TIME

HOW LONG DOES IT TAKE TO COMPLETE AN ACTION

Overcomplicating tasks, like requiring multiple steps to ass a pill reminder, can take too much time

MONEY

THE FISCAL COST OF TAKING AN ACTION

FREE ACCESSIBILTY

Our app stands out by offering a costless solution, making mental health support accessible to a broader audience. By eliminating financial barriers, it ensures users can focus on their well-being without worrying about affordability, fostering inclusivity and positive impact.
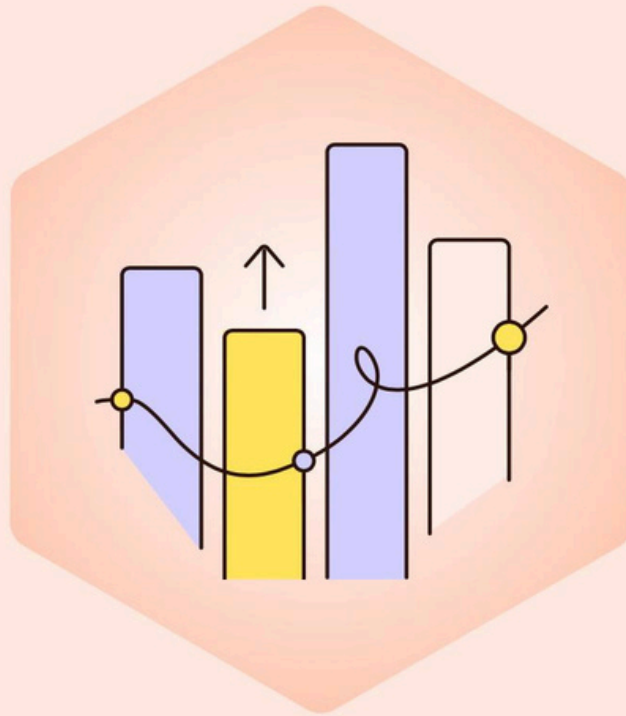
PHYSICAL EFFORT

