



Group 8 Final Presentation: Mental Health Tracker

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Introduction

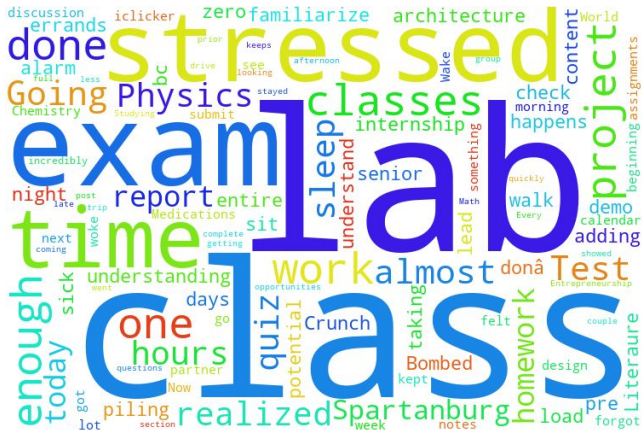
- Mobile app to help college students track and manage their stress and mental fatigue.
- User can login and quickly record their mental state each day by filling out a short survey.
- The app will provide helpful responses to help the user cope with stress.
- App tracks scores over time, allowing for user to see trends etc.



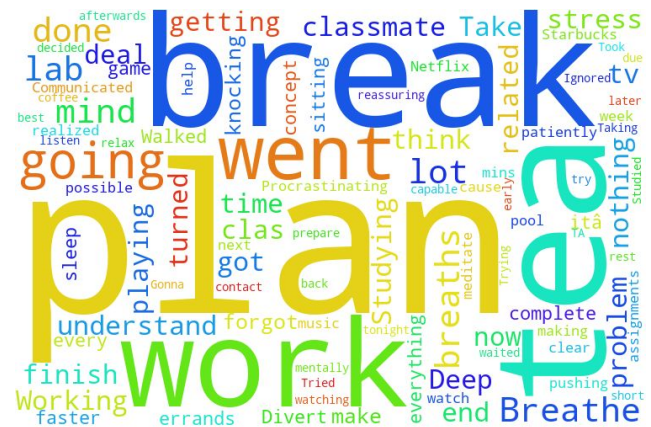
Motivation

- Mental health is something that college students tend to take for granted.
- Not many apps out there geared specifically for students.
- Relatable topic for most (or all) of us.

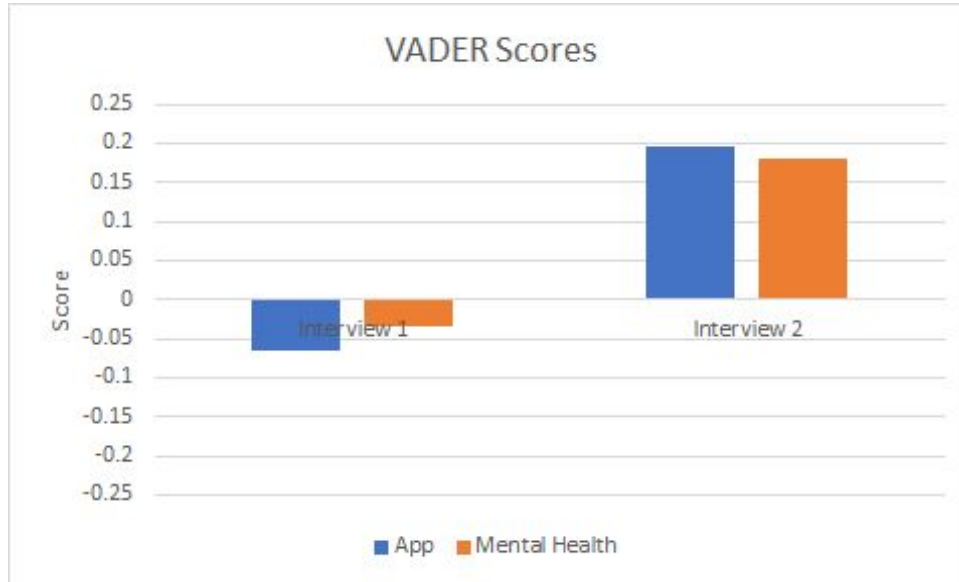
Explain something that made you feel stressed today.



What did you do to overcome this stress?



Methodology



- Sentiment analysis using VADER.
- Recorded emotions about our app as well as about mental health in general.



Prototype Design

Initial

- Adobe XD was used to create a prototype
- Open ended questions were asked to elicit comprehensive responses from users
 - However, this was time consuming
- The questions used in the app focused on understanding the user's state of mind and mental health

Final

- To address the concerns, open ended questions were changed to multiple choice questions
- The choices for these questions were determined based on the responses from user research
- The prototype was also modified to be more aesthetically pleasing



DEMO

<https://xd.adobe.com/view/38292dde-860c-4ccf-4301-ac47bcbaec2b-4e18/>