen usage has become a major concern among young people.

Many students spend long hours on social media, online games, and streaming platforms, often late at night. This leads to digital fatigue, poor sleep quality, reduced concentration, increased stress, and emotional imbalance. Despite being aware of these negative effects, most students find it difficult to control their screen habits due to academic pressure, social expectations, and fear of missing out (FOMO).

Existing digital wellness tools are often either too strict or too complicated, making students feel judged or restricted. As a result, users stop using these apps after a short time. There is a lack of emotionally supportive and student-friendly platforms that encourage healthy digital habits in a positive and motivating way.

MindPatch aims to address this problem by providing a gentle, personalized, and AI-assisted wellness planner that helps students become aware of their digital behavior, regulate their screen time, and build balanced daily routines without feeling pressured or controlled.



SURVEY OVERVIEW

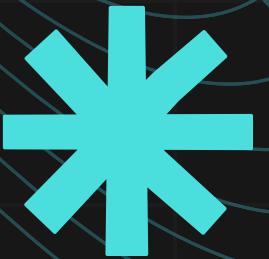
AN ANONYMOUS SURVEY WAS
CONDUCTED AMONG STUDENTS
TO UNDERSTAND:

Screen Time

MOOD PATTERNS

View towards for Digital
wellness

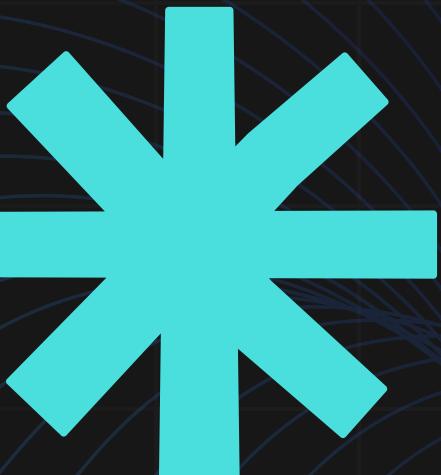
The survey aimed to examine the major difficulties individuals face due to excessive use of digital devices, with particular attention to its impact on emotional health, mental balance, and daily well-being.



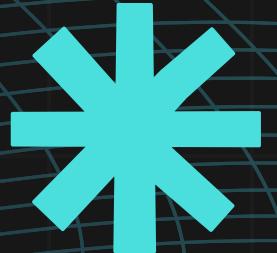


SURVEY INSIGHTS

- Most respondents (75%) spend more than 4 hours per day on screens outside academic work, indicating high digital dependency among students.
- Nearly half of the students reported being most active on their devices during late evening and night hours, which negatively affects sleep patterns and daily energy levels.
- Around 75% of participants experienced feelings of tiredness, stress, or mental fatigue after prolonged screen usage, showing a strong link between screen time and emotional well-being.
- More than half of the respondents were aware that excessive screen time affects their mental health, but admitted difficulty in controlling their digital habits.
- A large majority of students (70%) showed interest in using a digital wellness app that provides gentle reminders, mood tracking, and personalized break suggestions.

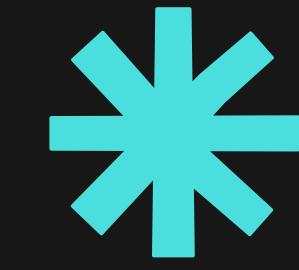


Secondary survey overview



Extensive scientific research shows that prolonged screen time has significant negative effects on both physical and psychological health. Increased exposure to digital devices disrupts natural sleep cycles due to blue light exposure, leading to poor sleep quality and daytime fatigue. Excessive screen usage is also associated with higher stress levels, anxiety, and depressive symptoms, as well as decreased emotional regulation and cognitive focus. Additionally, prolonged sedentary behavior linked to screen use contributes to physical health risks such as weight gain and metabolic issues.

These findings underscore the real health implications of digital overuse among adolescents and justify the need for digital wellness interventions. Tools like MindPatch, which promote awareness, mood tracking, and balanced screen habits, can help mitigate these health risks and support better emotional and physical well-being.



USER PERSONAS



User Persona 1

Age: 16-18

User Type: Senior School Student

Digital Behaviour:

- Spends 2-4 hours per day on screens outside online classes
- Most active on digital devices during the evening
- Has previous experience using digital wellness or focus apps

Emotional & Mental State:

- Experiences increased stress after prolonged screen usage
- Feels mentally drained, especially later in the day
- Occasionally feels guilty or concerned about screen time

Key Pain Points:

- Evening screen usage leads to mental exhaustion
- Difficulty disconnecting due to FOMO (Fear of Missing Out)
- Finds it hard to maintain a consistent digital balance

Needs & Expectations from a Wellness App:

- Prefers gentle nudges and reminders rather than strict limits
- Values simple daily tips over complex tracking systems
- Wants a supportive, non-judgmental approach to digital wellness

This persona was created based on patterns observed from survey responses and secondary research on student digital wellness.

