eGabay

A Mobile Application for Stress Management

Overview of the Study

eGabay

Difficulties in seeking mental health care

Filipinos only seek mental health care when their problems become severe.

Challenges on environmental adaptation

Freshmen are more likely to face difficulties.

Negative behavioral changes

- Tobacco, alcohol, and drug abuse.
- Irritable
- Lose or gain appetite

Statement of the Objectives

1. To identify the different stress management techniques;
2. to determine the features of the mobile app; and
3. to determine the level of usability of the mobile app.

Research Design

Descriptive Research Design

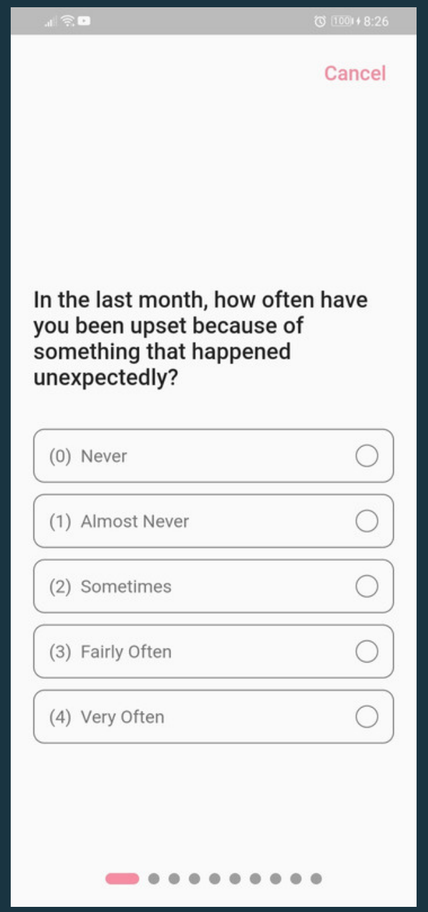
Developmental Research Design

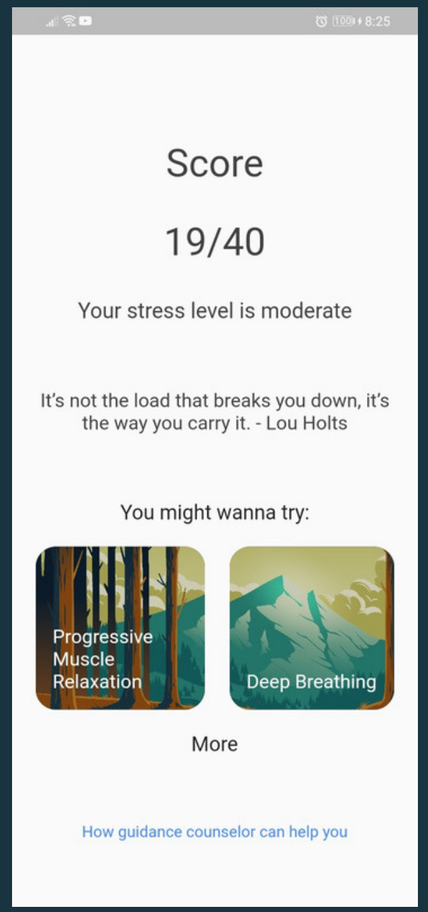
eGabay

A Mobile Application for Stress Management

A representation of love for oneself, harmony, and inner peace.

