

A background photograph of a young woman with long brown hair, smiling broadly and holding a bunch of pink flowers. She is wearing a red and white plaid shirt. The background shows a blurred landscape with mountains and water.

HELPING YOU
FIND YOUR HAPPINESS

EUDAESENSE



EUDAENSE



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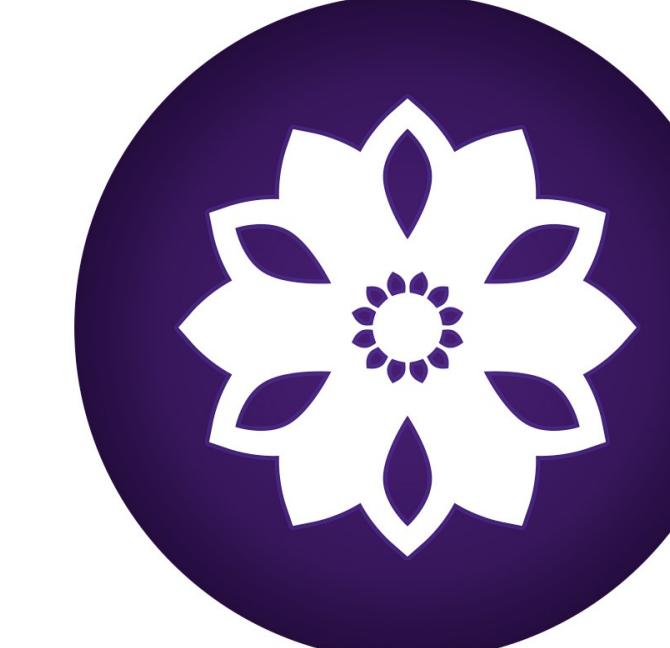
Measures Biosignals



Behavior Tracking



Personalized
Recommendations



Emotional Balance
Strategies

Video

The best way for us to illustrate what our application does is through a short demo

<https://www.youtube.com/watch?v=ntxkWkO-r4s>



I

DEPRESSION

Mental illnesses are serious disorders which can affect your thinking, mood and behavior.





16 million

...US adults had at least one major depressive episode in 2012

50%

...of Americans with major depression do not seek treatment for mental illness

1 in 5

...suffer from a mental health condition

What is Depression?

“Depressed mood or a loss of interest or pleasure in daily activities for more than two weeks.” - DSM-IV

OUR TARGET USER: people with a mild, chronic form of depression that resemble Persistent Depressive Disorder

Our Focus

What our project aims to do

Help users' gain control over the feelings and thoughts associated with depression and combat them with positive ways of thinking.

What our product will NOT do

Our product does not aim to diagnose mental illness, tackle the root of one's depression or attempt to solve their problems.



