

ID: 25.09.25.001	
<b>Email:</b> avillamento.k12044487@umak.edu.ph	<b>Name:</b> Aaron
<b>Age:</b> 21 - 23	<b>Department:</b> CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of the services or programs of the Center for Guidance and Counseling at the University of Makati? What service have you attended or used?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to the following mental wellness mobile/web applications?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They help me manage my stress and worries, They remind to take breaks or practice self care, They track my moods and feeling, They provide breathing exercises, They provide meditation exercises, They motivate me through reminders and positive quotes, They give me tips and good habits practices.</li> <li>• <b>What are the problems that you observed with existing wellness applications?</b> None, I haven't used</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find reminders or notifications in email helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your current state of well-being if it is presented in categories?</b> Yes.</li> </ul>

<p>wellness application.</p> <ul style="list-style-type: none"> <li>• <b>Which of the following mental wellness features would you like?</b> Mood tracking, Virtual Pet, Card Based Reflective Questions, Gratitude Jar, Daily Quest, Journaling, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish a mental well-being app for students could have?</b> That's all.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Daily.</li> <li>• <b>When school work or personal life feels challenging or difficult to manage, what do you usually do?</b> Talk to a friend or classmate, Listen to music, Play games, Scroll online, Exercise or do hobbies, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges that you are experiencing?</b> High Expectations, Social Pressure, Stress.</li> <li>• <b>What causes the challenges that you are experiencing?</b> Home, Academics.</li> </ul>

ID: 25.09.25.002	
<b>Email:</b> lmontemayor.k12045986@umak.edu.ph	<b>Name:</b> leila
<b>Age:</b> 21 - 23	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> </ul>

<ul style="list-style-type: none"> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They remind to take breaks or practice self care.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Card Based Reflective Questions, Gratitude Jar, Daily Quest, Journaling, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> A feature that can help regulate emotions.</li> <li>• <b>What's something you wish a mental well-being app for students could have?</b> That's all.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Never.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, I don't know.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Financial</li> </ul>

	Difficulties.
--	---------------

<b>ID: 25.09.25.003</b>	
<b>Email:</b> fgamboa.k12043148@umak.edu.ph	<b>Name:</b> Faith
<b>Age:</b> 21 - 23	<b>Department:</b> CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They help me manage my stress and worries, They track my moods and feeling.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet.</li> <li>• <b>What's something you wish an app could have?</b> Anonymous vent space.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
<b>DOES</b>	<b>FEELS</b>
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Never.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Unsure, it</li> </ul>

<ul style="list-style-type: none"> <li>• <b>What do you usually do?</b> Talk to a friend or classmate.</li> </ul>	<p>changes a lot.</p> <ul style="list-style-type: none"> <li>• <b>What are the challenges that you are experiencing?</b> Heavy Workloads, High Expectations, Stress.</li> <li>• <b>What causes the challenges that you are experiencing?</b> Home, Academics, Relationships, Financial Difficulties.</li> </ul>
---	---

ID: 25.09.25.004	
Email: esales.a12240994@umak.edu.ph	Name: Elgin
Age: 21 - 23	Department: CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I dont know, i havent used any mental wellness apps yet.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Card Based Reflective</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

<p>Questions, Journaling, Gamified Elements (e.g., badges, rewards, quests).</p> <ul style="list-style-type: none"> <li>• <b>What's something you wish an app could have?</b> None, for now.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Play games, Scroll online, Keep it to myself</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Stress.</li> <li>• <b>What causes the challenges?</b> Academics.</li> </ul>

ID: 26.09.25.001	
Email: Isanbuenaventura.k11937984@umak.edu.ph	Name: Leiramarie
Age: 21 - 23	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> It can serve as a supportive distraction that may encourage accountability and responsibility. However, I would not</li> </ul>

<p>application.</p> <ul style="list-style-type: none"> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Card Based Reflective Questions, Gratitude Jar, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Optional platform for communication and a support line.</li> </ul>	<p>classify it as one of the secondary features of a mental wellness app.</p> <ul style="list-style-type: none"> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Listen to music, Play games, Scroll online, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Social Pressure, Stress.</li> <li>• <b>What causes the challenges?</b> Academics, Relationships, Financial Difficulties.</li> </ul>

