

Dr. Meg Davis



"Kindness begins with the understanding that we all struggle."

Age: 35

Work: Clinician

Family: Single

Location: Navan, Ireland

Character: Compassionate

Personality

Introvert	Extrovert
Thinking	Feeling
Sensing	Intuition
Judging	Perceiving

Empathetic

Caring

Patient

Understanding

Efficient

Progressive

Goals

- Wants her clients to incorporate a mood app into their treatment plans.
- The ability to view her client's mood log exports.
- Map and view her client's progress and share feedback with them.
- Schedule appointments or video calls through the site and instant message her client.
- Wants her client to feel in control of their mental health.

Frustrations

- The pandemic has created a physical distance between Meg and her clients.
- In between appointments and sessions, Meg worries about her clients wellbeing.

Bio

Throughout her time in university and private practice, Meg has always been attracted to new innovative ideas and alternative methods of treatment. She believes in seeking strong preventative measures before issuing treatment. For Meg, her client's interests and wellbeing always come first. Recently Meg has noticed a trend for incorporating tech solutions with treatment plans. As an openminded clinician, Meg approaches the Mood Log app with enthusiasm and is excited to see how her clients experience it. She hopes that this app will empower her clients and make them feel in control of their emotions and scenarios they face in life.

With the arrival of the pandemic, and as many of Meg's clients have underlying health concerns, all appointments have been switched to virtual video or phone calls. During virtual appointments Meg worries that her patients are missing out on the one-to-one experience with her. A mood log app will provide further support to them during this period. Meg is reassured by the ability to view the collected data, provide feedback and offer her client the opportunity to all of this and see charted graphs and visuals of their progress. Meg wants this app to be accessible and easy to navigate for clients with varied technical ability, although she is happy to assist and guide her clients through each step of the process.