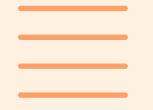
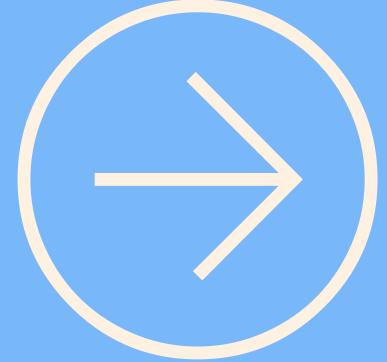


MENTAL HEALTH APP



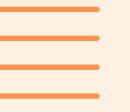
DESIGN Brief



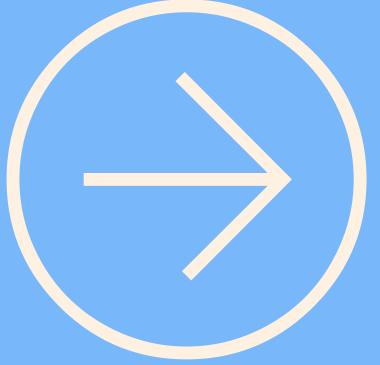
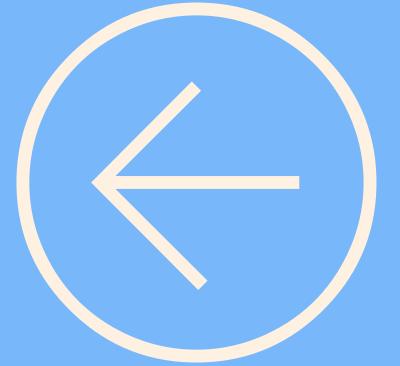
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MENTAL HEALTH APP



BIG
idea

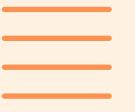


BY AINSLEY LEMON

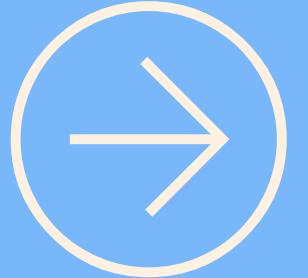
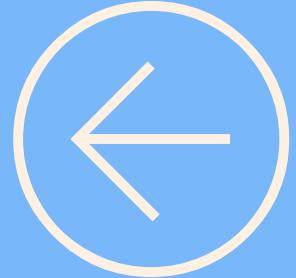
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BIG idea

My big idea is to create an app that focuses on social anxiety, specifically performance anxiety. Many people become extremely nervous and stressed before an important presentation, interview, or performance and do not display their best skills due to feelings of anxiety. Therefore, the goal of my app is to help users manage their performance anxiety and calm individuals down before an important event. The app will teach users breathing exercises as well as positive self-image affirmations. After each event, the app will encourage users to journal about their experience, which will involve rating the overall event as well as listing things they performed positively and skills to work on for next time. In addition, the journal will include a section to write down comments from a judge or interviewer to reflect upon. The journal feature will record past successes users can view for reassurance when they become overwhelmed before a performance. Another feature my app will include will be a heart rate monitor, enabling users to measure their heartbeat when they become anxious. The app will identify healthy heart rates and provide tips to calm individuals' heartbeats during stressful situations. Overall, the purpose of this app is to provide users with a safe space before a critical performance event.



Research Approach



Research Approach

PRELIMINARY INTERVIEWS

Conducted a total of five interviews addressing broad questions regarding college and high school students' social anxiety in social situations.

PARTICIPANT RESEARCH

Crafted an interview protocol and conducted five additional interviews, lasting for roughly 20 to 30 minutes. Questions were more specific and focused on students' performance anxiety.

PINTEREST INSPIRATION

Utilized Pinterest as an inspirational resource for app design, layout, and color schemes.

AFFINITY DIAGRAM

Identified similarities in collected research, which assisted in the vision of the app.

COMPETITIVE ANALYSIS

Tested and compared direct and indirect competitors to better understand the direction of the app.

MOVING FORWARD

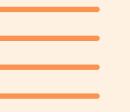
Next steps include sketch iteration, site mapping, A/B testing, prototyping, and the final product.

