Appiness

Prototype Presentation

Evan Bondura, Zachary Clay, Charles Germany, Ashlyn Cooper

Problem and Motivation

On December 20, 2020, Mills Griffin, a former Clemson engineering student and a fraternity brother to one of our team members, committed suicide in his own home at the young age of 23. Mills' tragic passing was a harsh reminder of the true severity and gravity of those who suffer from mental health problems. Driven by this, we saw a clear need for more freely accessible tools, remedies, and other mental health treatments, and this notion ultimately gave birth to Appiness.

Appiness Introduction

- Mobile application aimed at improving the mental wellness of its users
- Users interact with the app daily either by completing tasks or by receiving/reading daily messages
- Users may also set the number of times the app pushes daily notifications/check-ins

Appiness

User Group

- Young Adults; Ages 18-25
- Students and Non-students
- Familiar with technology
  - Likely to own a smartphone already
- Wide variety
  - May/may not have diagnosed mental health issues
  - May/may not have daily stress and anxiety
  - Different backgrounds in education
  - Different racial/ethnic backgrounds
- Appiness allows these users a simple and easy way to take care of their mental wellness
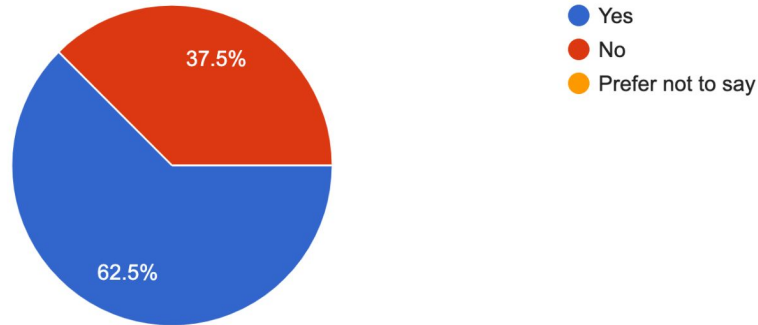
Initial Prototype - User Research

- Administered surveys and ran user interviews
  - 8 surveys completed, 5 interviews
- Focused on gauging user's initial reactions to possible features
  - Daily affirmations
  - Mood check-ins
  - Mental health tips
  - Accomplishment reminders
- All users in research owned a smartphone and use them for daily activities
- Collected data on user's relationship with their mental health
- Interviewees answered questions similar to the survey but with more depth

Initial Prototype - User Research

Do you currently struggle or have ever struggled with stress, depression, anxiety, and/or other mental health issues?
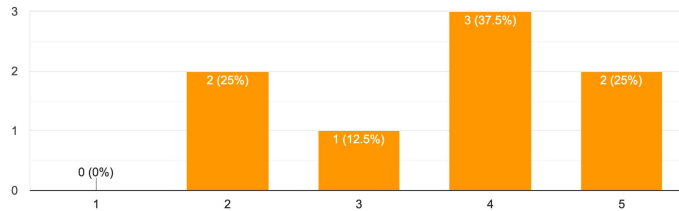
8 responses

- Yes
- No
- Prefer not to say

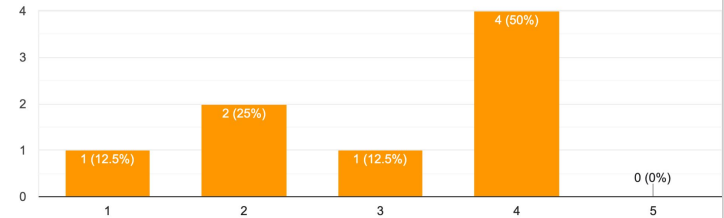37.5%

62.5%

Initial Prototype - User Research

How beneficial to your mental health would a daily affirmation or positive quote of the day feature be?
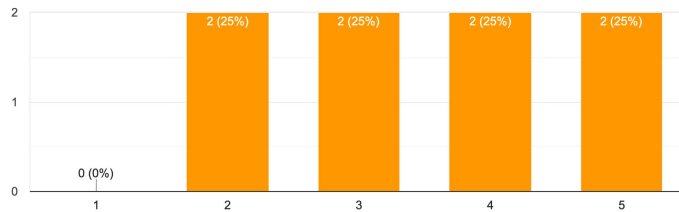8 responses

- 1: 0 (0%)
- 2: 2 (25%)
- 3: 1 (12.5%)
- 4: 3 (37.5%)
- 5: 2 (25%)

