



MedBeats

Hamilton Ko, Danny Chen Lin, Leticia Morales-Ruiz, and Irvin Yacir Zarate

Group 22



Team Members



Hamilton Ko

Team Lead



Irvin Yacir Zarate

Product Lead



Danny Chen Lin

CTO



Leticia Morales

UX Lead



Background and Significance



Undergraduate Transfer Students

At higher risk for mental health distress compared to non-transfers:

- Depression, anxiety, low self-esteem, and poor academic performance
- Transfer shock
- Transfer stigma

Music as Medicine

Beneficial effects on anxiety, pain, and sleep quality:

- Reduced subjective stress levels and emotions
- Useful intervention to help patients suffering from mental health illnesses or chronic pain



Existing Solutions



Music Streaming Services

- Relaxation playlists
- Not tailored to specific medical conditions or patient-reported symptoms



headspace



Mindfulness Apps

- Music-based relaxation techniques and exercise
- Lack real-time personalization based on symptom tracking



Music Therapy

- Personalized playlists & live music for guided relaxation
- Mental health distress
- Costly, availability, and accessibility issues

Hypothesis

Current scenario:

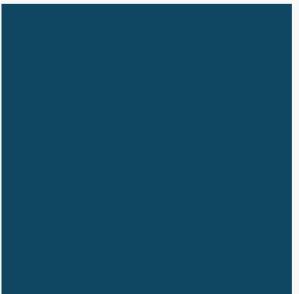
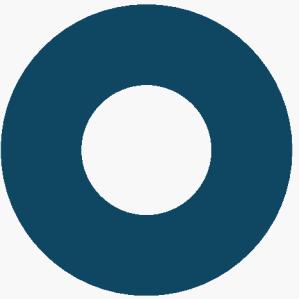
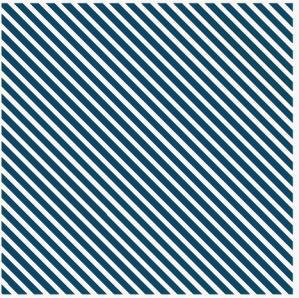
If undergraduate transfer students use a music therapy app that caters to their transfer experience and mental health needs, transfer students will experience reduced stress and anxiety, improved mood, and improved social connection because personalized music interventions have been proven to improve emotional well-being and reduce psychological distress.



MedBeats



Our Solution



MedBeats, a journaling app equipped with AI to help analyze daily entries to curate a playlist of songs to help transfer students tackle the mental distress they might encounter throughout their transfer process and journey.

Features of the app:

- Journaling page
- AI personalized playlists
- General playlists for certain moods
- Daily affirmations

UX Research: Surveys

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Emotions When Transferring

A majority of the responses mentioned being worried about making friends and feeling anxiety and uncertainty during the transfer process



Requested Features

The survey responses indicated that students want to be able to control what they listen to while being given the option for prompts to find a specialized playlist

Reliance on Music

Many of the responses mentioned music being often used to help meditate or calm themselves down and many have never tried using apps that are focus on mental health

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User Persona



Name: David

Age: 20

Occupation: Transfer Student

Goals

David, being a recent UCI transfer student, wants to help ease the anxiety and fear that he has been experiencing since the start of his transfer journey.

Frustrations

David does not have any reliable way to help address the stress and anxiety he is feeling since the hundreds of mental health apps he encounters are generic and not personalized to what he's looking for

User Persona



Name: Ashley

Age: 19

Occupation: Transfer Student

Goals

Ashley is preparing for transfer but is scared about all the different things that she will need to accomplish when the time comes.

Frustrations

Ashley finds it difficult to keep track of everything that is going on in her life and wants something that she can easily jot down her thoughts and tasks while also staying relaxed.

