

Conceptual Design: Mental Health

By Aarya Patil



Chosen Context

The context I have chosen is the well being of mental health in everyones lives. Mental health includes our emotional, psychological, and social well-being("What Is Mental Health? | MentalHealth.gov," 2022). It has an effect on how we think, feel, and act. "It helps us to determine how we handle situations under stress, relate to others, make important decisions" ("What Is Mental Health? | MentalHealth.gov," 2022). Mental health is important in every stage of life and it is important to not overlook if its not well. ("What Is Mental Health? | MentalHealth.gov," 2022)

Signs of a bad Mental Health



- Sleeping or eating excessively.
- Not interested in regular activities and maintaining a distance from everyone.
- Having lower energy than usual.
- Getting a feeling that nothing matters anymore .
- Having aches without knowing the reason
- Feeling helpless or hopeless.
- Getting addicted to smoking and drinking or any other drugs.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Fighting with family and close friends
- Having severe changes in mood.
- Can't get disturbing thoughts out of head
- Thinking of causing harm to yourself

("What Is Mental Health? MentalHealth.gov," 2022)

Discovery Survey

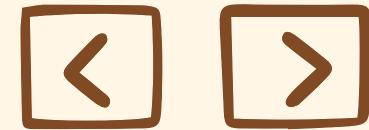


A survey was created to know more about the problems faced by people regarding mental health.

The form was circulated on social media such as Instagram, WhatsApp, Facebook and was taken by people from various age groups.

A total of 44 responses were recorded.

Discovery Survey

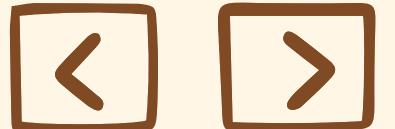


The survey contained the following questions

- What is your age?
- What is your gender?
- When was the last time you got your mental health checked?
- How much time do you spend on social media in a day? (in hours)
- Has your daily life been affected due to your physical health?
- Has there been any change in your diet habits recently?
- How often do you feel sad or depressed in a week?
- Would you get help from a psychiatrist for your mental health?
- What is the one difficulty you think you might face while consulting a psychiatrist?
- How would you compare your mental health after the covid -19 pandemic?
- How many meals do you have in a day?
- When was the last time you were really happy?
- Have you ever used any applications to keep a check on your health?
- Have you ever been bullied online or in real life?



Interviews



A lot of insightful data was collected from the survey which helped to frame questions for the interviews. People from different work ethics were interviewed. Two university students, one from university of Sydney and another from uts. Two full time working people were interviewed. One high school student was interviewed. These people were chosen from the insights gained form the discovery survey. After viewing the survey results i felt that the people from these particular details will be the best fit to understand about the general idea.

Interviews

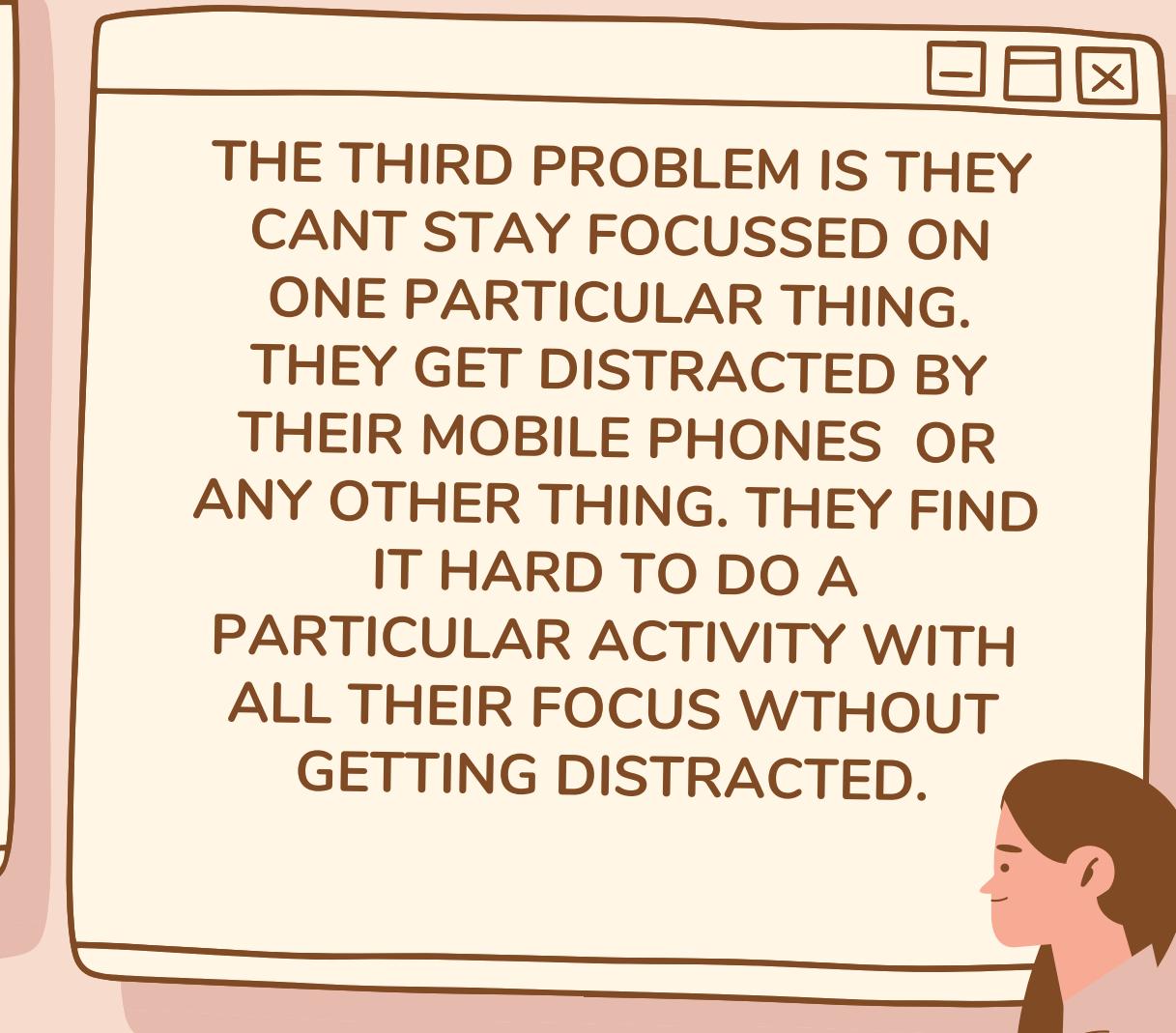
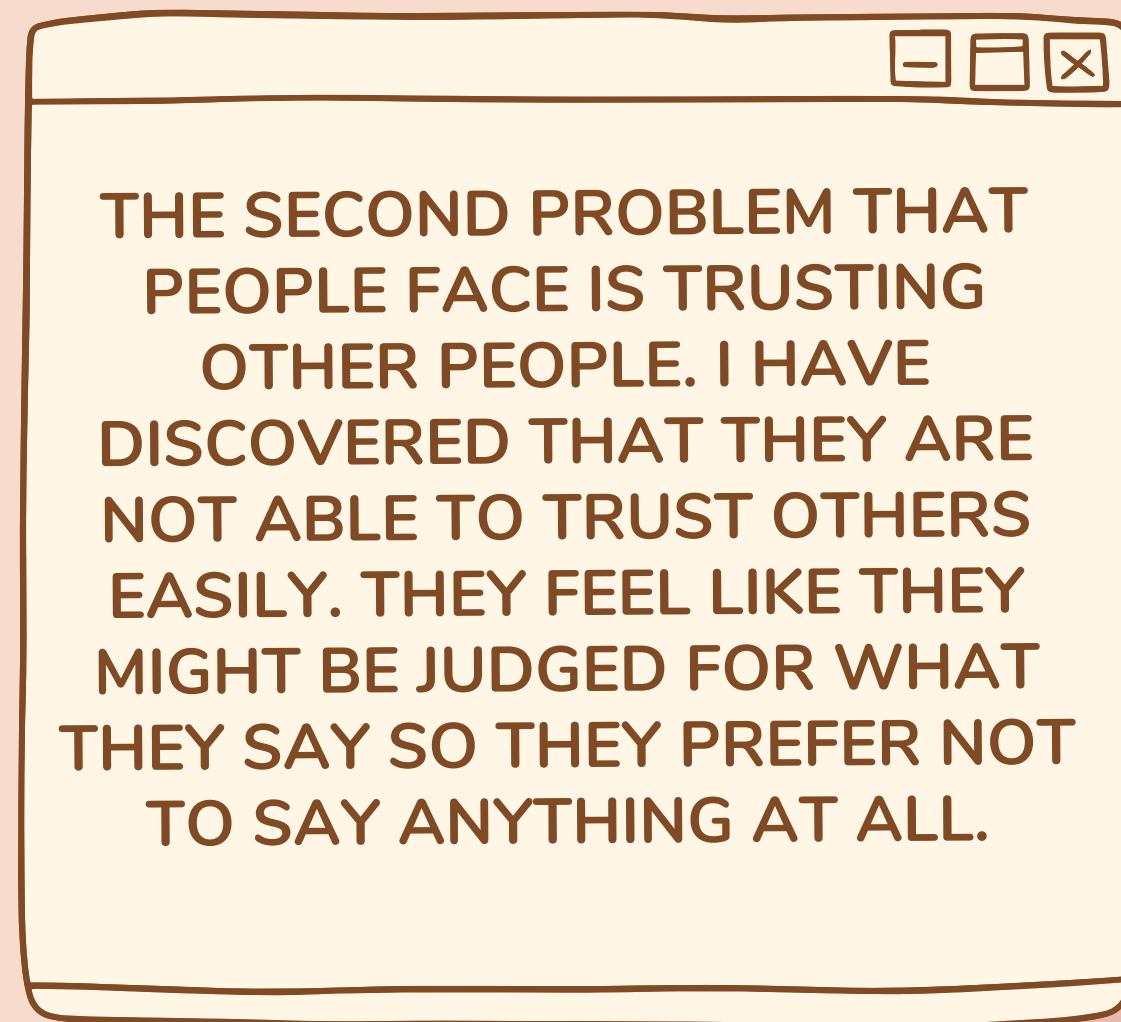
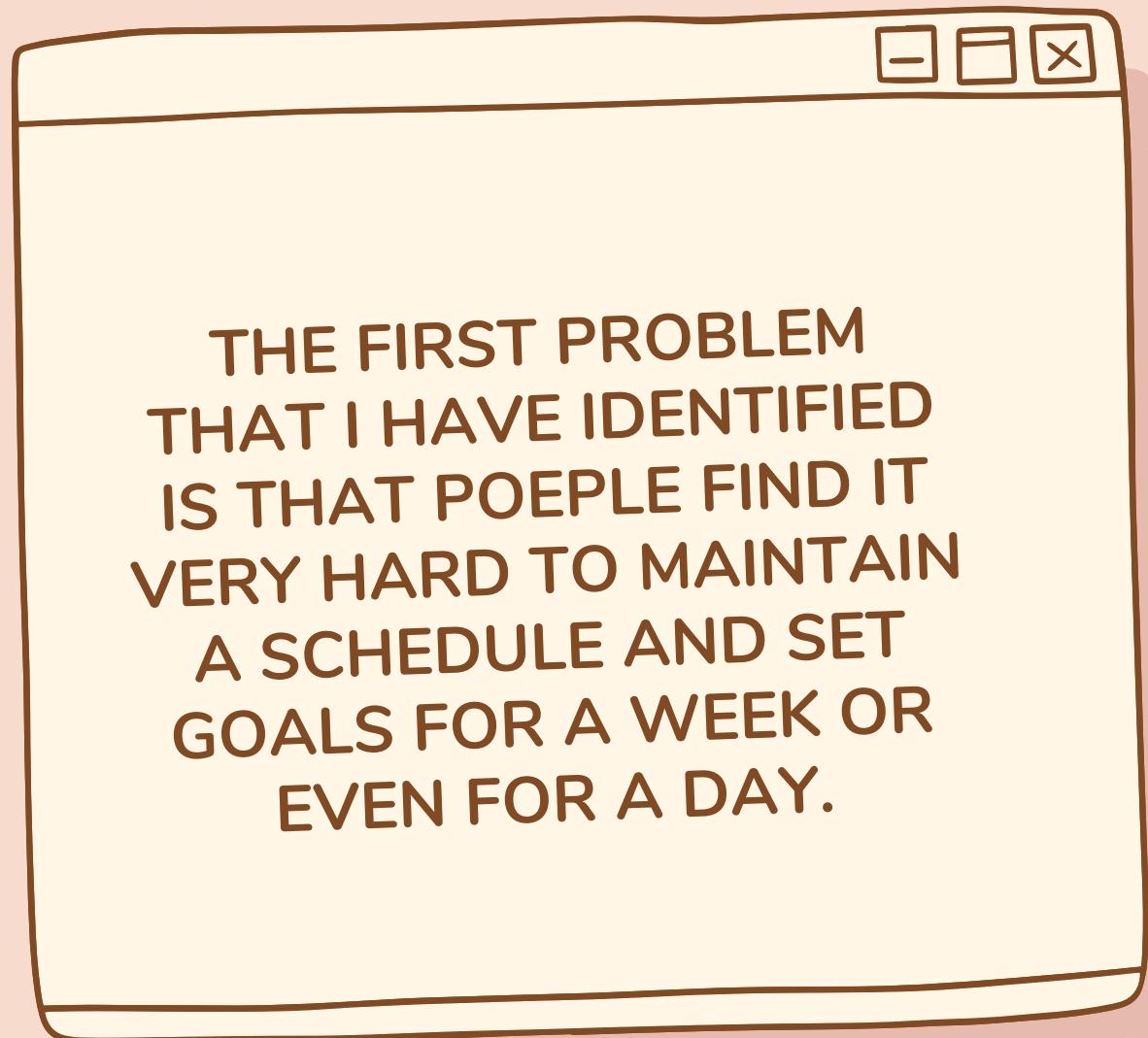


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Some questions that were asked during the interviews were

- What activities do you do to make yourself feel better?
- Do you think that your diet habits are affected due to your work schedule?
- Do you get distracted very often? If yes, what are the things that you get distracted by?
- Do you get very stressed before an important exam/ presentation?
- How comfortable are you in talking about your personal problems to a stranger?
- Have you tried talking to anyone about the problems that you face?
- Will you consider going to a therapist or a professional to seek help? if no, why do you not want to go ?

Research finding and insights



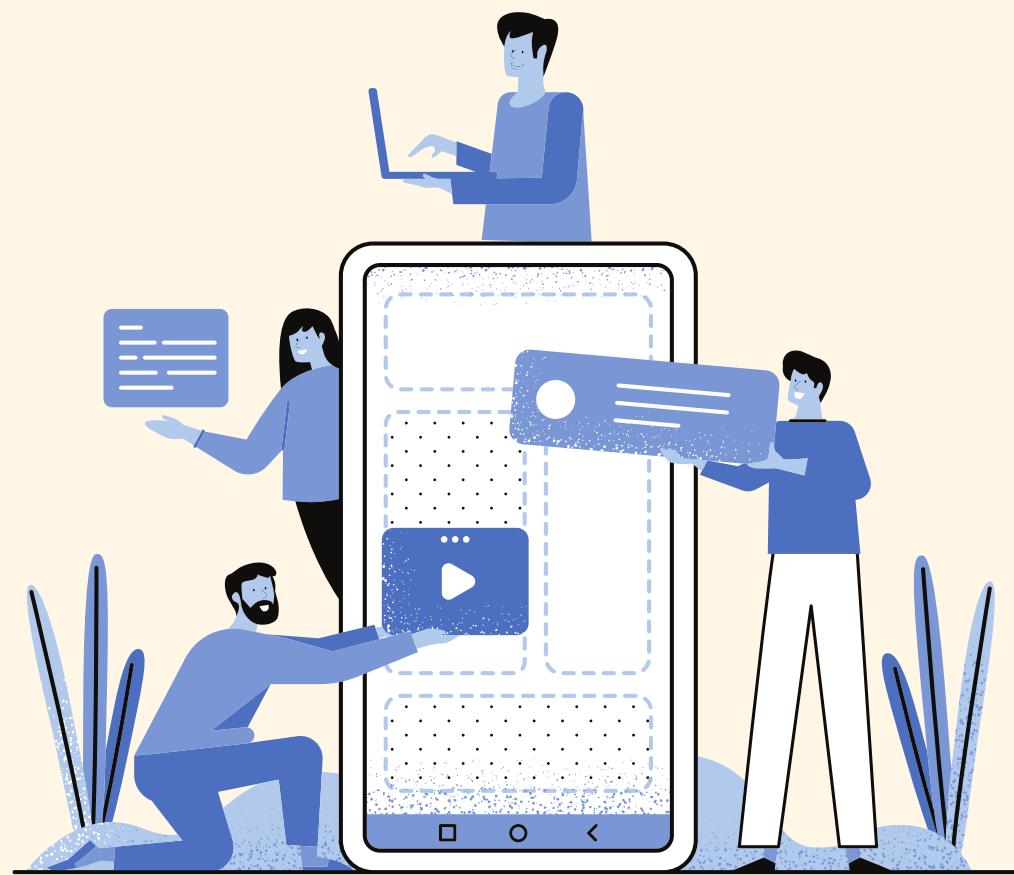
Research findings and insights

THE FOURTH PROBLEM IDENTIFIED IS THAT THE LACK OF PLANNING CAUSES PEOPLE TO PANIC BEFORE IMPORTANT EVENTS.

THE FIFTH PROBLEM THAT I HAVE IDENTIFIED IS THAT IF PEOPLE MISS ONE DEADLINE THEN EVERYTHING AFTER THAT GETS DISTURBED.

