

Addicted Bois

Milestone 2 Report

CSCI 4800

10/4/18

DayBreak

Milestone 2 came and went and along the way our project saw great growth. From a humble idea to fully fledged storyboard sketches, our app, DayBreak, has grown from a mere concept into something that could be manifested into the physical realm. In order to bridge the gap between imagination and reality, we needed to create tangible designs that we could start working into prototypes. We chose to create a storyboard to lay our designs out on, in the hopes of better identifying how an end user would interact with our application. Our group created 3 designs, each of which possessed a unique strength. After demonstrating each design concept to a classroom of our peers, we decided that our prototype will eventually use a combination of the features of the 3 unique designs that we presented during the showcase.

Our first design (top row) focused on the usability of the app. The layout is simple but attractive, and the user-app interaction is very friendly and comforting. Functions such as the slide and the communicative style of the app messages and prompts are designed to guide the user so the app is intuitive and causes as little confusion as possible. Additionally, we feel that these sort of design choices help our app seem friendlier, such as when the app asks the user how they are feeling. This type of interaction feels very personal, which may lend to the safety and relaxation of the user. Our team recognized that this would be important because of the target audience of our app. We aim to help people who have problems with addiction or mental health, so an overly confusing or daunting app would cause some users to stray away from using it. If they don't use our app then they don't get the help they need, so we needed to make our interface as accessible as possible. By making something simple and recognizable, we were able to make our first design into an interface that is welcoming to

all types of users. Our hope is that this style of interface will help the users feel like the app and their problems are less of a burden, and that they will be able to reach a point where they actually enjoy and look forward to opening DayBreak on a daily basis.

Our second design is radically different. While we realized the importance of the minimal and aesthetic interface, we were also aware that our users would be dealing with very complicated problems. Because of the complexity of the issues, our app needs a lot of user data to be able to make suggestions and messages that will actually help users do things like mitigate panic attacks and avoid triggers and cravings. We also wanted the app to look like it was developed thoroughly enough that it would actually be able to help people – some of our team members feared that a minimal approach could come across as cheap or underdone. Therefore, the focus of the second design was user power. This design features more interface control than any of the others, with a very powerful navigation menu that would make it efficient for users to access and change their information within the app. This is incredibly important to the success of DayBreak because the app will need the most accurate and complete information it could possibly have access to. Without accurate information, users will not get proper help from the app and it will undoubtedly fail. This design offers far more power in terms of information gathering and system navigation, including a calendar, dynamic menu, and user forms with variable fields. Additionally, users are able to manipulate the settings pertaining to how the app interacts with them, such as changing the frequency of reminders and notifications. This serves to make the app more of a personally tailored experience, although it could be argued that it is less personable than the first design. It represents the upper limit of interface complexity that the final product could potentially have.

The third and final design stood in between the first two in terms of complexity. While the interface was more complex than the first design and less powerful than the second, it could be considered more robust than the other two. Ultimately we will need a combination of complexity and ease of use, so the data collection done by the app needs to be as painless and simple for the users as

possible, but also prompt them for the proper relevant information. One piece of information that is vital to the success of the app is the event log. Depending on what the user is using the app to help with, they can log specific events such as cravings or attacks that will give the app information on the intensity and frequency of the problems. This is vital because it will allow the app to consider data relating to how the users experience their problems at different times of the day, and will be able to determine a correlation between something like a craving and a reoccurring stressful event. For example, if DayBreak recognizes that a user often has a depressive episode on the weekends, we can greatly narrow down the cause of the episodes and look at how the weekend is affecting the person. Combined with the user mood tracking and other similar data, we can start to predict how the users will react to life events and eventually step out in front of the problems and deal with them proactively. Because of this, the timing of the user log entries is also of great importance. The app needs the most accurate timing for the data to really be useful. Thus, the focus of the third design is the log function, and allowing users the easiest pathway to creating a chronological timeline of their issues. The log function on the third design specifically is simple, easy to navigate to, and powerful. The size of the button and the placement at the top of the screen makes it easy to see and easy to select, since it will be the most used function in the app by a longshot. The other functions of the app are still simple to navigate to as well, and offer the user a fair amount of control over the product.

Our next stage of development is decide on an ultimate design and then start researching prototyping. We will need a prototype of the app that has more depth than the storyboard currently offers. This prototype will likely be a fusion of several good aspects of these three designs with some additional changes made as our concept is realized. Below is a picture of the current stage of our project that we displayed during the showcase: the storyboard.



BY:
ADDICTED
BOIS

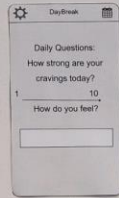
DAYBREAK

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(PROTOTYPING)



Settings page: three categories for settings: profile, general settings, and notifications. Profile includes name and an option to reset the app.



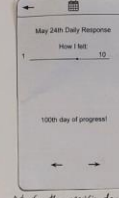
Daily responses show up in app every day. User can delete if they want to remove a point.



Startup page: shows up before first time setup and while app is loading.



Calendar will track dates for specific dates. Users can click a date to go to it.



Notes for the specific day. This is where we would include extra info created by the app as well as a log.



Name:
Habit:
Goal: ☐ cessation ☐ slow down
Do you know your triggers?
☐ yes ☐ no
Are there activities you'd like to do more?
☐ yes ☐ no

This is the intake page. It's really important when the user is registering their behavior.

Today's triggers: ☐ Alcohol (always triggers) ☐ Drinking (always triggers) ☐ Boredom (sometimes triggers) ☐ School (sometimes triggers) ☐ Coffee (rarely triggers) ☐ Laying Down (always triggers)

The triggers that help the triggers the user has been using. The user can select the intensity of each trigger. The user can also select the user's goal.

Today's triggers: ☐ Making Art (top priority) ☐ Working Out (high priority) ☐ Learning Guitar (mid priority) ☐ Reading (mid priority)

This helps the activities the user has been using. The user can select the intensity of each activity. The user can also select the user's goal.

October 2
Craving level:
How are you feeling?
How are you doing?

This is where the user enters their daily log. This is the main part of the app. The user can log their feelings and what they are doing.

October 2
M T W T F S S
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 1 2 3 4
5 6 7 8 9 10 11

Calendar that allows users to put in their daily entries. They cannot be edited, only entered.

morning notification: ☐ on ☐ off
time: [9]:[30]
rough notifications
trigger reminders: ☐ on ☐ off
frequency: [6] times/day
activity reminders: ☐ on ☐ off
frequency: [6] times/day
restart intake (clears all data) ☐

The settings page controls all the other settings and allows the user to reset the app. The user can also select the user's goal.

Create an account
Preferred name:
Email address:
Password:

User will create an account the first time they open the app.

User Information
What behavior would you like to reduce?
What triggers this behavior?
Add another trigger

During account creation, users will register their behavior and triggers.

What activities would you like to replace your behavior with?
Activities:
Add another activity

Users will also register the activities they want to replace the behavior with. Activities from the home screen.

How can DayBreak help you today?
Log
Calendar
Triggers
Settings
Notifications

Users will write about their day, their feelings, and what they are doing.

Log
How are you feeling?
How are you doing?
What are you doing today?
What are you feeling today?

Users can add or remove triggers.

Triggers
Add a trigger
Remove a trigger

Users will be able to add or remove triggers.

Calendar
Click date to add log or remove a log
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

Users will be able to add or remove triggers.