Wireframes and Mockups

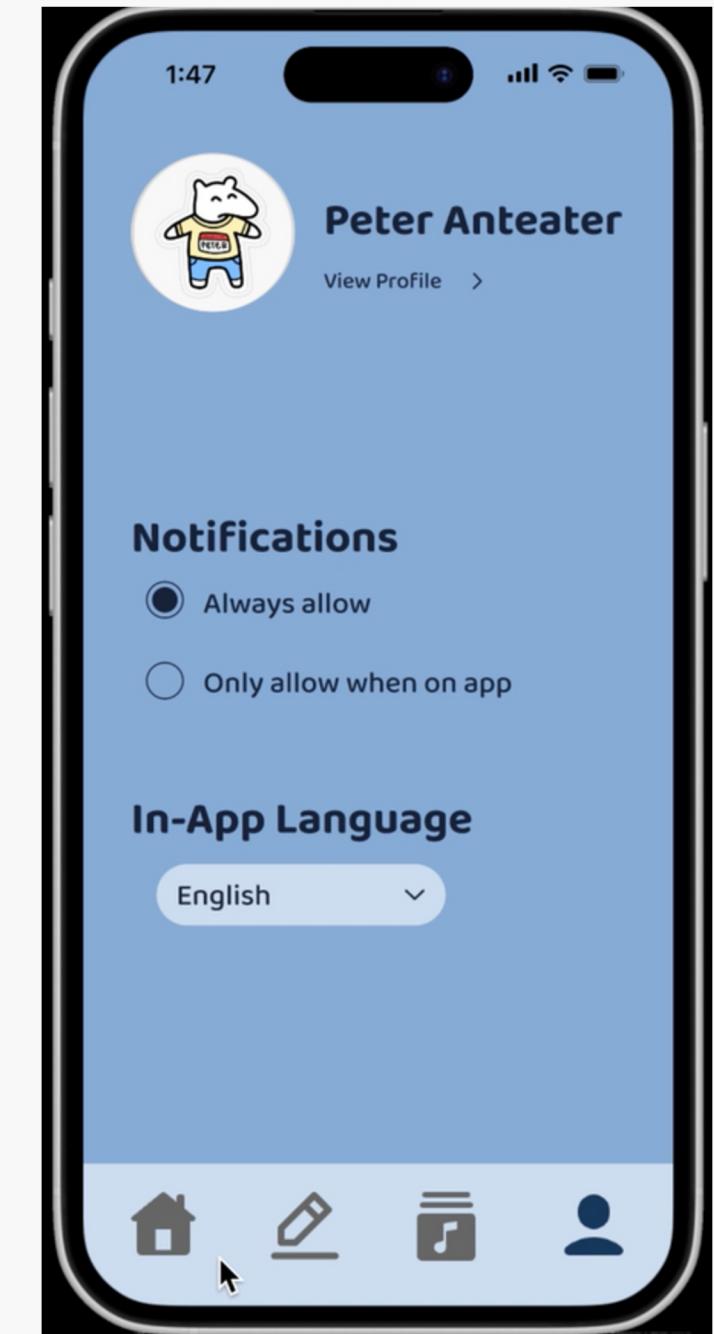
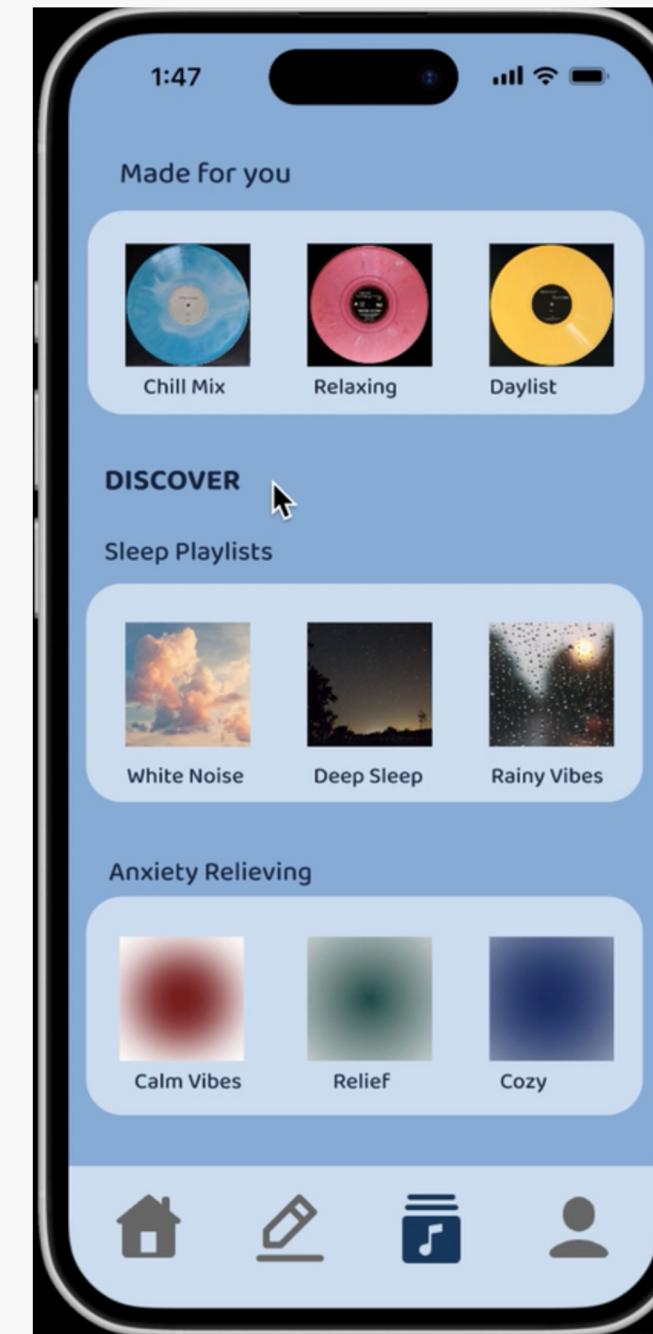
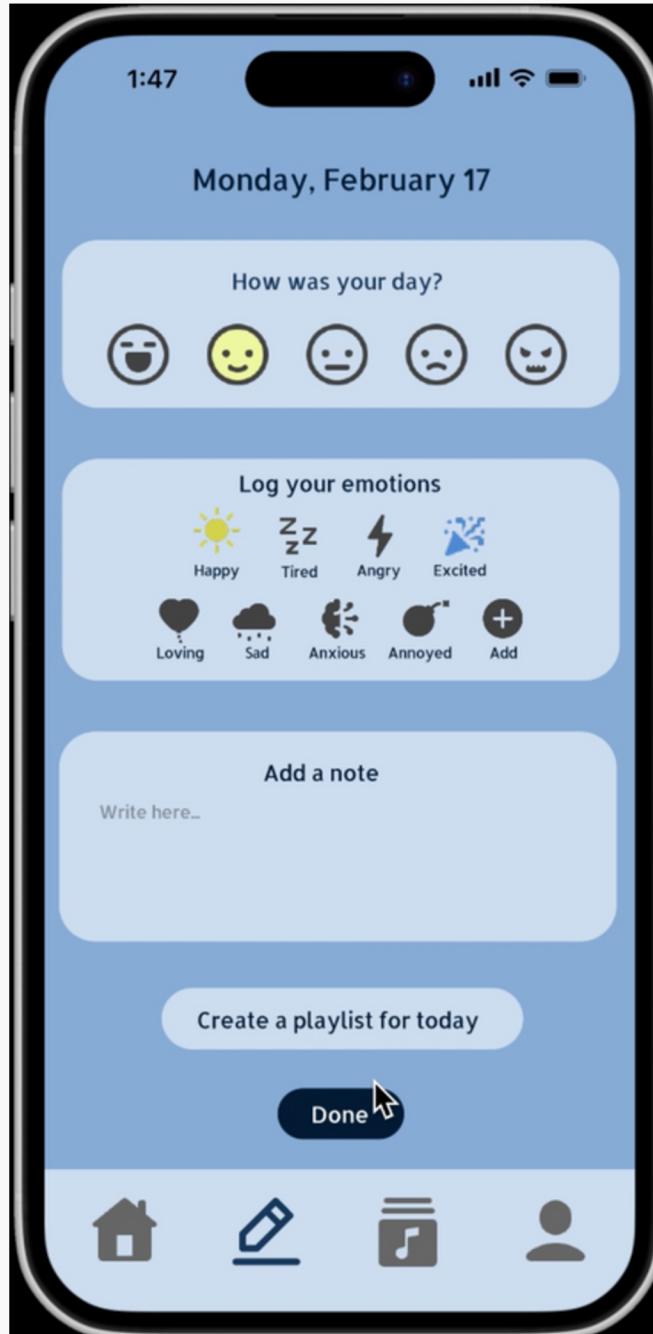
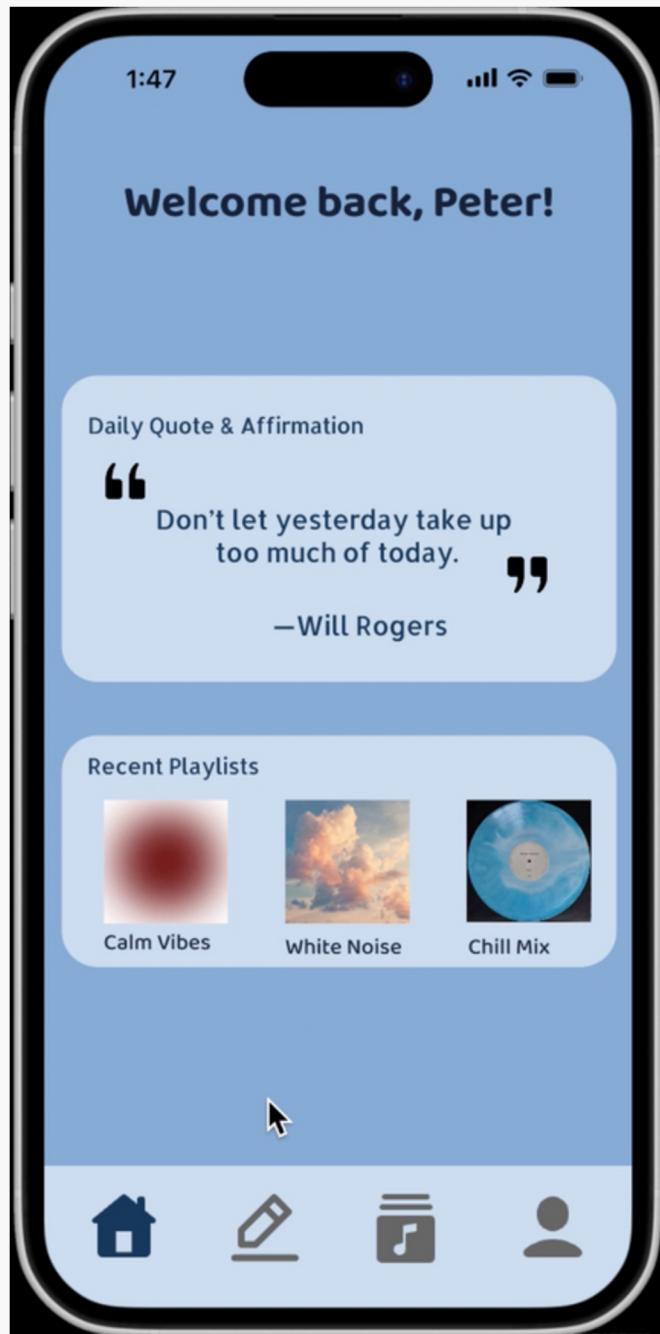
The image displays three wireframe mockups for a mobile application interface, arranged horizontally. Each mockup consists of a header bar, a main content area, and a footer navigation bar.