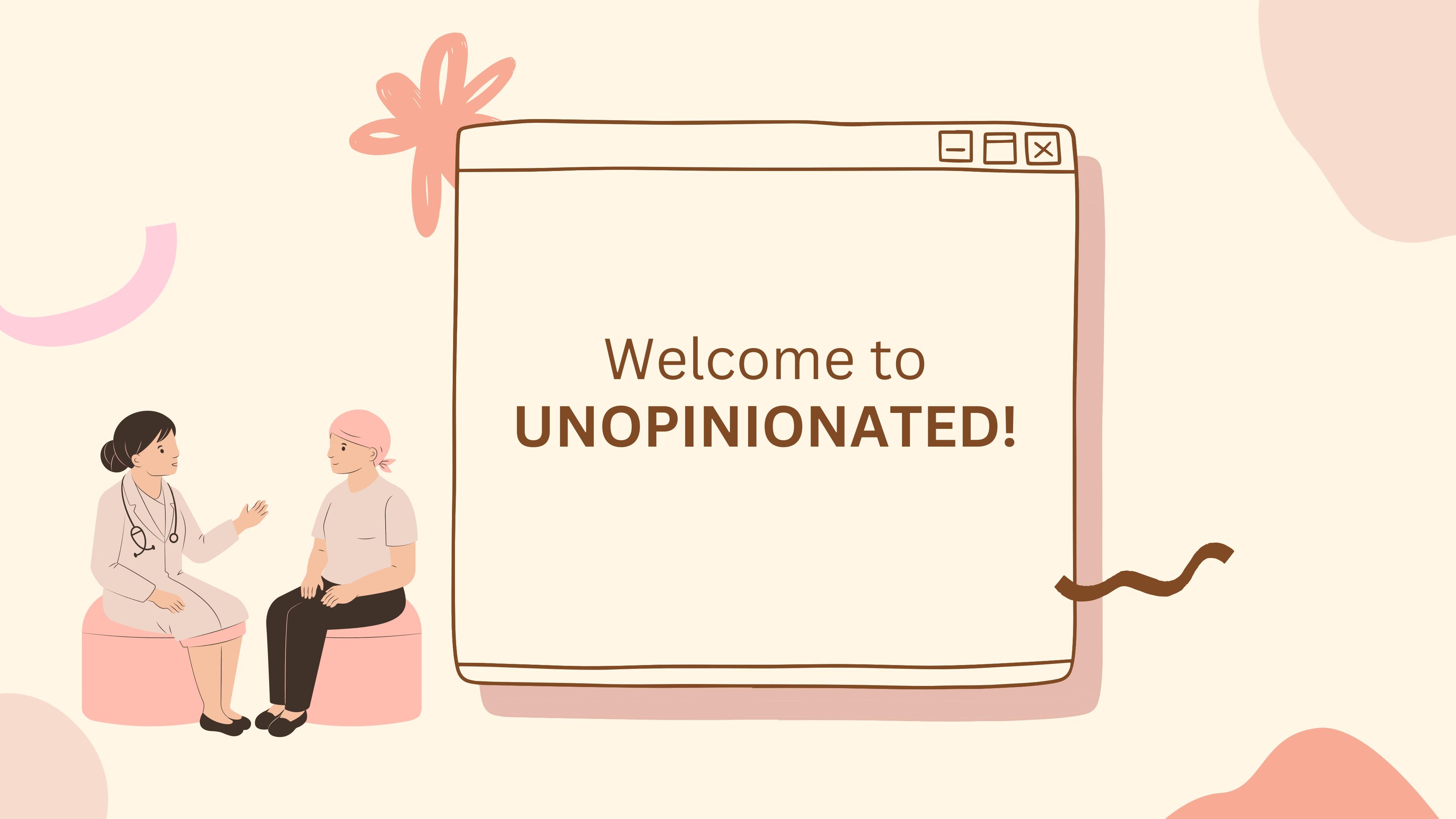
THE SIXTH PROBLEM IDENTIFIED IS THAT PEOPLE ARE VERY SCARED OF OTHERS OPINIONS OF THEM, THEY WANT TO BE PERFECT AND GET INSECURE FAST SO DON'T WANT TO SHARE DETAILS ABOUT THEIR LIFE TO STRANGERS.

DESIGN SOLUTION



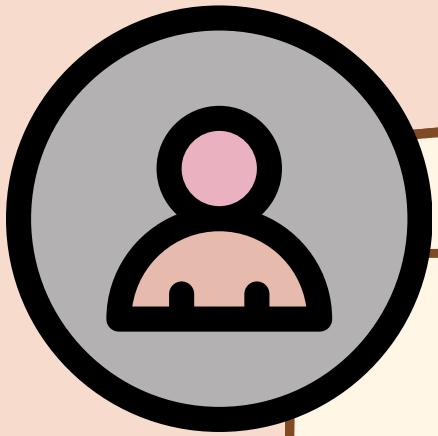
Solution

The solution that I have come up with is an application known as Unopinionated. This application has many features. The first one being the option of journalling and sharing your days experience with people or not sharing it, depending on the users choice the post can be public or private. The second feature is to set goals and keep a track of those gaols on a weekly basis. The third one is to talk to other people (friends) about their day and see if they need to talk to someone. The fourth one is to talk to strangers about any topic of their choice, this is also to encourage people to talk about their feelings as they sometimes may not go to professionals because that is expensive or there is a long waiting list. The next feature is to see a summary of all your goals and other activity so that we are updated on how productive our day was and how to make the next day better.

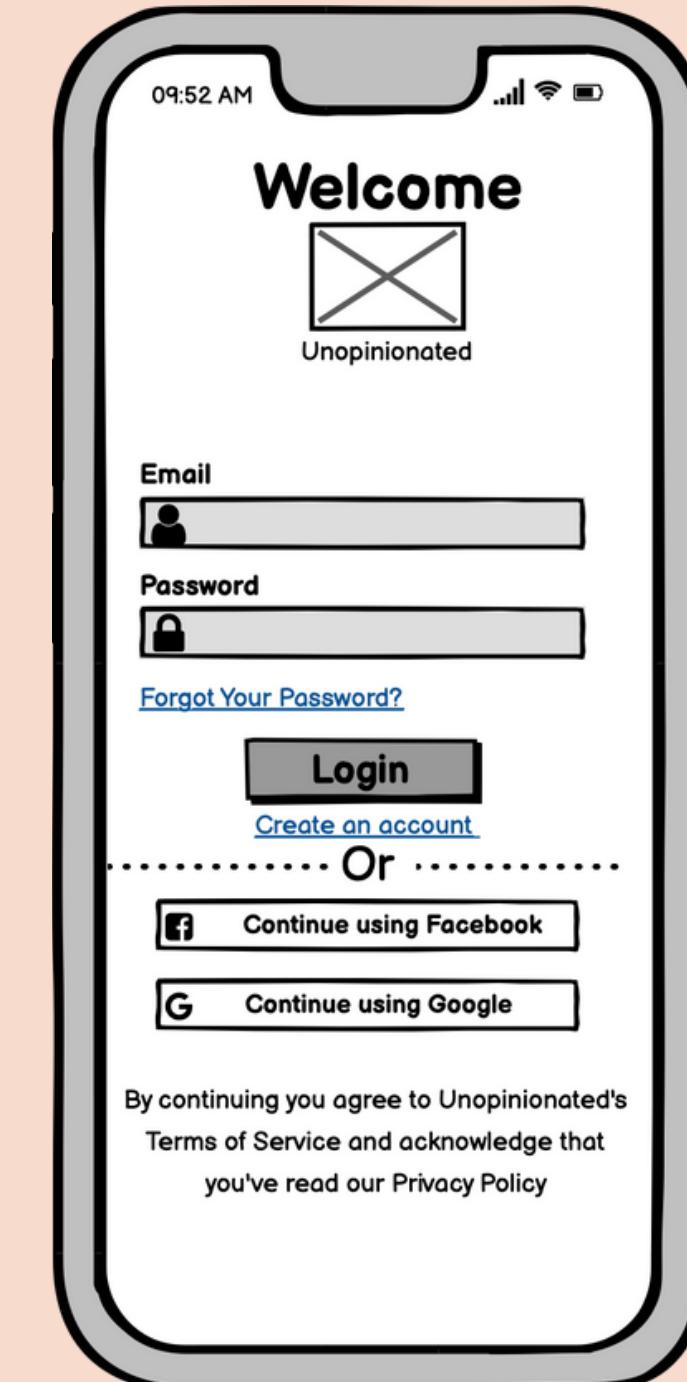


Welcome to
UNOPINIONATED!

The Sign-in Screen



This screen helps users login to the application Unopinionated using their email or using their facebook or google accounts. If any new users want to use this app then they are directed to the create an account screen. If any existent user forgets their password then they can click on the forgot your password link and they will be redirected to a new screen where they can change their password.



Sign-in screen variants

09:52 AM

< Create your account

First Name*

Last Name*

Email*

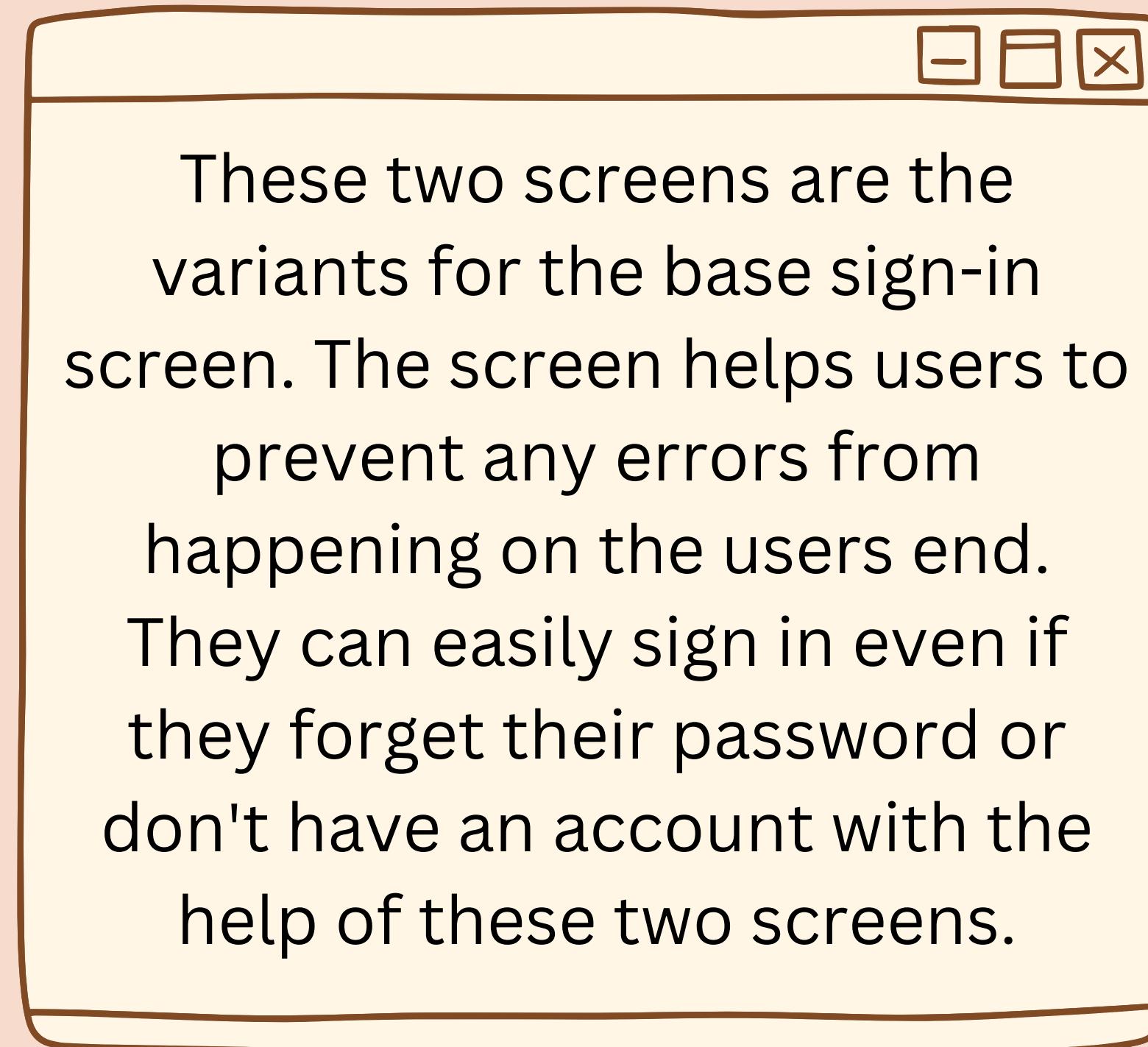
Contact

Password*

Confirm Password*

I agree with the Terms and conditions and the privacy policy

Create



09:52 AM

<

Old Password*

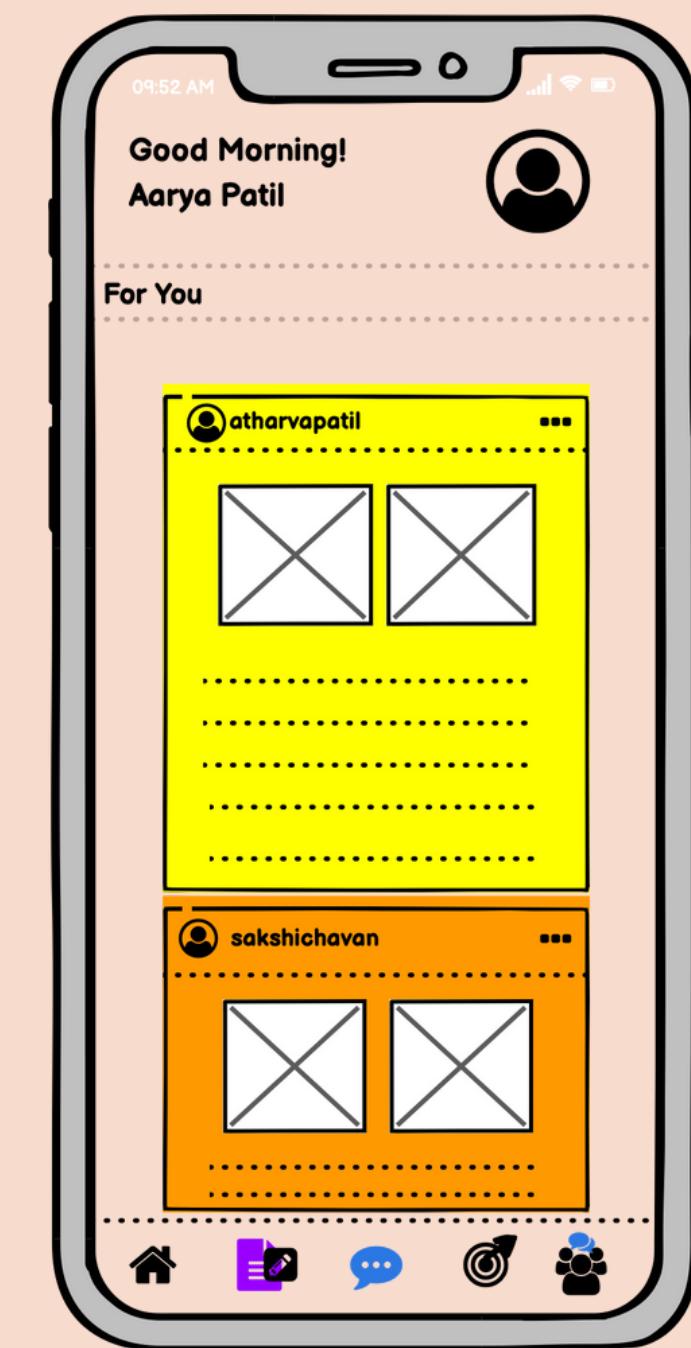
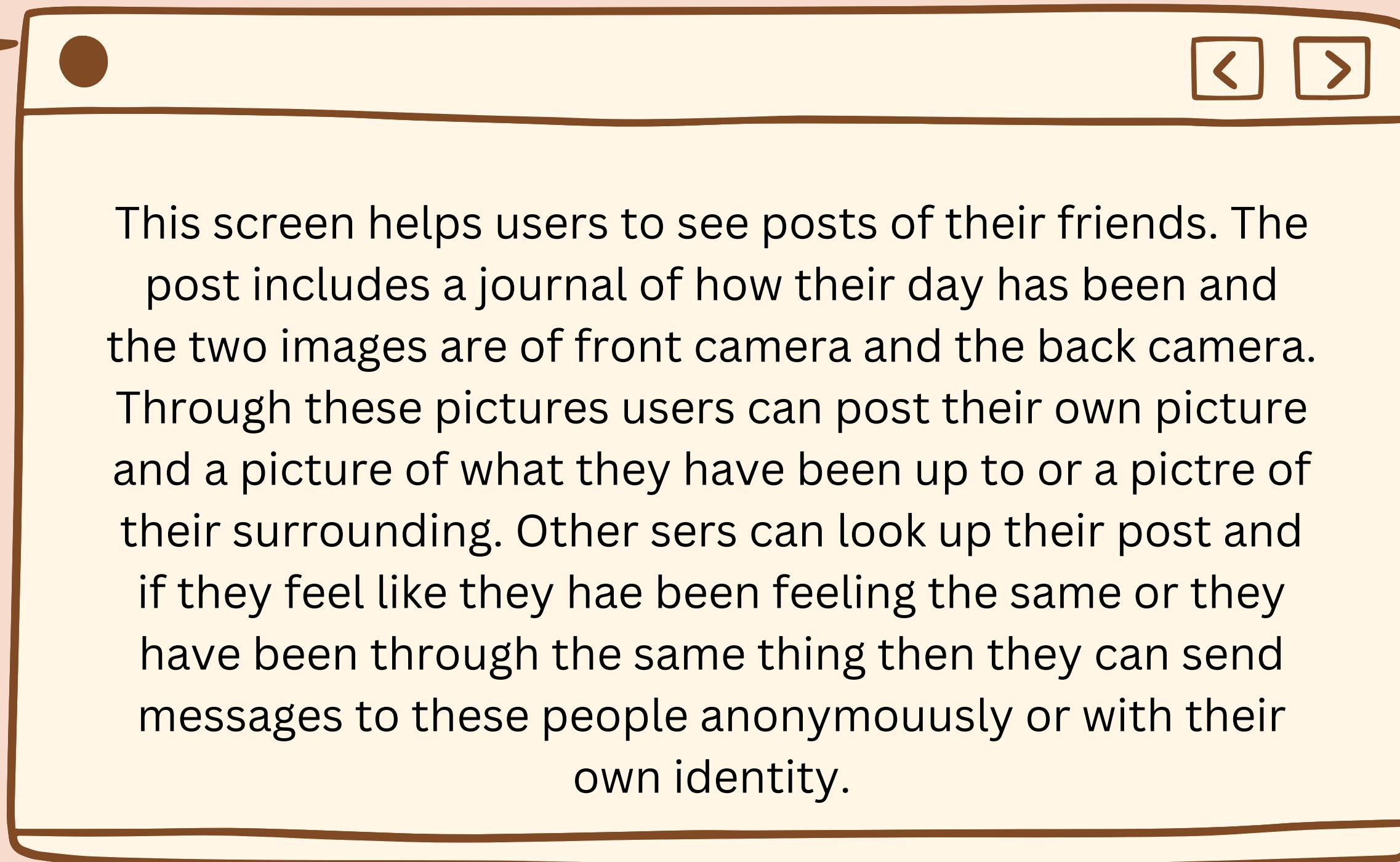
New Password*