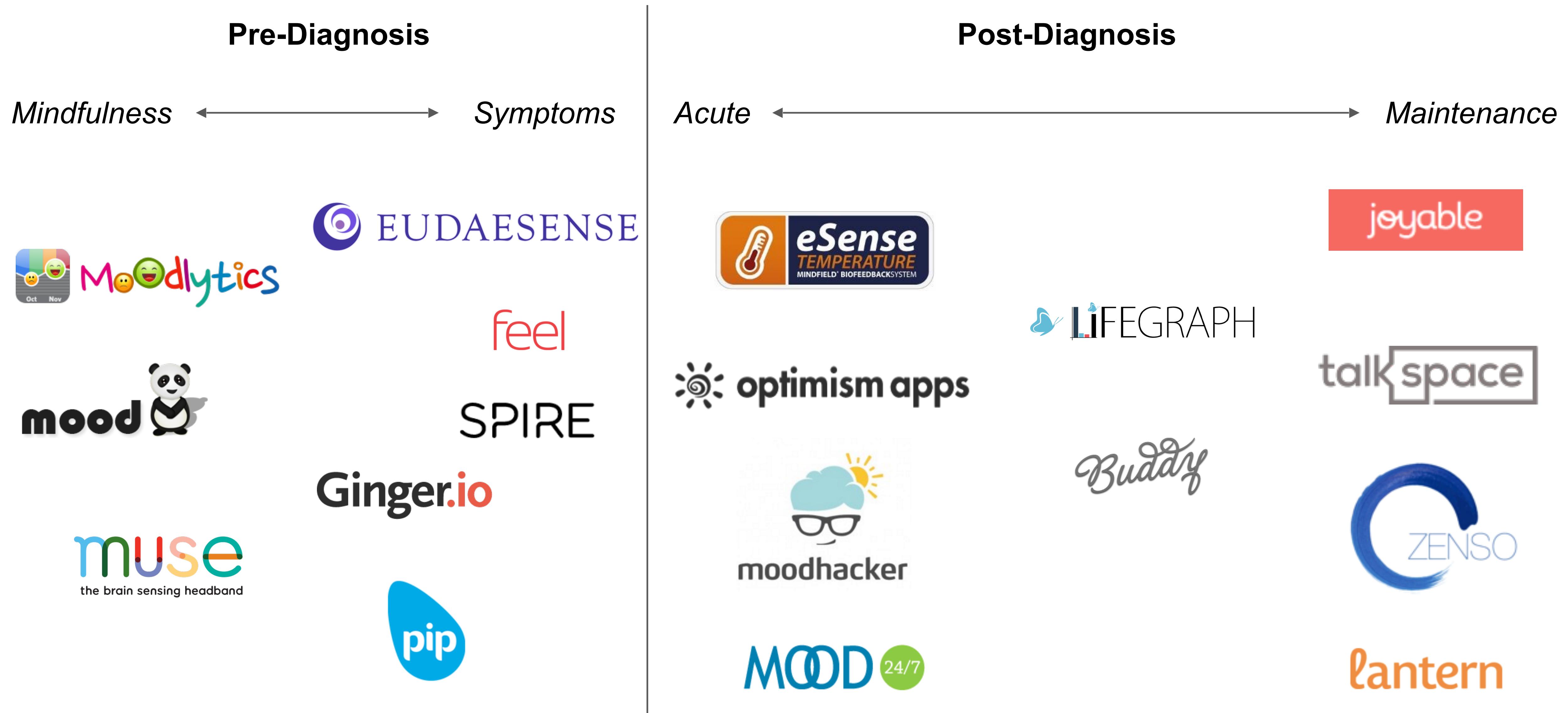
II



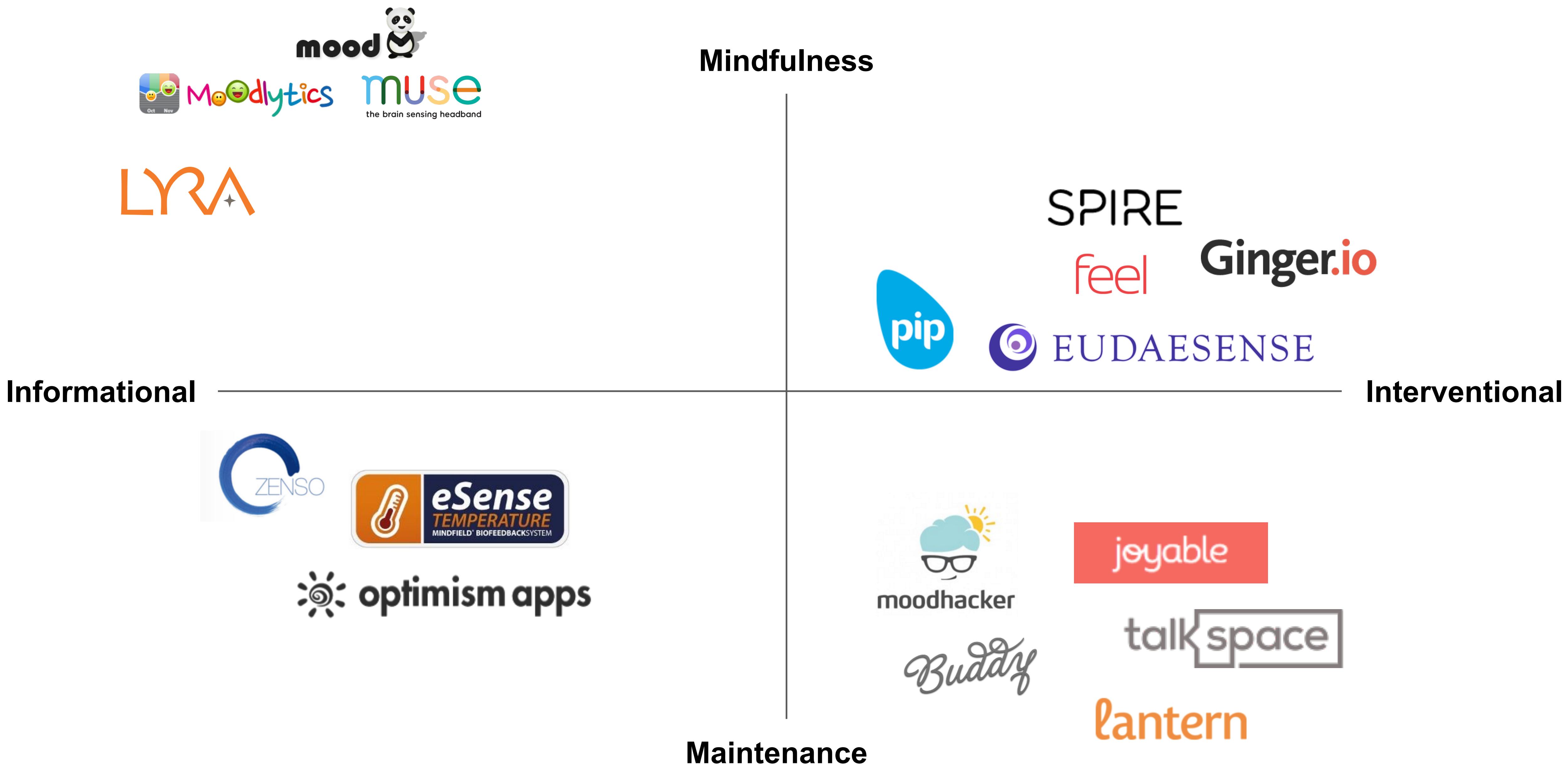
COMPETITIVE ANALYSIS

Passive data collection
and contextual,
just-in-time interventions

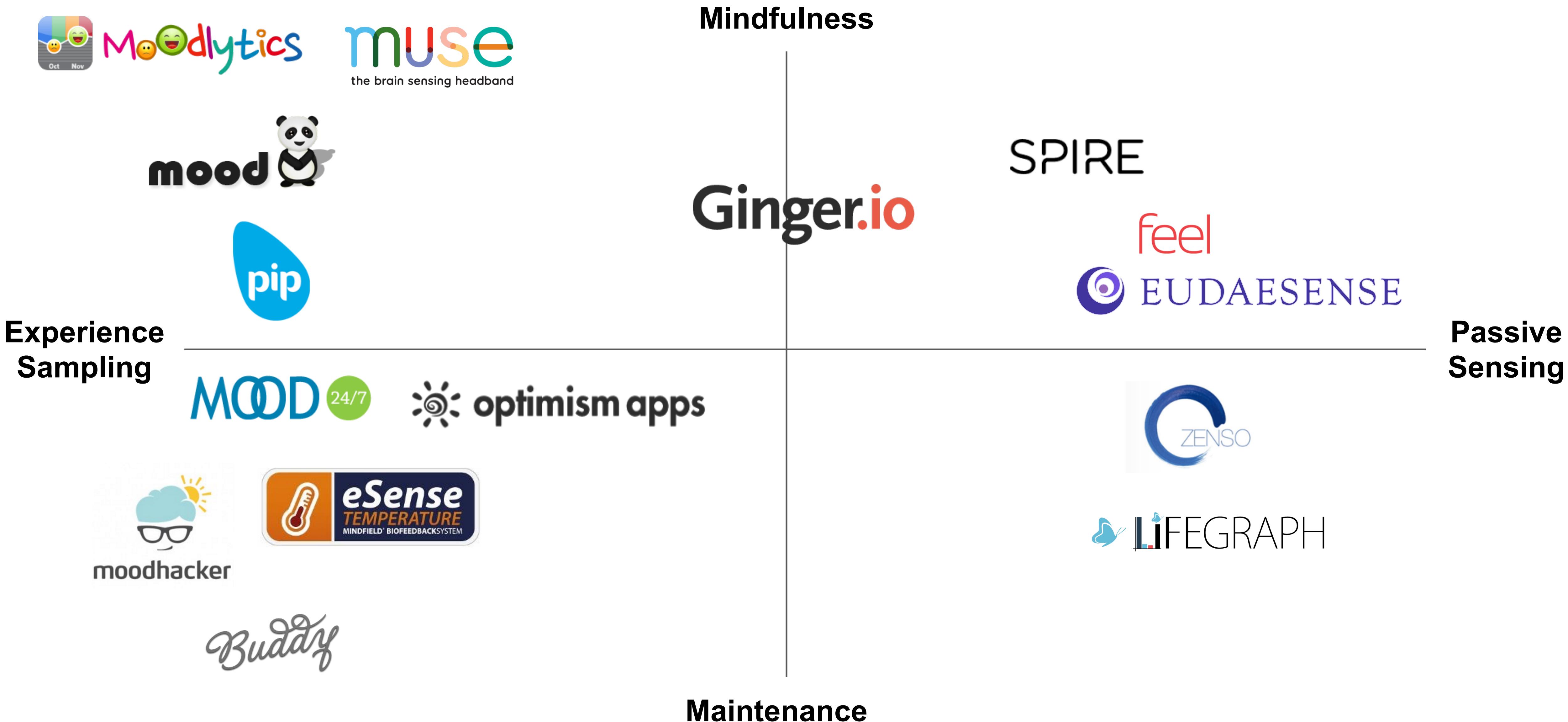
Competitive Landscape - Stage of Depression