Research Approach

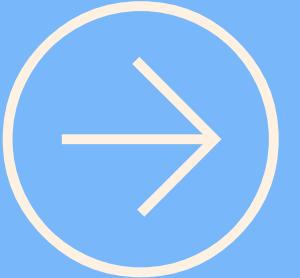
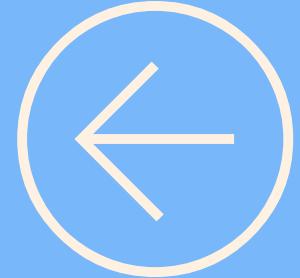
QUOTES THAT PROMPTED MY IDEA

Throughout my research process, my interviewees shared many insights that inspired the idea behind my app. For example, one participant remarked, "If I am in a group of people and feel stressed, I try to either shift the topic or get myself out of the situation." In addition, she shared that she feels her every move being judged when she interacts with others.

Therefore, from my research, I aim to create an app that provides a secure digital space for individuals with performance anxiety. Another participant describes the process her brain goes through before a social event or performance, "My problem is my brain likes to tell me that I do know everything, and it knows how everything is going to go. What it tells me is the worst. It's not, 'I wonder what will happen,' but 'that's going to happen, and it's bad.'" From this, I learned that users of my app would benefit from journaling their accomplishments so that when their brain begins overthinking and telling them lies, they can re-read past successes and focus on the facts. Additionally, another interviewee stated that performance anxiety and anticipating the thoughts and judgment of others can be overwhelming. She stated, "It makes it harder to interact with people because you think about what you say and your friendships." Due to my research information, I plan to create an app that will instill confidence in users and teach them how to manage their stress before an important event.



Findings/ Recommendations



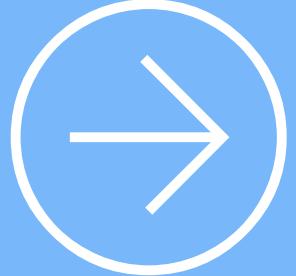
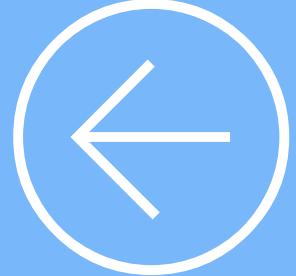
Findings/Recommendations

Many of my interviewees expressed how they can become overwhelmed and anxious before an important performance, such as a presentation or interview. For example, one shared that, "If the event is important, I get stressed." Therefore a journal to document past successes, as well as skills to improve upon, would be extremely helpful for performance anxiety. In addition, another interviewee explained that the unknown that comes with performance anxiety is stressful, "Because I don't know what they're going to do." When people become anxious, their heartbeat spikes, increasing their stress. Due to this, the heart monitor feature of my app would cause users to be more aware of their anxiety and teach individuals how to deal with their stress through breathing exercises and focusing on past performance accomplishments.

Another interview participant shared that she becomes overwhelmed when she is performing in front of people, and her skills are being judged. She said, "When I am performing or being judged on something, I feel stressed and nervous about messing up, especially if I feel I did not practice enough." The app will help users become confident in their individual abilities by focusing on the truths and positives of their skill sets.



User Persona





User Persona

SANDRA KEITH



DEMOGRAPHICS

Gender: Female

Age: 15 – 20

Occupation: Student

Location: Oxford, OH

Personality: Anxious around people

MOTIVATIONS

Managing performance anxiety in stressful social situations, including presentations and interviews.

BACKGROUND

- Sandra plays the piano, so she regularly performs for an audience as well as judges.
- She finds herself getting extremely stressed before a show.
- Sandra tries to monitor her stress, but it spirals out of control sometimes.

GOALS

- Learning how to control her performance anxiety.
- Finding helpful ways to cope as she prepares before a stressful performance.
- Understanding where her stress is coming from and being patient with herself.

PAIN POINTS

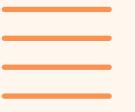
PERFORMANCE RELATED

- She knows she becomes stressed when she sees people staring at her.
- The concept of judges rating her skill sets and watching her every move is stressful.
- Sandra can get overwhelmed and not perform her best.