Confirm New Password*

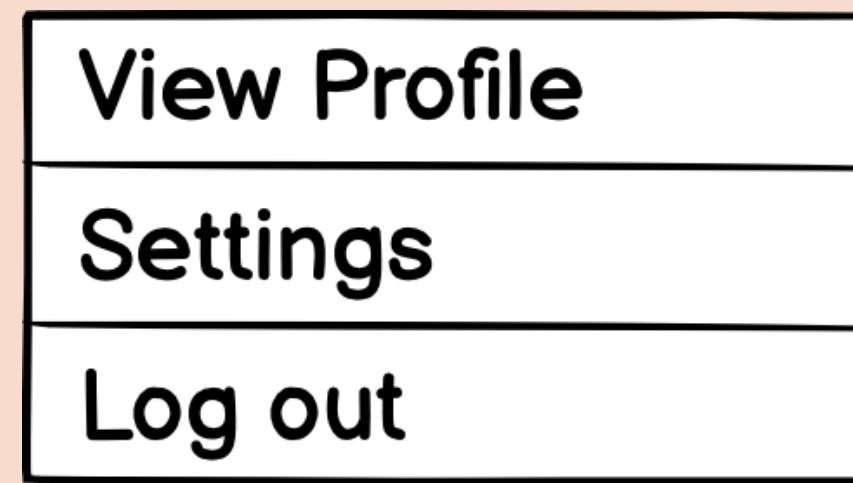
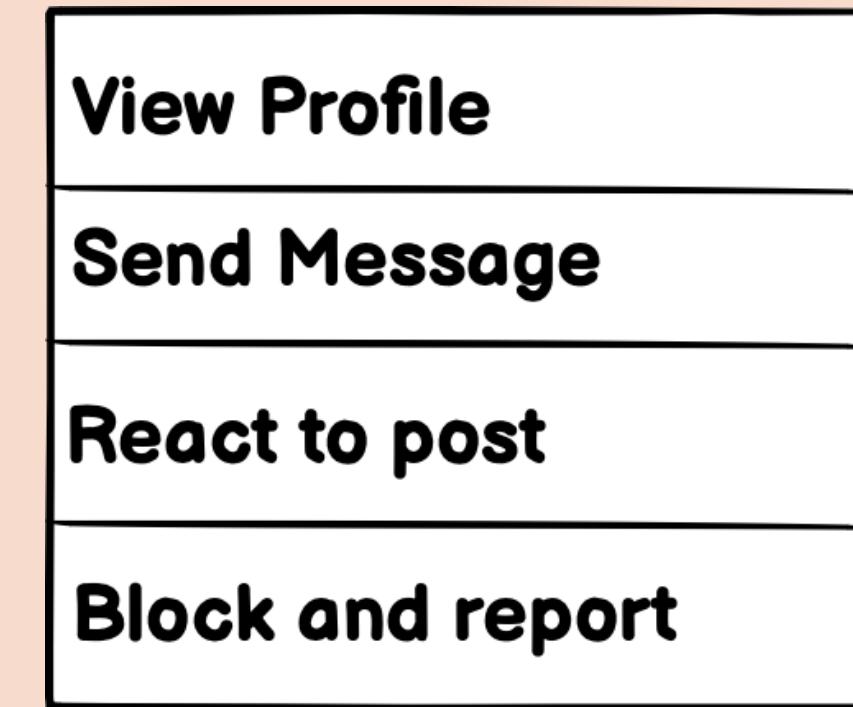
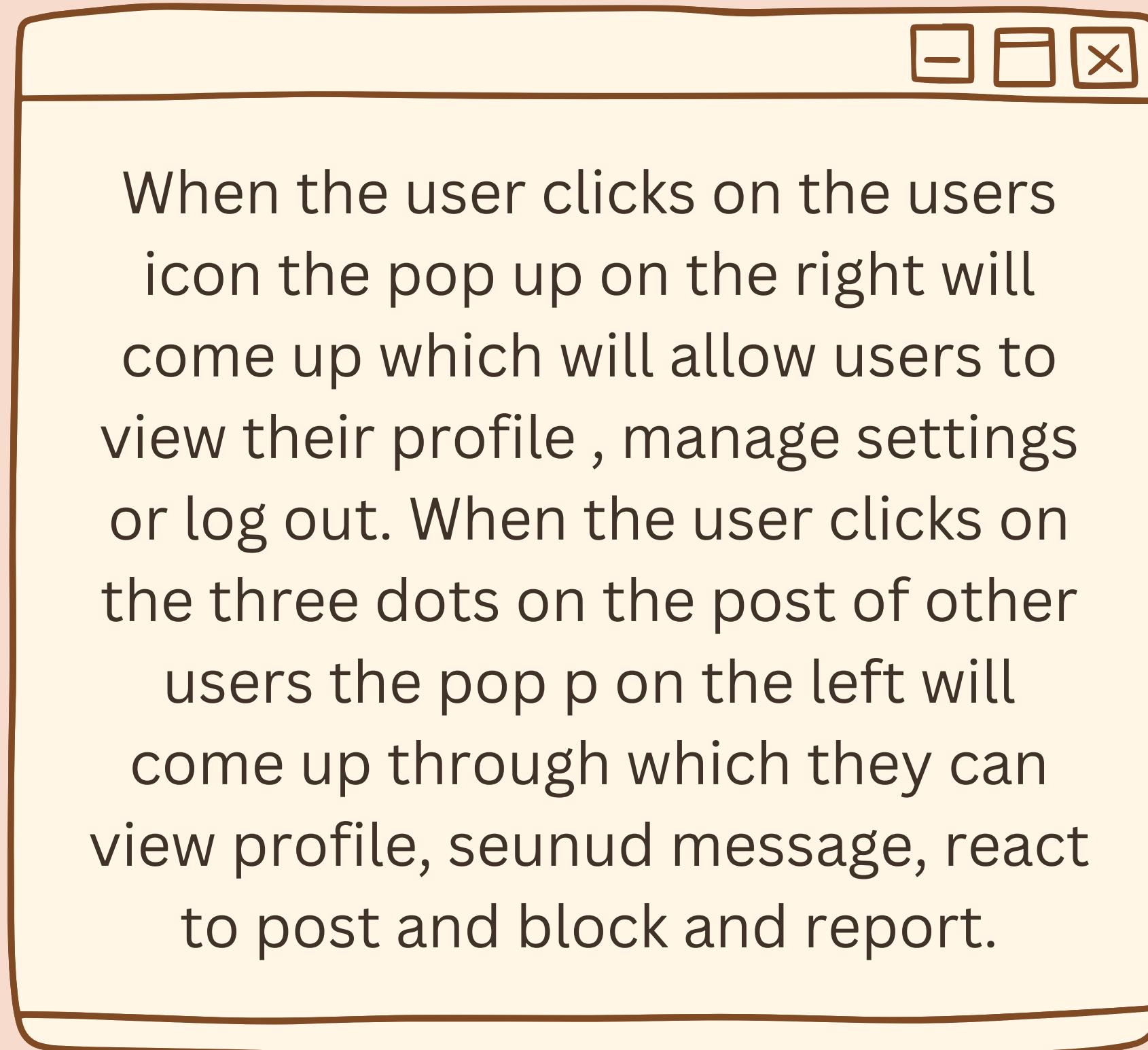
Reset



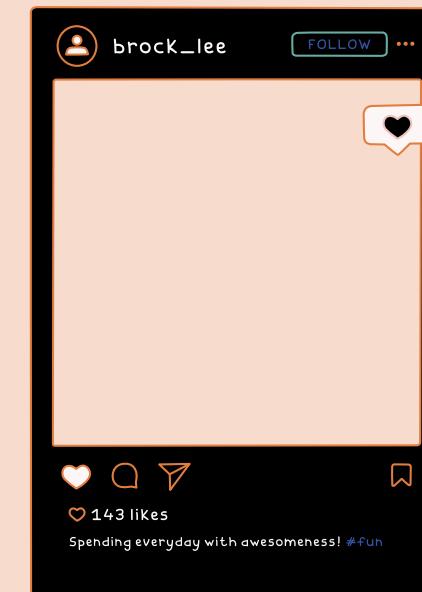
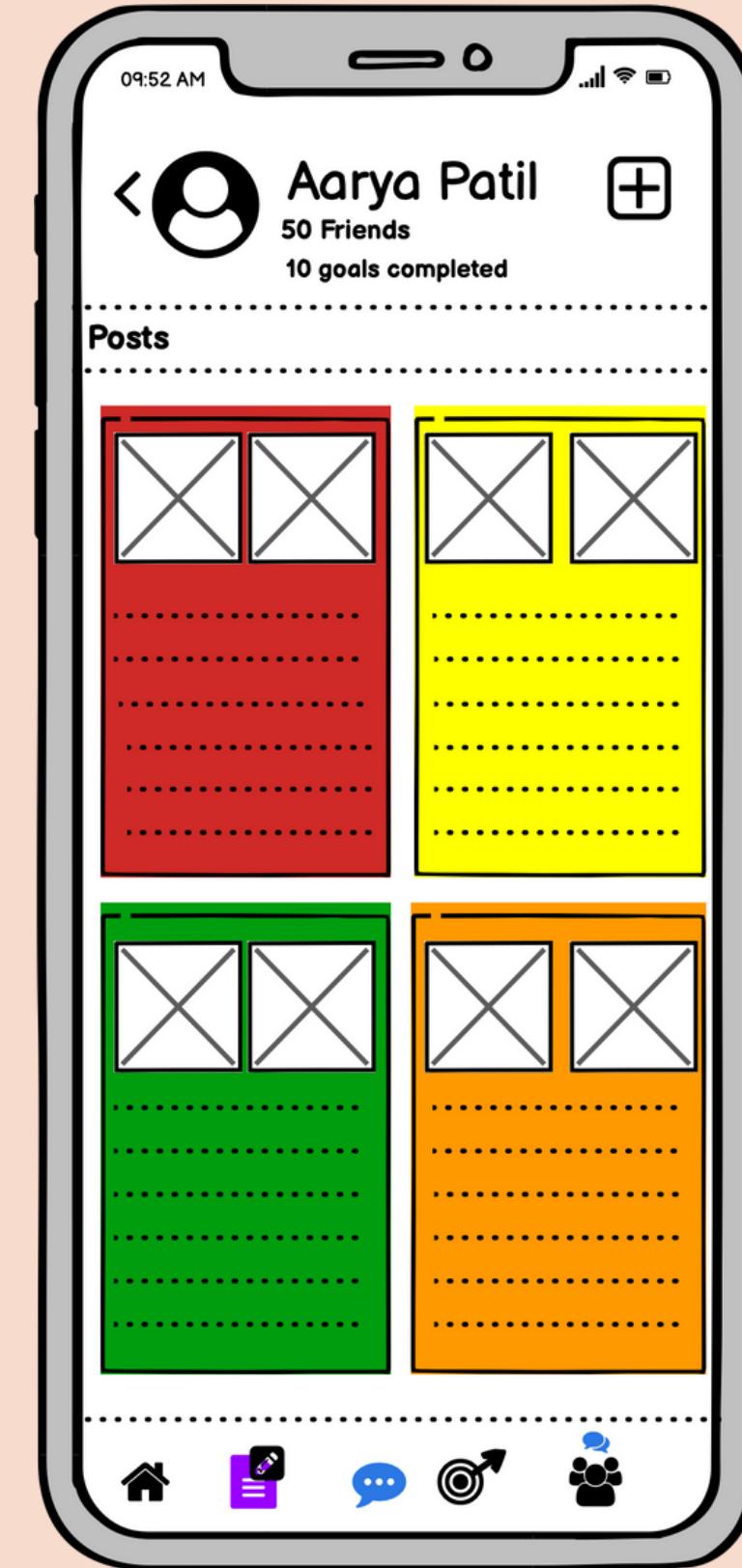
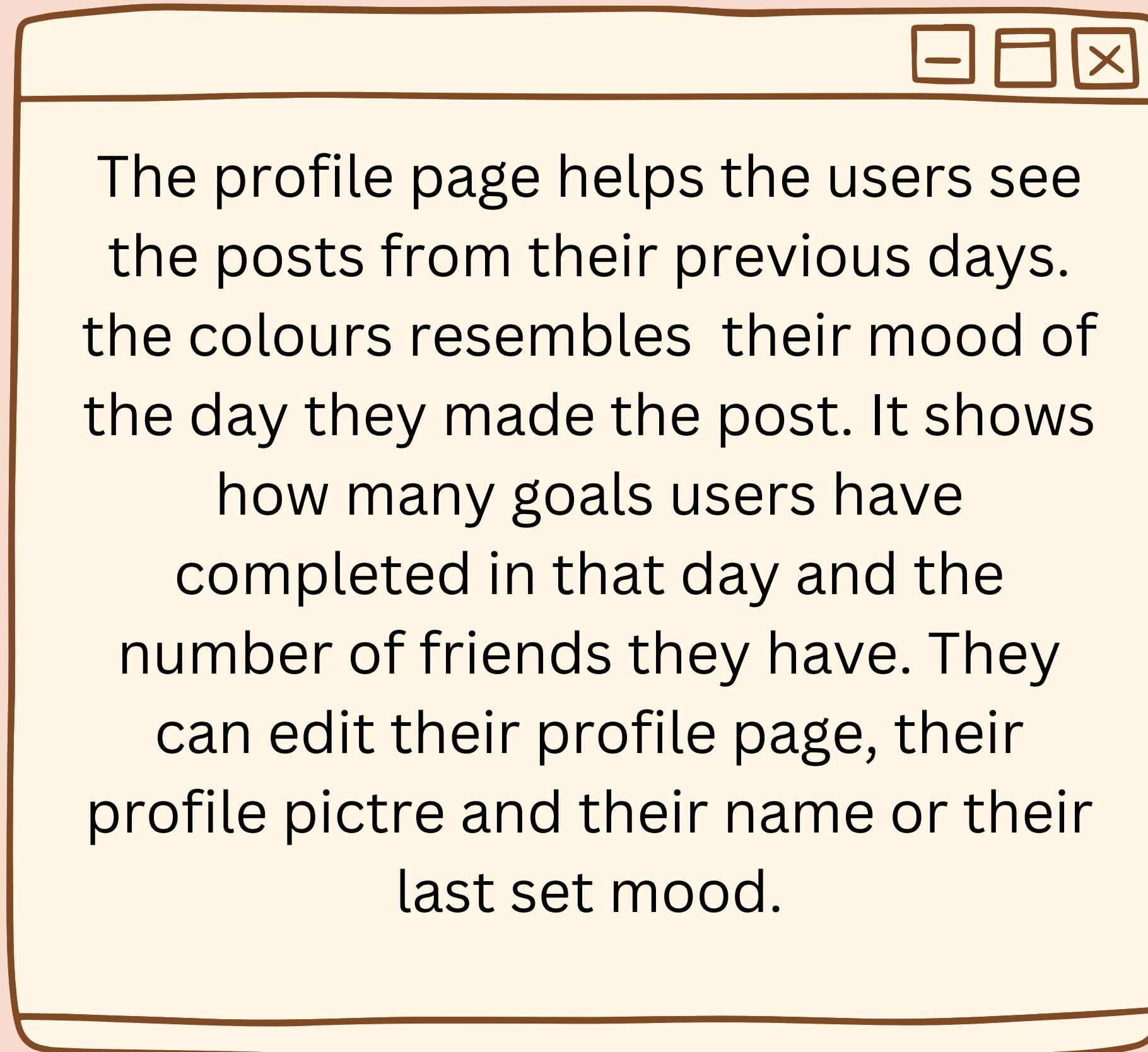
Home Page Screen



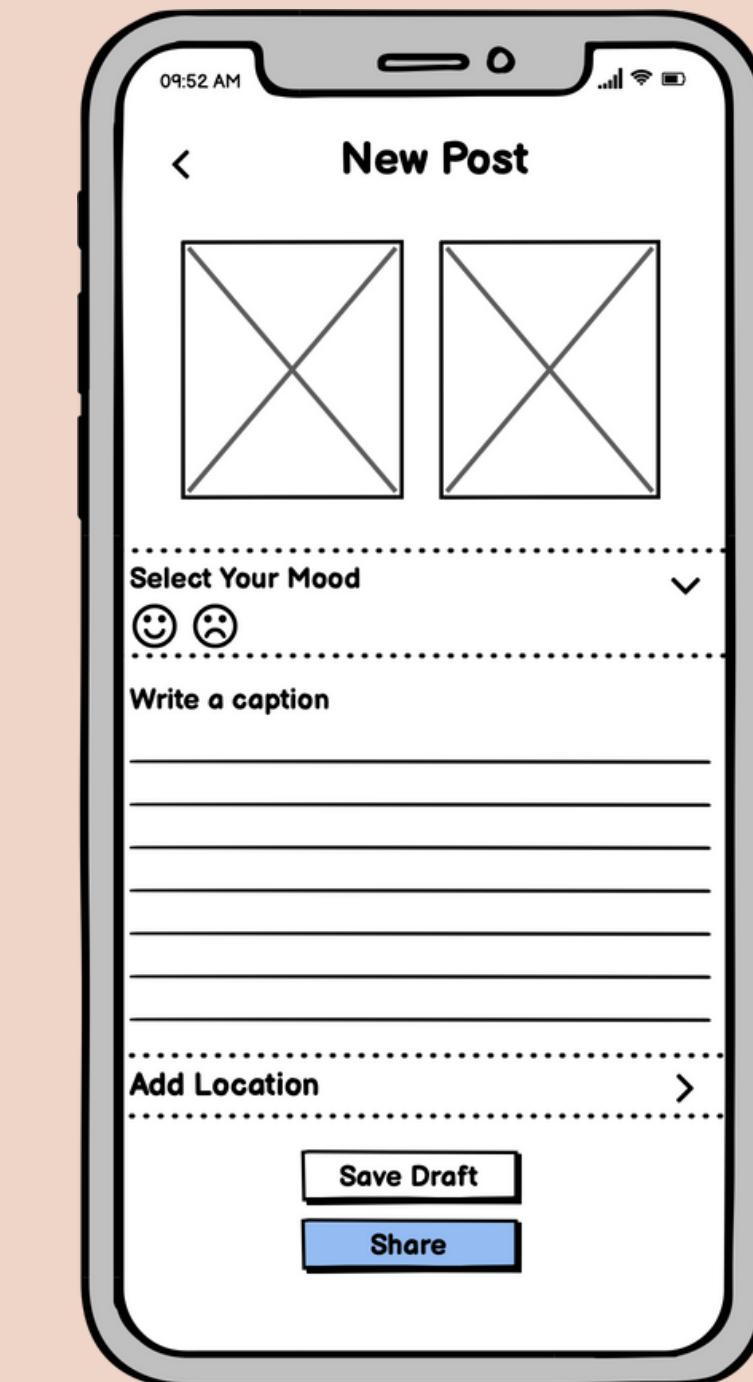
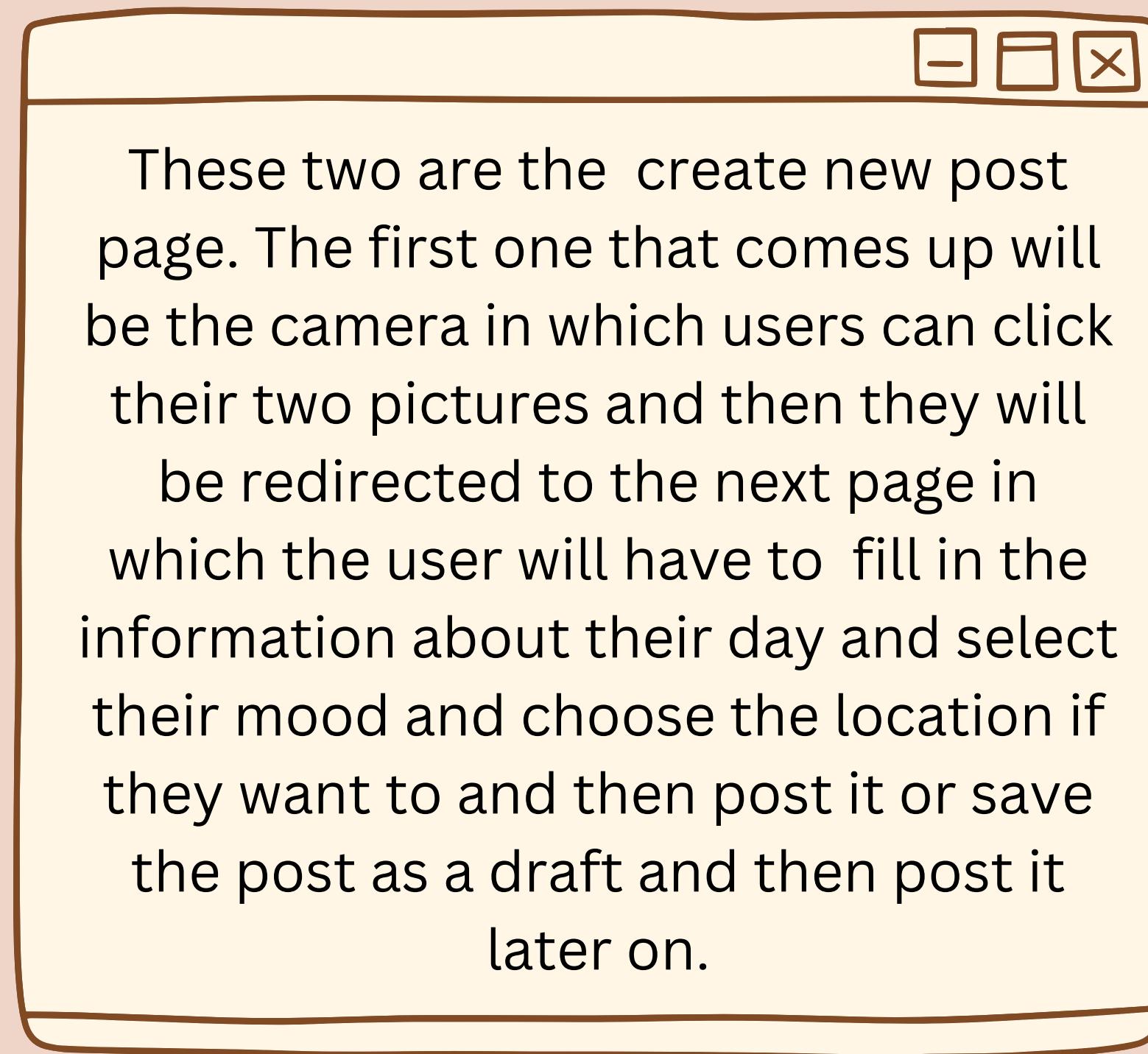
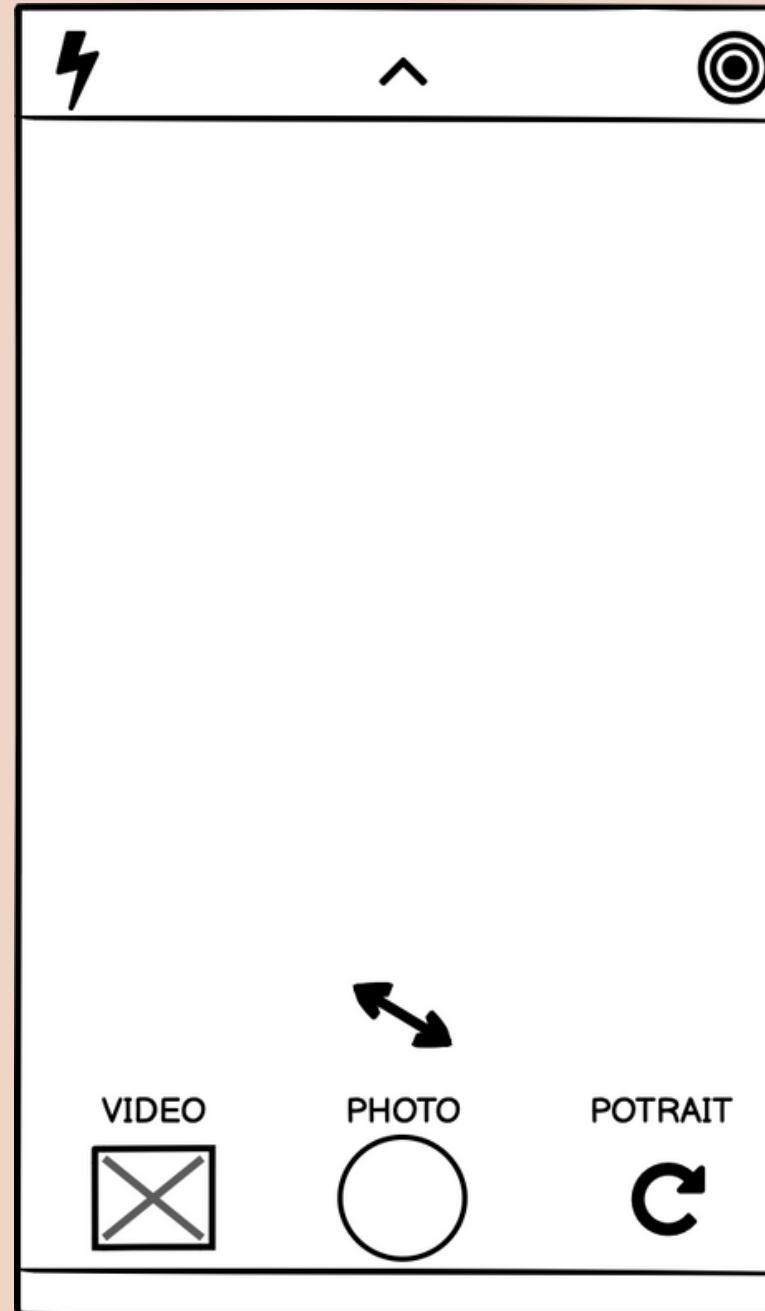
HomePage screen variants