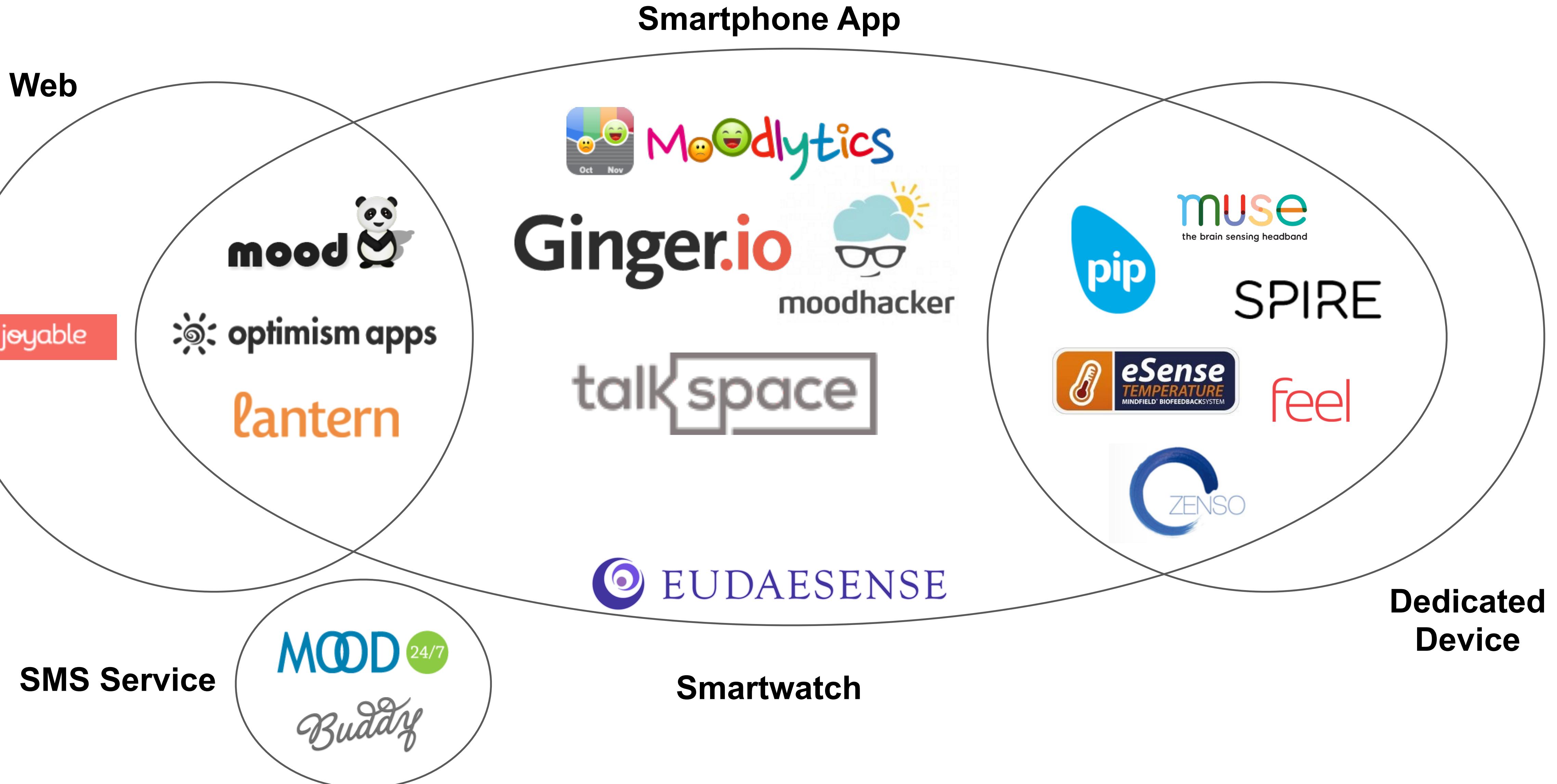
Competitive Landscape - Level of Intervention



Competitive Landscape - Data Collection



Competitive Landscape - Tech Platform





EUDAESENSE



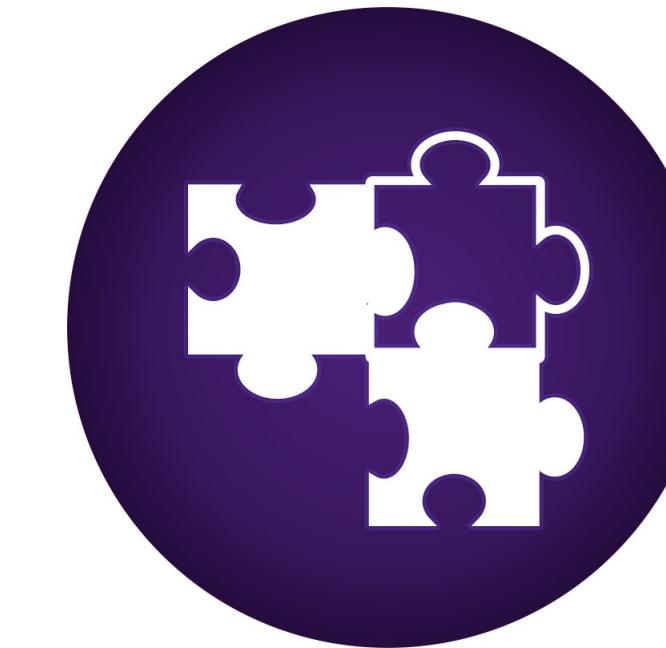
Data-Driven



Timely Micro-Interventions



Unobtrusive



Customized
Recommendations



III

USER RESEARCH

Understanding user behaviors, needs, and motivations.



User Research: Expert Interview Findings



“CBT-i provides research-proven methods for treating insomnia. Relevant methods could be establishing good sleep hygiene and mindfulness training.”



“Important to ask open ended questions, paraphrase what has been said, and give the patient a voice.”



“There is an emotional piece to speaking with a human that would be challenging for technology to capture.”

User Research: Diary Study

Research Questions

How do people feel about sleep and its contribution to overall health and wellness?



User Research: Diary Studies Findings



Guilty to go to bed



Difficulty falling asleep



Waking up in the night

Paper Mockups

MINDFULNESS : Body Sensations

PROBLEM WE'RE SOLVING:	MINDFULNESS
WHEN PROMPTED :	<ul style="list-style-type: none"> - Good end of day exercise - May also be helpful during the day, when not occupied
WHO WE'RE SOLVING IT FOR:	(Like on BART)
BUSINESS GOALS:	<ul style="list-style-type: none"> - Ask user to think of 5 sensations they are feeling right now related to sense of touch.
WHAT WE KNOW:	<ul style="list-style-type: none"> - After each thought, tap the hand and add to the counter - Repeats for all 5 senses
PROS:	- A very good mindfulness exercise
CONS:	<ul style="list-style-type: none"> - Arguably takes a long time - What if user cannot think of 5 for each? - User may rush through activity, find it annoying

created by @kevinfremont

PRODUCT DESIGN CANVAS

PROBLEM WE'RE SOLVING:

- Worrying in bed
- Replacing neg thoughts w/ pos. thoughts.

WHO WE'RE SOLVING IT FOR:

BUSINESS GOALS:

WHAT WE KNOW:

PROS:

CONS:

User Research: Surveys

Research Questions

What is our user's relationship with sleep?

What is our user's relationship with using technology for health and wellness?



User Research: Survey Findings

People reported different sleep habits and have varying definitions of a good night's sleep

Respondents seemed to have basic understanding of the relationship between mood and sleep

The majority of respondents had morning and evening routines and indicated general awareness of good and bad sleep habits



User Research: Interviews

Research Questions

Do interviewees have a morning and evening routine?

How do they define ideal sleep?

How do they use technology for health and wellness?

Do they use wearable technologies?



User Research: Interview Findings

Interviewees tended to go against their own better judgement on sleep.

"I definitely know that I shouldn't be looking at a screen couple hours before I'm trying to go to bed..."

Interviewees indicated a preference for smartwatches over fitness trackers.

"[Fitbit] seemed single dimensioned...failed to provide clear tracking so that was annoying"

Interviewees didn't want to be bombarded with notifications from a smartwatch.

"You need to go somewhere?"
"No I just got a notification on my watch"

A woman with long blonde hair, seen from the side, looking thoughtfully to the right. She is wearing a dark-colored sweater. The background is blurred, showing city lights at night.

