

Declaration

I, Wei Feng, declare that this assignment, titled A1.1 - Design Report, is my own original work and has not been copied from any other source except where explicitly acknowledged. I have not engaged in plagiarism, collusion, or any other form of academic misconduct in the preparation and submission of this assignment. All sources of information and data used in this assignment have been properly cited and referenced in accordance with the prescribed guidelines. I have not used unauthorized assistance in the preparation of this assignment and have not allowed any other student to copy my work. I am aware that any breach of academic integrity may result in disciplinary action as per the [policies of Monash University](#), which may include failing this assignment or the course, and further academic penalties.

Signature: _____ Wei Feng _____

Date: __17/08/2025__

Github Check

Enter your Github details here.

Github Username <i>Enter your username here</i>	johnwayne97xy
Repository Shared? <i>Have you started and shared your assignment repository with your tutor yet?</i>	No

Self-Evaluation

Rate your performance for each criteria. Put a ☒ (tick) in the box where you think your work belongs.

Criteria	Exceeds Expectations	Meets Expectations	Needs Improvement	Fail to meet expectations
Executive Summary		<input checked="" type="checkbox"/>		
User Personas		<input checked="" type="checkbox"/>		
Sitemap			<input checked="" type="checkbox"/>	
Wireframes/Low-fidelity Prototype		<input checked="" type="checkbox"/>		

Section 1: Executive Summary

The purpose of designing this website is to provide women with reliable, accessible, and culturally inclusive mental health resources. Research shows that women often face significant stress and anxiety when balancing work, family, and other issues, but these issues are often overlooked due to social bias and a lack of awareness.

The core objective of the website is to create a platform that combines mental health knowledge, interactive tools, and community support, enabling women to be aware of and actively improve their mental health while receiving support online.

Homepage Design: The homepage features eye-catching statistics (e.g., “Approximately 45% of Australian women have reported severe mental distress”) or thought-provoking copy (“Do you think you're mentally healthy?”) to capture users' curiosity and encourage reflection.

Stress Check: The website features a “Stress Check,” allowing users to choose which stress assessment to complete (e.g., PSTRI, PHQ-9, etc.). Users can complete the questionnaire anonymously, and the results page displays score explanations (mild/moderate/severe stress) along with recommended resources, such as related articles, mental health hotlines, and local service links.

Result Page Features: In addition to explanations and recommendations, the page offers an additional path for further engagement: Users can choose to anonymously share their stories in the “Community and Stories” section.

Community and Stories: Women can submit anonymous submissions to share their mental health experiences and recovery journeys, which are displayed after review.
Additional sections: These include the “Resources” (articles) and “Get Involved” (donations, volunteering).

Resources: Users can find articles and activities related to stress relief on this interface.

Get Involved : Donation and volunteer events.

Section 2: User Personas

Persona 1: Sarah – The Working Mother

Demographics

Sarah is a 36-year-old woman living in the suburbs of Melbourne. She is married with two young children and works full-time as a retail manager. Her days are filled with juggling professional responsibilities, childcare, and household duties, leaving little time for herself. Financially stable, Sarah and her family live comfortably, but her personal time and emotional wellbeing often take the lowest priority.

Goals and Needs

Sarah's primary goal is to find ways to relieve stress and achieve life balance. She needs practical and time-saving resources that fit into her busy schedule. Sarah also wants to join a safe and supportive community where she can connect with other mothers facing similar challenges. She hopes to gain strategies for improving her mental health without feeling guilty about taking time away from her family.

Pain Points

Sarah often feels exhausted and overwhelmed by stress. She is plagued by feelings of guilt, believing that focusing on her own health would undermine her sense of responsibility as a mother and wife. Time constraints prevent her from seeking face-to-face therapy or attending lengthy workshops. She also feels isolated because her friends are equally busy and rarely discuss mental health issues openly. This makes her unwilling to share her struggles.

How the Web Application Will Help

The website will provide Sarah with a **Stress Check** that she can complete quickly, giving her clear insight into her stress levels. The results page will recommend concise, evidence-based resources such as short mindfulness guides, articles on managing working-mother guilt, and helpline contacts. The **Community & Stories** section will allow Sarah to read relatable experiences from other mothers and, if she chooses, anonymously share her own story. This safe online space will reduce her sense of isolation and help her feel supported. With easy navigation and bite-sized resources, the application will empower Sarah to integrate small mental health practices into her daily routine.

Persona 2: Emily – The Young Woman

Demographics

Emily is a 22-year-old university student currently residing in Melbourne. Originally from Sydney, she recently moved away from her family to pursue a degree in media and communications. She is currently single and shares an apartment with peers of the same age. Emily spends most of her free time on social media, which has significantly impacted her self-image. Although she receives financial support through part-time work and family assistance, she often feels pressured to project an image of success and non-anxiety.

Goals and Needs

Emily's goal is to feel more confident and less anxious about her future. She wants to understand her mental health better, especially when it comes to stress and body image issues. Emily needs trustworthy, easy-to-understand information about managing anxiety and building resilience. She is also seeking a sense of belonging by hearing stories from other young women who have dealt with similar struggles, as she often feels that she is the only one going through these challenges.