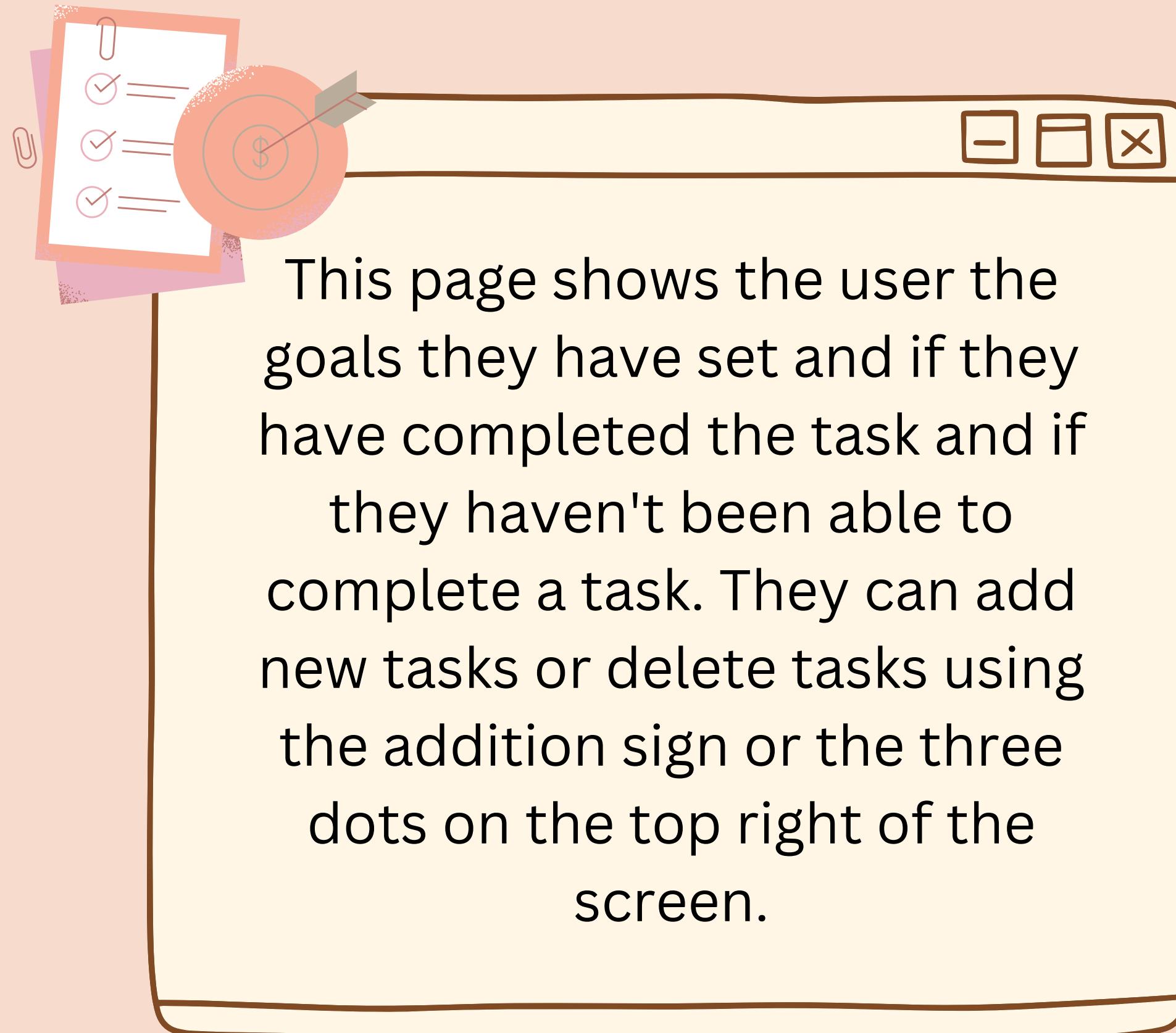
Profile Page



Profile Page Variants



Goals Screen



Goals Screen variants

The two variants of the goals screen. The first one is to add a new goal to the schedule. The user can add it as daily weekly or on a particular day. The other one is when the user clicks on the three dots on the goals page they get an option to manage goals, change a goal or delete a goal.

Manage Goals

Change a goal

Delete a goal

Add new Task

Name

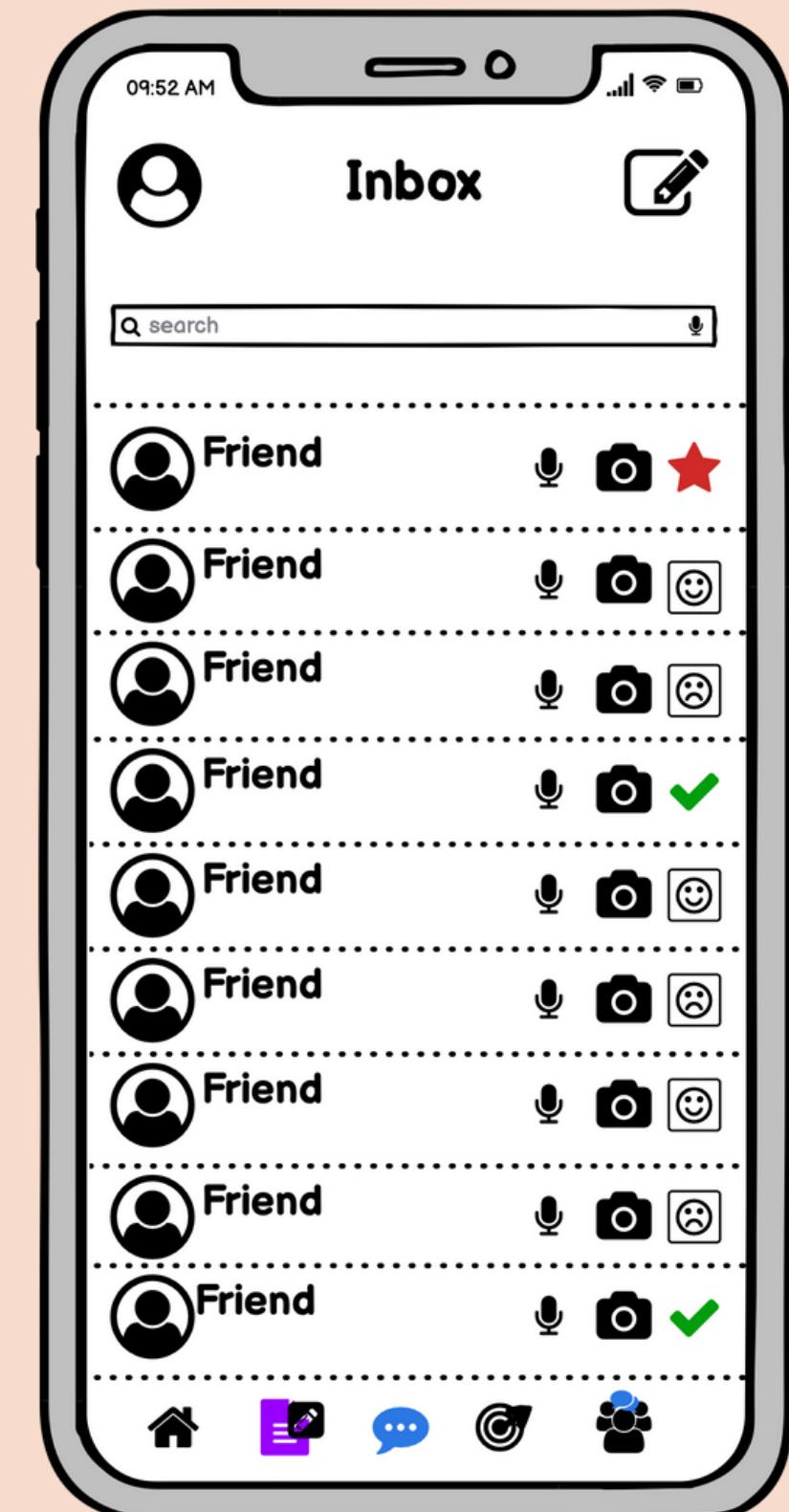
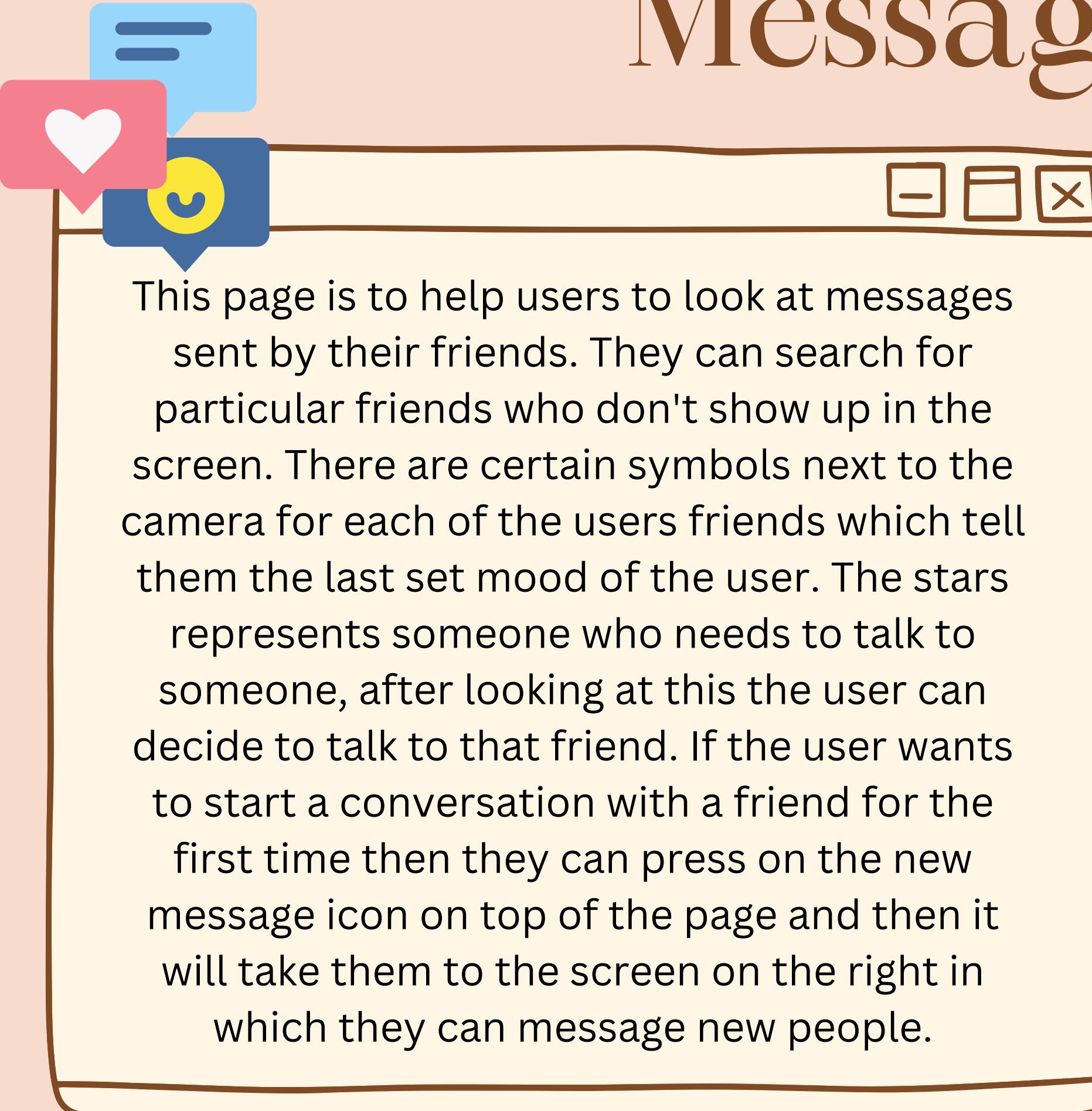
Type