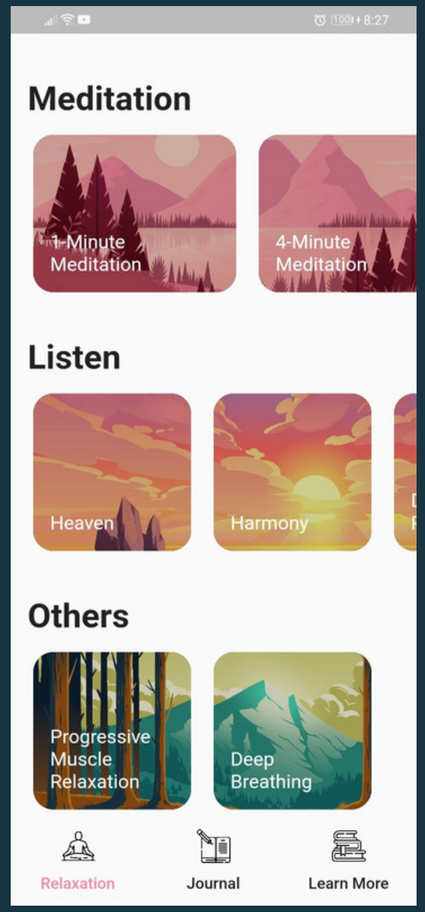
Features - Assessment Tool

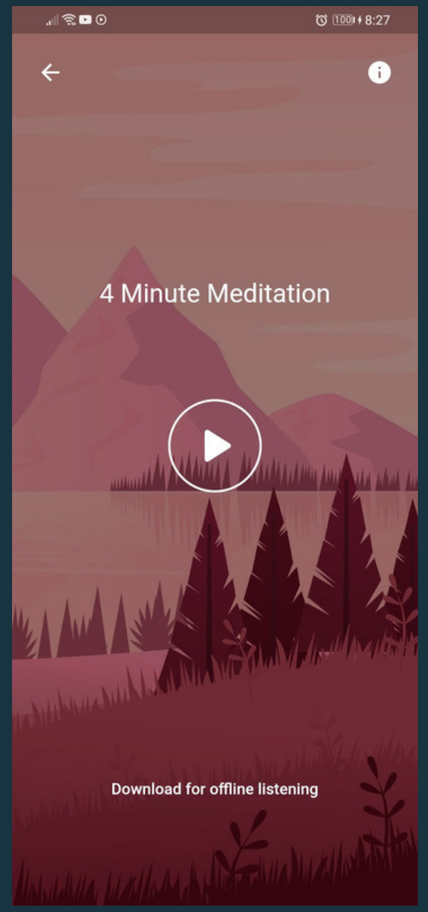




"Awareness is the first step in healing."
- Dean Ornish

Features - Guided Intervention

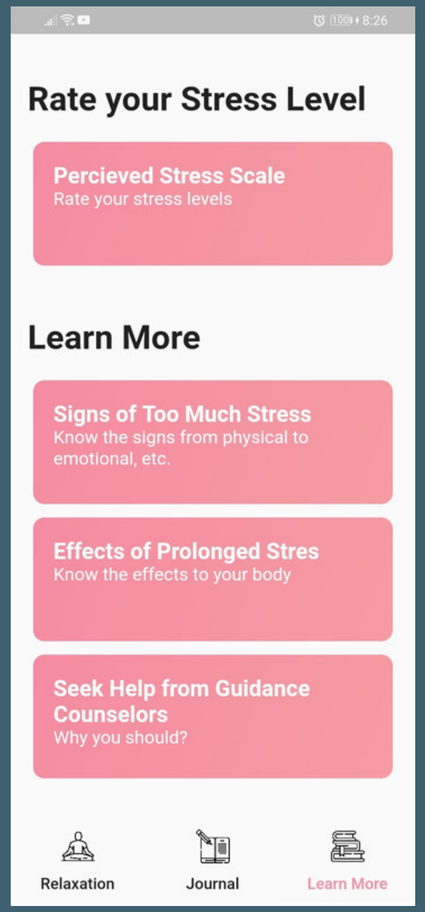


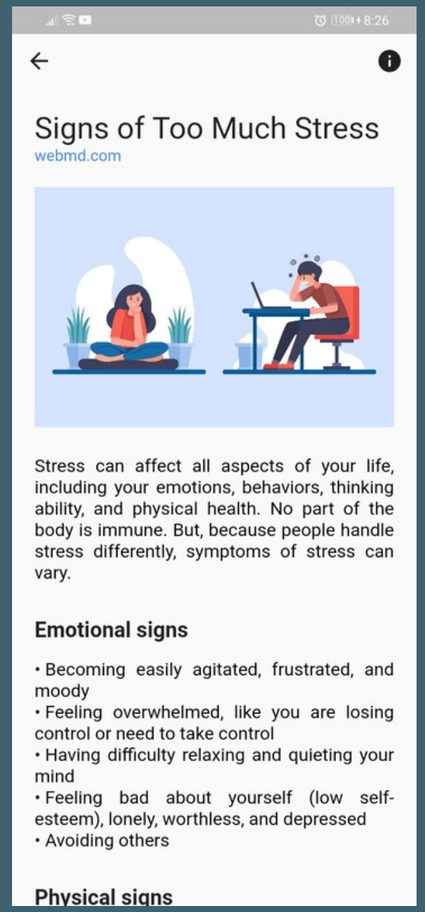


"Meditation and concentration are the way to a life of serenity."