As mentioned earlier, it is a bit tedious task to enter a pill reminder as it asks the user to fill a sequence of dataset prior to adding a reminder.
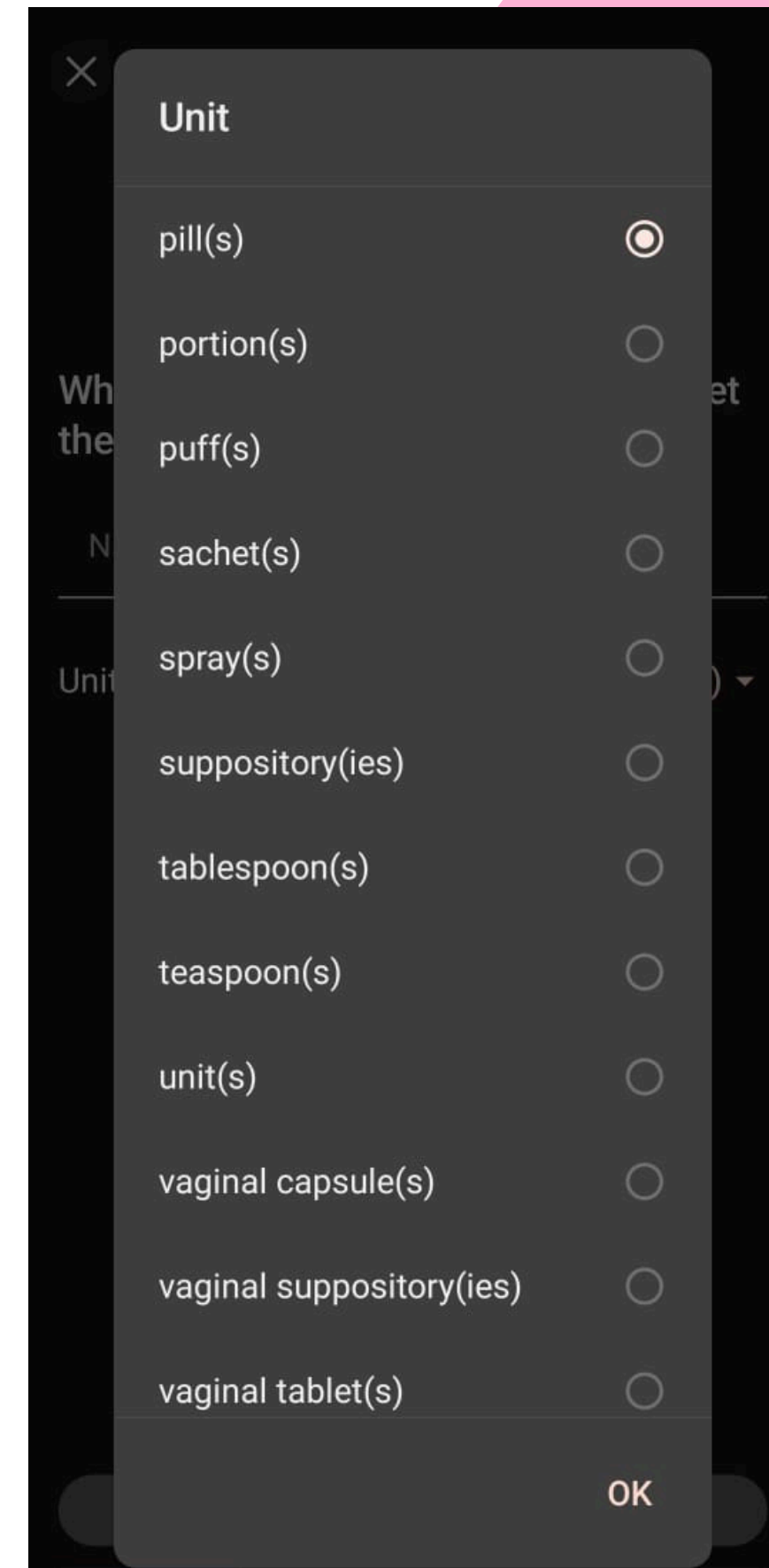
THE AMOUNT OF LABOUR INVOLVED IN TAKING THE ACTION
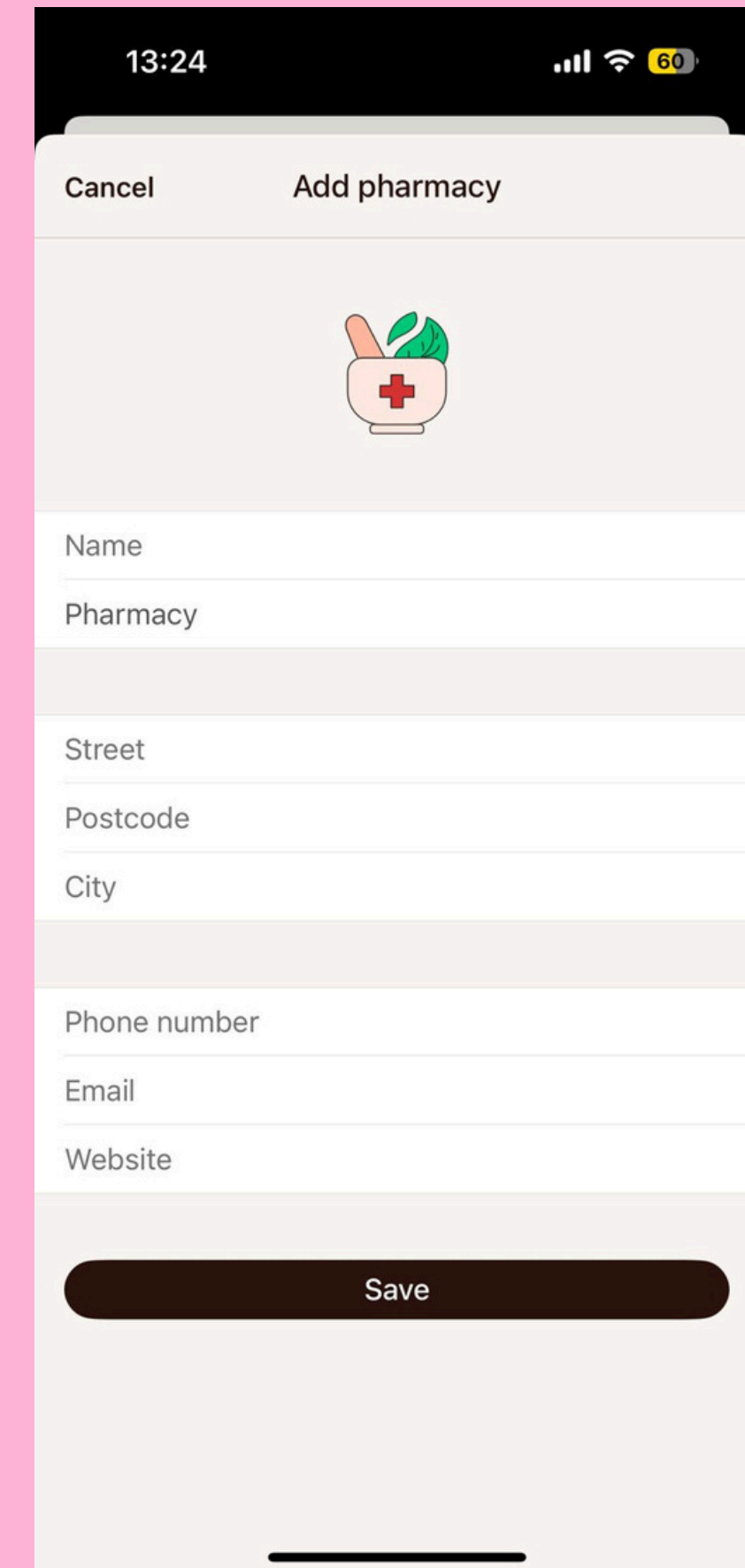
BRAIN CYCLE