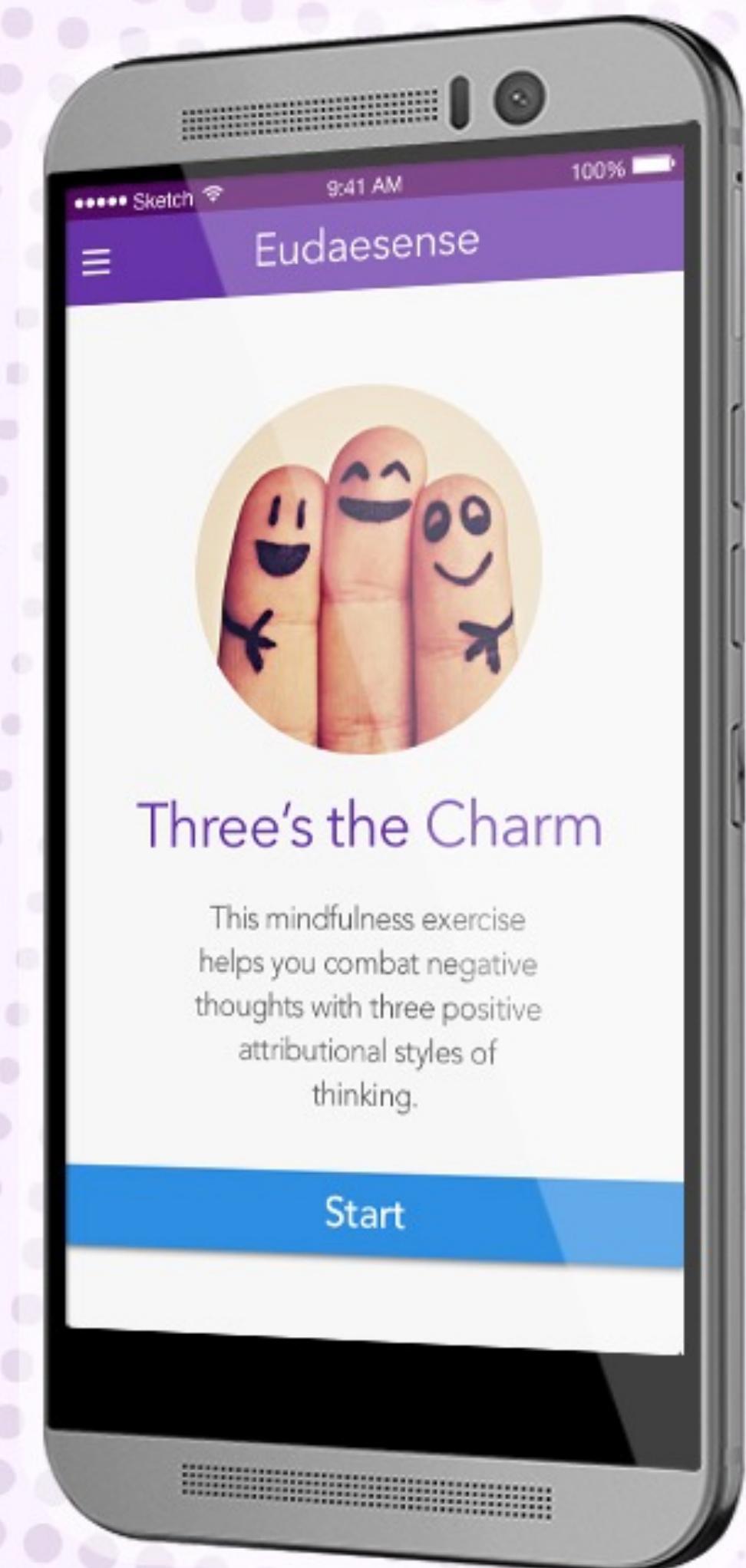
IV

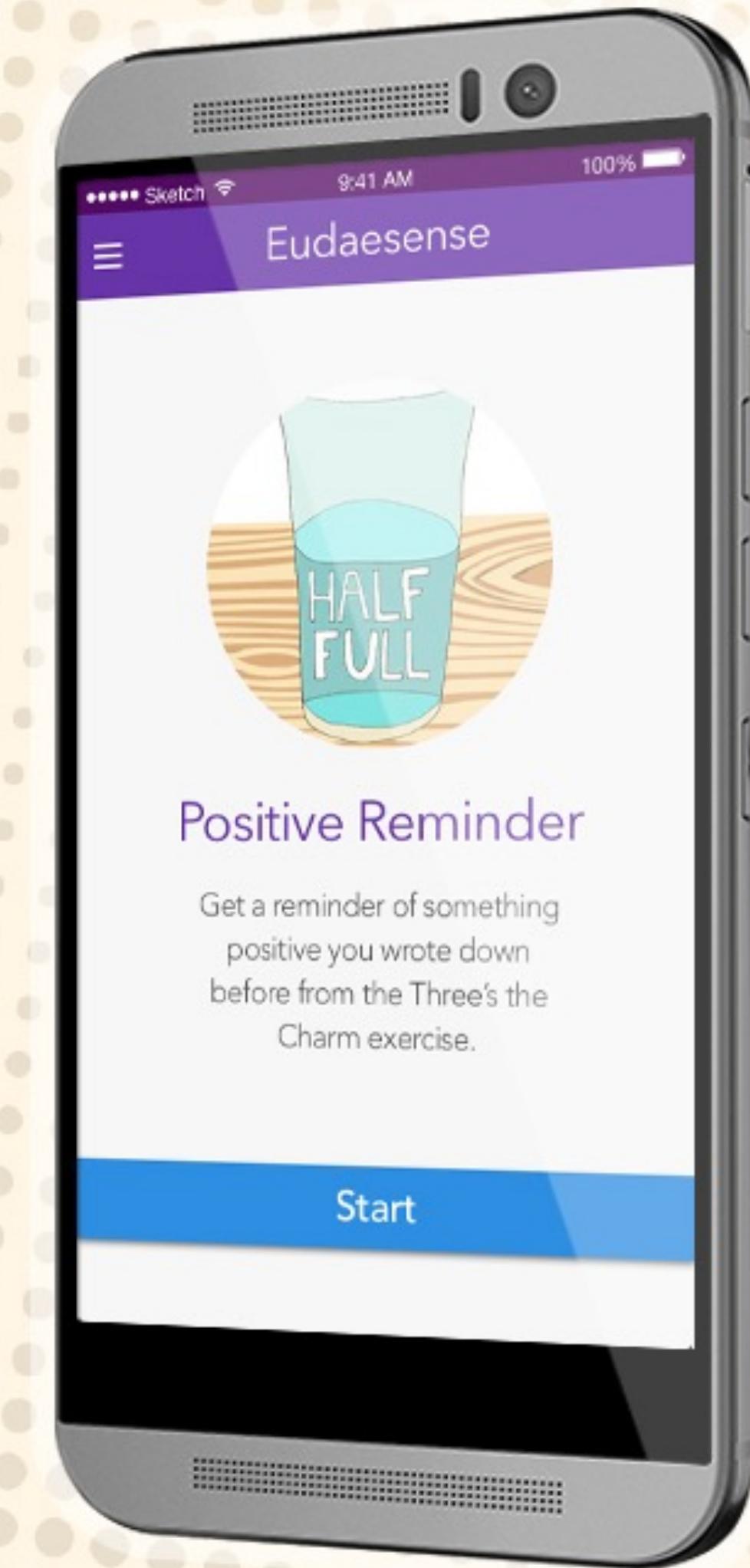