ID: 26.09.25.002	
Email: abalona.a12241565@umak.edu.ph	Name: Adam
Age: 21 - 23	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will</b></li> </ul>

<p>Yes. I haven't attended any.</p> <ul style="list-style-type: none"> <li>• <b>If you haven't, why?</b> I feel hesitant seeking help.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Maybe being able to choose what pet to have as a virtual pet.</li> </ul>	<p><b>increase your engagement within the application?</b> Yes</p> <ul style="list-style-type: none"> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Scroll online, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Social Pressure, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics.</li> </ul>

ID: 26.09.25.003	
Email: cllorete.k12256507@umak.edu.ph	Name: Couline
Age: 18 - 20	Dept: CCIS



SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Gratitude Jar.</li> <li>• <b>What's something you wish an app could have?</b> I wish for it to have daily quotes or affirmations that can be displayed on both lockscreen or homescreen.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find reminders or notifications in email helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your current state of well-being if it is presented in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Daily.</li> <li>• <b>What do you usually do?</b> Scroll online, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>What are the challenges?</b> Heavy</li> </ul>

	<p>Workloads, Stress.</p> <ul style="list-style-type: none"> <li>• <b>What causes the challenges?</b></li> </ul> <p>Home, Academics, Relationships.</p>
--	---

ID: 26.09.25.004	
Email: jdiaz.k12254271@umak.edu.ph	Name: John
Age: 18 - 20	Department: CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> Overly reliant on self reporting, Overwhelming features, Repetitive Features.</li> <li>• <b>Which mental wellness features would you like?</b> Virtual Pet, Daily Quest, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Game/quest based mental well-being app with an AI companion to track and improve the mood of the user. Also, incorporating</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

<p>and syncing the application to the school organization's website/calendar might also help the user/student to keep track their schedule and also add a list of their agenda to help them manage their time..</p>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Daily.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Talk to a family member, Listen to music, Play games, Scroll online, Exercise or do hobbies, Journaling to express my thoughts.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Social Pressure, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Work, Relationships, Financial Difficulties..</li> </ul>

<b>ID: 26.09.25.005</b>	
<b>Email:</b> jsibonga.k12257397@umak.edu.ph	<b>Name:</b> Jeanice
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't know how to access them.</li> <li>• <b>Have you subscribed to wellness</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> No</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> </ul>

<p><b>apps?</b> None of the above</p> <ul style="list-style-type: none"> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Virtual Pet, Journaling, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Maybe a space where you can chat with other people of the same level of stress as I am.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Scroll online, Keep it to myself, Neglect my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Often sad or unmotivated.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Financial Difficulties.</li> <li>• s..</li> </ul>

<b>ID: 26.09.25.006</b>	
<b>Email:</b> moniqueannecruzado@gmail.com	<b>Name:</b> Monique
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS

SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> Daylio, None of the above.</li> <li>• <b>How can mental wellness apps help you?</b> They track my moods and feeling.</li> <li>• <b>What are the problems with existing apps?</b> Non-engaging, Overwhelming features.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking.</li> <li>• <b>What's something you wish an app could have?</b> Writing prompts or app where we can express or write down our daily thoughts while having the ability to discuss the needs or specifically the feeling that we are having.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> sometimes, yes.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Weekly.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> I'm fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations.</li> <li>• <b>What causes the challenges?</b></li> </ul>

	Academics.
--	------------

ID: 26.09.25.007	
<b>Email:</b> cdominguez.k12148856@umak.edu.ph	<b>Name:</b> Christine
<b>Age:</b> 18 - 20	<b>Department:</b> IOPsy
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I feel hesitant seeking help.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They remind to take breaks or practice self care, They track my moods and feeling, I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> Non-engaging, Overly reliant on self reporting.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Gratitude Jar, Daily Quest, Journaling.</li> <li>• <b>What's something you wish an app could have?</b> Engaging features that will keep me consistent in tracking my</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Perchance.</li> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

mood.	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Scroll online, Exercise or do hobbies, Keep it to myself, Neglect my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Financial Difficulties.</li> </ul>

