

EZDAY: ADHD Time Management and Productivity through Digital Therapeutics



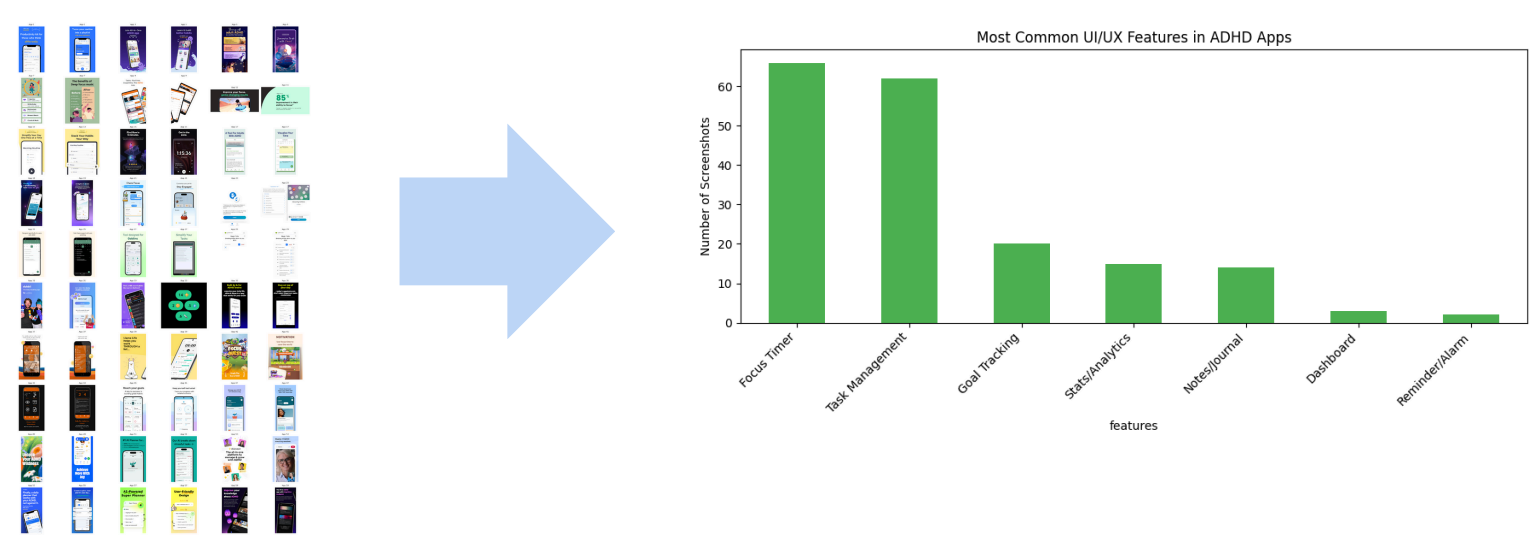
Alif Azizi Bin Mohd Nizam and Nur Lydia Natasha Binti Mohamad Issyam
Supervisor: Kim Hyung Sook
School of Data Science, Hanyang University

Research motivation

ADHD (Attention-Deficit/ Hyperactivity Disorder) is a neurodevelopmental disorder that causes difficulties in carrying out daily life activities due to executive function. ADHD often co-occur with other mental health disorders such as anxiety and depression. ADHD symptoms that are left unmanaged can result to poor quality of life.

We proposed EZDAY, a time management and productivity mobile application to help users manage ADHD symptoms

Methods



- Existing “ADHD” based UI/UX design
 - Analyzed 30 apps with “ADHD” keywords on Google Play US location
 - Visualized top UI/UX features in ADHD apps
 - Noticeable top features are focus timer and task management
- Apply psychological theories in UI/UX
 - Gestalt principle: proximity and similarity to ease familiarity for users
 - Tiimo app dedicated for neurodivergent:
 - Simple colors and layout
 - Help curb sensory overload for ADHD
- Gamification in healthcare
 - Effective in improving user engagement
 - Implement reward system
- Tools and software
 - Figma: Design MVP
 - FlutterFlow: Front-end development
 - Firebase: Data management and storage