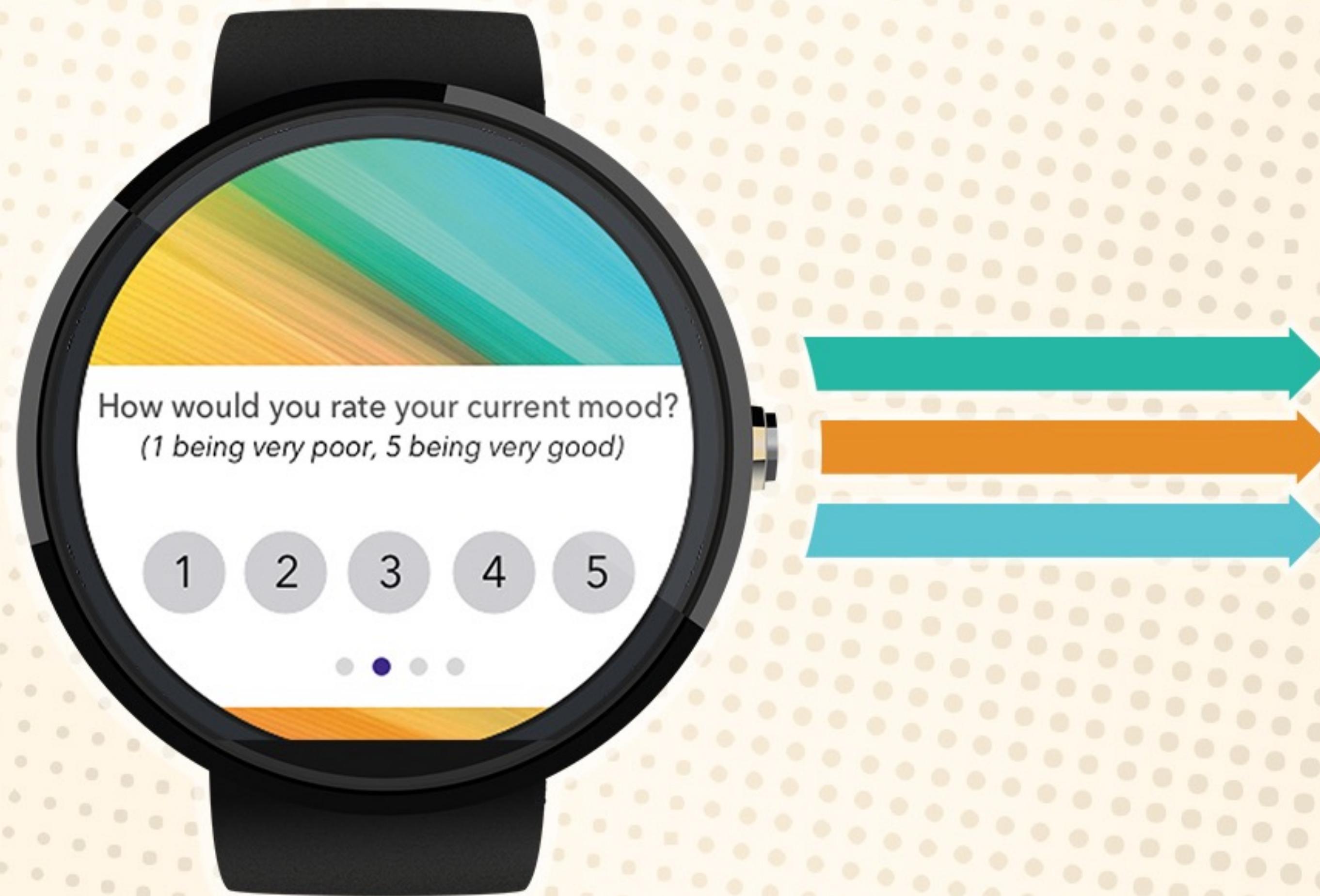


INTERVENTION DESIGN

Designing the user
experience of tomorrow.