<b>ID: 26.09.25.008</b>	
<b>Email:</b> pespenilla.9689@umak.edu.ph	<b>Name:</b> Espenilla
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>o you currently use any mental wellness apps?</b> Yes</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> Daylio, BetterMe, Haema Diary, Moodee, Reflectly, Wysa.</li> <li>• <b>How can mental wellness apps help you?</b> They help me manage my stress and worries, They remind to take breaks or practice self care, They</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

<p>track my moods and feeling, They motivate me through reminders and positive quotes, They give me tips and good habits practices.</p> <ul style="list-style-type: none"> <li>• <b>What are the problems with existing apps?</b> Overly reliant on self reporting, Overwhelming features, Repetitive Features.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Card Based Reflective Questions, Gratitude Jar, Daily Quest, Journaling, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Optional Group Check-ins (for friends/family).</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Talk to a family member, Listen to music, Play games, Scroll online, Exercise or do hobbies, Journaling to express my thoughts, Keep it to myself, Neglect my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Energetic and positive.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Social Pressure, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Relationships, Financial Difficulties.</li> </ul>



<b>Email:</b> msahorda.8785@umak.edu.ph	<b>Name:</b> Michelle
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They remind to take breaks or practice self care, They track my moods and feeling, They give me tips and good habits practices.</li> <li>• <b>What are the problems with existing apps?</b> Non-engaging, Overwhelming features.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> I suggest that the app could have a built-in feature where students can directly connect with real mental health professionals, making it easier to get guidance and support without leaving the app..</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes and I think it would help me feel more engaged to the app.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS

<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music..</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Unsure, it changes a lot.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Financial Difficulties.</li> </ul>
--	--

<b>ID: 26.09.25.010</b>	
<b>Email:</b> cvega.9801@umak.edu.ph	<b>Name:</b> Charles
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>o you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking,</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> No</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Idk, it is just cute to raise one, it also gives motivation to keep raising it.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

<p>Virtual Pet, Card Based Reflective Questions, Gratitude Jar, Daily Quest, Journaling, Gamified Elements (e.g., badges, rewards, quests).</p> <ul style="list-style-type: none"> <li>• <b>What's something you wish an app could have?</b> A calendar for students who have workloads, and schedule their sessions on the app in their free time based on the calendar or so.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Never.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Talk to a family member, Listen to music, Play games, Scroll online, Exercise or do hobbies, Keep it to myself, Neglect my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Stress.</li> <li>• <b>What causes the challenges?</b> Academics, Work, Financial Difficulties.</li> </ul>

ID: 26.09.25.011	
Email: akayser.9785@umak.edu.ph	Name: Ayanna
Age: 18 - 20	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within</b></li> </ul>

<ul style="list-style-type: none"> <li>• <b>If you haven't, why?</b> I feel embarrassed because of the stigma.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Stress reliever games or any enjoyable features.</li> </ul>	<p>the application? Yes</p> <ul style="list-style-type: none"> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Never.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Play games, Scroll online, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> High Expectations, Social Pressure.</li> <li>• <b>What causes the challenges?</b> Academics, Financial Difficulties.</li> </ul>

ID: 26.09.25.012	
<b>Email:</b> brisias.labuson@umak.edu.ph	<b>Name:</b> Brisias
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS

SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They track my moods and feeling, They give me tips and good habits practices.</li> <li>• <b>What are the problems with existing apps?</b> Overwhelming features, Repetitive Features.</li> <li>• <b>Which mental wellness features would you like?</b> Virtual Pet, Gratitude Jar, Journaling.</li> <li>• <b>What's something you wish an app could have?</b> It would be nice if the app suggested calming music based on your mood and also offered creative outlets like a doodle pad to help you relax for a mean time..</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Maybe, because the other wellness apps i've downloaded before didn't have this kind of feature. having a virtual pet feels different since you can take care of it and interact with it, so it could actually give a sense of companionship.</li> <li>• <b>Would you find email reminders helpful?</b> No, I don't want reminders.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Never.</li> <li>• <b>What do you usually do?</b> Keep it to myself, Neglect my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Unsure, it changes a lot.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Stress.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>What causes the challenges?</b> Home, Academics.</li> </ul>
--	---

ID: 26.09.25.013	
Email: john.inoy@umak.edu.ph	Name: John
Age: 18 - 20	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They help me manage my stress and worries, They remind to take breaks or practice self care, I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Companion Avatars,</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Yes.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