THE AMOUNT OF MENTAL LABOUR REQUIRED WHILE TAKING AN ACTION

Our app does well in reducing mental effort by providing clear navigation, graphical representations, and grouped elements. However, there may be areas where mental effort is still required, such as navigating through too many options at once or filling out long forms without sufficient guidance.
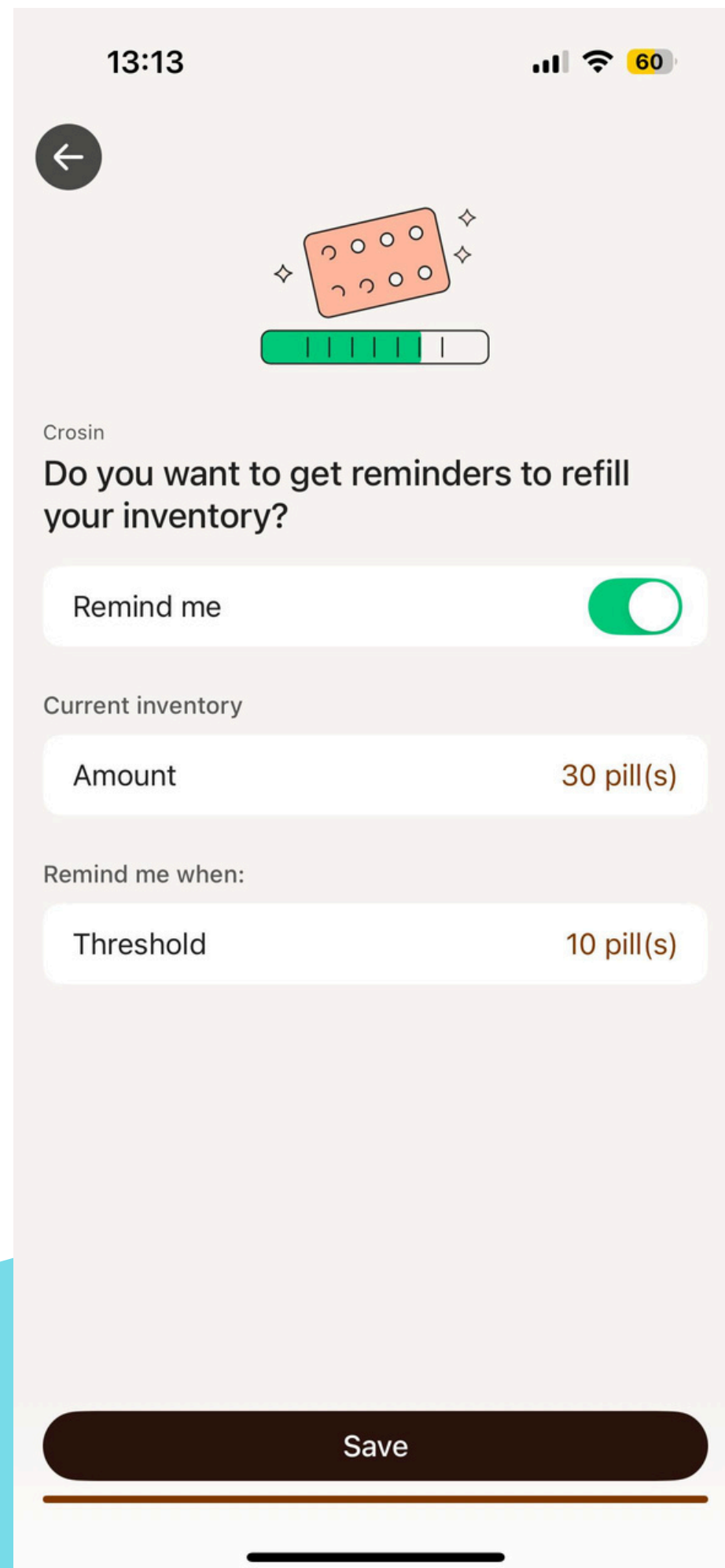
SOCIAL DEVIANCE

HOW ACCEPTED THE BEHAVIOUR IS BY OTHERS

By normalizing digital therapy, the app helps reduce the stigma around seeking mental health support, making it more socially acceptable.

NON ROUTINE

HOW THE ACTIONS MATCH OR DISRUPT ROUTINE

- The app's discreet nature allows users to engage in therapy privately, avoiding fear of judgment while maintaining their routine.
- Regular use of the app promotes healthy habits like journaling and mindfulness, seamlessly integrating into daily routines.

THANK YOU!