Project Overview

Unopinionated is an application designed to enhance personal well-being and promote meaningful connections among users. At its core, Unopinionated offers a versatile platform that prioritises **user privacy** and **self-expression**, empowering individuals to engage with their thoughts, emotions, and aspirations in a supportive digital environment.

Key Features:
- ***Personal Journaling***:

Users can document their daily experiences and reflections with the option to keep entries private or share them publicly. This feature encourages self-expression and introspection while respecting the user's comfort level in sharing their thoughts.
- ***Goal Setting and Tracking:***

Unopinionated facilitates goal setting and tracking on a weekly basis, allowing users to define objectives and monitor their progress over time. By providing a structured framework for personal growth, this feature promotes accountability and motivation.
- ***Supportive Community Engagement:***

Users can engage in conversations with friends about their day, offering a platform for empathetic listening and mutual support. Additionally, Unopinionated provides a space for users to connect with strangers and discuss topics of mutual interest, fostering a sense of community and reducing social isolation.
- ***Encouraging Emotional Expression:***

Recognizing the barriers to seeking professional help, Unopinionated encourages users to openly express their feelings and emotions in a safe and *non-judgmental* environment. By facilitating meaningful conversations and destigmatizing mental health discussions, this feature promotes emotional well-being and resilience.
- ***Productivity Insights:***

Unopinionated offers users a comprehensive summary of their goals and activities, providing insights into their productivity and suggesting ways to improve daily routines. By promoting self-awareness and reflection, this feature empowers users to make informed decisions for personal growth and optimization.

Problem Statement

In today's fast-paced world, maintaining good mental health has become increasingly challenging for individuals of all ages. Despite its crucial importance, many people struggle to prioritise their emotional well-being, leading to detrimental effects on their overall quality of life. The lack of awareness, stigma, and barriers to accessing professional help further exacerbate the issue, leaving countless individuals feeling isolated and overwhelmed by their mental health concerns.

Through extensive research and interviews, several key challenges were identified:
Difficulty in Goal Setting and Time Management*:* Many individuals find it challenging to maintain a schedule and set achievable goals for themselves, whether on a daily or weekly basis. This lack of structure can contribute to feelings of aimlessness and hinder personal growth.

Trust and Communication Barriers: People often struggle to trust others and open up about their mental health concerns due to fear of judgement or insecurity. This reluctance to seek support can lead to feelings of isolation and prevent individuals from accessing the help they need.

Easily Distracted and Overwhelmed: Modern lifestyles characterised by constant connectivity and digital distractions make it difficult for individuals to stay focused on tasks or maintain healthy habits. This constant state of distraction can impede productivity and exacerbate stress and anxiety.

Fear of Seeking Professional Help: Despite the availability of mental health professionals, many individuals are hesitant to seek professional help due to various reasons, including stigma, cost, or long waiting lists. This reluctance to seek support can prolong suffering and prevent individuals from receiving timely interventions.

Lack of Planning and Organization: A significant number of individuals struggle with planning and organisation, leading to missed deadlines, increased stress, and a sense of overwhelm. This lack of structure can hinder personal and professional success and contribute to feelings of inadequacy.

Research & Analysis

Survey: A survey was conducted to gather insights into the prevalence of mental health issues, behaviours, and attitudes towards seeking help. The survey reached individuals across different age groups and demographics, providing a diverse perspective.

Interviews: In-depth interviews were conducted with various stakeholders, including university students, working professionals, and high school students. These interviews delved into personal experiences, coping mechanisms, and barriers to seeking help.

Concept Development

In the concept development phase, the focus was on creating a user-centred design solution that addresses the identified challenges and needs related to mental health. Key considerations included providing a supportive platform for communication, promoting goal-setting and accountability, reducing stigma around seeking help, and enhancing user engagement and motivation. Brainstorming sessions, user feedback, and research insights informed the development of features and functionalities for the Unopinionated application.

UI Design

The UI design of Unopinionated aimed to create a visually appealing and intuitive interface that facilitates seamless navigation and interaction for users. A clean and minimalist design approach was adopted to prioritise usability and readability. The colour palette and typography were carefully selected to evoke feelings of calmness and positivity, enhancing the overall user experience. *Emphasis* was placed on creating clear visual hierarchy, intuitive iconography, and consistent design elements across different screens to ensure coherence and usability.

Prototyping and Testing

Prototyping involved creating interactive mockups and prototypes to simulate the user experience and gather feedback. Iterative testing was conducted to identify usability issues, validate design decisions, and refine the user interface. Usability testing sessions involved observing participants as they interacted with the prototype, collecting feedback, and iteratively refining the design based on insights gained. The prototype underwent multiple rounds of testing and refinement to ensure that it effectively addressed user needs and preferences.

Solution

The solution, Unopinionated, is a comprehensive mobile application designed to promote mental health and well-being through journaling, goal-setting, social support, and anonymous communication features. The application allows users to journal their daily experiences privately or share them with friends, set and track goals on a weekly basis, engage in supportive conversations with friends and strangers, and receive personalised insights and summaries of their activities. By providing a safe and supportive digital environment, Unopinionated aims to empower users to prioritise their mental health, foster meaningful connections, and overcome barriers to seeking help. Through its intuitive UI design and user-centric features, Unopinionated seeks to

redefine the way individuals engage with their mental health and well-being, promoting resilience, self-awareness, and positive behaviour change.