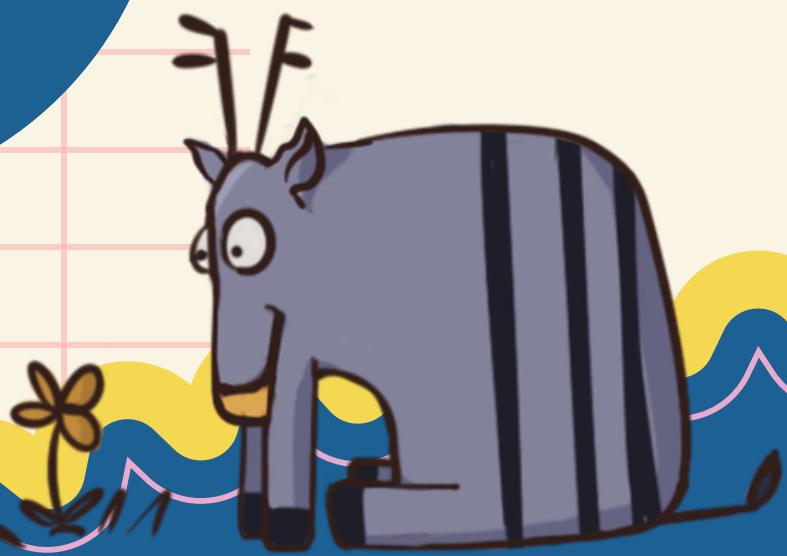
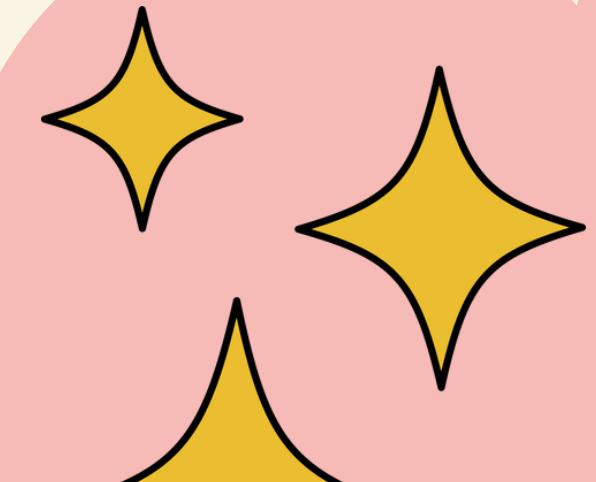
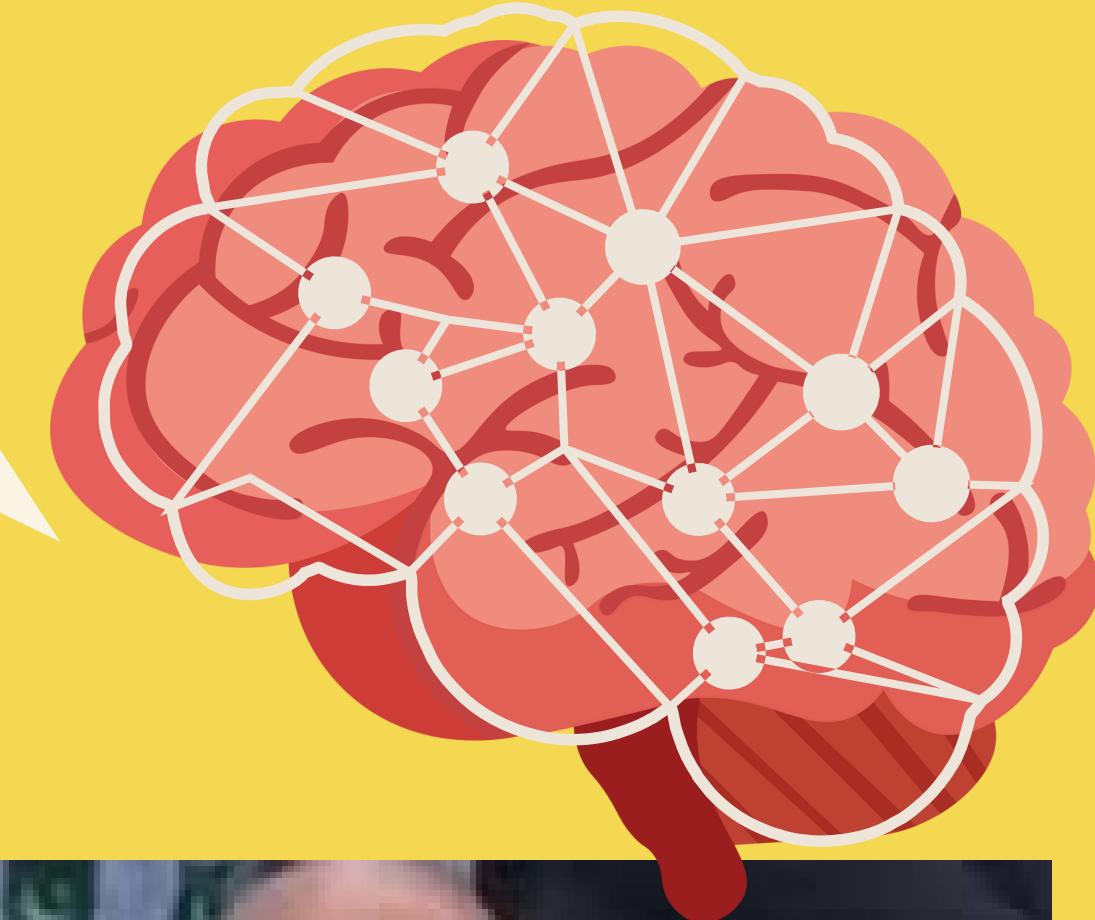