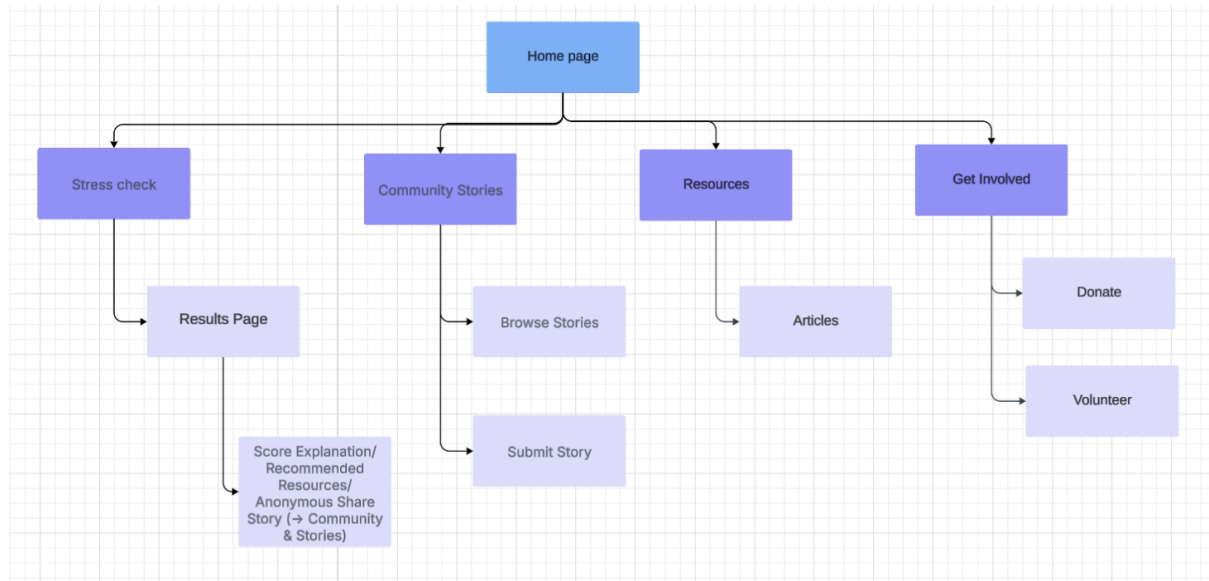
Pain Points

Emily often feels anxious about her academic performance, social expectations, and body image pressures amplified by social media. She frequently compares herself negatively to others online, which leads to low self-esteem and occasional feelings of loneliness. Although she craves support, the information available online leaves her feeling overwhelmed and sometimes unreliable. She is hesitant to be open with her family and unsure of where to find reliable resources.

How the Web Application Will Help

The website will provide Emily with engaging, accessible content on women's mental health, including guides on managing anxiety, building healthy digital habits, and coping with social pressures. The **Stress Check** will give her a private and stigma-free way to reflect on her mental wellbeing. Based on her results, she will be directed to tailored resources and support services. Additionally, the **Community & Stories** section will showcase experiences of other young women dealing with academic stress, body image issues, and social anxiety, helping Emily realise she is not alone. By combining reliable resources with peer voices, the application will offer Emily both knowledge and emotional reassurance, building her confidence to manage her mental health proactively.

Section 3: Sitemap



Home: As the gateway to the website, it provides quick access to stress Checks, community stories, resources, and ways to get involved.

Stress check: Provide a short test to help users understand their current stress levels, which serves as the starting point for user interaction with the website.

Results Page

Display test scores and explanations, and recommend relevant resources (articles, services). At the same time, provide an “anonymous story sharing” option to guide users into the community.

Community Stories: Users can read other women's real-life experiences or anonymously share their own stories, thereby enhancing a sense of belonging and a supportive atmosphere.

Resources: Includes reliable mental health information, including articles, guides, and other resources to help users better understand and manage their mental health.

Get Involved: Encourage public participation in the development of the website to help more women access mental health support.

Section 4: Wireframes/Low-fidelity prototype

WomenCare

HomeStress AssessmentCommunity StoriesResourcesGet Involved

Supporting Women's Mental Health

Helping women manage stress and wellbeing with trusted tools, resources, and community support.

Start Stress TestExplore Stories

Stress Assessment

Quick test to check your stress level

Start Test

Community Stories

Read and share experiences with other women

Browse Stories

Resources

Find guides, articles, and professional support

View Resources

WomenCare

HomeStress AssessmentCommunity StoriesResourcesGet Involved

Stress Self-Assessment Tool

ProgressQuestion 1 of 8

Over the past two weeks, have you often felt tired or fatigued?

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Always

PreviousNext

WomenCare

HomeStress AssessmentCommunity StoriesResourcesGet Involved

Community Stories

Share and read experiences from other women

Browse Stories

Read anonymous stories shared by other women

View All Stories

Submit Story

Share your experience anonymously

Share Your Story

Declaration: Additional Help

Any tools that you used (including Gen AI or existing code reuse) must be declared here.

Note: GenAI is not allowed for coding purposes in any assignment,

However, you may use GenAI for brainstorming, problem solving and learning. You need to declare all such uses here. One row per help used. More details on how to acknowledge the use of Gen AI can be found [here](#).

Name	Description
<i>Example: ChatGPT for brainstorming ideas</i>	<i>I used ChatGPT to brainstorm how to do X because I was feeling stuck with Y problem.</i>
ChatGPT for persona	I used chatgpt to generate a persona, translating my thoughts and get standard format because I was feeling stuck with formatting.