- Baba Ram Dass

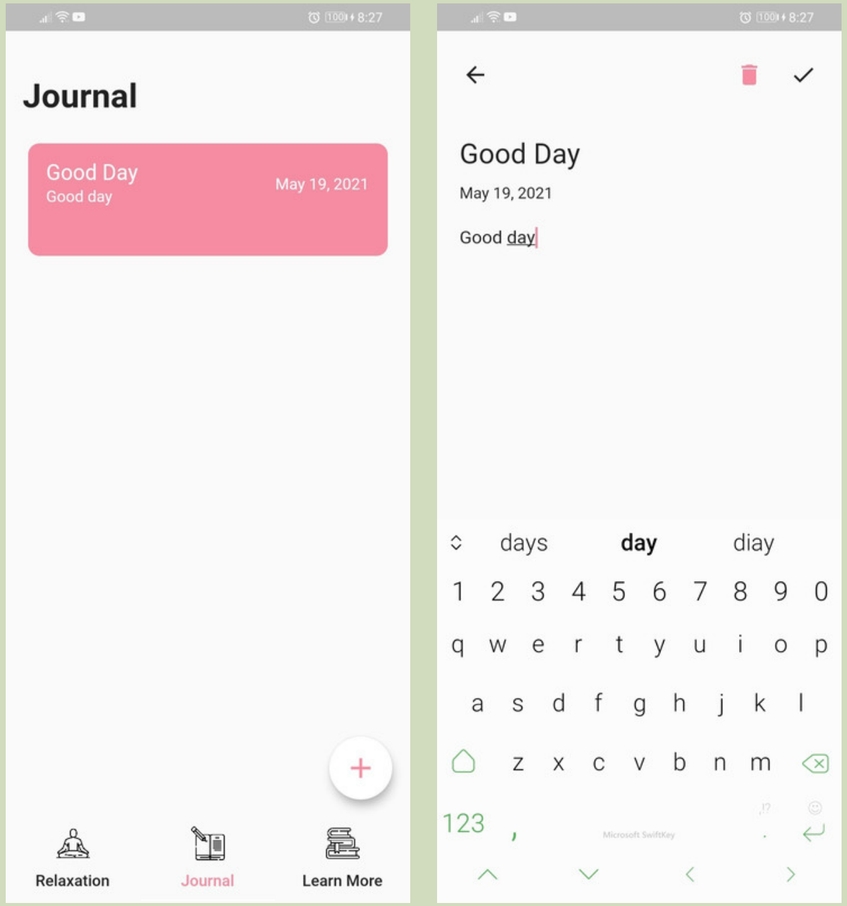
Features - Psychoeducation





"The whole purpose of education is to turn mirrors into windows"
– Sydney J. Harris

Features - Journals



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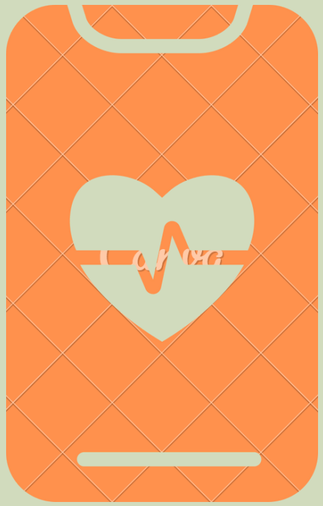
uMARS

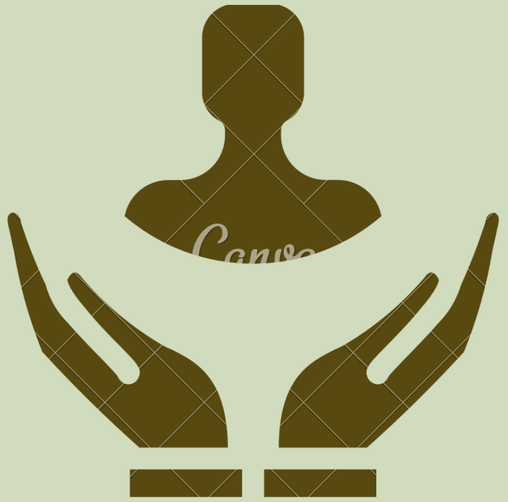
User Version of the
Mobile Application Rating Scale
(MARS)

uMARS



Assesses the quality of mobile health (mHealth) apps.