"Ask for Help" Button, and Gamifications.	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Weekly.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Talk to a family member, Listen to music, Play games, Scroll online, Exercise or do hobbies, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Unsure, it changes a lot.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Stress.</li> <li>• <b>What causes the challenges?</b> Academics, Relationships.</li> </ul>

<b>ID: 26.09.25.014</b>	
<b>Email:</b> mtoralde.a12240996@umak.edu.ph	<b>Name:</b> Mark
<b>Age:</b> 21 - 23	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> They won't have the answers.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> Probably less time on the phone solves mental issues.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> No</li> <li>• <b>Does having a virtual pet provide you companionship?</b> You mean like pou? Of course. It's fun.</li> <li>• <b>Would you find email reminders helpful?</b> No, I don't want reminders.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> No.</li> </ul>

<p>wellness application.</p> <ul style="list-style-type: none"> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Card Based Reflective Questions, Gratitude Jar, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> If it encourages them to stop brainrotting on tiktok and ig, it's good for me. "Reminder to stop scrolling, do your thesis" type of app.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Never.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Talk to a family member, Listen to music, Play games, Journaling to express my thoughts, Keep it to myself, Scroll IG Reels.</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> I'm fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Social Pressure, IG Reels Enthusiast.</li> <li>• <b>What causes the challenges?</b> Academics, IG Reels is a brainrot machine 🌹</li> </ul>

<b>ID: 26.09.25.015</b>	
<b>Email:</b> jeldenjoshuav.sanpedro@gmail.com	<b>Name:</b> San
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Does having a virtual pet provide</b></li> </ul>



<p>Yes. Counseling.</p> <ul style="list-style-type: none"> <li>• <b>If you haven't, why?</b> (N/A - Attended a service).</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They track my moods and feeling.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Journaling.</li> <li>• <b>What's something you wish an app could have?</b> I guess an app that could help the students be in touch with their emotions and validate them for it.</li> </ul>	<p><b>you companionship?</b> No, not really.</p> <ul style="list-style-type: none"> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Play games, Scroll online, Exercise or do hobbies, Journaling to express my thoughts, Keep it to myself.</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Stress.</li> <li>• <b>What causes the challenges?</b> Academics, Financial Difficulties.</li> </ul>

<b>Email:</b> mbon.1090@umak.edu.ph	<b>Name:</b> Miyuki
<b>Age:</b> 18 - 20	<b>Department:</b> ION
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I feel hesitant seeking help.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Gratitude Jar.</li> <li>• <b>What's something you wish an app could have?</b> A free mini counseling session or maybe something that doesn't require me to pay for.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> No</li> <li>• <b>Does having a virtual pet provide you companionship?</b> yea ig so.</li> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
<b>DOES</b>	<b>FEELS</b>
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a family member, Listen to music, Play games, Scroll online, Exercise or do hobbies, Keep it to myself,</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Social</li> </ul>

<p><b>Neglect my emotions.</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<p>Pressure, Stress.</p> <ul style="list-style-type: none"> <li>• <b>What causes the challenges?</b> Home, Academics, Relationships, Financial Difficulties, THAT prof lol.</li> </ul>
--	--

<b>ID: 26.09.25.017</b>	
<b>Email:</b> alexandra.macalla@umak.edu.ph	<b>Name:</b> Alexandra
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Virtual Pet, Card Based Reflective Questions, Journaling.</li> <li>• <b>What's something you wish an app could have?</b> It had a way to talk to</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> YES!</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>

someone anonymously.	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Listen to music, Play games, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Social Pressure.</li> <li>• <b>What causes the challenges?</b> Home, Academics.</li> </ul>

<b>ID: 26.09.25.018</b>	
<b>Email:</b> zpicazo.1215@umak.edu.ph	<b>Name:</b> Zhielou
<b>Age:</b> 18 - 20	<b>Department:</b> CBFS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. Both Services.</li> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They help me manage my stress and worries, They remind to take breaks or practice self care, They track my moods and feeling, They motivate me through reminders and</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> <li>• <b>Does having a virtual pet provide you companionship?</b> yes.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> No.</li> </ul>

<p>positive quotes, They give me tips and good habits practices.</p> <ul style="list-style-type: none"> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Daily Quest.</li> <li>• <b>What's something you wish an app could have?</b> None.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Listen to music, Exercise or do hobbies, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Social Pressure, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics, Financial Difficulties.</li> </ul>