EMPATHY MAP



EMPATHY MAP FOR PERSONA 1

Thinks:

- "I should reduce my screen time."
- "I need my phone to stay connected and updated."
- "I don't want an app that feels controlling."

Feels:

- Mentally stressed after long screen usage
- Drained during the evening
- Slight guilt about phone usage, but not extreme

Does:

- Uses the phone mostly in the evening
- Spends 2-4 hours daily on screens outside classes
- Tries wellness or focus apps occasionally

Pain Points:

- Mental fatigue at the end of the day
- FOMO makes it hard to disconnect
- Struggles to maintain a consistent digital balance

Needs:

- Wants gentle nudges, not strict restrictions
- Prefers simple daily tips
- Wants better balance without quitting technology

This empathy map was developed based on survey responses and secondary research findings.



USER PERSONAS



User Persona 2

Age: 16-18

User Type: Senior School Student

Digital Behaviour:

- Spends more than 6 hours per day on screens outside online classes
- Most active on digital devices during the afternoon and late evening
- Has little or no prior experience using digital wellness or focus apps

Emotional & Mental State:

- Does not immediately perceive negative effects of screen usage
- Rarely feels guilty about high screen time
- Experiences mental tiredness and reduced focus during the day

Key Pain Points:

- Very high screen exposure due to habitual usage patterns
- Difficulty reducing screen time because of FOMO (Fear of Missing Out)
- Low awareness of long-term impact of digital overuse

Needs & Expectations from a Wellness App:

- Wants practical break suggestions rather than passive tracking
- Prefers flexible limits instead of strict restrictions
- Needs awareness-building features to understand usage pattern.

This persona was created based on patterns observed from survey responses and secondary research on student digital wellness.

EMPATHY MAP



EMPATHY MAP FOR PERSONA 2

Thinks:

- "I'm on my phone a lot, but it's normal."
- "Everyone uses their phone this much."
- "I don't really need a wellness app right now."

Feels:

- Mentally tired during the afternoon
- Emotionally neutral about screen usage
- Slight curiosity about improving digital habits

Does:

- Uses digital devices for more than 6 hours daily
- Scrolls frequently between classes and during breaks
- Rarely takes intentional screen breaks

Pain Points:

- Difficulty recognizing long-term digital fatigue
- FOMO makes reducing usage challenging
- Decreased focus and productivity over time

Needs:

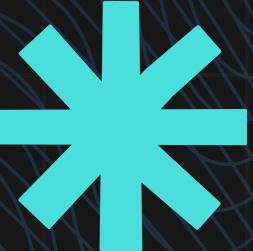
- Wants practical and realistic break suggestions
- Prefers flexibility over strict control
- Needs awareness-building features to understand usage patterns

This empathy map was developed based on survey responses and secondary research findings.

FEATURE IDEATION

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- Mood Logging: Uses emojis and color indicators to help users quickly record their daily emotions.
- Screen-Time Dashboard: Allows users to manually input and monitor their daily screen usage.
- AI Detox Planner: Generates personalized break and detox suggestions based on mood and screen-time data.
- Gratitude Journal: Provides a space for users to reflect on positive daily experiences.





Core App Screens



1. Home / Dashboard

Displays overall wellness summary, quick access to features, and daily reminders.

2. Mood Logging Screen

Allows users to record their emotions using emojis or color indicators.

3. Screen-Time Input Dashboard

Enables users to enter and view daily screen usage data.

4. AI Detox Planner

Provides personalized break and wellness suggestions based on user inputs.

5. Gratitude Journal

Offers a private space for users to write positive reflections.



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LOW-FIDELITY WIREFRAMES

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Low-fidelity wireframes were created to plan the screen layout, navigation structure, and information flow of the MindPatch app. The primary focus was on simplicity, low cognitive load, and emotionally supportive design to ensure that users can interact with the app comfortably and without feeling overwhelmed.

These wireframes helped in visualizing user journeys and refining interface elements before developing the high-fidelity prototype.