Priority

Reminder

Add

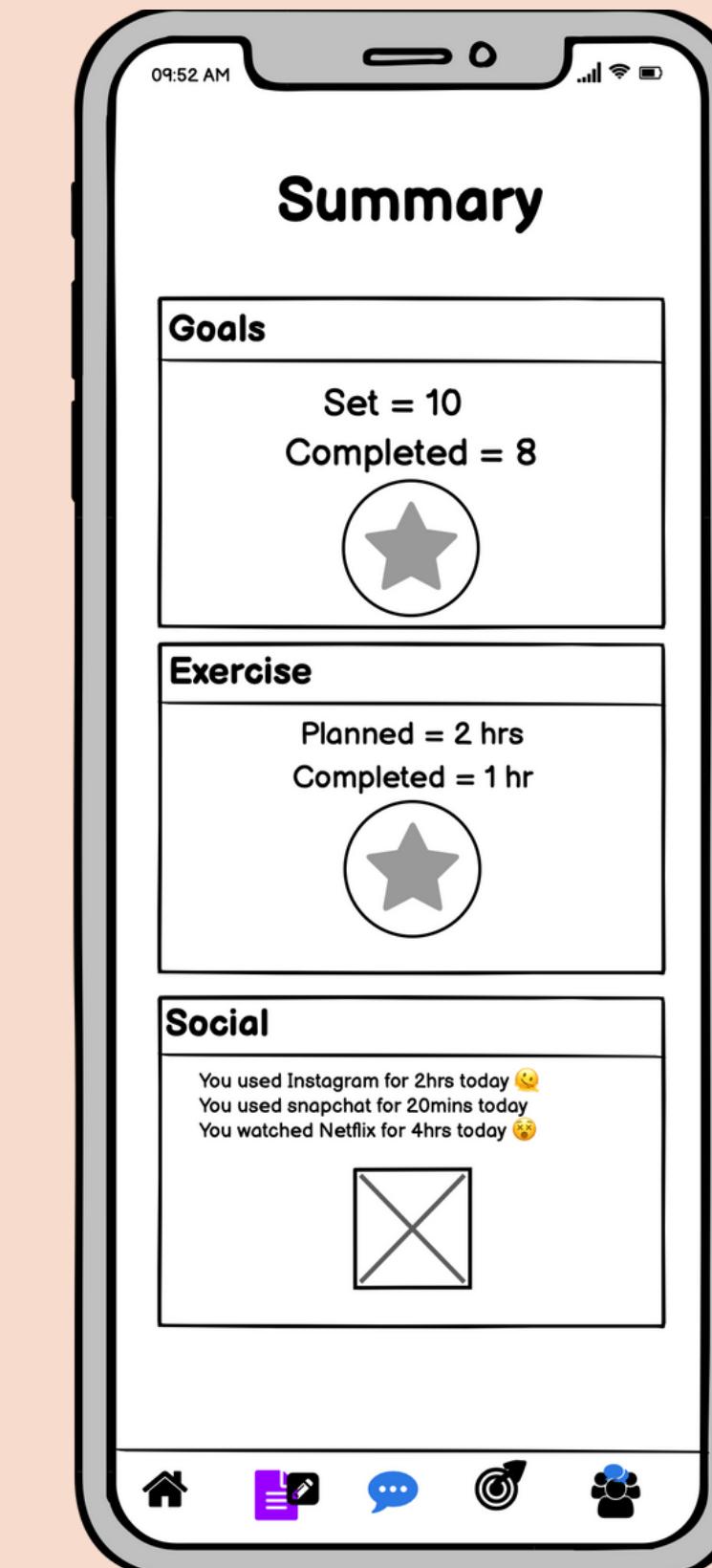
Message Screen



Summary Screen

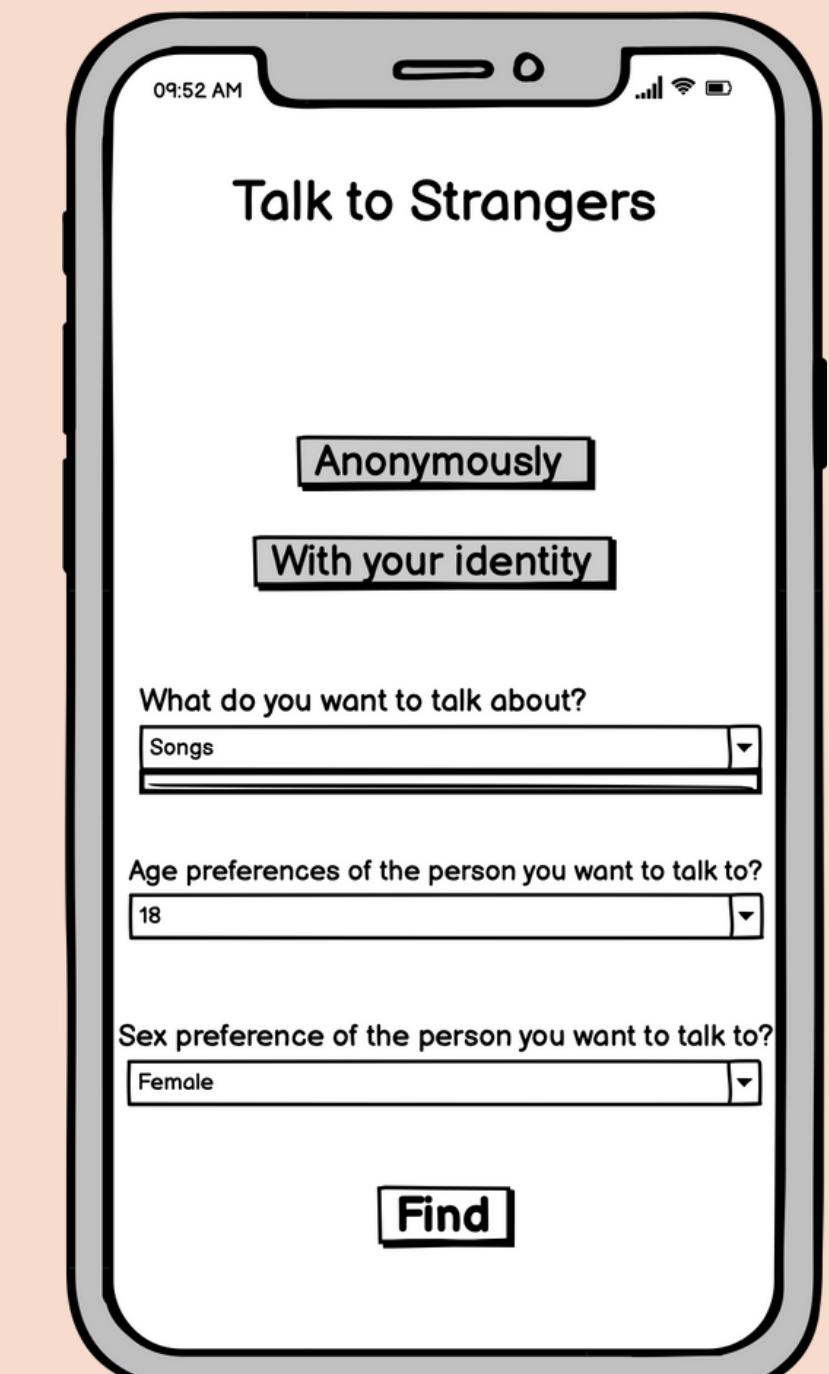


The summary screen shows the summary of all the goals, exercise and the social media usage. It'll show the number of goals set and the number of goals completed. The social media usage will also be visible with a quote which will tell if you've used any of the application for a long time and then print an interesting message which will motivate you to act according to the usage.



Anonymous Screen

This page allows users to find random strangers to talk to about anything they want to. They have the option to select the age and the sex preference of the person they want to talk to. They can talk anonymously or with their own identity. After filling in the details the users will get a list of people from which they can choose.

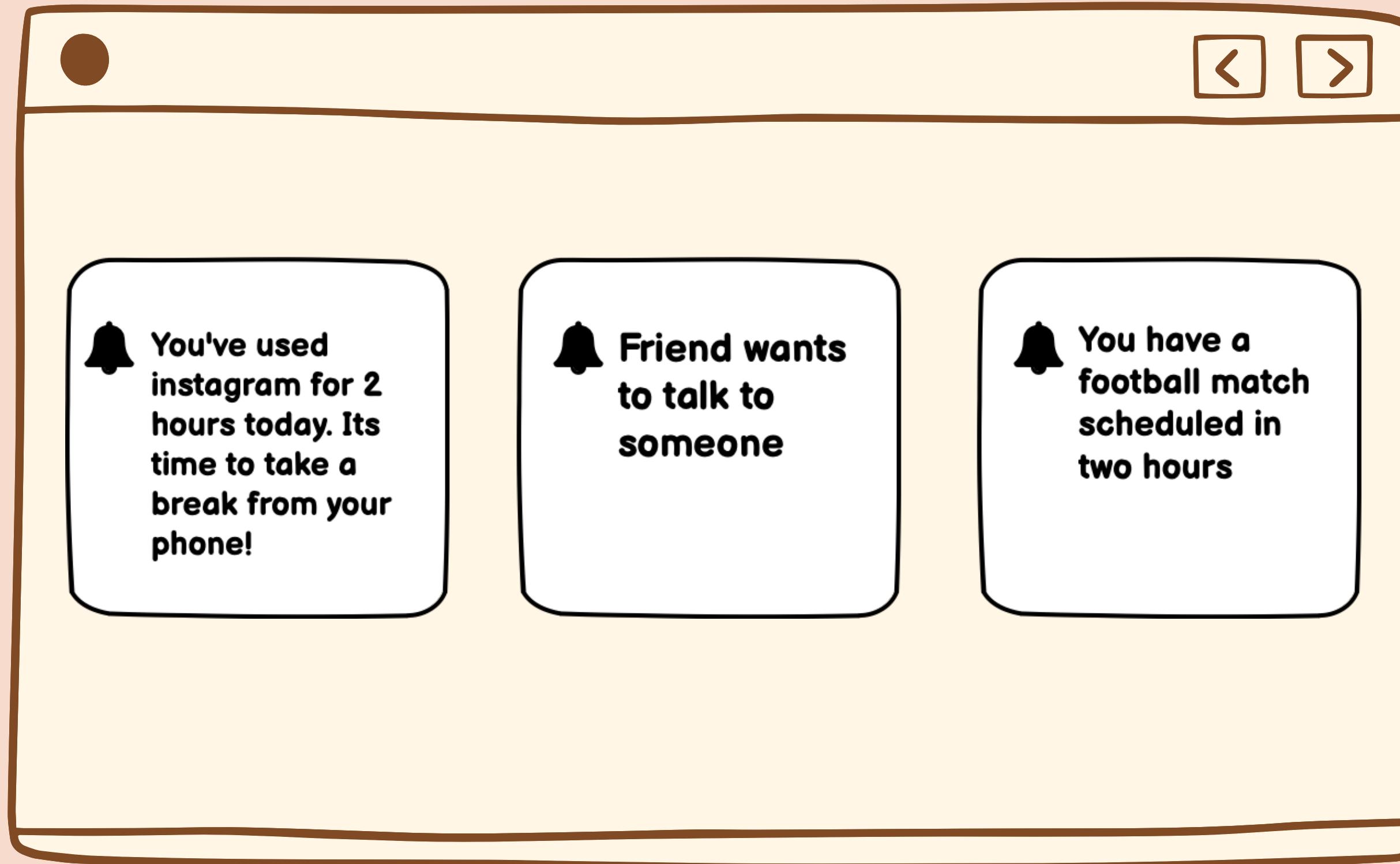


Secondary Platform



The secondary platform i'll be using is the watch. The watch will perform certain functions. The first function is that it'll show alerts if you are going above the limit for using any social media application. The second function is that if any of the users friends need to talk to someone then they will get an alert suggesting them to talk to that person. The third function is to alert the user to complete the set goals.

Wireframes for the secondary platform



Heuristic Evaluation

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom	X					
#4: Consistency and standards	X					
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design		X				
#9: Help users recognize, diagnose, and recover from errors	X					maybe add a placeholder in the email box so that people can put in email or username
#10: Help and documentation		X				

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom		X				edit profile missing again
#4: Consistency and standards	X					
#5: Error prevention					X	
#6: Recognition rather than recall	X					dont have an edit profile page
#7: Flexibility and efficiency of use		X				
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors			X			add the colour of current mood on ring of profile pic
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status			X			its very obvious that u can scroll, bt dont ha a notification icon
#2: Match between system and the real world		X				add what will happen if click on the three dots on someones post
#3: User control and freedom		X				its very obvious that u can scroll
#4: Consistency and standards		X				
#5: Error prevention		X				
#6: Recognition rather than recall			X			summary icon cannot be recognized, add names to the icons or change the second and last icon, last icon could be like the anonymous mask with the speech bubble
#7: Flexibility and efficiency of use			X			only restricted to looking at posts from people we follow or are friends with or maybe there could be a discover page where u cold see updates from other people who decide to share their posts with us, so we can see anonymous post in case their friends aren't able to help them find someone who they relate to and can identify each other immediately
#8: Aesthetic and minimalist design		X				
#9: Help users recognize, diagnose, and recover from errors		X				
#10: Help and documentation			X			there might have been a help option to see what the colors mean

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom	X					
#4: Consistency and standards			X			make the color of emoji in set mood to match the color of the post according to the mood
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom	X					
#4: Consistency and standards	X					
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				why is there a microphone icon outside it should be inside
#3: User control and freedom		X				
#4: Consistency and standards			X			to maintain consistency add like the the current mood as ring around the prp instead of emojis
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation			X			to tell what the emojis star and tick mean

Heuristic Evaluation

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					how are the contacts suggested
#2: Match between system and the real world	X					
#3: User control and freedom	X					selected doesn't make sense
#4: Consistency and standards		X				
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation		X				no option of helping

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				
#3: User control and freedom	X					
#4: Consistency and standards	X					
#5: Error prevention		X				add to delete one goal
#6: Recognition rather than recall		X				use of dash is not straightforward
#7: Flexibility and efficiency of use		X				delete one goal
#8: Aesthetic and minimalist design		X				add color to the daily and scheduled thing
#9: Help users recognize, diagnose, and recover from errors	X					shift this goal to a week later or a month later, if they didn't meet it then justify it
#10: Help and documentation		X				

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				
#3: User control and freedom			X			absent content then what
#4: Consistency and standards			X			no options for calling,
#5: Error prevention		X				
#6: Recognition rather than recall			X			cant recognise the icons
#7: Flexibility and efficiency of use			X			the microphone icon and camera icon can be inside the chat
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				would not want our app to look like
#3: User control and freedom	X					
#4: Consistency and standards		X				standards are not met according to real life
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					the terms and conditions block
#8: Aesthetic and minimalist design		X				
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom		X				more moods can be added
#4: Consistency and standards		X				can be more user friendly
#5: Error prevention	X					
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use		X				dont know anything whats happening
#8: Aesthetic and minimalist design		X				moods are in same color
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation		X				how to ask for a help

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				four posts are too many to fit in the screen
#3: User control and freedom	X					colour cant tell what it means
#4: Consistency and standards			X			
#5: Error prevention	X					icons cant tell
#6: Recognition rather than recall		X				cant comment and like
#7: Flexibility and efficiency of use			X			not very attractive
#8: Aesthetic and minimalist design		X				
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status		X				icons are not straightforward.
#2: Match between system and the real world	X					
#3: User control and freedom			X			comments should be possible on friends post
#4: Consistency and standards		X				for you should be there at all like a line above that also
#5: Error prevention	X					
#6: Recognition rather than recall			X			ICONS
#7: Flexibility and efficiency of use		X				summary and goals page should have been one add colors maybe more aesthetic
#8: Aesthetic and minimalist design		X				
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation		X				tell what the colors mean

Heuristic Evaluation

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom		X				need to have an account with mainstream social media apps or email
#4: Consistency and standards	X					
#5: Error prevention		X				view password isn't there
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					layout isn't that good , not easily usable
#8: Aesthetic and minimalist design		X				view password
#9: Help users recognize, diagnose, and recover from errors		X				might need help , no accounts with the eapps mentioned
#10: Help and documentation		X				

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status		X				dont know what's happening
#2: Match between system and the real world			X			never seen this before
#3: User control and freedom	X					
#4: Consistency and standards	X					
#5: Error prevention			X			cold be errors, aware of what's happening
#6: Recognition rather than recall				X		dont know what's happening
#7: Flexibility and efficiency of use			X			not efficient se can't understand , not time effective
#8: Aesthetic and minimalist design		X				theres a lot going on , unnecessary icons
#9: Help users recognize, diagnose, and recover from errors		X				lot of potential errors
#10: Help and documentation		X				same thing

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				add a scrollbar
#3: User control and freedom	X					
#4: Consistency and standards	X					
#5: Error prevention			X			
#6: Recognition rather than recall				X		could raise errors
#7: Flexibility and efficiency of use			X			
#8: Aesthetic and minimalist design	X					need to change the icons
#9: Help users recognize, diagnose, and recover from errors		X				easy is se it often , first time ser might have issues
#10: Help and documentation		X				change icons , errors, settings

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom	X					not a lot of navigation options
#4: Consistency and standards		X				nothing there to prevent errors
#5: Error prevention			X			
#6: Recognition rather than recall	X					not efficient , don't know how to navigate
#7: Flexibility and efficiency of use	X					not every aesthetic
#8: Aesthetic and minimalist design		X				navigation problems
#9: Help users recognize, diagnose, and recover from errors	X					same
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom		X				no controls
#4: Consistency and standards	X					
#5: Error prevention		X				
#6: Recognition rather than recall	X					
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design			X			a lot of crosses can demote a person also the use of the color red
#9: Help users recognize, diagnose, and recover from errors		X				no help to recover from errors
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world		X				
#3: User control and freedom		X				
#4: Consistency and standards	X					
#5: Error prevention			X			
#6: Recognition rather than recall			X			
#7: Flexibility and efficiency of use			X			
#8: Aesthetic and minimalist design			X			
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Copy of Evaluation Form						
Heuristic	0	1	2	3	4	NOTES
#1: Visibility of system status	X					
#2: Match between system and the real world	X					
#3: User control and freedom	X					
#4: Consistency and standards	X					
#5: Error prevention	X					
#6: Recognition rather than recall		X				need a bit understanding of the app
#7: Flexibility and efficiency of use	X					
#8: Aesthetic and minimalist design	X					
#9: Help users recognize, diagnose, and recover from errors	X					
#10: Help and documentation	X					

Standard usability scale evaluation

Copy of Standard Usability Scale						
Question	1	2	3	4	5	NOTES
1. I think that I would like to use this system frequently				X		
2. I found the system unnecessarily complex				X		
3. I thought the system was easy to use				X		
4. I think that I would need the support of a technical person to be able to use this system				X		
5. I found the various functions in this system were well integrated					X	
6. I thought there was too much inconsistency in this system	X					
7. I would imagine that most people would learn to use this system very quickly		X				old people might not be able to use it well
8. I found the system very cumbersome to use	X					
9. I felt very confident using the system			X			
10. I needed to learn a lot of things before I could get going with this system		X				