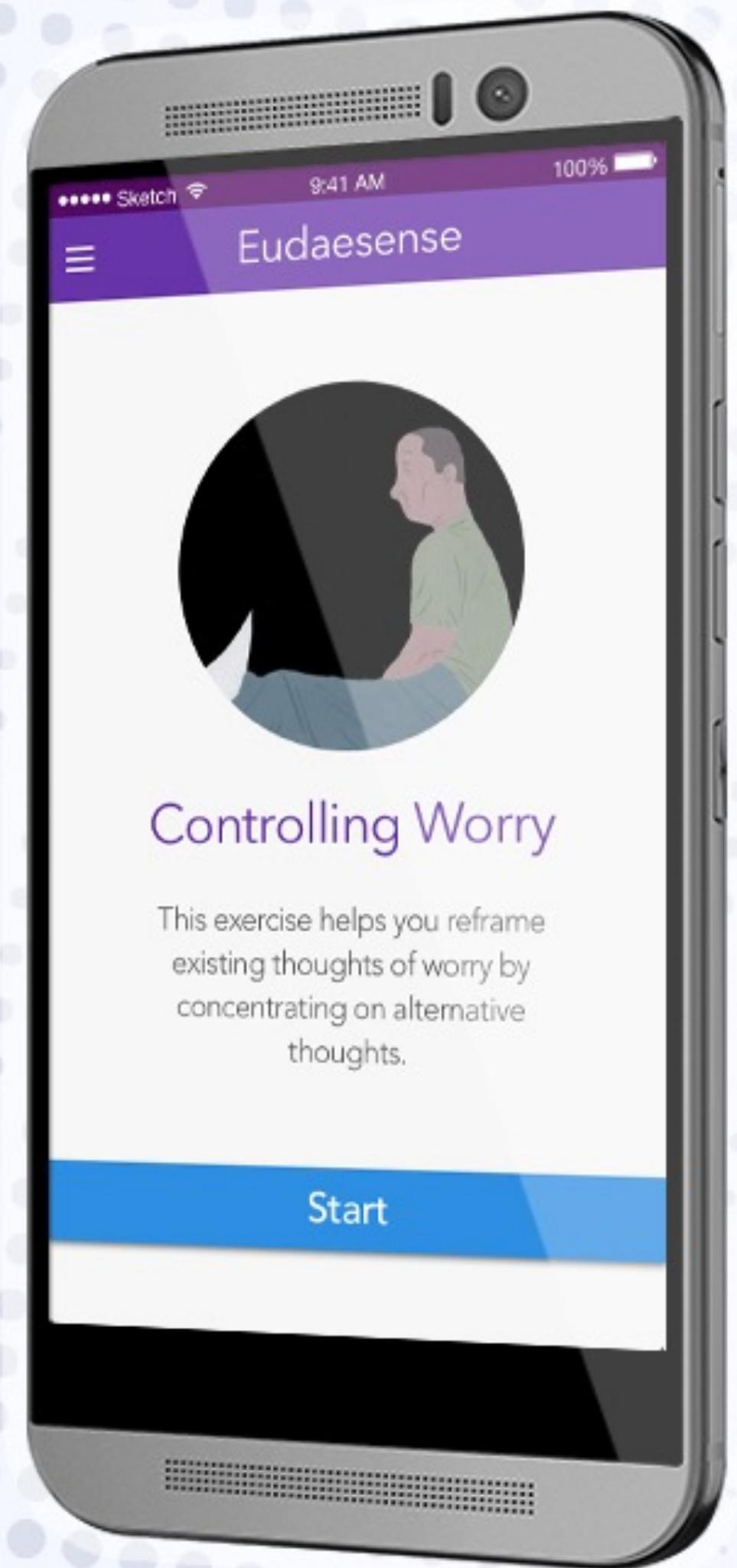
Three's the Charm

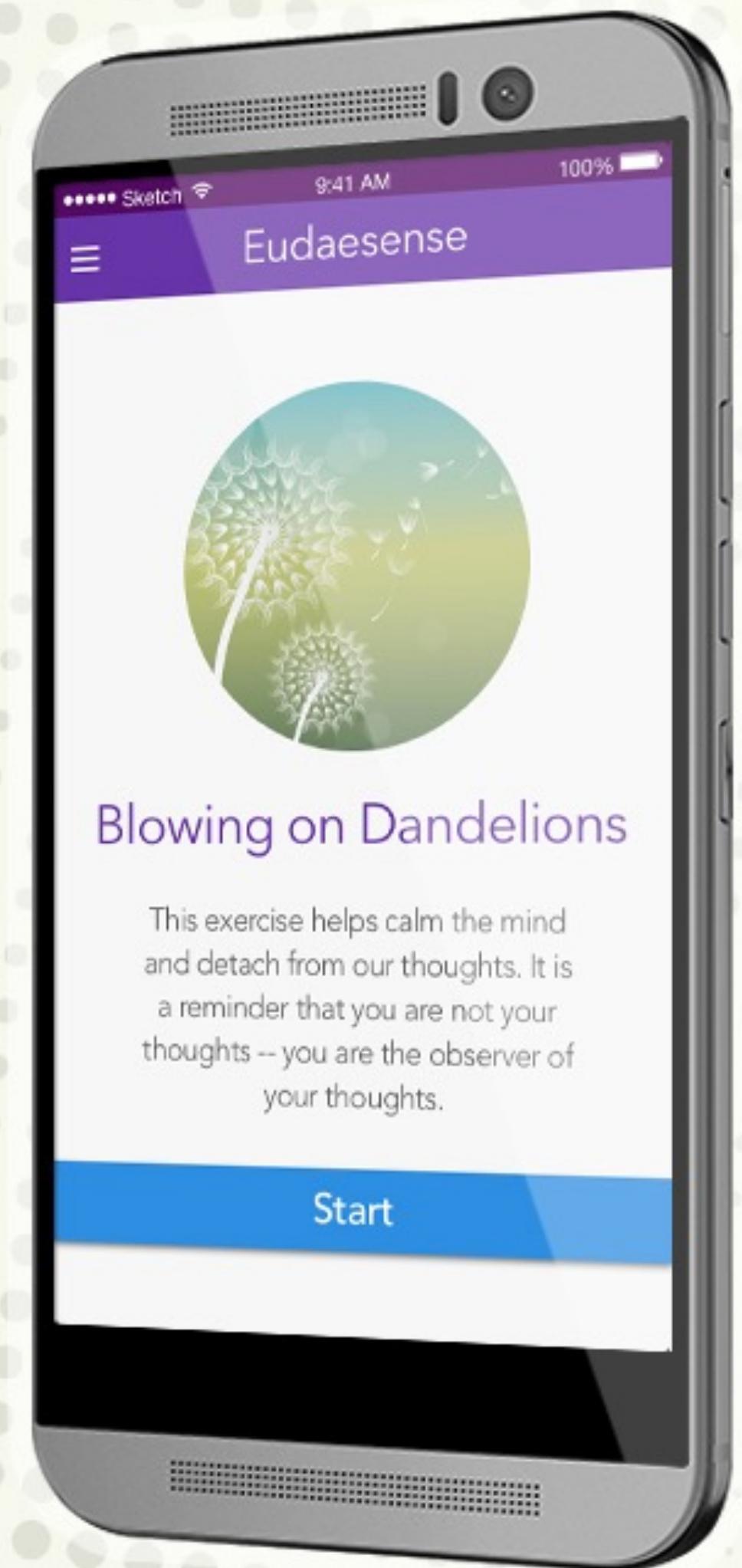




Positive Reminder

Controlling Worry





Blowing on Dandelions

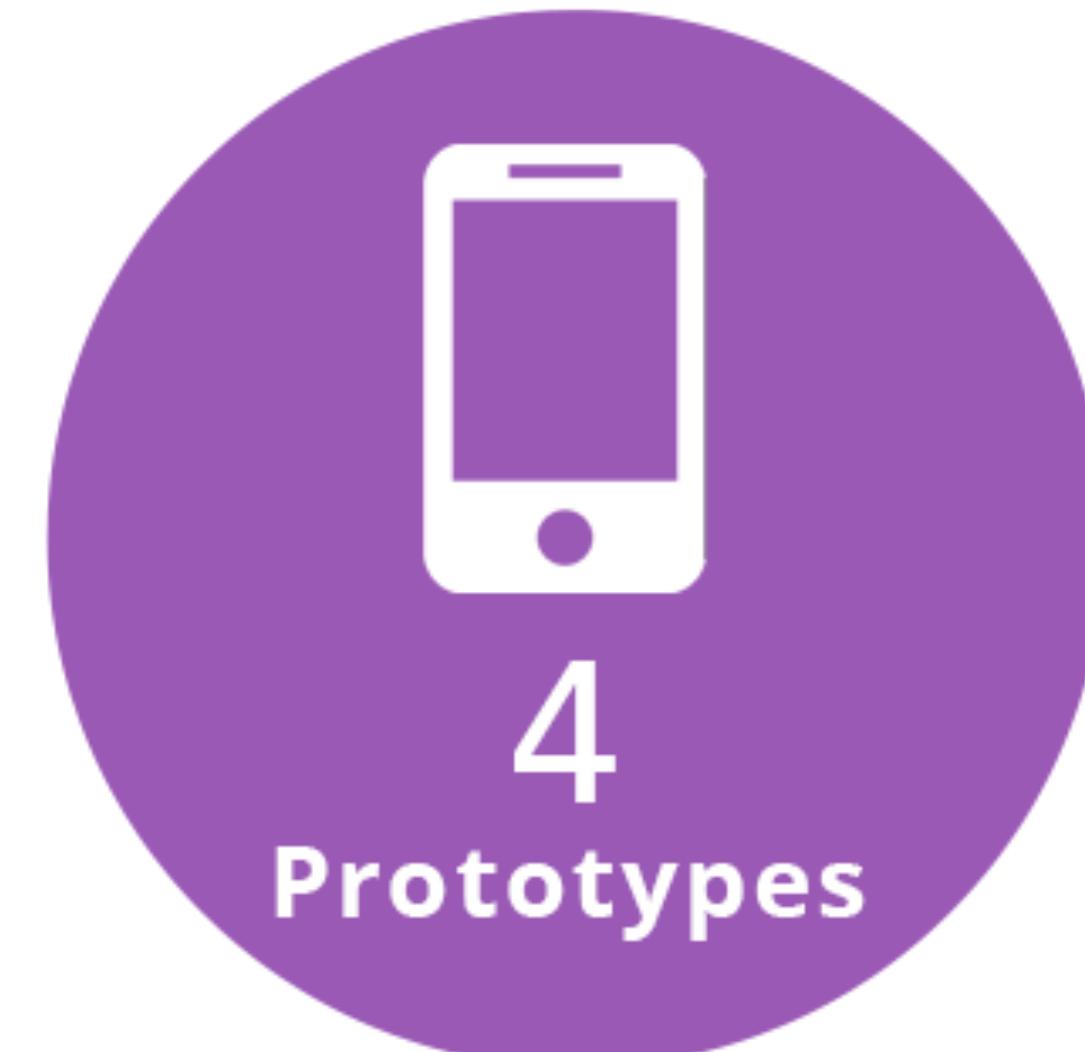
User Research: Usability Study

Research Questions

Which features are the most captivating?