# ADHDEER

Created by Lucia, Anica, Vincent



# NEURODIVERGENT ADHD

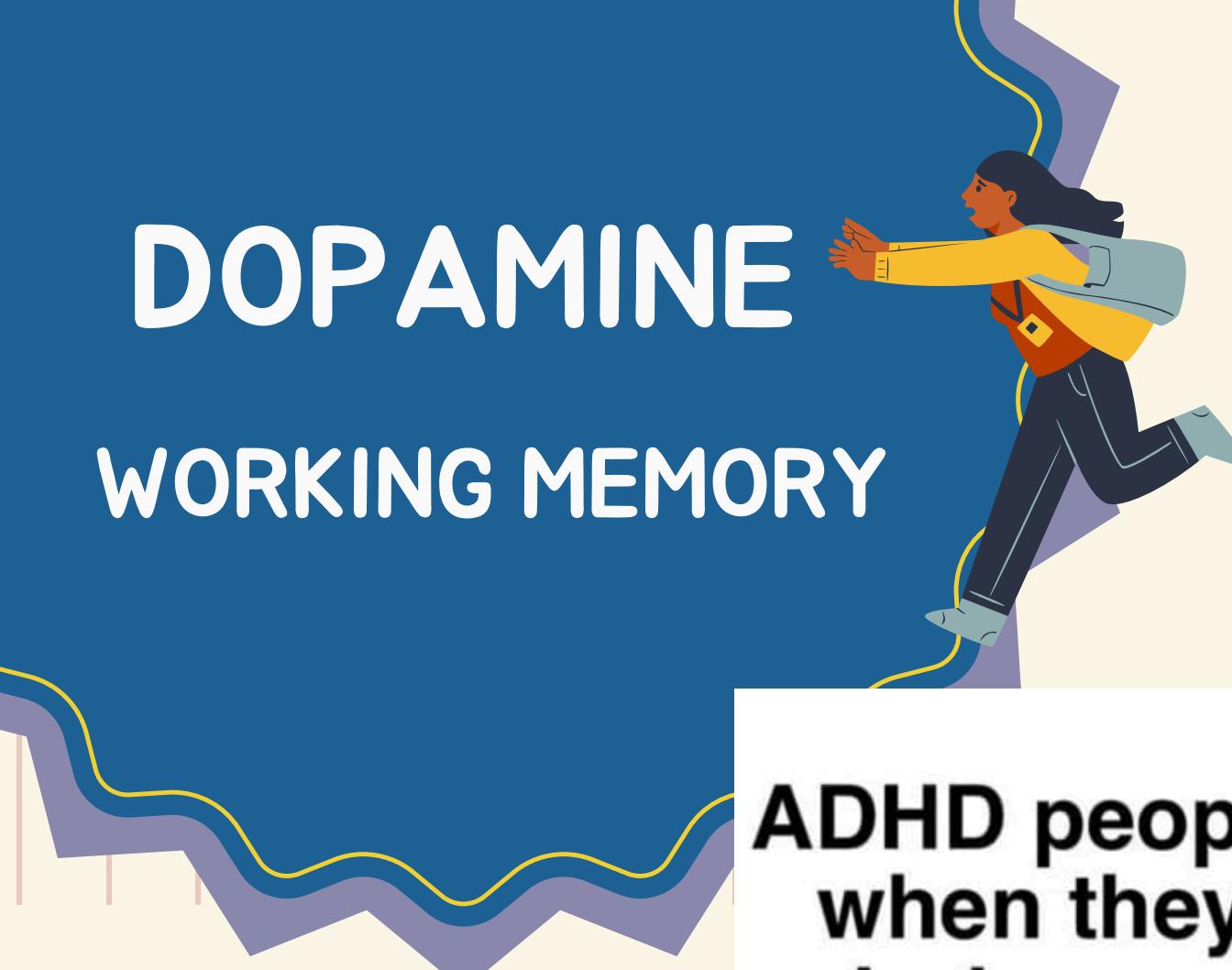


A screenshot of a Twitter post. The profile picture is a man with short brown hair and a beard, wearing a dark shirt. The username is **ADHD Jesse** with a blue checkmark, and the handle is @adhdjesse. The tweet text is: "Getting diagnosed with ADHD is like finding out someone has been sabotaging all your best efforts and that someone is