How beneficial to your mental health would regular check-ins/interactions aimed at making you happier be?
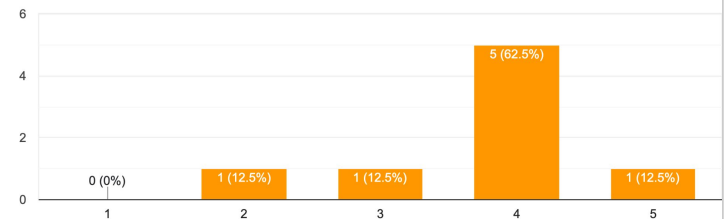8 responses

- 1: 1 (12.5%)
- 2: 2 (25%)
- 3: 1 (12.5%)
- 4: 4 (50%)
- 5: 0 (0%)

How beneficial to your mental health would tips for improving your daily mental attitude and/or mood be?
8 responses

- 1: 0 (0%)
- 2: 2 (25%)
- 3: 2 (25%)
- 4: 2 (25%)
- 5: 2 (25%)

How beneficial to your mental health would it be if the application reminded you of your larger/broader accomplishments?
8 responses

- 1: 0 (0%)
- 2: 1 (12.5%)
- 3: 1 (12.5%)
- 4: 5 (62.5%)
- 5: 1 (12.5%)

Initial Prototype - User Research

Key Takeaways

- Majority of target demographic struggle with stress, anxiety, depression, and/or other mental health issues and currently do not use an application to assist in improving mental health.
- The features of a mental wellness app that will provide the most benefits are daily affirmations/check ins and reflections on positive accomplishments.
- Customizable solution, not "one size fits all"
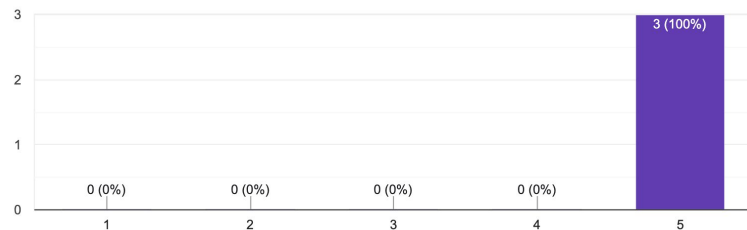
Final Design - User Evaluation

- Administered a usability test to users from our user group
  - Total of 8 tasks to be taken
- For each task, we measured
  - Time on Task
  - Number of Errors
  - Task Completion
  - Perceived Ease of Use
- Users took a brief survey after completing the test that measured the ease of use of our mobile application

Final Design - User Evaluation
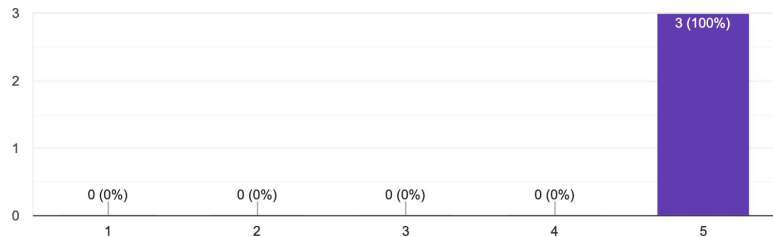
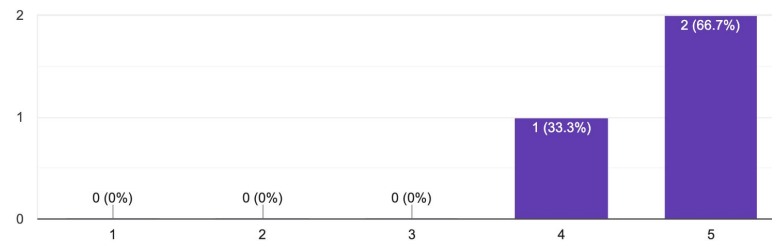Overall, I am satisfied with this system.

3 responses

This system has all the functions and capabilities I expect it to have.

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3 responses

I feel comfortable using this system.

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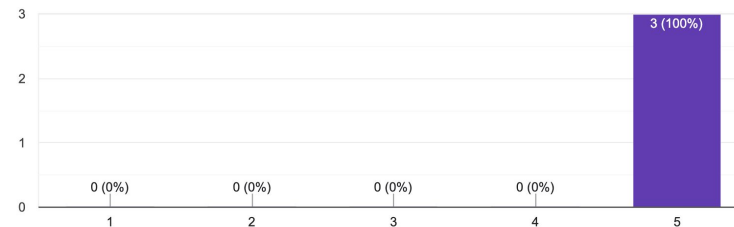3 responses

The information provided for the system is easy to understand.

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3 responses

Final Design - User Evaluation

Key Takeaways

- Overall, users were very satisfied with the application
- The biggest piece of criticism our application received was that our system does not provide clear error messages that tell the user how to fix problems
- For our final design, we want to provide a better way of helping the users recover from problems by giving them helpful feedback

Demo