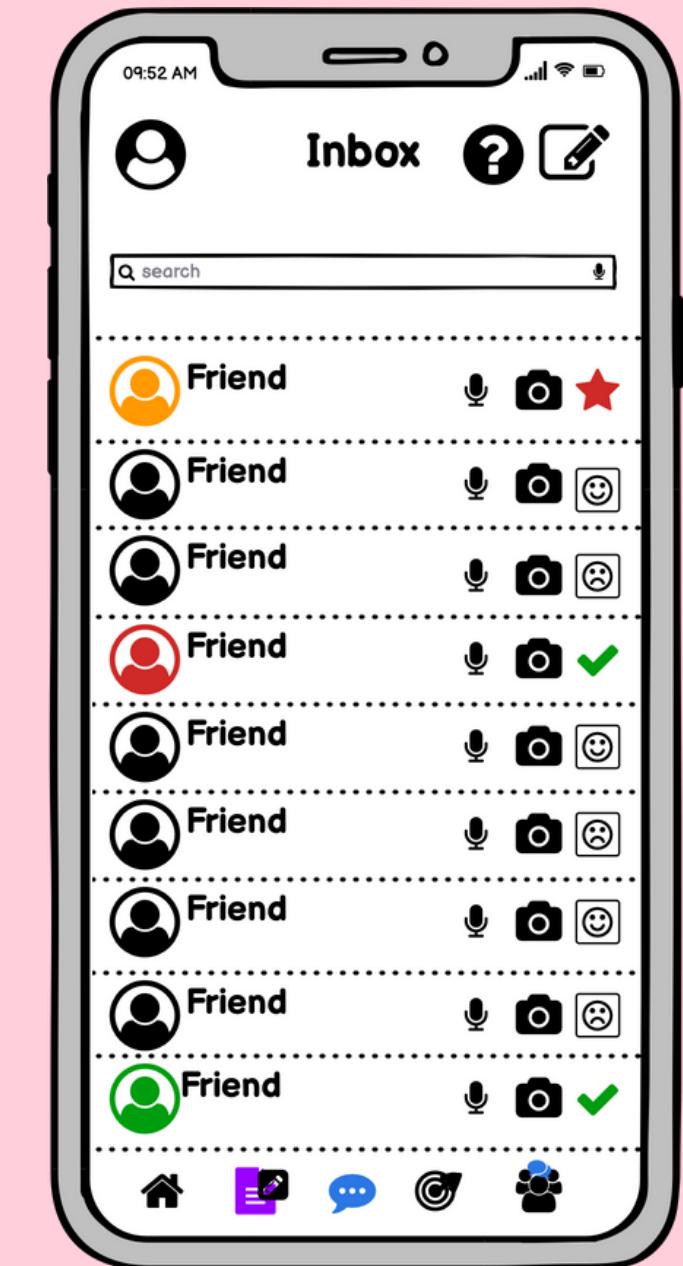
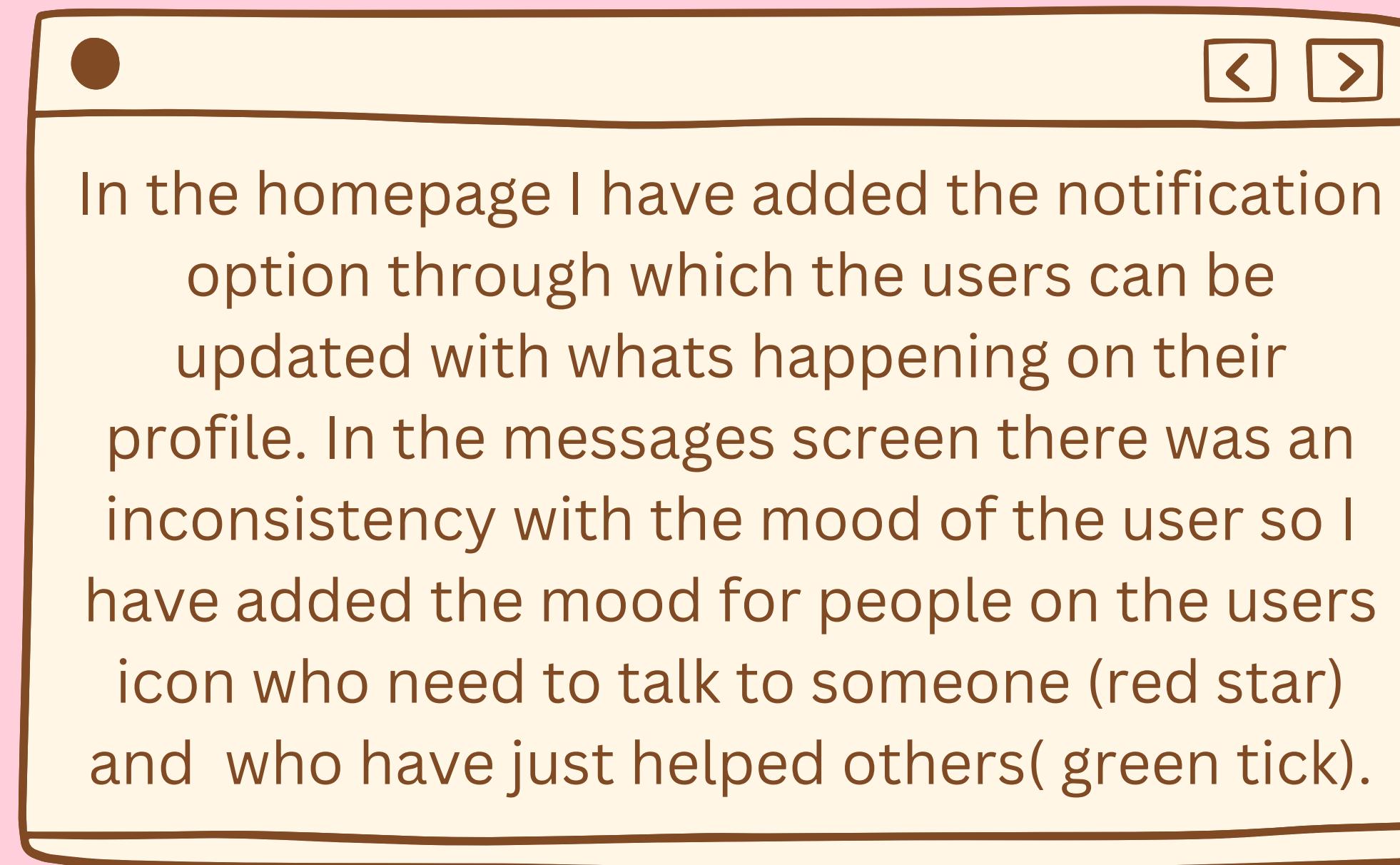
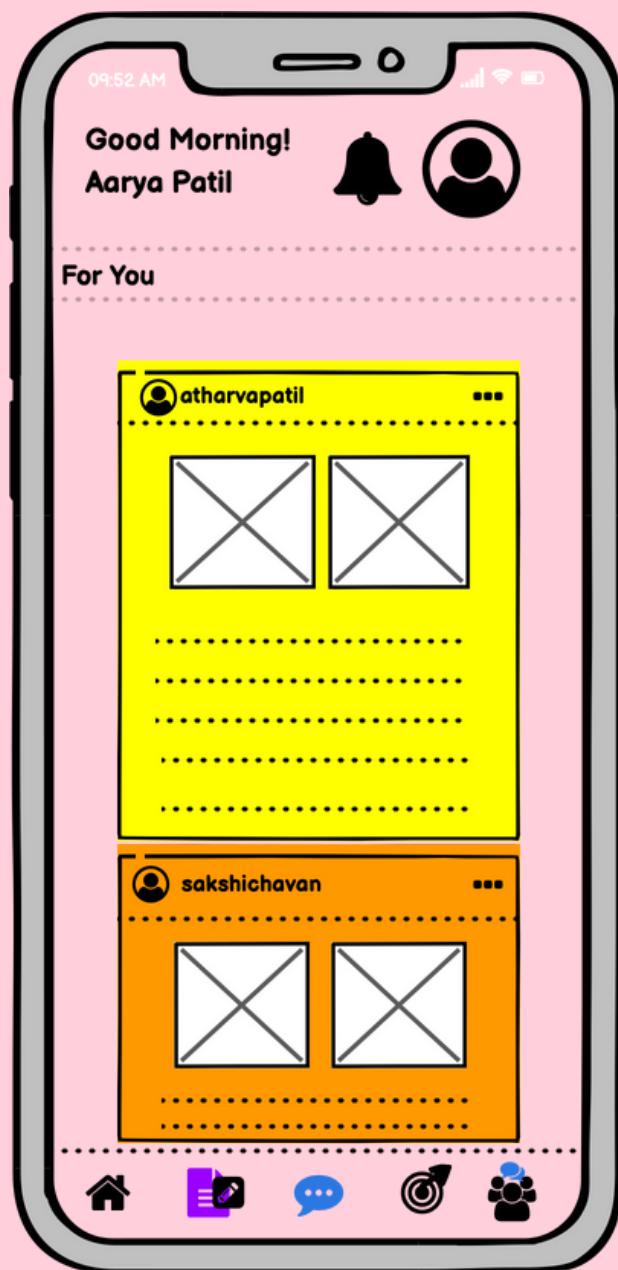
Copy of Standard Usability Scale						
Question	1	2	3	4	5	NOTES
1. I think that I would like to use this system frequently					X	
2. I found the system unnecessarily complex					X	
3. I thought the system was easy to use					X	
4. I think that I would need the support of a technical person to be able to use this system			X			
5. I found the various functions in this system were well integrated					X	
6. I thought there was too much inconsistency in this system					X	
7. I would imagine that most people would learn to use this system very quickly					X	
8. I found the system very cumbersome to use					X	
9. I felt very confident using the system					X	
10. I needed to learn a lot of things before I could get going with this system	X					

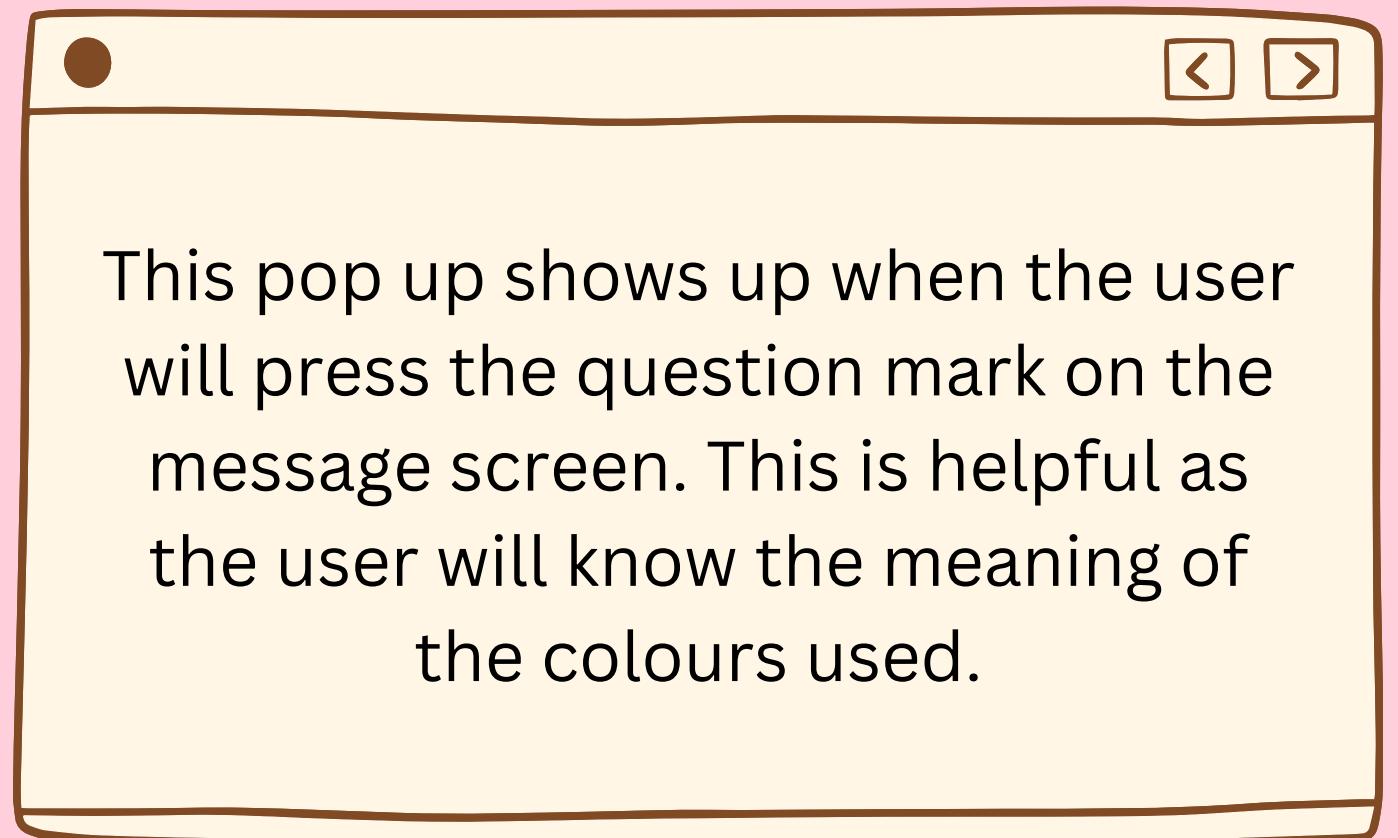


Copy of Standard Usability Scale						
Question	1	2	3	4	5	NOTES
1. I think that I would like to use this system frequently				X		
2. I found the system unnecessarily complex	X					
3. I thought the system was easy to use				X		
4. I think that I would need the support of a technical person to be able to use this system				X		
5. I found the various functions in this system were well integrated		X				not well integrated, navigation isn't user friendly
6. I thought there was too much inconsistency in this system		X				
7. I would imagine that most people would learn to use this system very quickly				X		
8. I found the system very cumbersome to use	X					
9. I felt very confident using the system			X			
10. I needed to learn a lot of things before I could get going with this system		X			X	because of a lot of things like the mood of the user

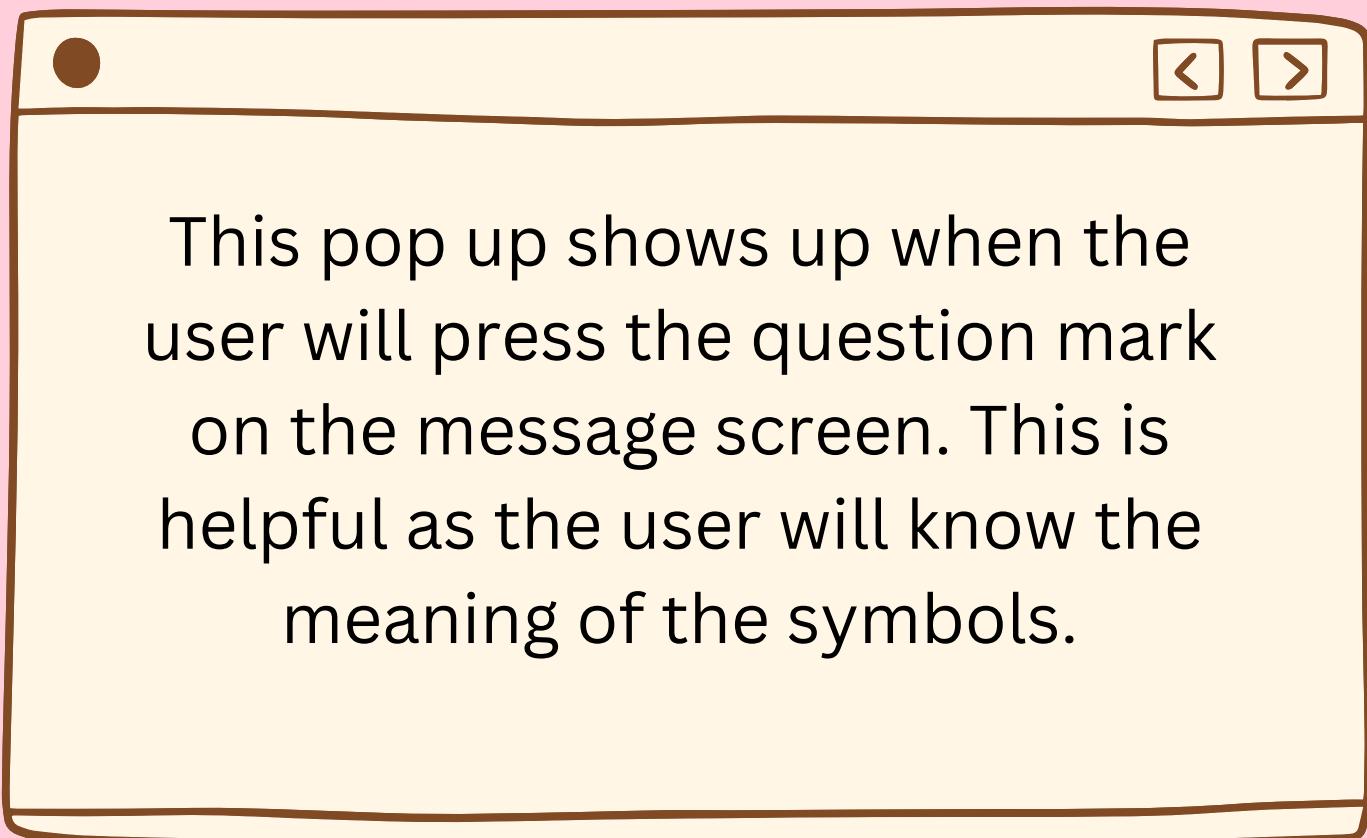


Final Wireframes



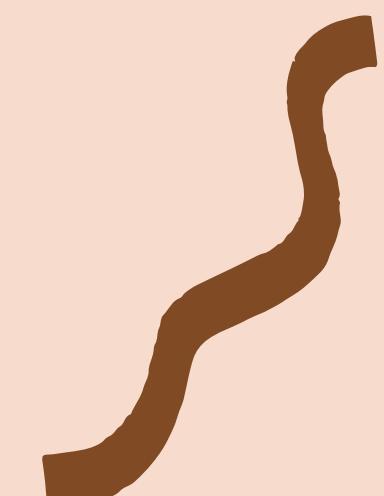
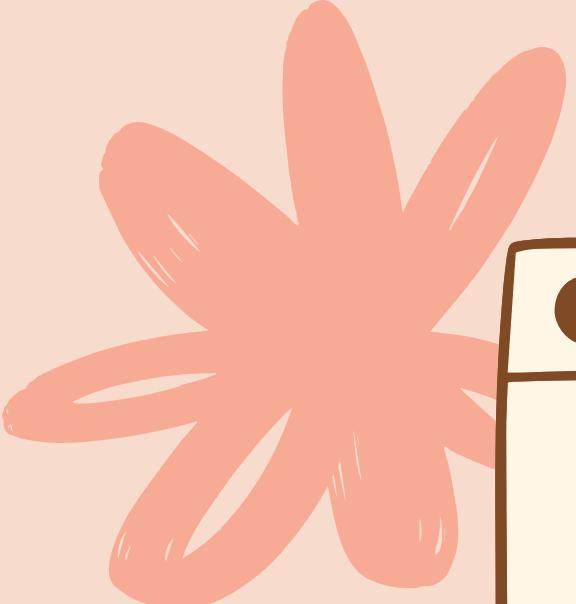


	Happy
	Angry
	Healing
	In a happy mood after two or more days



★	Needs to talk to someone
✓	Has talked to and elevated mood of more than two friends
😊	Last set mood was Happy
😢	Last set mood was sad