AI INPUTS AND DECISION RULES

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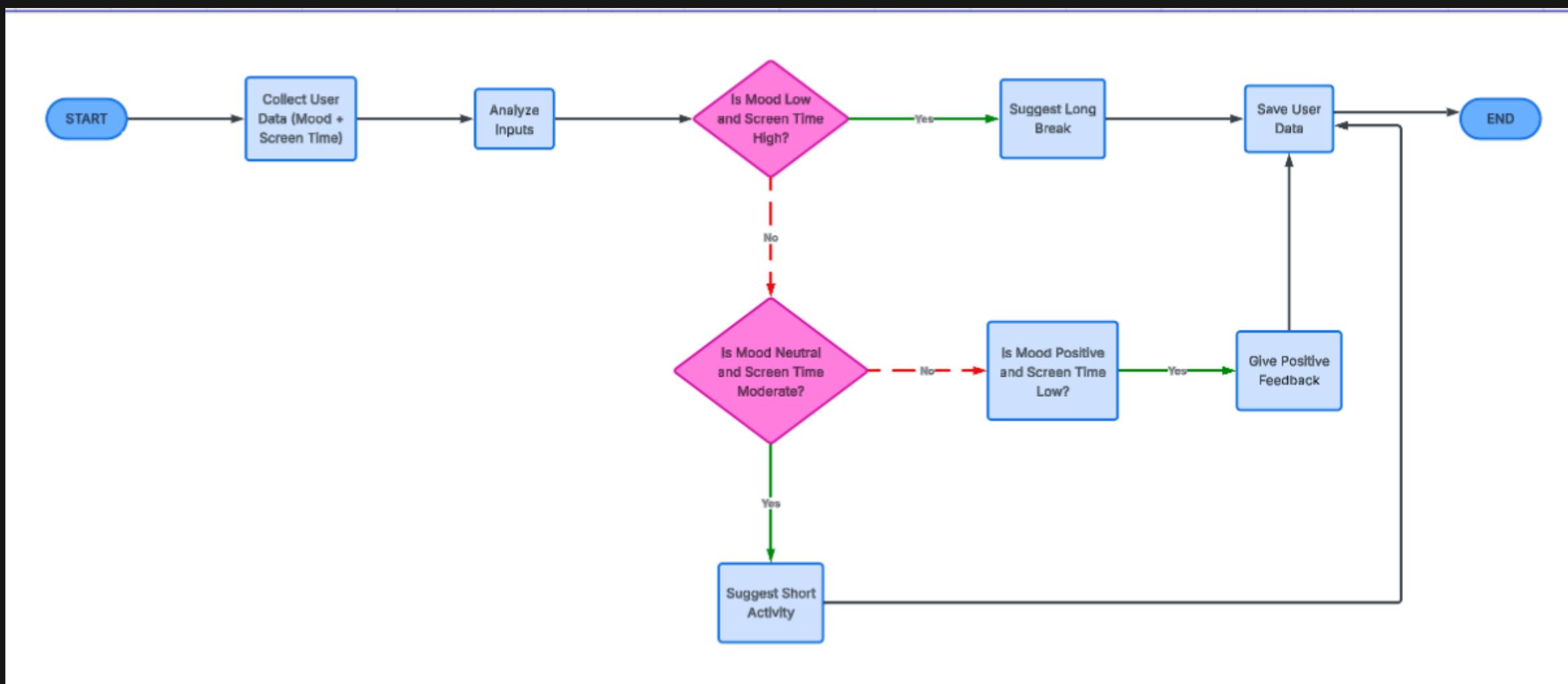
Inputs:

- Mood Score (from Mood Logging)
- Daily Screen-Time Input
- Time of Day
- Habit Consistency

Decision Rules:

- If mood is low and screen time is high
→ Suggest a longer break and relaxation activity

AI INPUTS AND DECISION RULES



ADAPTIVE AI BEHAVIOUR & FUTURE ENHANCEMENTS

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- The AI system adapts based on repeated user responses and behavior patterns.
- Suggestion timing and activity recommendations adjust over time according to user routines and preferences.
- Future enhancements may include integration with sentiment analysis, academic calendars, and wearable devices for improved accuracy.
- This adaptive approach ensures personalized support while maintaining ethical standards, data security, and user privacy.

USER TESTING, FEEDBACK & ETHICAL CONSIDERATIONS

USER TESTING

- Mood logging feature was easy and quick to use.
- Detox suggestions felt supportive and non-intrusive.
 - Navigation was mostly clear and user-friendly.
- Users requested clearer visibility of habit rewards.

USER FEEDBACK & DESIGN IMPROVEMENTS

- Simplified detox suggestion text for better understanding.
- Improved visibility of habit streaks and reward progress.
 - Added clearer navigation buttons and labels.

ETHICAL CONSIDERATIONS

- No collection of sensitive personal data.
- Screen-time input remains manual to respect user privacy.
 - No forced usage restrictions imposed on users.
- Focus on user autonomy and informed decision-making.

Thank You For Your Attention



CITATIONS

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