Which features are the most useful?

What are the most appropriate times users would want to receive notifications?



User Research: Usability Study Findings

3 out of the 4 interventions received an overall positive response.

Controlling Worry intervention received the most negative responses.

Navigation elements were not always intuitive, especially in the smartphone designs.

Color selection was at times thought to be too bright and unfitting for our application.

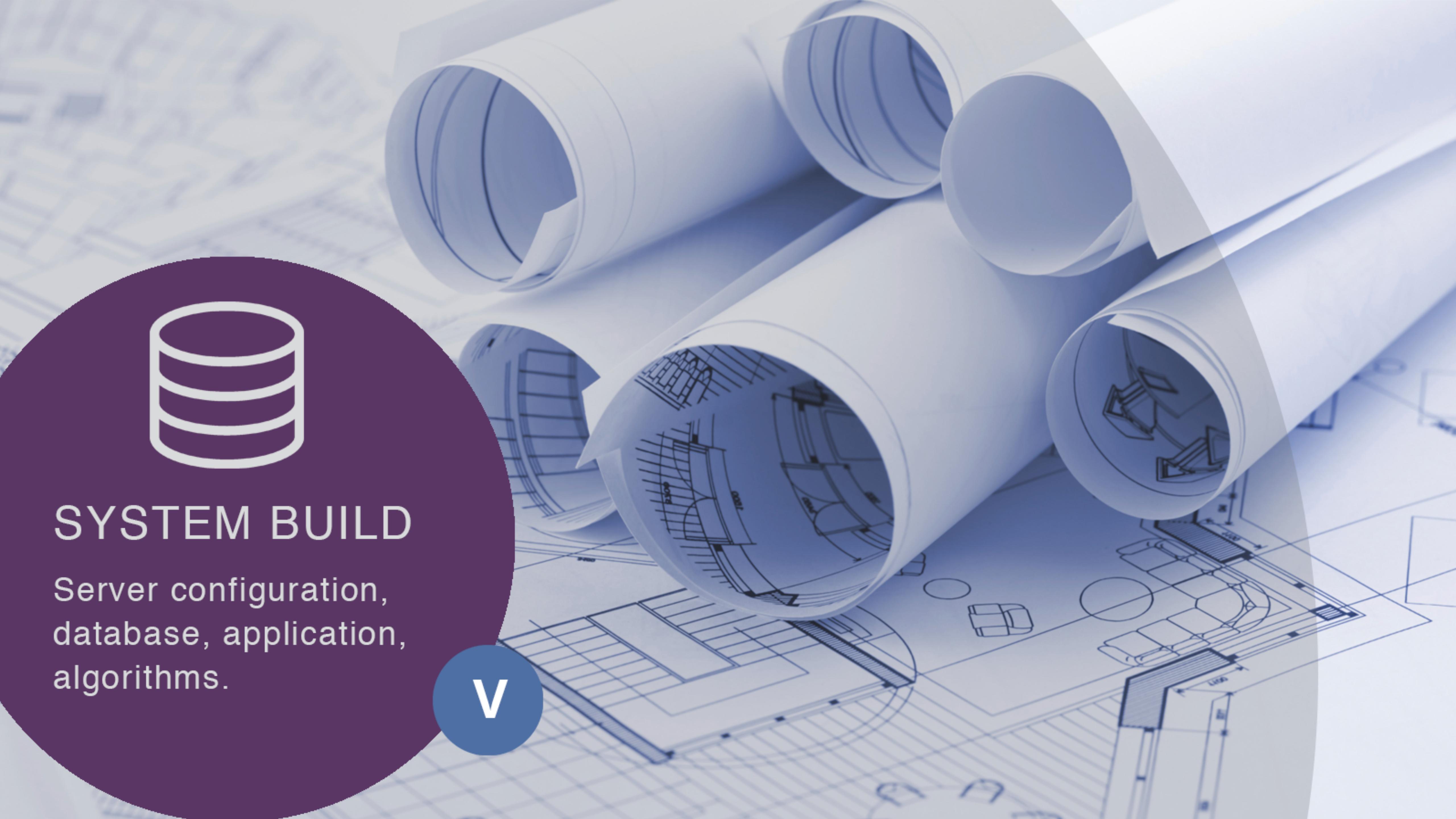
Images did not always fit the theme of the intervention on the smartwatch.

SYSTEM BUILD

Server configuration,
database, application,
algorithms.