ID: 26.09.25.019	
Email: john.bugarin@umak.edu.ph	Name: John
Age: 18 - 20	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> Yes</li> </ul>

<ul style="list-style-type: none"> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> They remind to take breaks or practice self care, They provide meditation exercises, They give me tips and good habits practices.</li> <li>• <b>What are the problems with existing apps?</b> Non-engaging, Repetitive Features.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Card Based Reflective Questions, Gratitude Jar, Daily Quest, Journaling, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> Daily check mood, music/playlist based on the daily check mood, a safe space to dump feelings via voice or text that the app won't store, that's all.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Does having a virtual pet provide you companionship?</b> yes, it is.</li> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Scroll online.</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Social Pressure, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics.</li> </ul>

ID: 26.09.25.020	
Email: kiryll.caguioa@umak.edu.ph	Name: Kiryll
Age: 18 - 20	Department: CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> I don't feel the need for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Card Based Reflective Questions.</li> <li>• <b>What's something you wish an app could have?</b> A large database made not just from research of articles but also from samples of similar background(eg. fellow students).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> No</li> <li>• <b>Does having a virtual pet provide you companionship?</b> Not really, instead it might even seem like a burden. If I would have a virtual pet I would probably first have given myself a purpose as to why I need it.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
<b>DOES</b>	<b>FEELS</b>
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Daily.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine,</li> </ul>

<ul style="list-style-type: none"> <li>• <b>What do you usually do? Talk to a friend or classmate, Listen to music, Exercise or do hobbies, Keep it to myself.</b></li> </ul>	<p>but sometimes stressed.</p> <ul style="list-style-type: none"> <li>• <b>What are the challenges?</b> High Expectations, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics.</li> </ul>
---	--

ID: 26.09.25.021	
Email: pgregorio.9656@umak.edu.ph	Name: Gregorio
Age: 18 - 20	Department: CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> Yes. I haven't attended any.</li> <li>• <b>If you haven't, why?</b> Have no time for it.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Card Based Reflective Questions.</li> <li>• <b>What's something you wish an app could have?</b> Something relatable, secure, and trustworthy.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> No.</li> <li>• <b>Do you think that gamification will increase your engagement within the application?</b> No</li> <li>• <b>Does having a virtual pet provide you companionship?</b> No.</li> <li>• <b>Would you find email reminders helpful?</b> Maybe, but only if not too frequent.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>



DOES	FEELS
<ul style="list-style-type: none"> <li>• How often do you check your mental well-being? Occasionally.</li> <li>• What do you usually do? Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• How have you been feeling most of the time in the past week? Tired or overwhelmed.</li> <li>• What are the chal</li> <li>• What causes the challenges? Academics, Work, no breaks. lenges? Heavy Workloads, Stress.</li> </ul>

ID: 26.09.25.022	
Email: rviloria.a12241573@umak.edu.ph	Name: Richmond
Age: 21 - 23	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• Do you currently use any mental wellness apps? No</li> <li>• Are you aware of CGC services? Yes. I haven't attended any.</li> <li>• If you haven't, why? I don't feel the need for it.</li> <li>• Have you subscribed to wellness apps? None of the above</li> <li>• How can mental wellness apps help you? I haven't used wellness application.</li> <li>• What are the problems with existing apps? None, I haven't used wellness application.</li> <li>• Which mental wellness features</li> </ul>	<ul style="list-style-type: none"> <li>• Do you think that mental wellness applications help you? No.</li> <li>• Do you think that gamification will increase your engagement within the application? No</li> <li>• Does having a virtual pet provide you companionship? Not really.</li> <li>• Would you find email reminders helpful? Maybe, but only if not too frequent.</li> <li>• Are you interested in knowing your state of well-being in categories? Yes.</li> </ul>

<p><b>would you like?</b> Mood tracking, Journaling.</p> <ul style="list-style-type: none"> <li>• <b>What's something you wish an app could have?</b> I personally don't use any mental well-being apps. Therefore, I can't give any wishes for it.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• How often do you check your mental well-being? Daily.</li> <li>• What do you usually do? Listen to music, Play games, Scroll online, Exercise or do hobbies, Journaling to express my thoughts, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• How have you been feeling most of the time in the past week? Tired or overwhelmed.</li> <li>• What are the challenges? Heavy Workloads, High Expectations, Stress.</li> <li>• What causes the challenges? Home, Academics, Financial Difficulties.</li> </ul>

