Mindfulness App Requirements

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database

mobile

client

watch

client

user

Vibrations

Notifications,

Assessments,

Lesson Content

Assessment responses, user data

User data, Assessment Data

User data

Notifications

* Mobile client (“app”) must run on iPhone models 5C, 5, 5S, 6, 6+, 6S, 6S+. (With IOS8 or IOS9)
* Functionality and UI must be consistent with that of the Android version of the mobile client developed by the other team.
* Should share same tutorials/audio files/ui designs as Android version.
* The mobile client should load in no more than 5 seconds (specify for each device maybe).
* Software improvements, modifications and added features should not slow down the performance of the existing product.
* Design changes should be run passed members of Mariya Shiyko’s team in the Department of Applied Psychology.
* Beta version of the application should be uploaded to Apple Developer Console.
* The mobile client should crash fewer than 10times per day per 1000 users.
* Crashes of the mobile client must be tracked via Crashlytics

The pebble watch

* Mobile client must push reminders every two hours during the day to the smart-watch, starting at 9am and ending at 9pm. The schedule of reminders should be random within each 2-hr window, with reminders spread at least 30 minutes apart.
* Smart-watch must vibrate when receiving reminders. All other functionality of the watch should be disabled (e.g., it should not vibrate when other text messages appear on the iPhone)
* The mobile client may allow users to customize the frequency of reminders delivered to the smart-watch (can do more frequent: e.g., every 1.5 hr or every 1 hr, but not less frequent that every 2 hr)

Features of the mobile client (the app)

* The first time a user interacts with the mobile client, s/he should be able to specify the start of his “app week” (e.g., the default can be Saturday), so that each week is counted from that 1st day
* Each new week, the mobile client should present a new tutorial/lesson appropriate to that week
* Each week, a user should be presented with a new meditation recording relevant to that week.
* Audio meditation recordings from previous weeks should also be available for use.
* Meditation recordings should be stored on mobile device.
* Must play meditation recordings within 0.5 seconds of user interaction.

- Users without a pebble watch should receive practice reminders (similar to those pushed to a pebble) on their phone, at the same rate and the same content

- The mobile client should push daily surveys every morning after wake-up (time will depend on the customized wake-up time)

- The order of questions in daily surveys: random presentation of categories & random order of questions within some categories

- The mobile client should push four momentary surveys with the following algorithm: length of wake-up time/4 = time interval (e.g., 12 waking hours/4 = 3 hrs, which means momentary surveys are presented randomly within a 3-hr window and are at least 30 min apart).

* - The order of questions in momentary surveys: random presentation of categories & random order of questions within some categoriesBody scan surveys on the mobile client must highlight the selected area of the body when the user taps it.
* Text in the app will be overlaid over a colored background.

Database:

* Survey data must be synced if necessary from the local phone client to be stored in the existing cloud database twice a day, once at 8am, once at 4pm and once at midnight.
* We can give users IDs once they log-in and we can keep the correspondence between the ID and real name on file, but all responses to surverys have to be matched by user’s ID and cannot be strictly anonymous (we have to know that ID they are coming from). All data in the database need to have a corresponding user ID.
* The database to store user data should fail fewer thanonce every 50 days.
* The mobile client should keep a downloaded data usage maximum of approximately 20MB.(shouldn’t be using large amounts of data especially when not in wifi)
* Data about meditation recordings should track how much time has lapsed since the beginning of the recording
* All data should be timed stamped

Apple watch:

* Mobile client may push notifications to the Apple watch.
* Mobile client may track heart-rate data from the Apple watch.