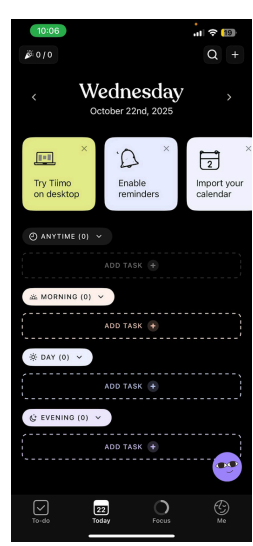
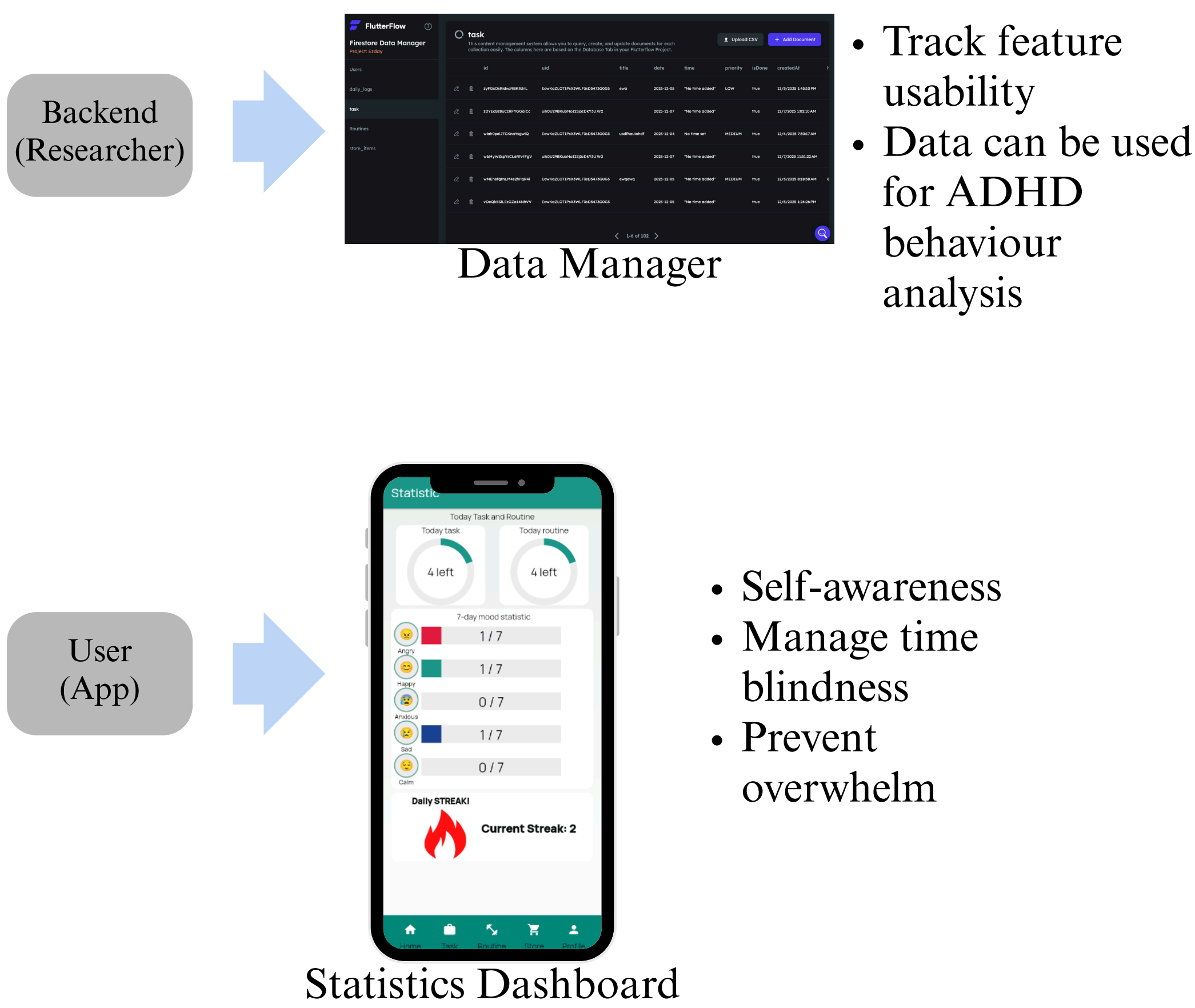


Table 1	Table 2	Table 3
Table 1: Summary of app features and user feedback.	Table 2: Comparison of app features with existing ADHD apps.	Table 3: User feedback and ratings for the app.
Feature	Feature	Rating
Task Manager	Task Manager	4.5
Focus Timer	Focus Timer	4.2
Pomodoro	Pomodoro	4.0
Mindfulness	Mindfulness	3.8
Habit Tracker	Habit Tracker	3.5
Productivity	Productivity	3.2

Data Collection



Future Work

We plan to increase the data collection by collecting more users to use the EZDAY app which can help us analyze and better understand ADHD patterns and behaviours. The user collection is still ongoing.

We also plan improving the app engagement by setting time-based notifications for users.

EZDAY Framework