ID: 26.09.25.023	
Email: lorille.9869@umak.edu.ph	Name: Leann
Age: 18 - 20	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• Do you currently use any mental wellness apps? No</li> <li>• Are you aware of CGC services? No. I haven't attended any.</li> <li>• If you haven't, why? I'm not familiar</li> </ul>	<ul style="list-style-type: none"> <li>• Do you think that mental wellness applications help you? Yes.</li> <li>• Do you think that gamification will increase your engagement within the application? Yes</li> <li>• Does having a virtual pet provide</li> </ul>

<p>with their programs.</p> <ul style="list-style-type: none"> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used a wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used a wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Virtual Pet, Card Based Reflective Questions, Gratitude Jar, Daily Quest, Journaling, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• <b>What's something you wish an app could have?</b> I'd love an app that can function as a widget on my phone or any device, featuring a customizable pet depending on how I want it to look like that sends me gentle affirmations or thoughtful questions depending from my past mood tracker that I can respond to, and also gives me space to write down my self reflections.</li> </ul>	<p><b>you companionship? Yes!</b></p> <ul style="list-style-type: none"> <li>• <b>Would you find email reminders helpful? Yes.</b></li> <li>• <b>Are you interested in knowing your state of well-being in categories? Yes.</b></li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Play games, Scroll online.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Listen to music, Play games, Scroll online.</li> </ul>

ID: 26.09.25.025	
<b>Email:</b> rnacino.9891@umak.edu.ph	<b>Name:</b> Rhianne
<b>Age:</b> 18 - 20	<b>Department:</b> CCIS
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• Do you currently use any mental wellness apps? No</li> <li>• Are you aware of CGC services? No. I haven't attended any.</li> <li>• If you haven't, why? I don't feel the need for it.</li> <li>• Have you subscribed to wellness apps? None of the above</li> <li>• How can mental wellness apps help you? I haven't used wellness application.</li> <li>• What are the problems with existing apps? None, I haven't used wellness application.</li> <li>• Which mental wellness features would you like? Virtual Pet, Gratitude Jar, Daily Quest, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• What's something you wish an app could have? I don't know.</li> </ul>	<ul style="list-style-type: none"> <li>• Do you think that mental wellness applications help you? No.</li> <li>• Do you think that gamification will increase your engagement within the application? No</li> <li>• Does having a virtual pet provide you companionship? yes.</li> <li>• Would you find email reminders helpful? Maybe, but only if not too frequent.</li> <li>• Are you interested in knowing your state of well-being in categories? Yes.</li> <li>• </li> </ul>
<b>DOES</b>	<b>FEELS</b>
<ul style="list-style-type: none"> <li>• How often do you check your mental well-being? Weekly.</li> <li>• What do you usually do? Listen to</li> </ul>	<ul style="list-style-type: none"> <li>• How have you been feeling most of the time in the past week? Unsure, it changes a lot.</li> </ul>

music, Scroll online, Keep it to myself.	<ul style="list-style-type: none"> <li>• What are the challenges? Stress.</li> <li>• What causes the challenges? Home, Financial Difficulties.</li> </ul>
--	---

ID: 26.09.25.026	
Email: jeszry.tan@umak.edu.ph	Name: Jeszry
Age: 18 - 20	Department: CITE
<b>SAYS</b>	<b>THINKS</b>
<ul style="list-style-type: none"> <li>• Do you currently use any mental wellness apps? No</li> <li>• Are you aware of CGC services? Yes. I haven't attended any.</li> <li>• If you haven't, why? I feel hesitant seeking help.</li> <li>• Have you subscribed to wellness apps? None of the above</li> <li>• How can mental wellness apps help you? I haven't used wellness application.</li> <li>• What are the problems with existing apps? None, I haven't used wellness application.</li> <li>• Which mental wellness features would you like? Mood tracking, Virtual Pet, Card Based Reflective Questions, Gamified Elements (e.g., badges, rewards, quests).</li> <li>• What's something you wish an app could have? Accessible.</li> </ul>	<ul style="list-style-type: none"> <li>• Do you think that mental wellness applications help you? No.</li> <li>• Do you think that gamification will increase your engagement within the application? No</li> <li>• Does having a virtual pet provide you companionship? Yes.</li> <li>• Would you find email reminders helpful? Maybe, but only if not too frequent.</li> <li>• Are you interested in knowing your state of well-being in categories? Yes.</li> </ul>