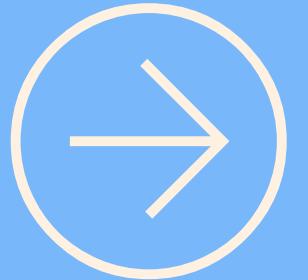
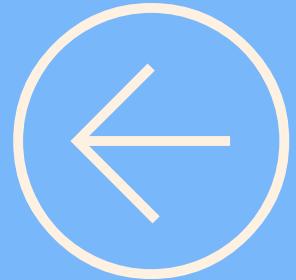
APP RELATED

- She finds premium features requiring payment frustrating.
- Excessive amounts of notifications will result in Sandra completely ignoring the app.
- She likes a consistent color scheme and a visually pleasing aesthetic.





Design Tenets



Design Tenets

STUDENTS GET STRESSED BEFORE IMPORTANT PERFORMANCE EVENTS

- They need a safe, calming space to retreat to.
- Journal entries will record past successes, encouraging in the present.
- Use heart monitor to regulate breathing and decrease stress.

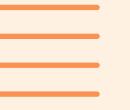
FOCUS ON ACCOMPLISHMENTS AND POSITIVE SELF-TALK

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.

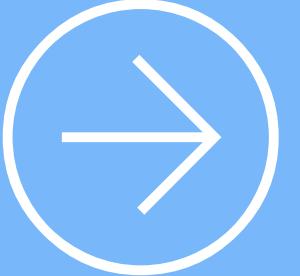
STUDENTS NEED PRACTICAL WAYS TO DESTRESS BEFORE PERFORMANCES

- Breathing exercises for performance anxiety attacks.