you." Below the text is the timestamp "5:45 AM · 23 Nov 22 · Twitter for iPhone".



# DOPAMINE

## WORKING MEMORY



**ADHD people  
when they  
start a new  
hobby/project**



@adhd\_memetherapy

**ADHD people  
when the  
novelty  
wears off**



**How time feels for an ADHDer  
when they have to do anything  
that is remotely uninteresting:**



# MASKING



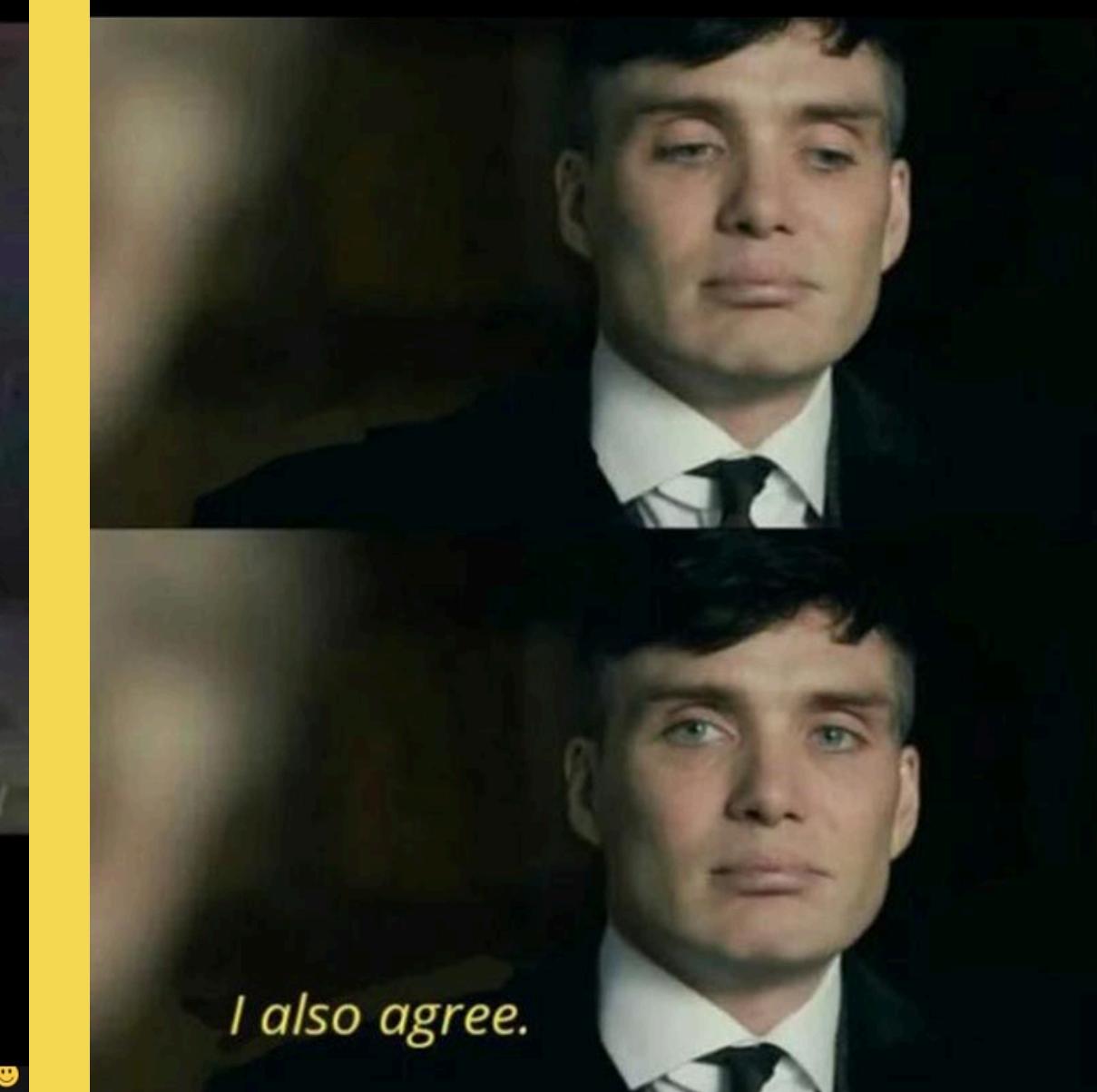
WHEN MY BRAIN GOES  
ON A LITTLE ADVENTURE