Has good test-retest reliability (1-2 months and 3 months)



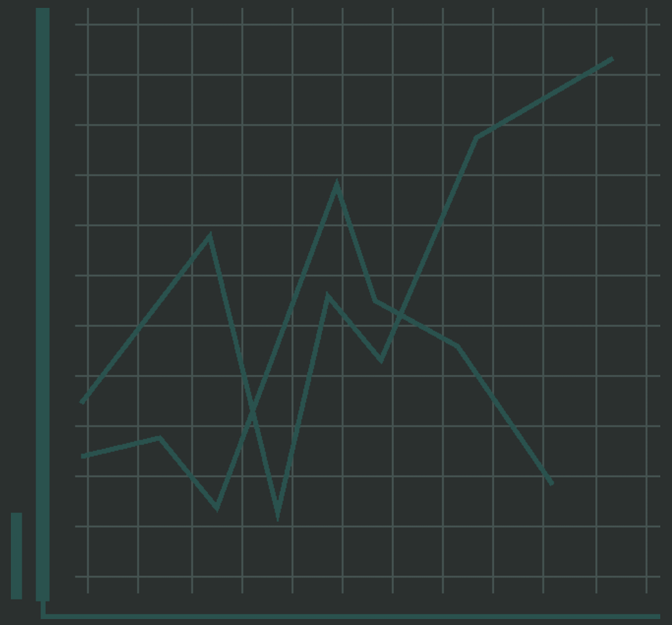
No training and expertise required to administer

LIKERT SCALE

uMARS

Subscales

AESTHETICS	ENGAGEMENT	FUNCTIONALITY	INFORMATION	SUBJECTIVE QUALITY
Graphic design	Entertainment	Performance	Quality	Recommendation
Visual Appeal	Interest	Ease of use	Quantity	Number of Use
Color scheme	Customization	Navigation	Visual	Monetization
Stylistic Consistency	Interactivity	Gestural Design	Credibility	Overall Rating
	Target Group			



RESULTS

Level of Usability of the Developed Mobile Application

Aesthetics

Layout

Graphics

Visual Appeal

3.79

Acceptable

Engagement

Entertainment

Interest

Customization

Interactivity

Target Group

3.38

Acceptable

Functionality

Performance

Ease of Use

Navigation

Gestural Design

3.83

Acceptable

Information

Quality of Info

Quantity of Info

Visual Info

Credibility of Source

3.78

Acceptable

Engagement

3.65

Recommendable

3.16

Use

2.45

Monetization

3.71

Overall

3.83

Acceptable

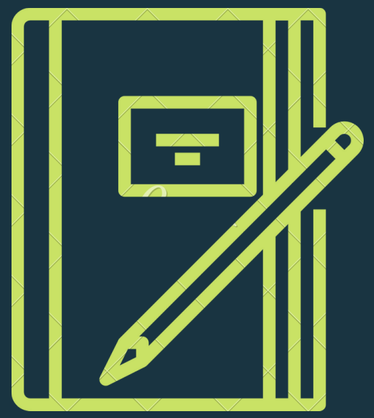
Summary

3.61

Acceptable

Conclusion

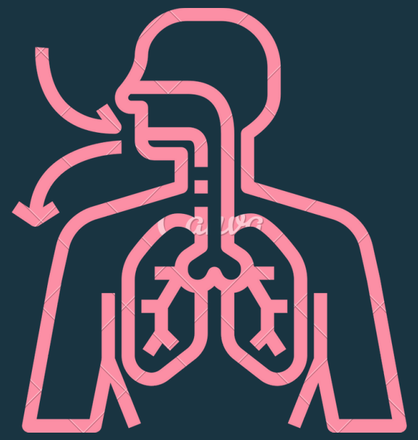
Conclusion



Journaling

Guided Intervention

Listening to relaxing music



Breathing exercises

Recommendation

Recommendation

1. Find more literature to see other possible stress management techniques.
2. Further research about other features that can help to improve the mobile application.
3. Improve the developed application based on the indicators that scored low.