DOES	FEELS
<ul style="list-style-type: none"> <li>• How often do you check your mental well-being? Occasionally.</li> <li>• What do you usually do? Listen to music, Scroll online, Keep it to myself, Neglect my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• How have you been feeling most of the time in the past week? Tired or overwhelmed.</li> <li>• What are the challenges? Heavy Workloads, High Expectations, Social Pressure, Stress.</li> <li>• What causes the challenges? Home, Academics, Relationships, Financial Difficulties.</li> </ul>

ID: 26.09.25.027	
Email: jbenedicto.k12043659@umak.edu.ph	Name: Jao
Age: 121-23	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• Do you currently use any mental wellness apps? No</li> <li>• Are you aware of CGC services? Yes. I haven't attended any.</li> <li>• If you haven't, why? I'm not familiar with their programs.</li> <li>• Have you subscribed to wellness apps? None of the above</li> <li>• How can mental wellness apps help you? They help me manage my stress and worries, They track my moods and feeling.</li> <li>• What are the problems with existing apps? Overly reliant on self</li> </ul>	<ul style="list-style-type: none"> <li>• Do you think that mental wellness applications help you? Yes.</li> <li>• Do you think that gamification will increase your engagement within the application? Yes</li> <li>• Does having a virtual pet provide you companionship? Yes.</li> <li>• Would you find email reminders helpful? Yes.</li> <li>• Are you interested in knowing your state of well-being in categories? Yes.</li> </ul>

<p>reporting, Overwhelming features, Repetitive Features.</p> <ul style="list-style-type: none"> <li>• <b>Which mental wellness features would you like?</b> Mood tracking, Gratitude Jar.</li> <li>• <b>What's something you wish an app could have?</b> Anonymous group chats or moderated forums where students can share experiences, ask for advice, or just vent - monitored by trained facilitators to keep it safe.</li> </ul>	
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Listen to music, Play games, Scroll online.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Tired or overwhelmed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, High Expectations, Stress.</li> <li>• <b>What causes the challenges?</b> Home, Academics.</li> </ul>

ID: 26.09.25.028	
Email: mc.vidas@umak.edu.ph	Name: Mc
Age: 18 - 20	Department: CCIS
SAYS	THINKS
<ul style="list-style-type: none"> <li>• <b>Do you currently use any mental wellness apps?</b> No</li> <li>• <b>Are you aware of CGC services?</b> No. I haven't attended any.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do you think that mental wellness applications help you?</b> Yes.</li> <li>• <b>Does having a virtual pet provide you companionship?</b> yes yesss.</li> </ul>

<ul style="list-style-type: none"> <li>• <b>If you haven't, why?</b> I'm not familiar with their programs.</li> <li>• <b>Have you subscribed to wellness apps?</b> None of the above</li> <li>• <b>How can mental wellness apps help you?</b> I haven't used wellness application.</li> <li>• <b>What are the problems with existing apps?</b> None, I haven't used wellness application.</li> <li>• <b>Which mental wellness features would you like?</b> Mood tracking.</li> <li>• <b>What's something you wish an app could have?</b> Provide info to students on how to handle stress and pressure.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Would you find email reminders helpful?</b> Yes.</li> <li>• <b>Are you interested in knowing your state of well-being in categories?</b> Yes.</li> </ul>
DOES	FEELS
<ul style="list-style-type: none"> <li>• <b>How often do you check your mental well-being?</b> Occasionally.</li> <li>• <b>What do you usually do?</b> Talk to a friend or classmate, Talk to a family member, Listen to music, Scroll online, Keep it to myself.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>How have you been feeling most of the time in the past week?</b> Im fine, but sometimes stressed.</li> <li>• <b>What are the challenges?</b> Heavy Workloads, Stress.</li> <li>• <b>What causes the challenges?</b> Academics.</li> </ul>