MENTAL HEALTH APP



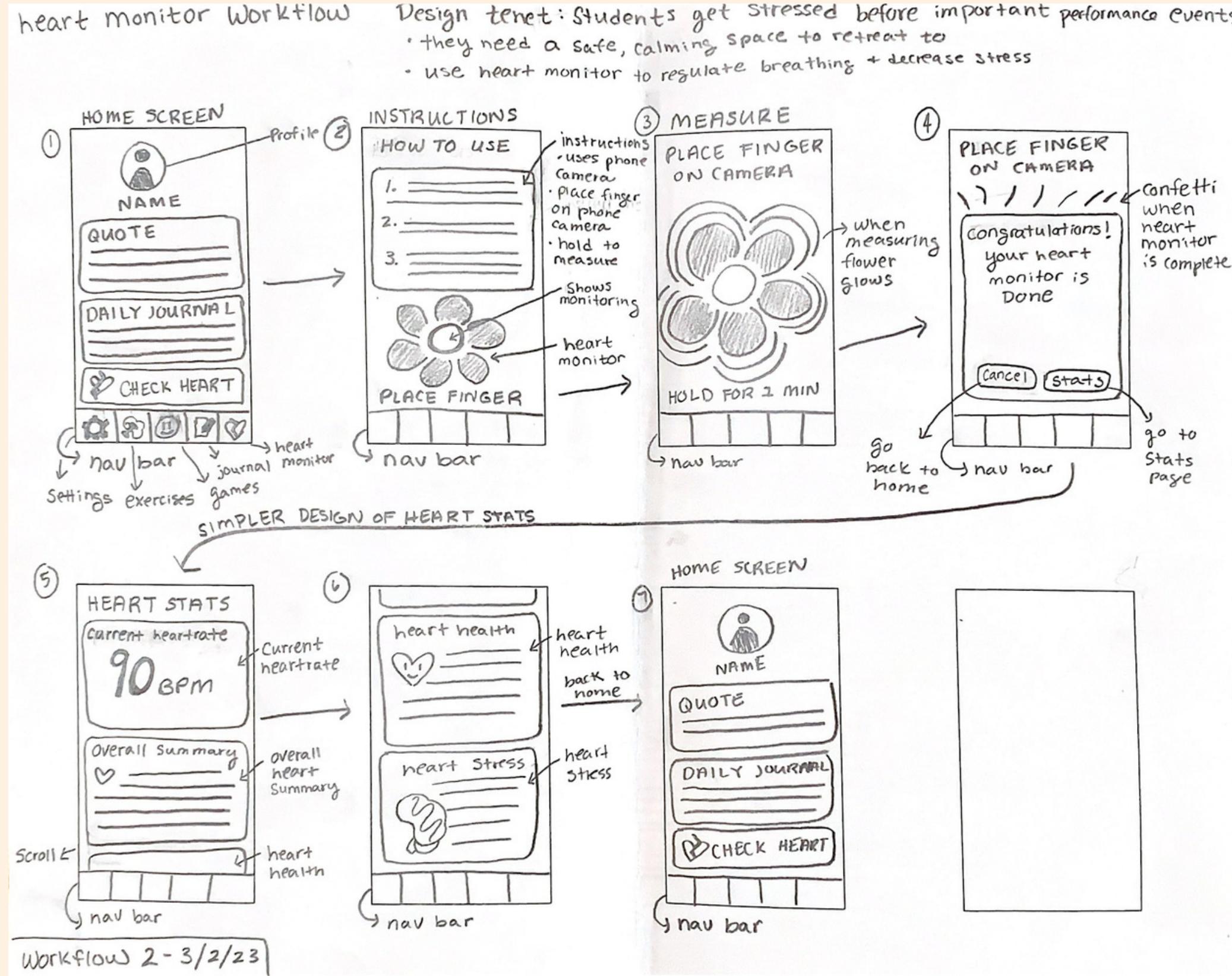
Workflow sketches



BY AINSLEY LEMON

SPRING 2023

Workflow 1: Heart Monitor



DESIGN TENET:

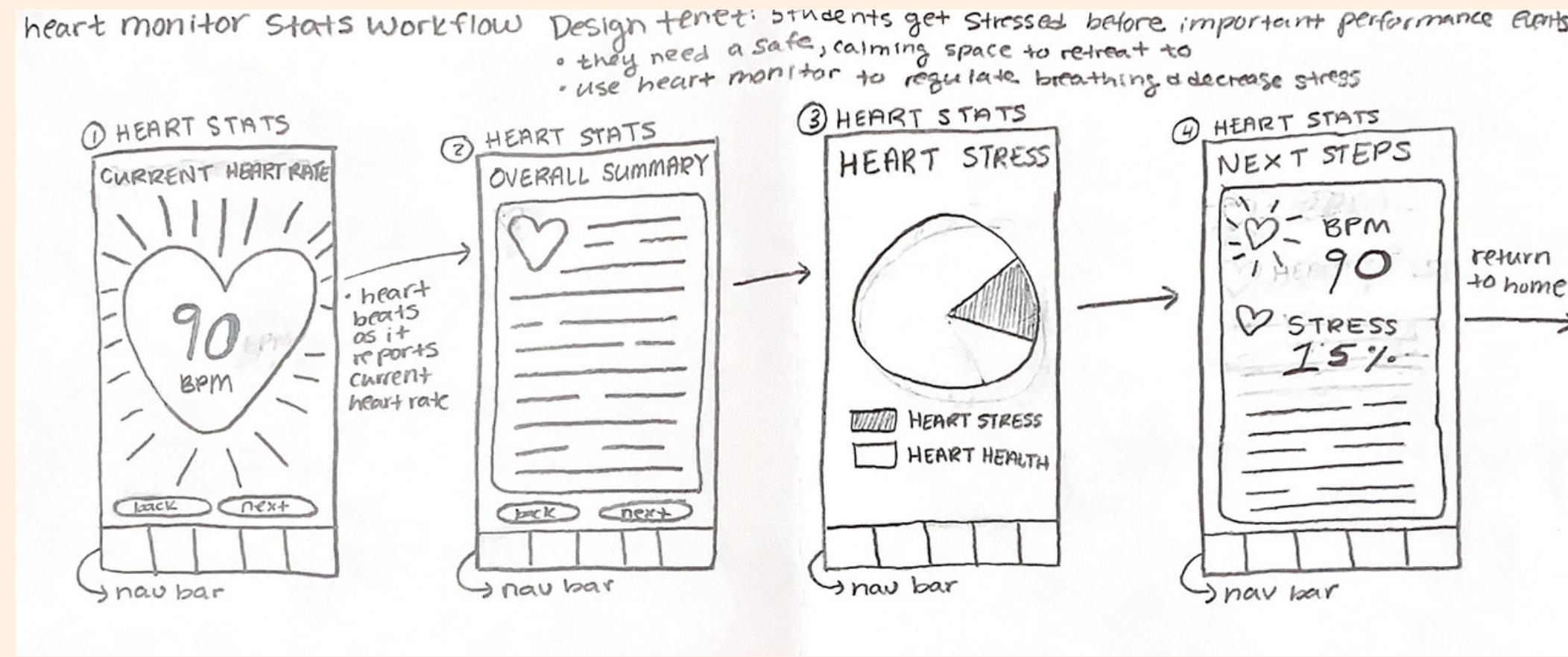
Students get stressed before important performance events.