INSTEAD OF ATTENDING THE  
CONVERSATION I'M HAVING.

ifunny.co

When you space out in the  
meeting and your boss asks  
you a question.



I also agree.

# EMPATHIZE



- 66.6% of team with ADHD
- Issues, goals, needs known
- ADHD often misunderstood
- ADHD often not diagnosed
- Brain-structure altered

Dealing with symptoms  
& misperception of yourself

SOURCE:

[https://adhdwomen.quora.com/https-www-quora-com-lm-15-and-i-had-ADHD-My-mom-said-she-is-tired-of-me-and-everything-and-i-want-to-run-away-Can-I-ru?ch=10&oid=89486460&share=96294023&target\\_type=post](https://adhdwomen.quora.com/https-www-quora-com-lm-15-and-i-had-ADHD-My-mom-said-she-is-tired-of-me-and-everything-and-i-want-to-run-away-Can-I-ru?ch=10&oid=89486460&share=96294023&target_type=post)

# RESEARCH

- 
- 1 NETNOGRAPHY
  - 2 EXPERT OPINION
  - 3 SCIENTIFIC PAPERS
  - 4 OTHER APPS

## The Younger Generation



Madeleine Moreland

Former Ape Cave Employee, DYNW at Mt. Saint Helens (2017–2018) · 4y

**Does ADHD also affect your conversations? Do you not come up with a response quick enough before they move on?**



Laurie English

Born with ADHD, have severe depression and a few others. · Nov 21

I'm 15 and I had ADHD. My mom said she is tired of me and everything and I want to run away. Can I run away? I'm going to go to jail. Will anyone side with me?