V

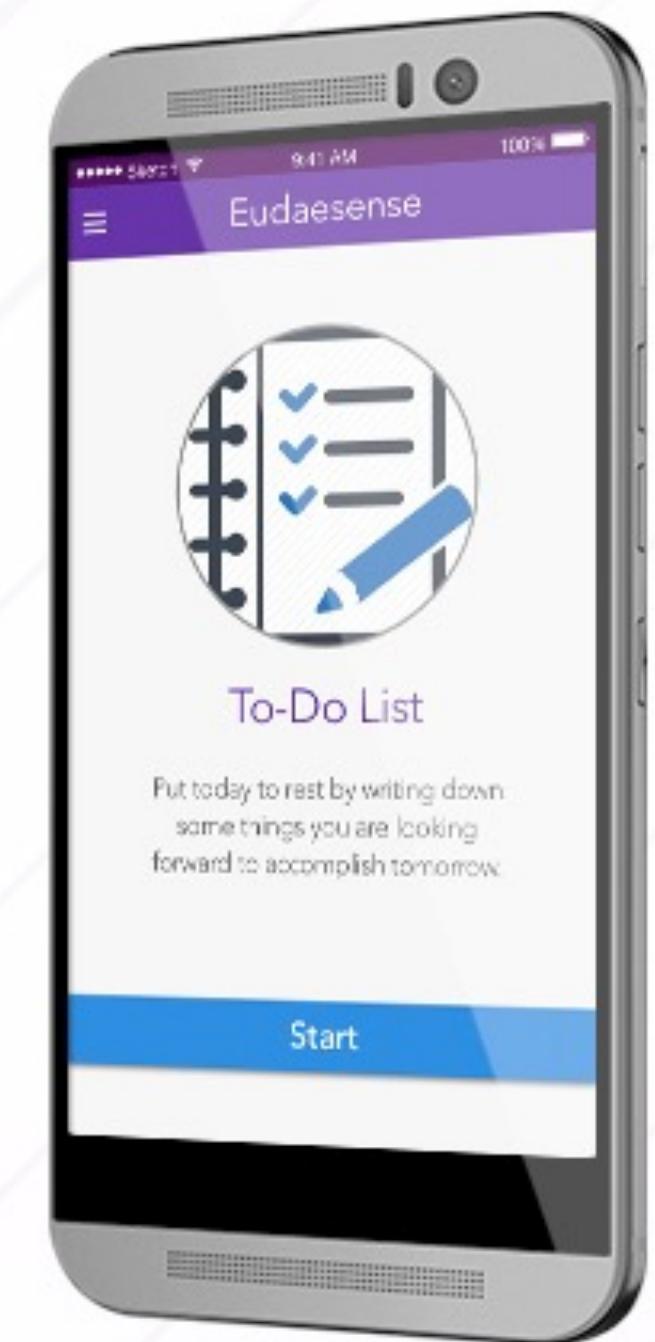
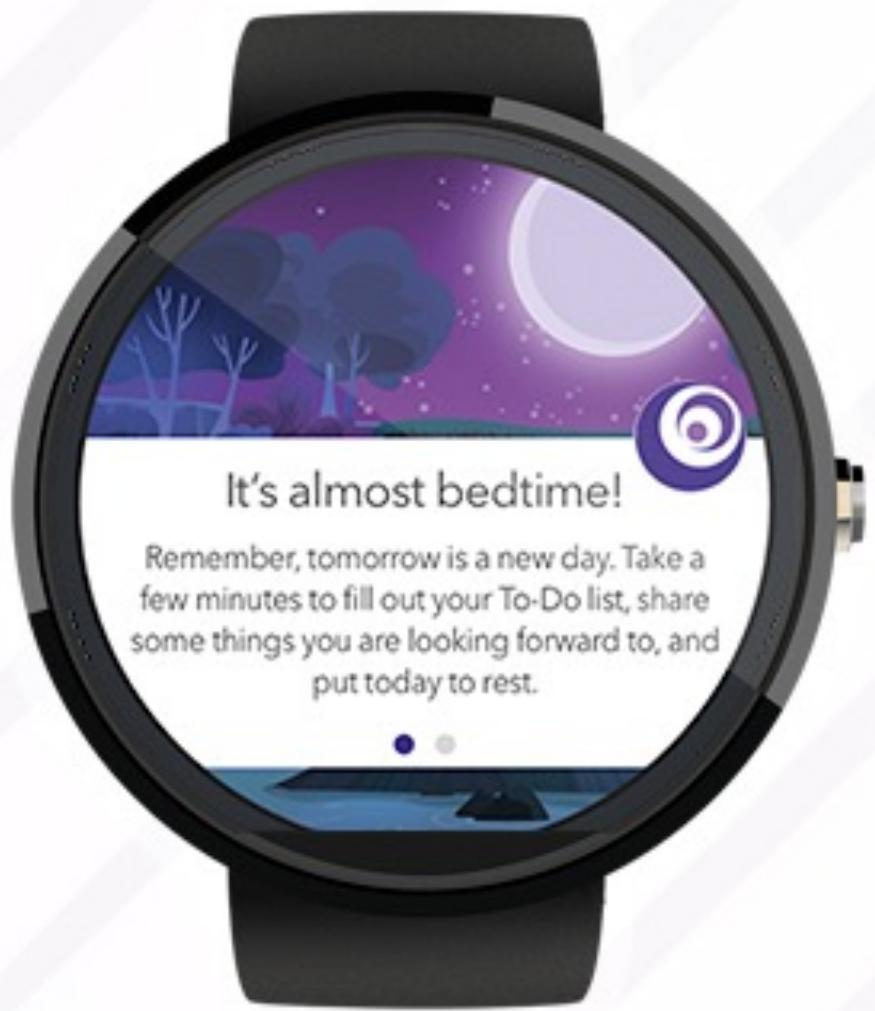


System



Architecture





Research Study: Data Collection

Research Questions

Can we predict mood from wearable sensor data?

Can we collect and process data in real time?



Future Iterations

Funded
Study



Additional
Data



Improved
Interventions



Q & A

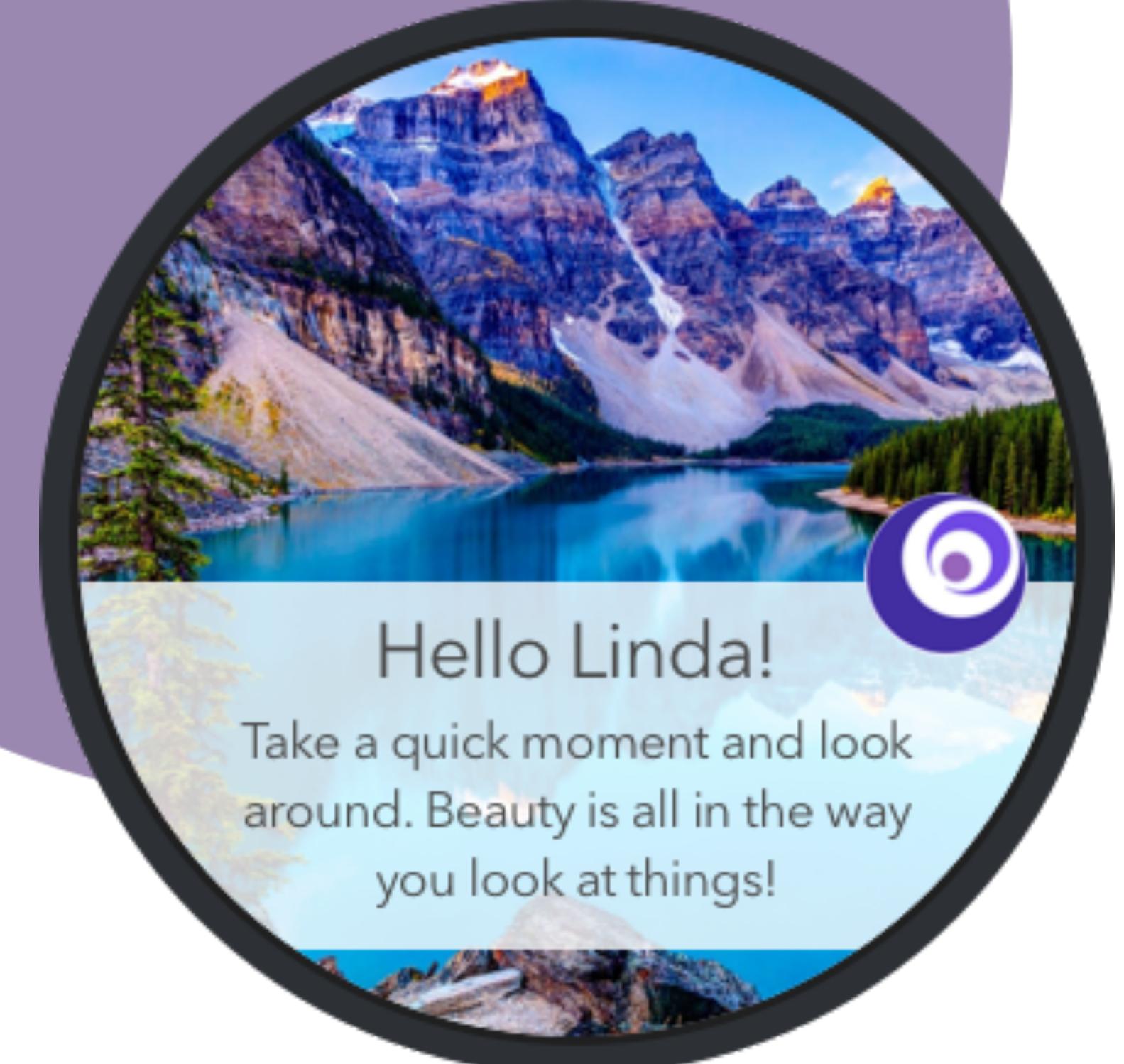


Surprise Hug!

We wanted to share a surprise hug with you! You are awesome and beautiful.



Eudaesense



Hello Linda!

Take a quick moment and look around. Beauty is all in the way you look at things!