- They need a safe, calming space to retreat to.

- Use heart monitor to regulate breathing and decrease stress.



Workflow 1: Heart Monitor



DESIGN TENET:

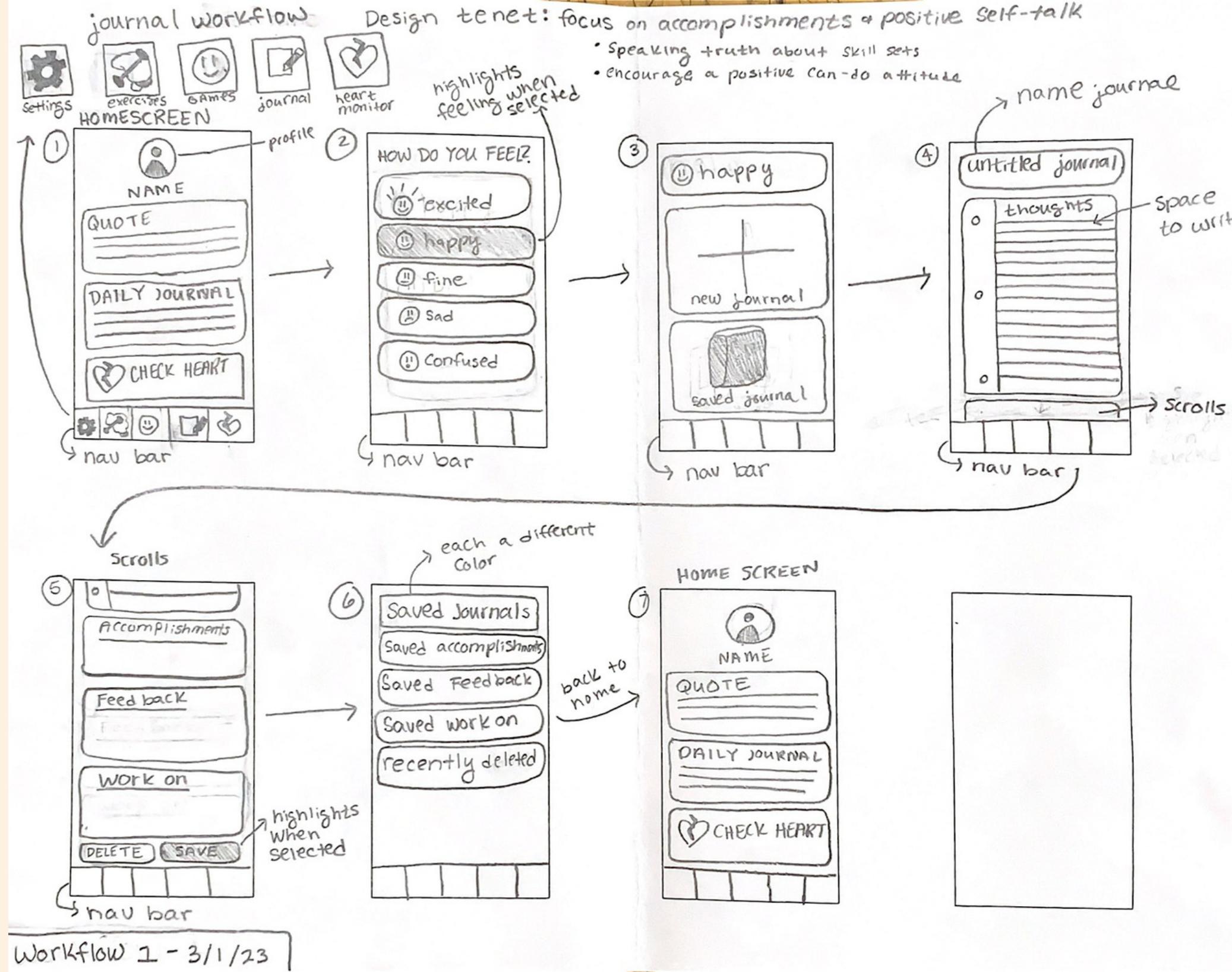
Students get stressed before important performance events.