# RESEARCH RESULTS

ADHD in children and  
juveniles

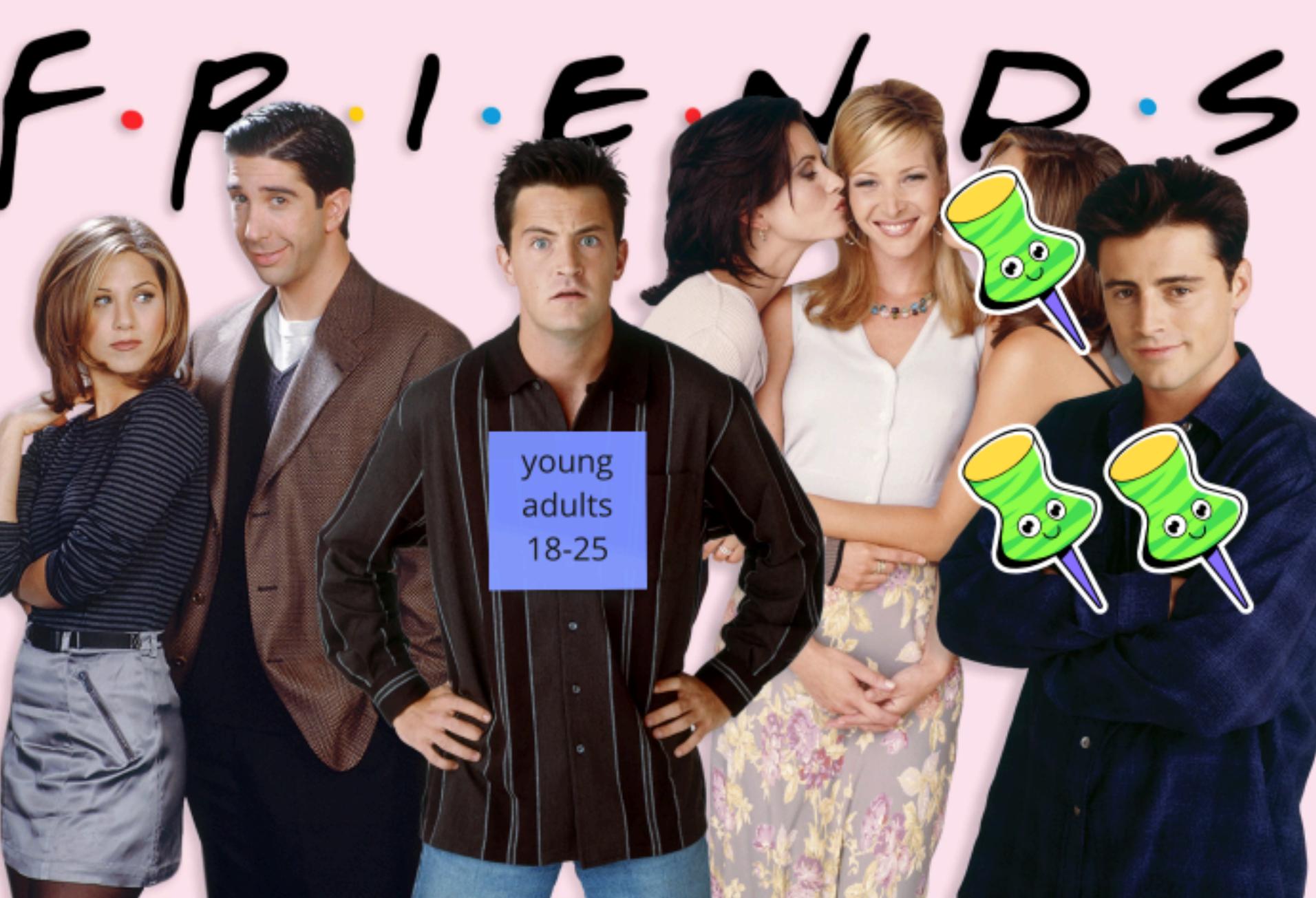
WINNER

ADHD in young adults

VS

# IDEATION

Mental health app for adolescents with ADHD

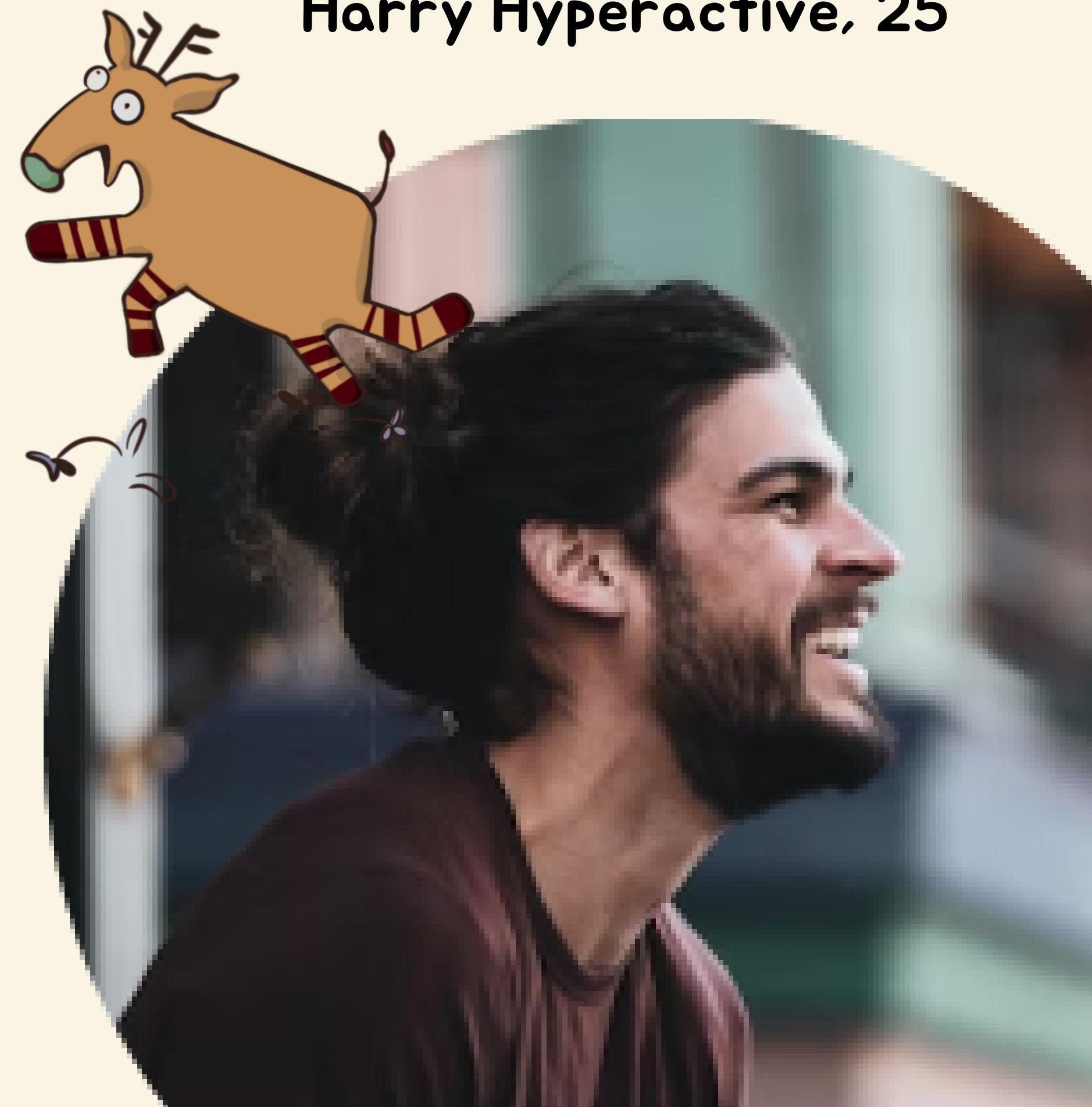




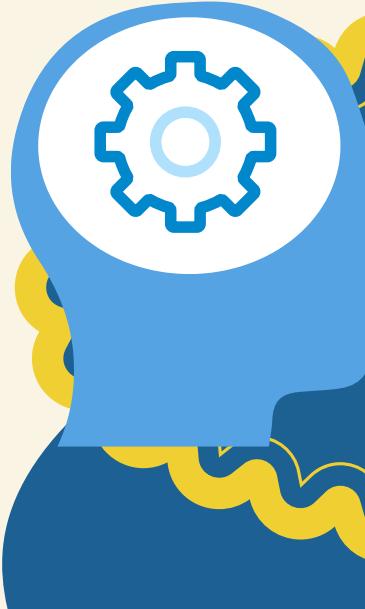
Ida Inattentive, 21

USER GROUP

Harry Hyperactive, 25



# CORE NEEDS



## Awareness

- ADHD assessment
- Spread knowledge, educate
  - Problems with concentration
- Therapy & medication suggestion



## Mental health

- Help if overwhelmed
- Low self-esteem
- Communication of feelings
  - Track & handle emotions
- Selfreflection

# LEGAL ASPECTS



## Caution when designing mental health oriented apps

- Delicate topics
  - Designers not entitled without medical support
-  ORCHA Approved (Healthcare Apps Review Organisation)
- Always recommend professional help



Deer friend, consider that this app aims on people with ADHD and their self-regulation.

Please, as we would like to help with everything, this app is not medical treatment. If you need help, consider professional support.

Understood



# WIREFRAMES



Calendar

December

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
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

13.12.