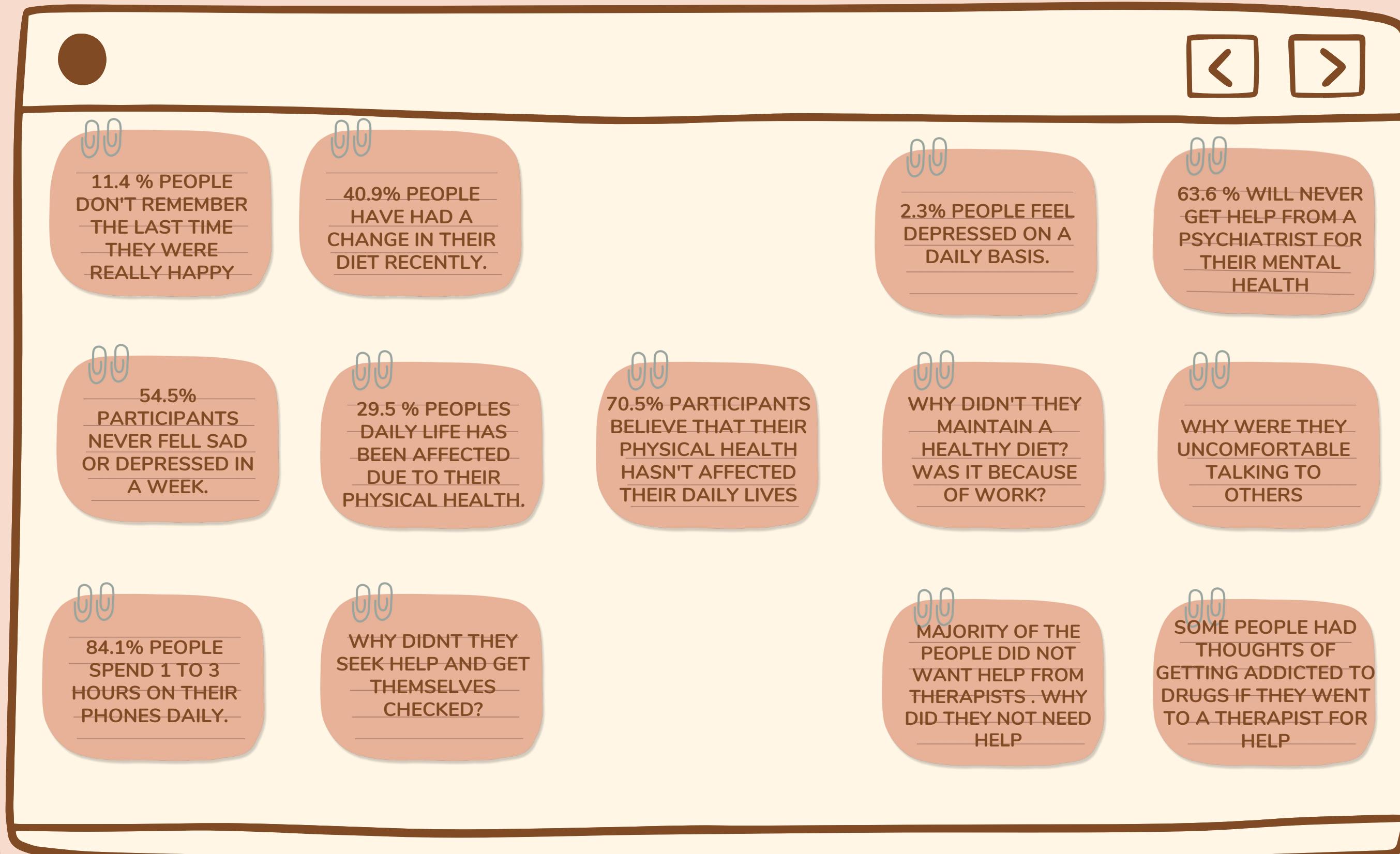
Conclusion



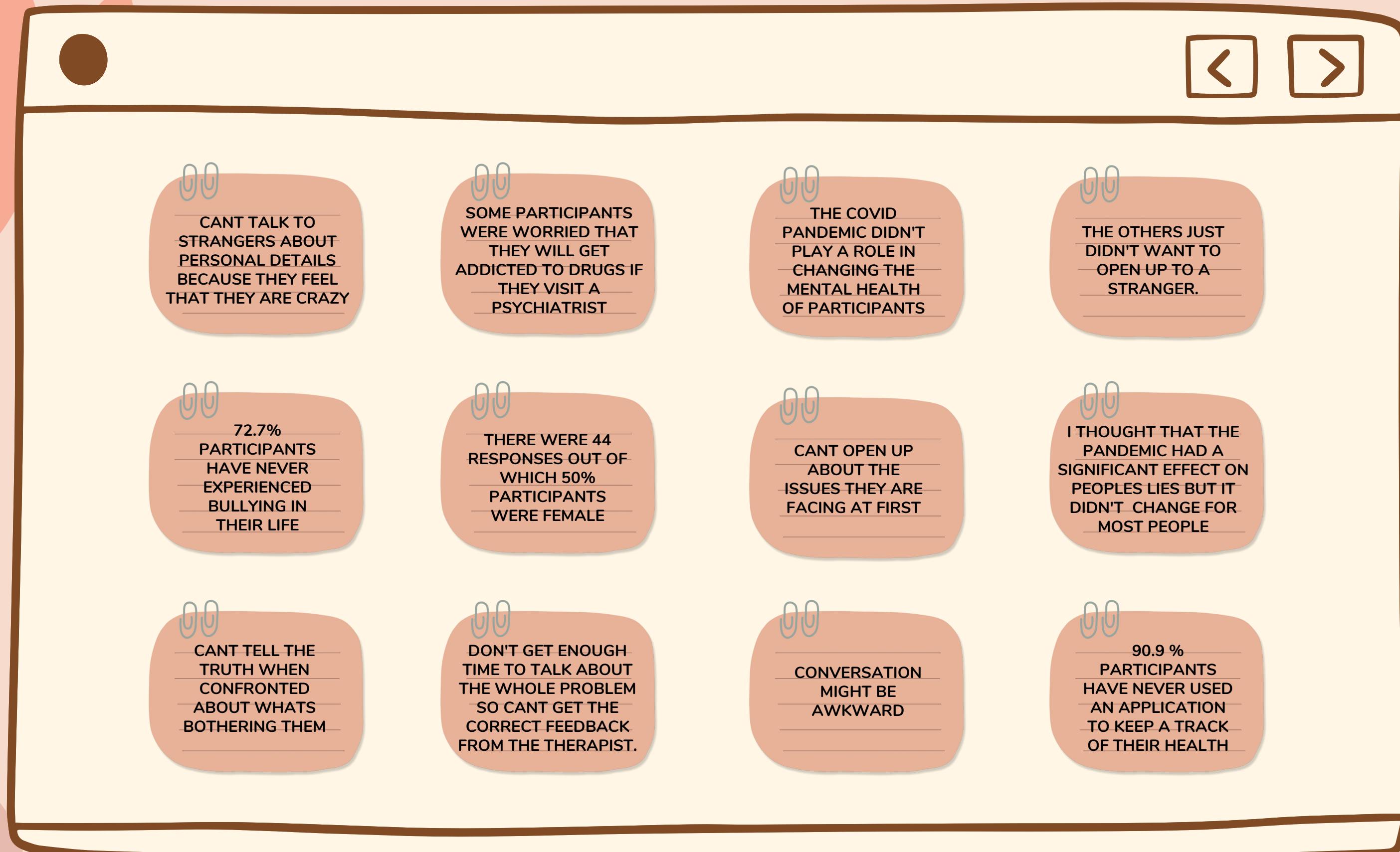
This application is helpful as this will overcome a lot of problems that I have discovered through the survey and interviews. This application is not perfect but I hope that its a start to making everyones life easier.

Thank
you!

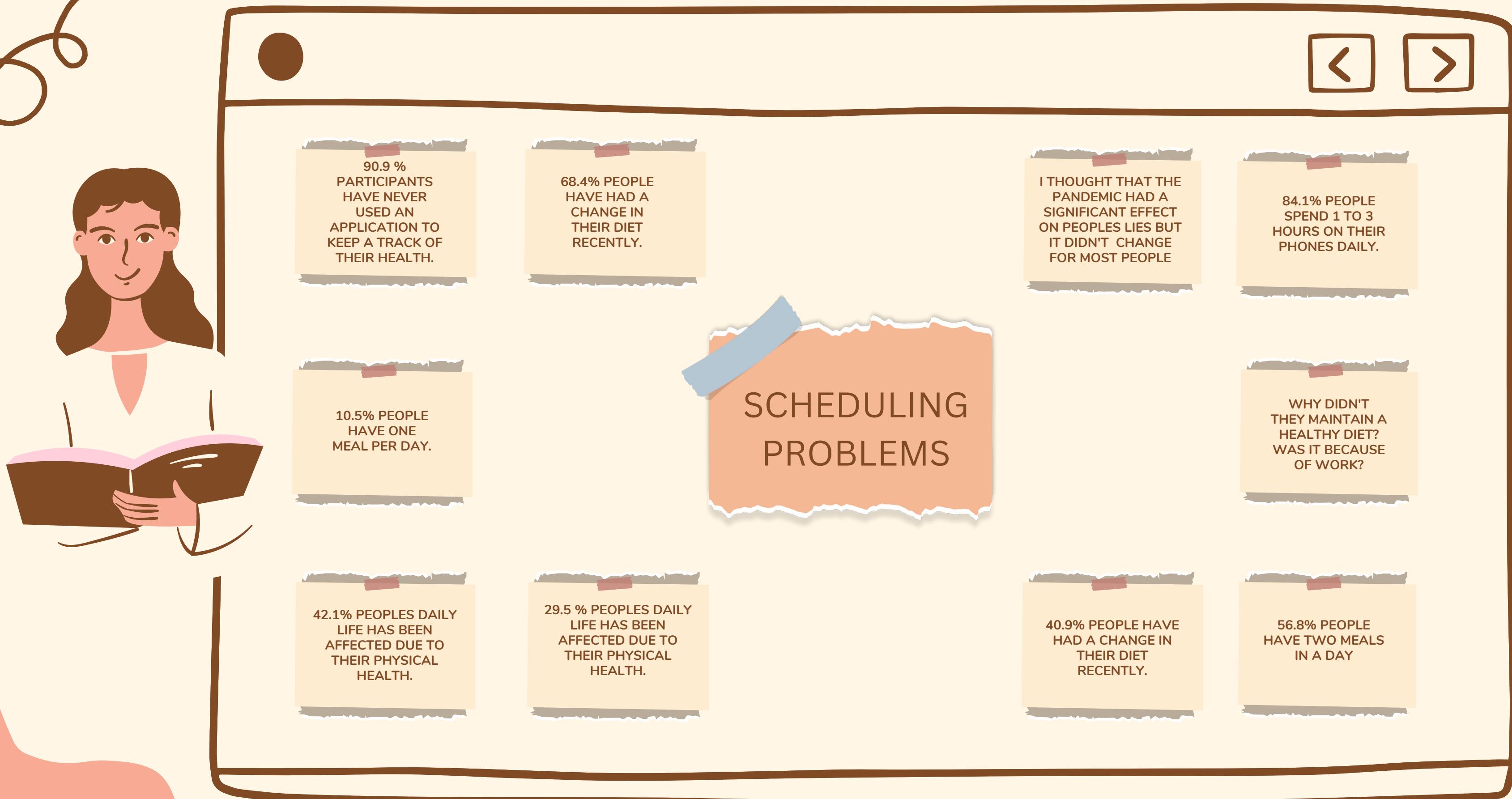
Affinity Diagrams (Notes from Survey)



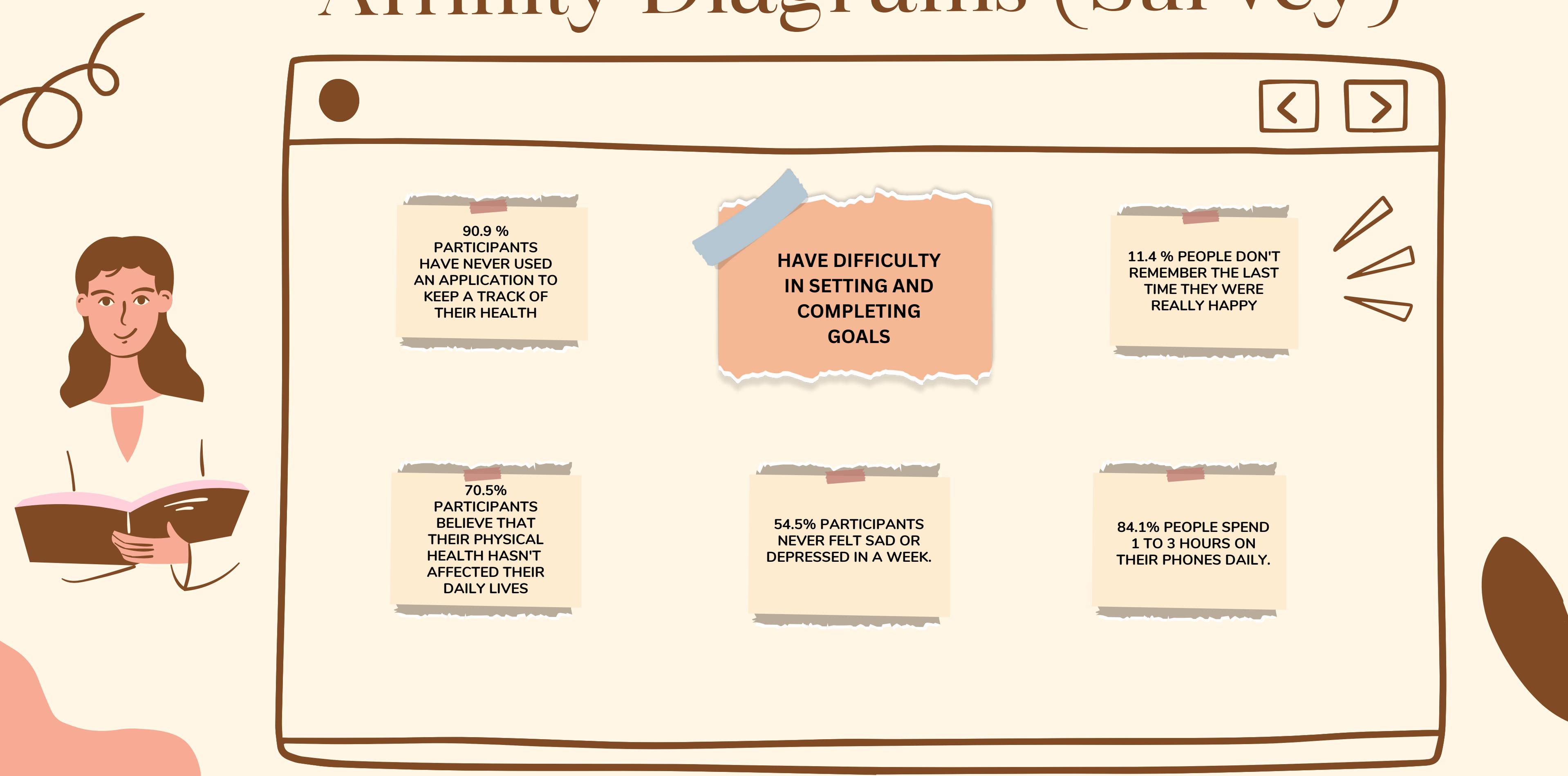
Affinity Diagrams (Notes from survey)



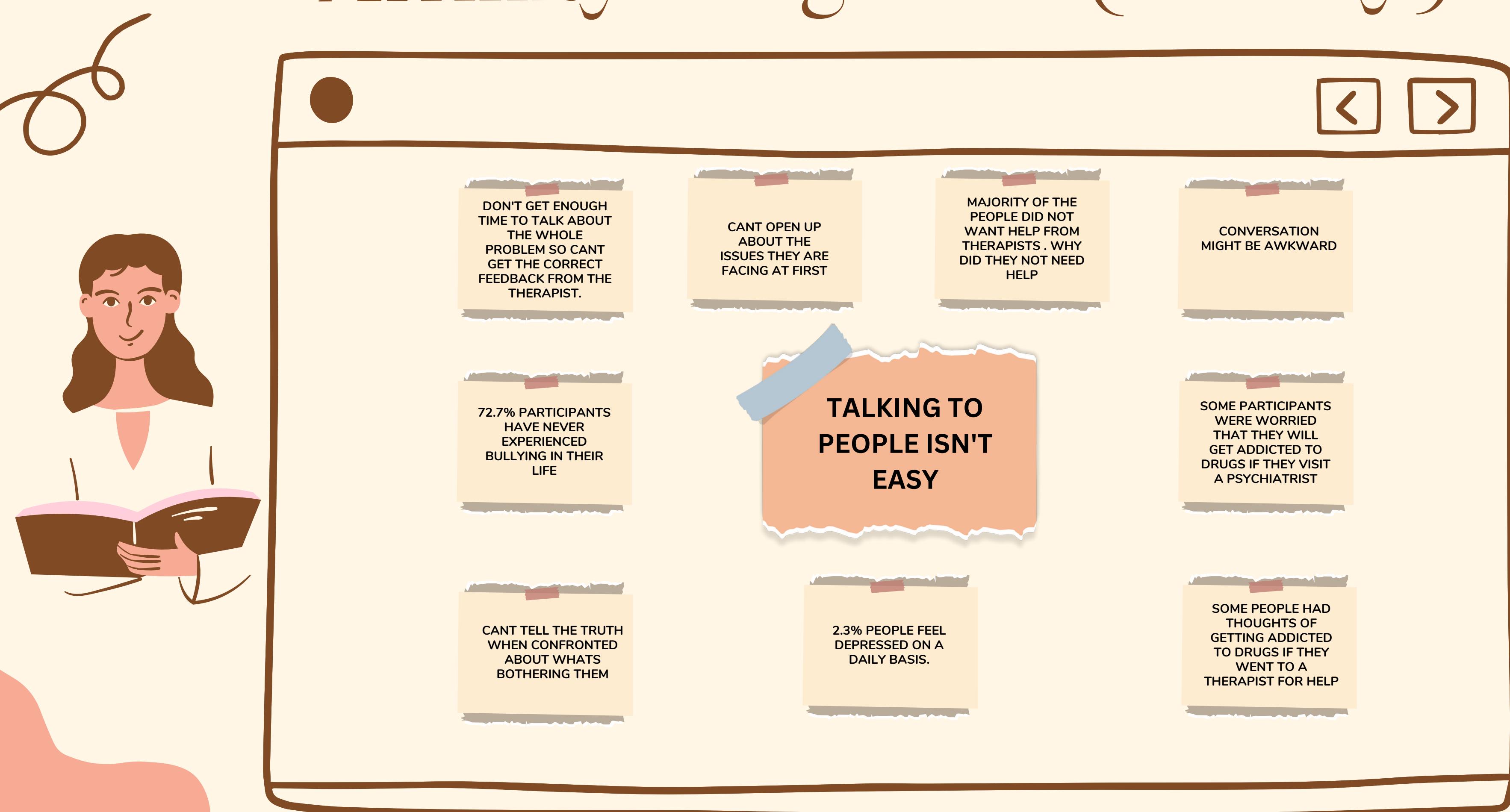
Affinity Diagrams (Survey)



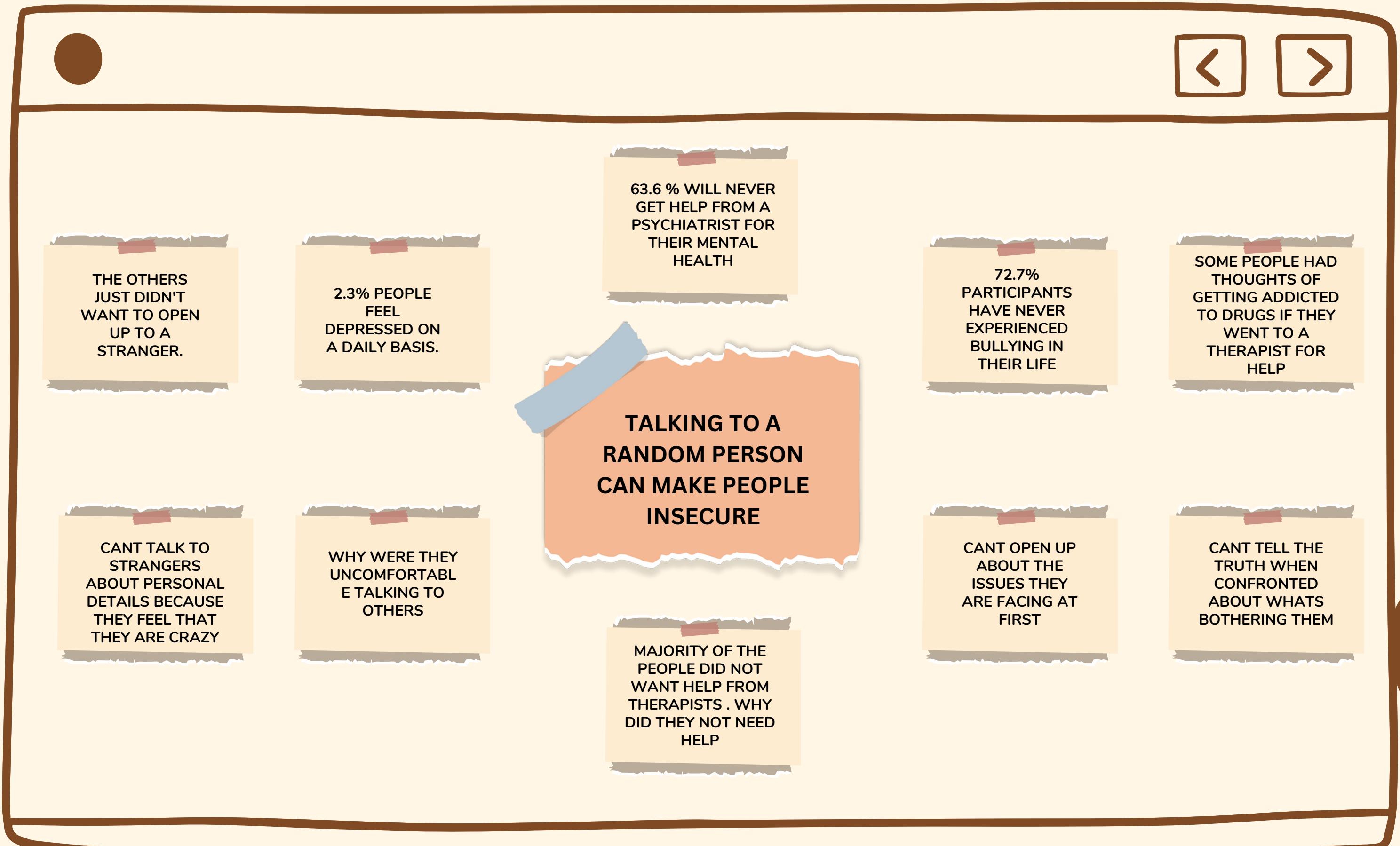
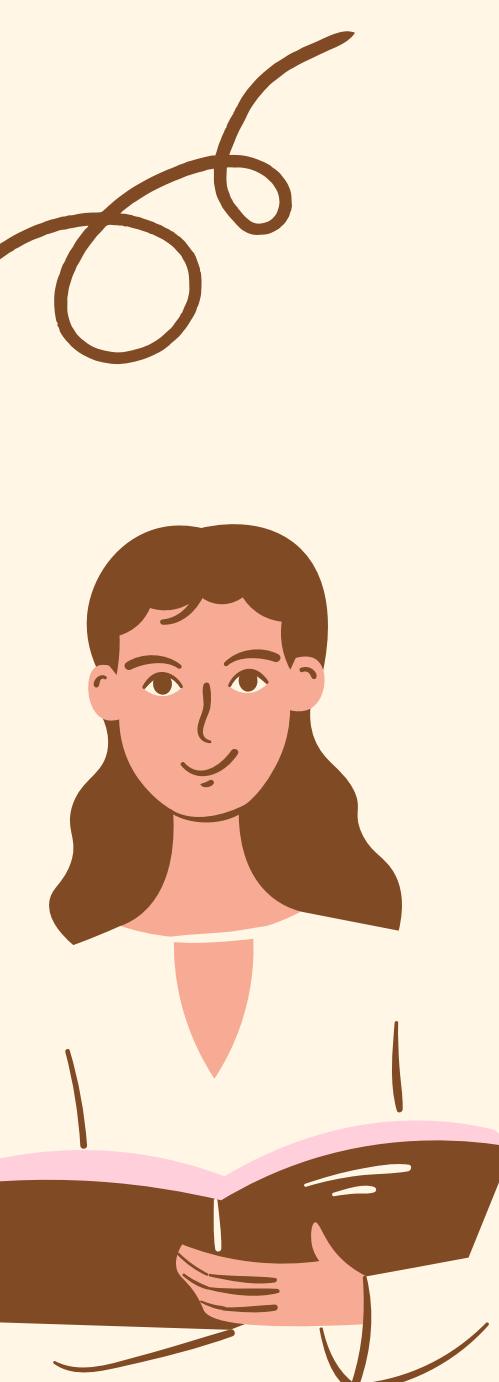
Affinity Diagrams (Survey)



