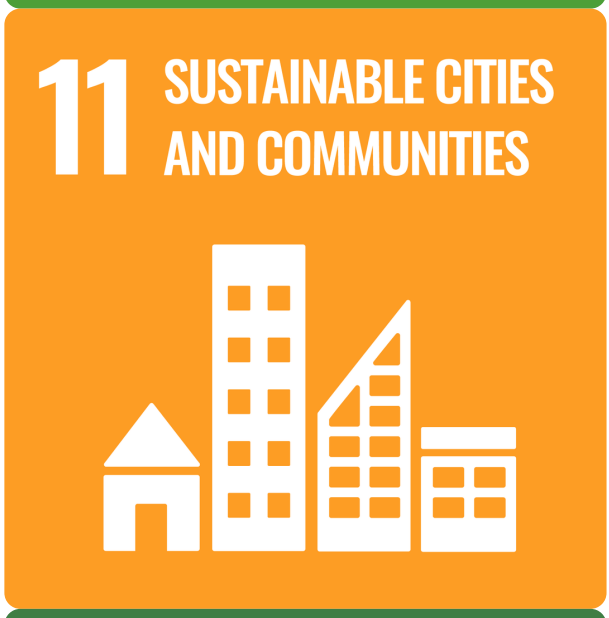
Page

Design Specification

Alignment with the sustainability and active causes for mental health



We would like to promote good health and wellbeing in a series of research-led activities proven to improve the mental health and wellbeing of each individual.

This aligns with Target 3.4 of Goal 3: Good Health and Wellbeing of the Sustainable Development Goals. We focus on the latter part of the target, which is to promote mental health and wellbeing.

We attribute the suicide mortality rate as well as widespread occurrences of mental health conditions

In addition to SDG 3, it is shown that physical activity will improve the physical wellbeing of individuals, is one of the safest forms of transport as well as a zero-emission form of transport.

This aligns with Target 11.2 (Affordable and sustainable transport systems) and Target 13.2 (Integrate climate change measures into national policies, strategies and planning)

Lastly, we want to support and align our goals with the Mental Health Strategy for the UK

Problem specification

We would like to create an app that will achieve the following goals:

- Improve student wellbeing, mental health and physical health using techniques such as persuasive technology and gamification
- Increase interest in exploring the university campus
- Increase sustainable mobility and transport around campus
- Engage with other students in the community through positive messages and written encouragement
- Provide accessibility to mental health helplines and resources

What do these goals achieve?

- Increase student awareness of the campus environment
- Increase student awareness of mental health
- Improvements in cognitive function, cardio and muscular-respiratory fitness and individual mental health
- Encourage an environment of compassion and positivity

Proposed problem & solution

We may never know if our loved ones and friends are going through something. There are many stories and experiences that are difficult to share.

Our app is designed to provide a map where users can share their stories, experiences and uplifting messages wherever they are on university campus and in the local city area. In this way, the most vulnerable individuals have a visual representation of their community to know that they are not alone.

We choose to let users post a picture and a message, in the form of a digital polaroid. Posting these will drop a pin on the map at the location of being posted. These pins will remain on the map, but are hidden until another user approaches the area where it is located.

This encourages users to discover the pins around them, and thereby are incentivised to walk around campus. Users will also be rewarded for taking actions such as posting a message or starting a walk around campus.

Design specification

- A mobile-friendly, responsive web app
- A local-area, position-oriented map (map which renders your current position dynamically)
- Ability to view pins across the map with corresponding polaroids
- A method to upload, submit and share pictures
- Let users collect their favourite messages to their own collection
- Account registration and login
- A platform to manage accounts and moderate content

- A way to view profiles of other users
- A daily challenge system or leader board
- A badge/sticker reward system for posting
- A way for users to manage their own profiles and pictures
- Settings and preferences (to tailor their own feed)
- A way to access resources and helplines for wellbeing

GDPR Compliance Specification Important

Subjects

- Data controller & processors: Post-i-tivity Team (Ziyad Alnawfal, Eugene Au, Robert Bulcock, Jayant Chawla, Ben Ellison, Adam George)
- Data subjects: Registered Users of the Post-i-tivity service

Policies regarding data subjects:

- Terms & Conditions
- Privacy Policy

Data stored:

- Usernames
- Email
- Location data (latitude & longitude)
- User content (images and text)

Data processed:

- Location data (anonymized to the regular user) - processed by the data controller (Post-i-tivity)
- User content (images and text) - processed by the data controller (Post-i-tivity)

Third-party data controllers:

- None (no data is processed or given to third-parties)

Must Have

- The user must have the ability to access the web app on mobile devices
- The user must be able to register and login
- The user can render a map according to their current position
- The user may view images and messages uploaded and shared by other users on the map
- The user may capture their own photos, write their own messages and upload them to the app for other users to see
- The user may collect their favourite postcards
- The user can only see pins within a near proximity and can discover more pins around them

Should Have

- The user may manage and edit their own posts and what they show
- The user may remove items from their collection
- The user may choose to add social links to their profile
- The user may accept daily challenges in exchange for points (or badges/stickers)
- The user may earn achievements for several milestones such as number of photos and pins discovered (rewarded by badges)
- The user can share polaroid's in text or image format
- The user may view profiles of other users
- App managers (moderate) accounts / content

Could Have

- The user may access their collection in a desktop layout
- The user may use their stickers / badges in their collections or posts or show them in profile
- The user has links to access helplines and mental health resources
- Users may flag or report inappropriate or concerning posts for moderators to remove

Will Not Have

- Users may follow other users and like other posts
- Users can access functionality without logging in
- Users can recieve physical items or merchandise for as form of reward

Project version plan

Version 1.0 (Prototype)

Served on a local database + frontend bundle

- The user must have the ability to access the web app on mobile devices
- The user must be able to register and login
- The user can render a map according to their current position
- The user may view images and messages uploaded and shared by other users on the map
- The user may capture their own photos, write their own messages and upload them to the app for other users to see
- The user may collect their favourite postcards
- The user can only see pins within a near proximity and can discover more pins around them

Version 2.0 (Production App)

Important: **Deployed on a remote server** rather than served on a local environment

- The user may manage and edit their own posts and what they show
- The user may remove items from their collection
- The user may choose to add social links to their profile
- The user may accept daily challenges in exchange for points (or badges/stickets)
- The user may earn achievements for several milestones such as number of photos and pins discovered (rewarded by badges)
- The user can share polaroid's in text or image format
- The user may view profiles of other users
- App managers (moderate) accounts / content

Project progress report

Version	Task	Progress
1.0	Served on a local database + frontend bundle	✅ Completed
1.0	The user must have the ability to access the web app on mobile devices	✅ Completed

1.0	The user must be able to register and login	✅ Completed
1.0	The user can render a map according to their current position	✅ Completed
1.0	The user may view images and messages uploaded and shared by other users on the map	✅ Completed
1.0	The user may capture their own photos, write their own messages and upload them to the app for other users to see	✅ Completed
1.0	The user may collect their favourite postcards	✅ Completed
2.0	The user can only see pins within a near proximity and can discover more pins around them	✅ Completed
2.0	The user may accept daily challenges in exchange for points (or badges/stickers)	✅ Completed
2.0	App managers (moderate) accounts / content	✅ Completed