Header Bar: Each mockup features a header bar at the top. The first two mockups have a dark blue header bar with white text. The third mockup has a light gray header bar with black text. The first two mockups include a "Search..." input field on the right side of the header.

Main Content Area:

- Left Mockup (User Profile):** The title is "Welcome back, Peter!". It includes sections for "Recent Playlists" (three placeholder cards), "Calender" (a large placeholder card), and "Daily Motivation" (a large placeholder card). At the bottom is a footer bar with four icons: a house, a pencil, a musical note, and a person.
- Middle Mockup (Journal Entry):** The title is "Today's Date". It includes sections for "How was your day?", "Emotions:", and "Note/Journal Entry:". A "Done" button is located at the bottom of this section. At the bottom is a footer bar with four icons: a house, a pencil, a musical note, and a person.
- Right Mockup (Discover Screen):** The title is "Made for you". It includes sections for "DISCOVER", "Sleep Playlists" (a placeholder card), and "Anxiety Relieving" (a placeholder card). At the bottom is a footer bar with four icons: a house, a pencil, a musical note, and a person.

Wireframes and Mockups



Feedback Interviews



Layout

- Overall the simplicity makes it easy to understand
- Different colors for better visibility and contrast
- Get rid of empty space

Functionality

- New feature to be able to view and store journal entries
- Availability to connect the app with Spotify, Apple Music, etc accounts

Personalization

- Availability to choose different fonts and colors for journal entries
- Availability for users to choose their own background colors to match their mood

Final Prototype:

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Prototype Link

MedBeats Website

The screenshot shows a web browser window displaying the MedBeats website. The page title is "THE TEAM". The main heading is "Meet the Medbeats Team". Below it is a paragraph of text: "Discover the passionate individuals behind Medbeats, dedicated to enhancing mental health support for transfer students through the transformative power of music. Our team is committed to creating a supportive community that bridges the gap between music and mental wellness." There are four team members listed, each with a photo and a caption. The first two are visible in the main view, while the last two are partially visible below them.

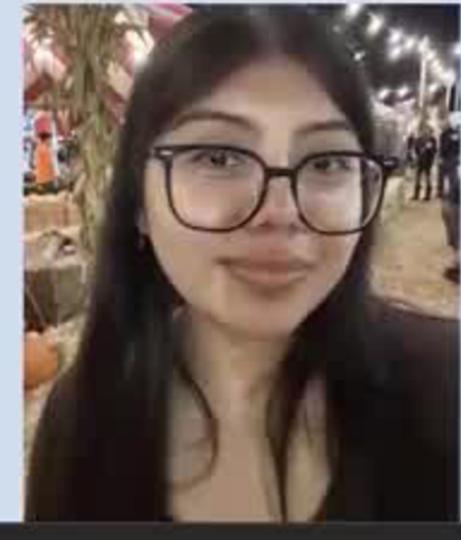
THE TEAM

Meet the Medbeats Team

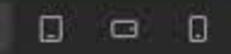
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 HAMILTON KO
Team Lead

 DANNY LIN
CTO

 [unseen team member]

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Thank you