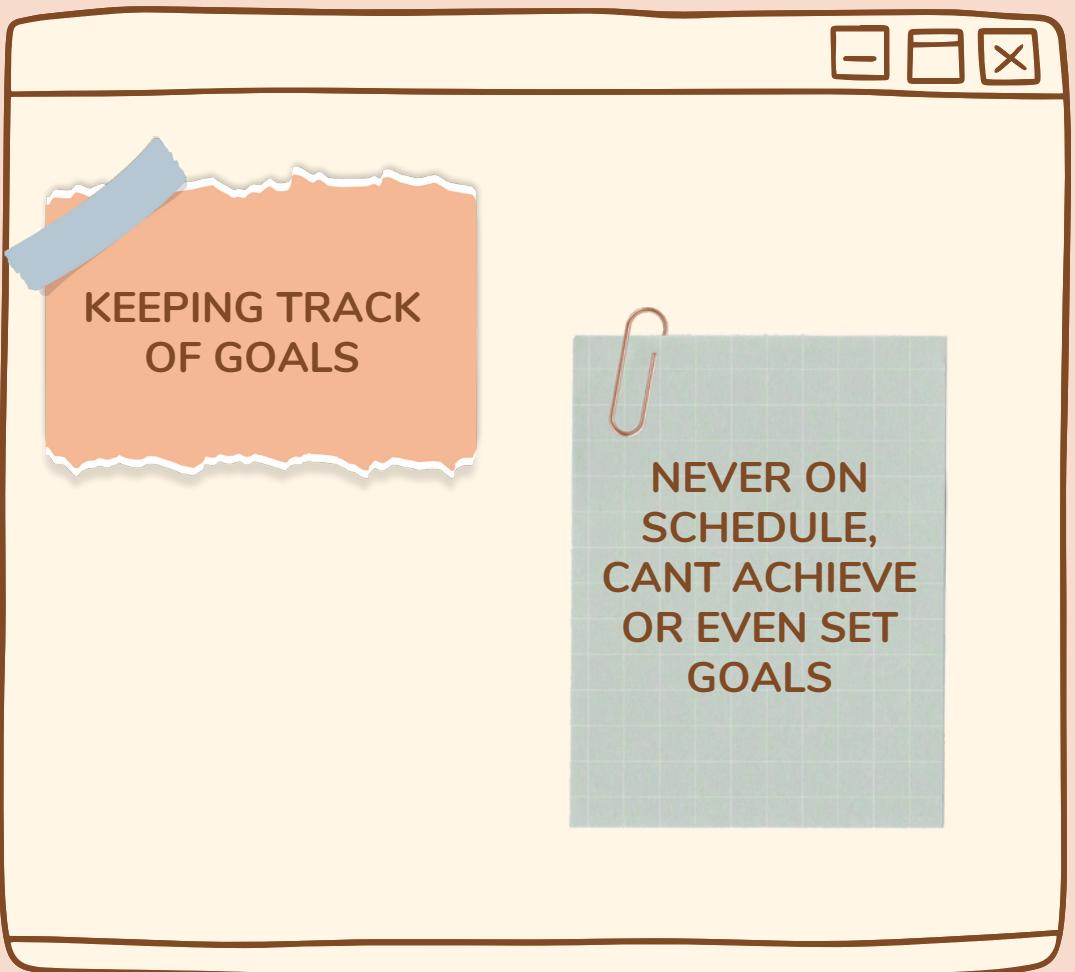
Affinity Diagrams (Survey)



Affinity Diagrams (Survey)



Affinity Diagrams for Surveys



Raw Materials from Discovery Survey

DEC02102 survey (Mental Health)																											
Timestamp	What is your age?	What is your gender?	When was the last time you got your mental health checked?	How much time do you spend on social media in a day? (in hours)	Has your daily life been affected due to your physical health?	Has there been any change in your diet habits recently?	How often do you feel sad or depressed in a week?	Would you get help from a psychiatrist for your mental health?	What is the one difficulty you think you might face while consulting a psychiatrist?	How would you compare your mental health after the covid -19 pandemic?	How many meals do you have in a day?	When was the last time you were really happy?	Have you ever used any applications to keep a check on your health?	Have you ever been bullied online or in real life?													
2022/06/24 11:54:56 am GMT+10	14 -24	Female	never got it checked	4-6	no	no	1 day	don't know	Talking about whats bothering me	Worse	2	a week ago	no	yes													
2022/06/24 11:55:13 am GMT+10	14 -24	Female	never got it checked	1- 3	no	no	1 day	no	Not opening up at first about all the issues I am facing	Better	more than 3	a week ago	no	no													
2022/06/24 11:56:19 am GMT+10	14 -24	Female	never got it checked	7-9	yes	yes	4-6 days	no	opening up to a stranger	Worse	1	don't remember	no	yes													
2022/06/24 12:03:50 pm GMT+10	14 -24	Female	a year ago	1- 3	no	yes	Never	no	Expenses because the consultation fee for a psychiatrist is huge.	Better	2	a week ago	yes	yes													
2022/06/24 12:11:05 pm GMT+10	56 - 74	Female	never got it checked	1- 3	no	no	1 day	no	Unable to remember past stories	Better	2	a week ago	no	no													
2022/06/24 12:29:27 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	no	Never	no	Telling the truth	No difference	2	a week ago	no	no													
2022/06/24 12:55:55 pm GMT+10	14 -24	Female	never got it checked	7-9	yes	yes	2-4 days	yes	I don't know	No difference	3	don't remember	no	yes													
2022/06/24 1:58:46 pm GMT+10	56 - 74	Male	a year ago	4-6	no	yes	2-4 days	no	No difficulty	No difference	2	a week ago	no	no													
2022/06/24 2:12:07 pm GMT+10	39 -55	Male	never got it checked	1- 3	no	no	Never	don't know	Never thought	No difference	3	a week ago	no	no													
2022/06/24 2:15:16 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	no	Never	no	Not any	No difference	2	a week ago	no	yes													
2022/06/24 2:21:04 pm GMT+10	56 - 74	Male	in the past 6 months	1- 3	yes	no	2-4 days	yes	Don't get enough time to tell the history	Worse	2	a week ago	yes	yes													
2022/06/24 2:33:59 pm GMT+10	14 -24	Female	never got it checked	4-6	yes	yes	2-4 days	don't know	Why I am sad	No difference	3	a week ago	no	yes													
2022/06/24 2:35:03 pm GMT+10	56 - 74	Female	in the past 6 months	1- 3	no	no	Never	no	Na	Better	3	a week ago	no	no													
2022/06/24 2:53:04 pm GMT+10	14 -24	Female	In the past 6 months	4-6	yes	yes	2-4 days	yes	When I first visited a sense of judgment and fear but after few times no more	No difference	3	a month ago	no	yes													
2022/06/24 3:02:45 pm GMT+10	56 - 74	Female	more than a year	1- 3	no	no	Never	no	To explain	No difference	2	a week ago	yes	no													
2022/06/24 3:09:33 pm GMT+10	56 - 74	Female	never got it checked	1- 3	yes	Never	no	I take help of my doctor husband	No difference	3	a week ago	no	no														
2022/06/24 3:17:28 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	yes	1 day	no	No difficulty	No difference	2	a week ago	no	no													
2022/06/24 3:18:18 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	no	Never	no	No problem till now	Better	2	a week ago	no	no													
2022/06/24 3:20:51 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	no	Never	yes	None	No difference	2	don't remember	no	no													
2022/06/24 3:25:57 pm GMT+10	39 -55	Female	never got it checked	1- 3	no	no	1 day	no	Might feel awkward.	No difference	2	a month ago	no	no													
2022/06/24 3:27:08 pm GMT+10	56 - 74	Female	never got it checked	7-9	no	yes	1 day	no	Increase bp	No difference	2	a week ago	no	no													
2022/06/24 3:31:33 pm GMT+10	25 - 38	Female	never got it checked	1- 3	yes	no	1 day	don't know	Opening up	No difference	3	a week ago	no	yes													
2022/06/24 3:35:58 pm GMT+10	39 -55	Female	never got it checked	1- 3	yes	no	1 day	no	None	No difference	3	a week ago	no	no													
2022/06/24 3:36:50 pm GMT+10	39 -55	Male	never got it checked	1- 3	no	no	Never	no	No	Better	2	a week ago	no	no													
2022/06/24 3:41:49 pm GMT+10	39 -55	Male	never got it checked	1- 3	no	no	Never	no	Nothing	No difference	2	a week ago	no	no													
2022/06/24 3:46:57 pm GMT+10	56 - 74	Female	never got it checked	1- 3	no	no	Never	no	I don't think there will any difficulty facing or consulting a psychiatrist	No difference	3	a week ago	no	no													
2022/06/24 3:55:23 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	no	Never	no	You get addicted to anti psychotic drugs	No difference	2	a week ago	no	no													
2022/06/24 4:06:11 pm GMT+10	39 -55	Male	never got it checked	1- 3	no	no	Never	no	Addicted to drugs	No difference	3	a week ago	no	no													
2022/06/24 4:11:01 pm GMT+10	39 -55	Male	never got it checked	1- 3	yes	2-4 days	no	No idea	No difference	2	don't remember	no	yes														
2022/06/24 4:40:54 pm GMT+10	56 - 74	Male	never got it checked	1- 3	no	no	Never	don't know	As an individual I just don't know, whether I require consultation for better health.	No difference	3	a week ago	no	yes													
2022/06/24 4:45:24 pm GMT+10	25 - 38	Female	never got it checked	1- 3	no	yes	1 day	no	No	Better	3	a week ago	no	no													
2022/06/24 4:49:16 pm GMT+10	56 - 74	Male	in the past 6 months	1- 3	no	no	Never	no	Not Applicable	No difference	2	a week ago	no	no													
2022/06/24 4:58:40 pm GMT+10	39 -55	Male	never got it checked	1- 3	no	no	Never	no	One feels He is mad	No difference	3	a week ago	no	no													
2022/06/24 5:22:43 pm GMT+10	56 - 74	Male	a year ago	1- 3	yes	yes	1 day	yes	I am medicos, so don't feel any difficulties	Better	2	a week ago	yes	yes													
2022/06/24 5:22:53 pm GMT+10	56 - 74	Male	never got it checked	1- 3	yes	no	1 day	don't know	None	No difference	2	a week ago	no	no													
2022/06/24 5:24:09 pm GMT+10	25 - 38	Male	a year ago	1- 3	yes	Never	no	Na	No difference	2	a week ago	no	no														
2022/06/24 5:24:49 pm GMT+10	39 -55	Male	never got it checked	1- 3	no	no	Never	no	Depressed feeling	No difference	2	a week ago	no	no													

Notes from Interviews

The interface features a dark brown header bar with rounded corners. On the left side of the header is a solid dark brown circle. On the right side are two white-outlined square buttons with black icons: a left-pointing arrow and a right-pointing arrow. Below the header is a white background area containing eight interview snippets, each enclosed in a light blue rectangular box with a thin dark border. The snippets are arranged in two rows of four. Each snippet begins with a small orange paperclip icon.

- Dont know how to keep track of all my set goals.
- How will I know if I need professional help?
- People might judge me for what I say.
- I get distracted very easily.
- Spend too much time on social media.
- Lack of planning causes me to be late and then I panic at the last minute.
- Wouldn't mind talking anonymously with others who are going through the same thing.
- Cant wait for the long waiting lists to get an appointment with professionals.
- Very hard for me to socialise in big gatherings.

Affinity Diagrams (Interviews)



platform to
keep track of
goals

SPEND TOO
MUCH TIME
ON SOCIAL
MEDIA

DONT KNOW
HOW TO
KEEP TRACK
OF ALL MY
SET GOALS

I GET
DISTRACTED
VERY EASILY

Affinity Diagrams (Interviews)



Affinity Diagrams (Interviews)

Platform where we
can talk
anonymously with
other people

G
CANT WAIT FOR
THE LONG
WAITING LISTS
TO GET AN
APPOINTMENT
WITH
PROFESSIONALS

G
VERY HARD
FOR ME TO
SOCIALISE IN
BIG
GATHERING S

G
PEOPLE MIGHT
JUDGE ME FOR
WHAT I SAY

G
HOW WILL I
KNOW IF I
NEED
PROFESSION
AL HELP

Information Architecture

FIRST SCREEN

What is the goal of the screen? (login screen)

To help the user login , create new account or reset password

What pattern will you use?

Wizard

Why are you using this pattern for this screen?

Using a wizard will help users navigate through the login process quickly, easily, and with minimal room for error. By using responsive enabling, we can provide more structure to the login process and ensure a logical progression is taken. This will also reduce the mental burden placed on the user.

Describe how you might use this pattern on this screen?

The login page will be the primary screen through which users can login using their username or their email or they can also login with facebook or with google. There are options to create a new account if its a new user. There is an option to reduce errors when the user forgets their password.

SECOND SCREEN

What is the goal of the screen? (homepage)

It is a homepage it'll help see to see posts from friends and others

What pattern will you use?

Streams and feeds

Why are you using this pattern for this screen?

This pattern will help the users to scroll through the posts. The site will have frequently updated content because the user checks it often, often dozens of times a day. Ensures that new content is always appearing first in the list of items in the user's feed. This makes each visit a reward, with something new to see and to scroll through. People can keep up with a news stream easily because the latest items reliably appear first in the list with no effort on the part of the user.

Describe how you might use this pattern on this screen?

Using this pattern on the screen will help as the users will get all the recent updates on their friends on the top and can be kept updated. They can also visit their profile through this screen. This screen will have the posts from the users friends along with the option to view the friends profile. The users can also see notifications and also visit the other features of the application.

THIRD SCREEN

What is the goal of the screen? (profile page)

It is a profile page in which you can edit your profile and see your previous posts

What pattern will you use?

Grid of equals

Why are you using this pattern for this screen?

Use this pattern to show a sequence of items.

Describe how you might use this pattern on this screen?

This pattern will help the user to go through their previous posts and look back at what they have journaled in their previous days.it lets the user know the goals they have completed and the number of friends they have. There is also an option for new posts through users can write new posts.

FOURTH SCREEN

What is the goal of the screen? (goals page)

It is a page in which you can see all the daily and scheduled goals

What pattern will you use?

Thumbnail grid

Why are you using this pattern for this screen?

Use this pattern to show a sequence of items.

Describe how you might use this pattern on this screen?

This screen will display the status of all the daily and scheduled goals for the week. It'll tell the user which day the goal has been completed and which day it hasn't.

FIFTH SCREEN

What is the goal of the screen? (messaging page)

The users can talk to their friends through this page.

What pattern will you use?

Many workspaces

Why are you using this pattern for this screen?

An interface where users can view more than one context at a time.Side-by-side comparisons between two or more items can help people learn and gain insight.

Describe how you might use this pattern on this screen?

This pattern helps to see the messages and also the last set mood of the user so that all their friends can know what mood they are in. This also has a camera option through which they user can send photos to their friends.This pattern helps to see the messages and also the last set mood of the user so that all their friends can know what mood they are in.

SIXTH SCREEN

What is the goal of the screen? (summary page)

The users can see how much progress they have made according to their goals and how mch social media they have used.

What pattern will you use?

Grid of equals

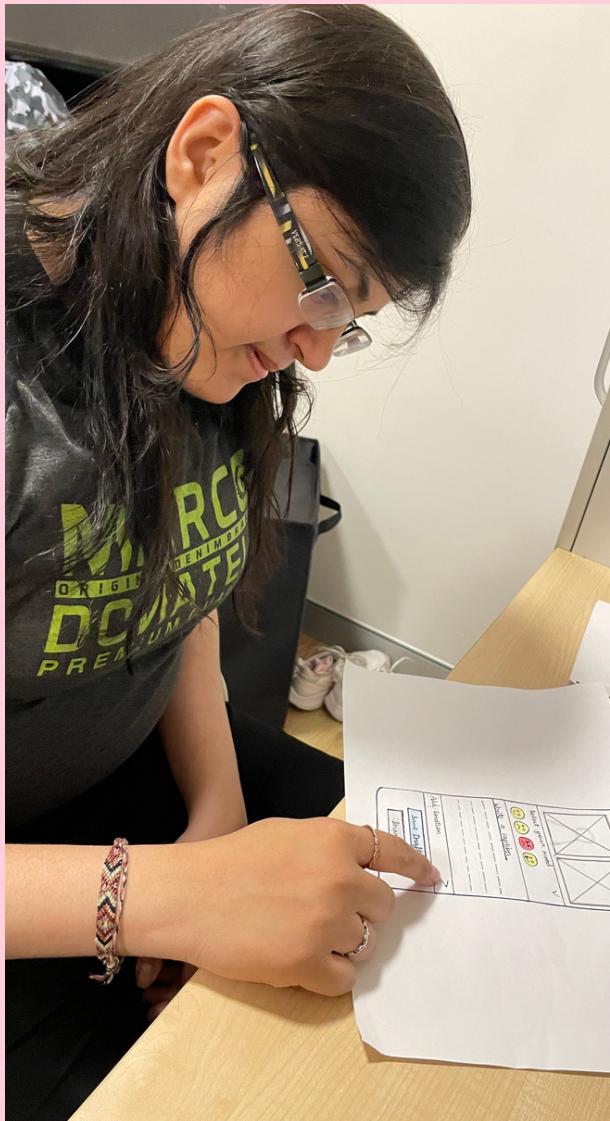
Why are you using this pattern for this screen?

Use this pattern to show a sequence of items.

Describe how you might use this pattern on this screen?

The smmary screen shows the summary of all the goals, exercise and the social media usage. It'll show the nmber of goals set and the number of goals completed. The social media usage will also be visible with a quote which will tell if youve sued any of the application for a long time and then print an interesting message which will motivate you to act according to the usage.

Evidence of usability evaluation



References

What Is Mental Health? | MentalHealth.gov. (2022). Retrieved September 16, 2022, from Mentalhealth.gov website:
<https://www.mentalhealth.gov/basics/what-is-mental-health>