Example process GuideMeThough

Process:

1. What do you want guidance with? Choose as many as you like.

Mood, stress and anxiety

Sleep and recovery

Daily routines, chores and time management

**Getting things done and concentration**

Physical activity and exercise

Social life and relationships

Personal economy

1. Skipped

(You chose - and -:

What is the most pressing issue right now?)

1. Issue specific questionnaire: “With answers to this questionnaire we can provide you better guidance. Would you like to take it now or later? Taking the questionnaire is recommended”.

*Getting things done and concentration - questionnaire*

*Answering options a) Yes b) Not really*

1. *Do you often find it difficult to start a task and you keep procrastinating instead?*
2. *Do you often find it difficult to keep on doing what you started?*
3. *Do you often find it difficult to follow through with your plans?*
4. *Are you feeling stressed?*
5. *Are you feeling unmotivated?*

*5.1Are you feeling depressed?*

1. *Are you feeling tired?*

*6.1 Do you have problems with sleep?*

*6.2 Do you have enough time for recovering?*

Answers to questions 4, 5 and 6 lead to question of added support on topics of Mood, stress and anxiety (4 and 5) and Sleep and recovery (6)

1. Answers are analyzed and presented to user.

Provided answers

*1. Yes*

*2. Yes*

*3. Yes*

*4. Yes*

*5. No*

*6. Yes*

*6.1 Yes*

*6.2 No*

Presentation to user

*Your answers suggest difficulties with* ***executive function*** *which is difficulties in goal-oriented behavior,* ***stress*** *and* ***issues with sleep****. All of these affect our ability to get things done and focus.*

1. Educational information on issue is given and suggestions are presented.

Weakness in executive function are dealt with planning strategies, techniques and effective use of calendar. Stress and issues with sleep can be managed with extensive plans

1. User can accept or decline suggestions
2. Accepted suggestions are presented on calendar.