Interaction | Homework | Reminder

Laundry | 8

Work | 0

To do

Today

Washing up 2:28

Interaction Homework 2h

Urgent

mm mm

I ~~~

Important

mm mm

Info



Goals

Goal of the week

drink more Water

1 Day - 2 Day

Why?

~~~~~

Tracking emotions

I feel...

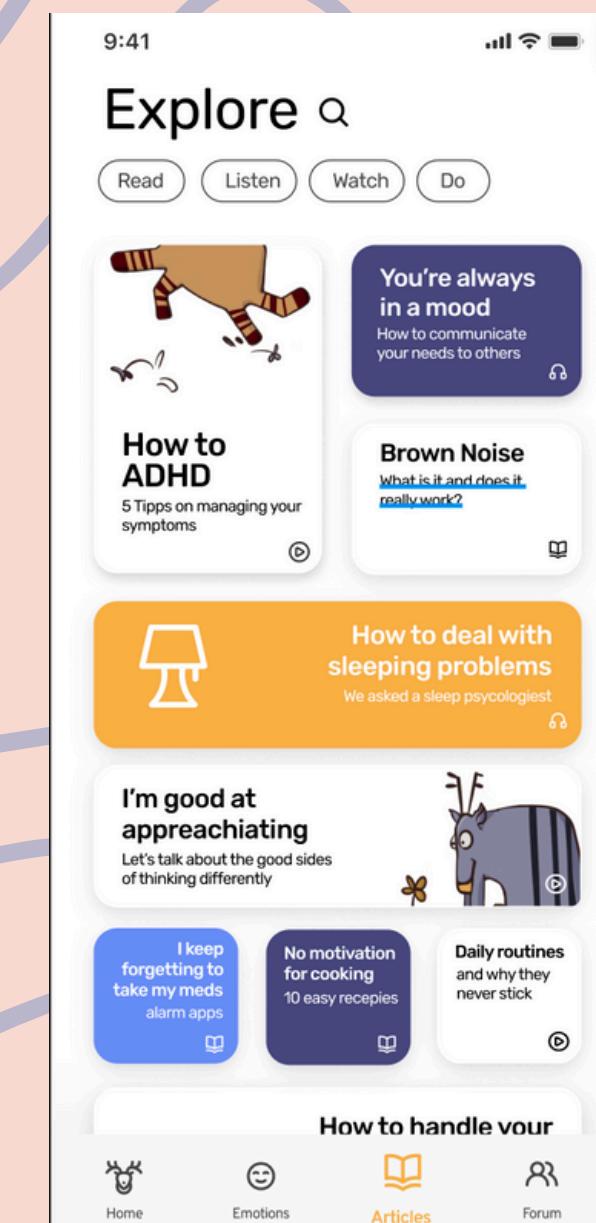
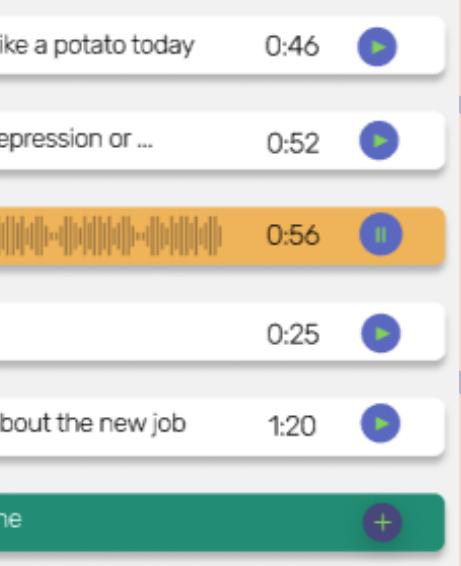
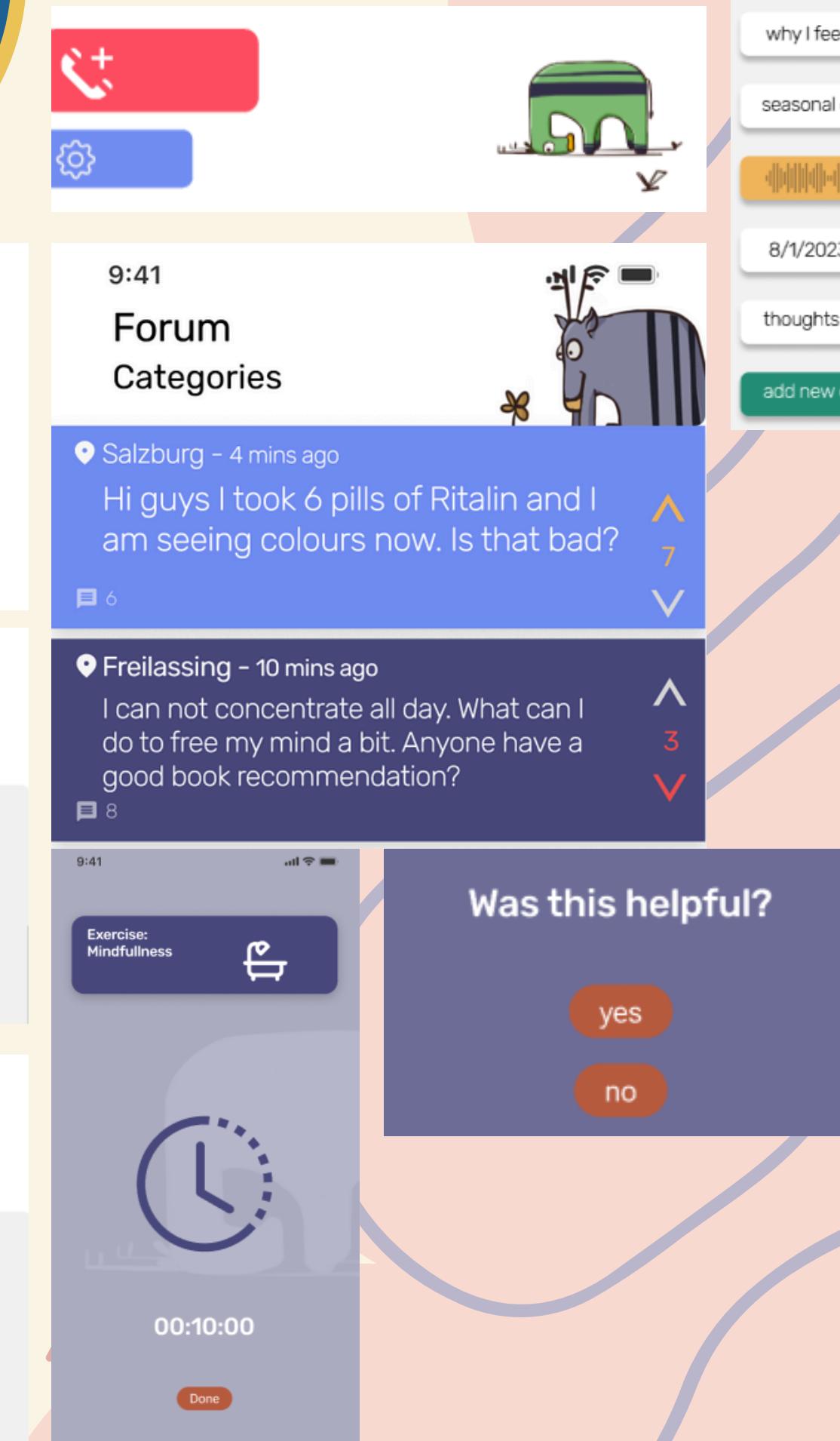
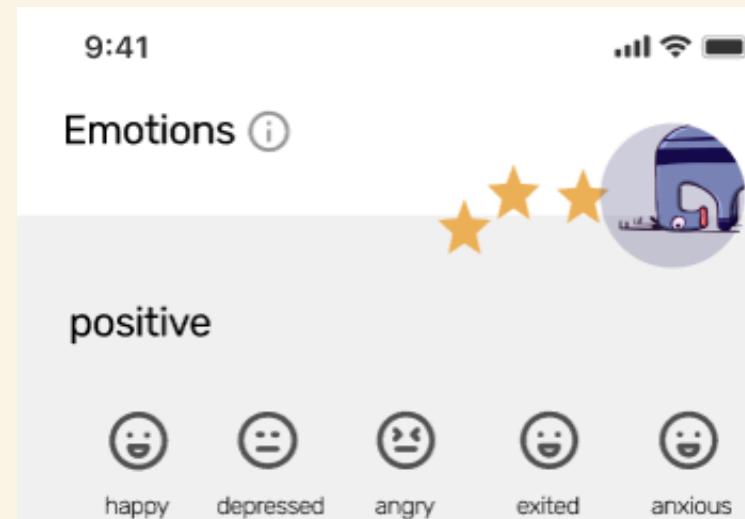
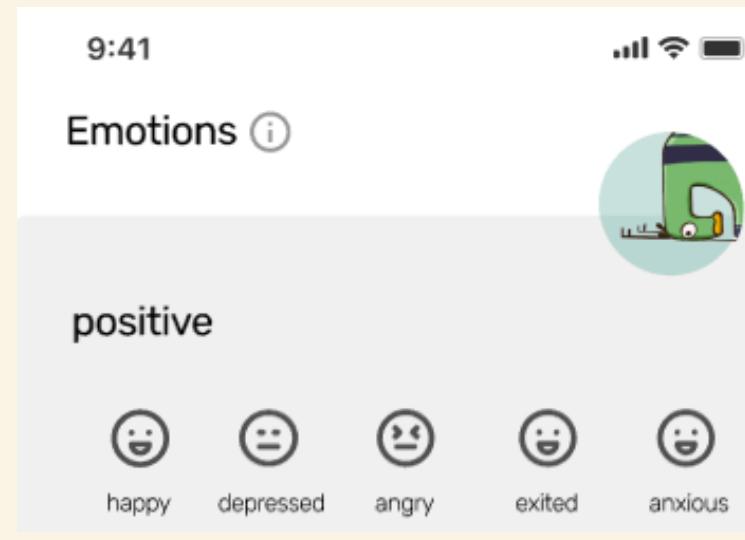
~~~~~

I ... right now

Why?

I

# DEER DIARY...









# CHALLENGES



# EVALUATION

- AI - machine learning
  - feedback if the exercise or activity actually helped
- for future suggestions

- Make edits possible in the recorded text
  - diary

- Emergency contact
  - add friend or family so the trusted person to support in need

- Missing a progress bar

# THANK YOU FOR LISTENING



[Can we hug a wild deer? - Quora](#)

Besuchen

WE DID A GREAT JOB, YES