- They need a safe, calming space to retreat to.
- Use heart monitor to regulate breathing and decrease stress.





Workflow 2: Journal



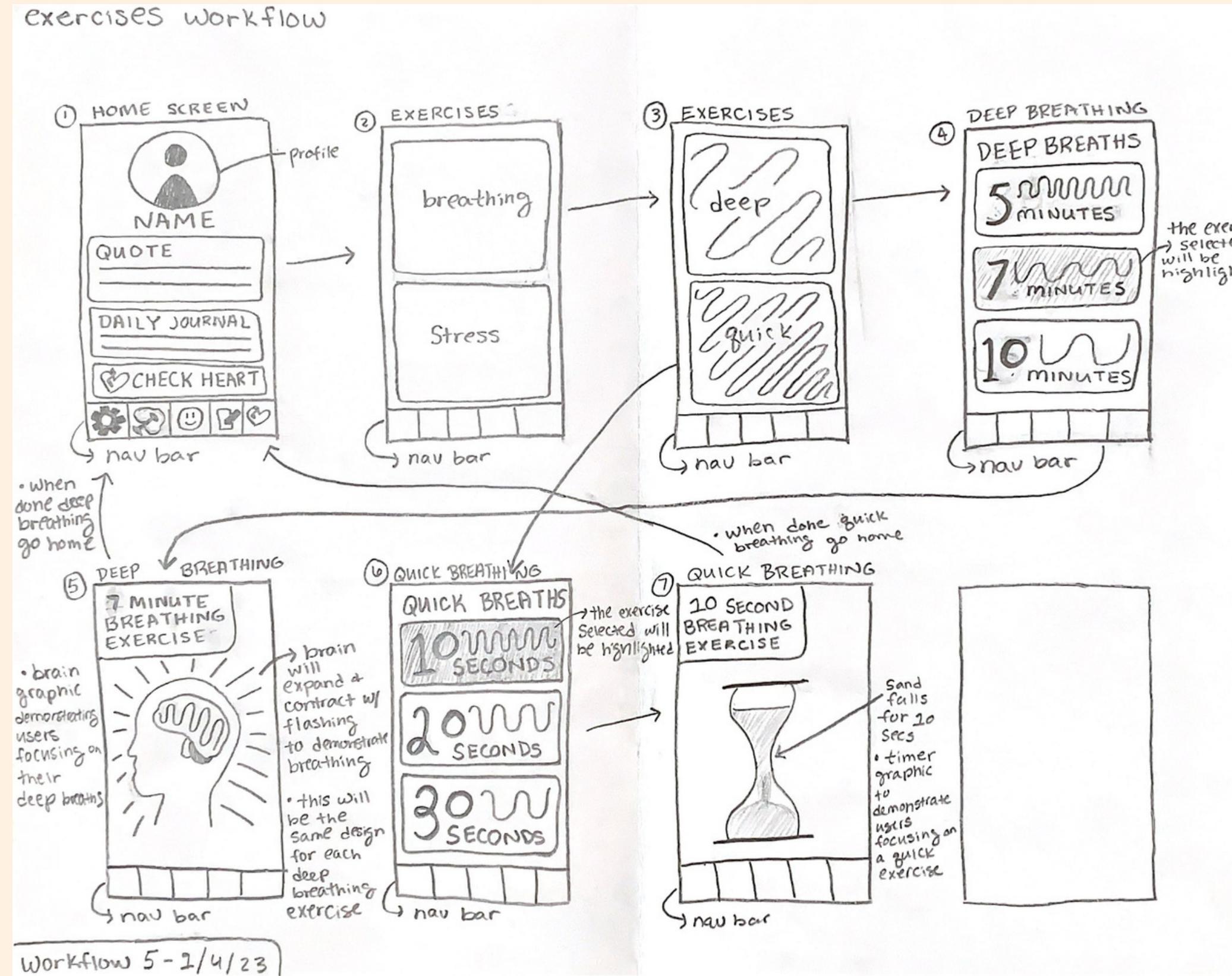
DESIGN TENET:

Focus on accomplishments and positive self-talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



Workflow 3: Exercises



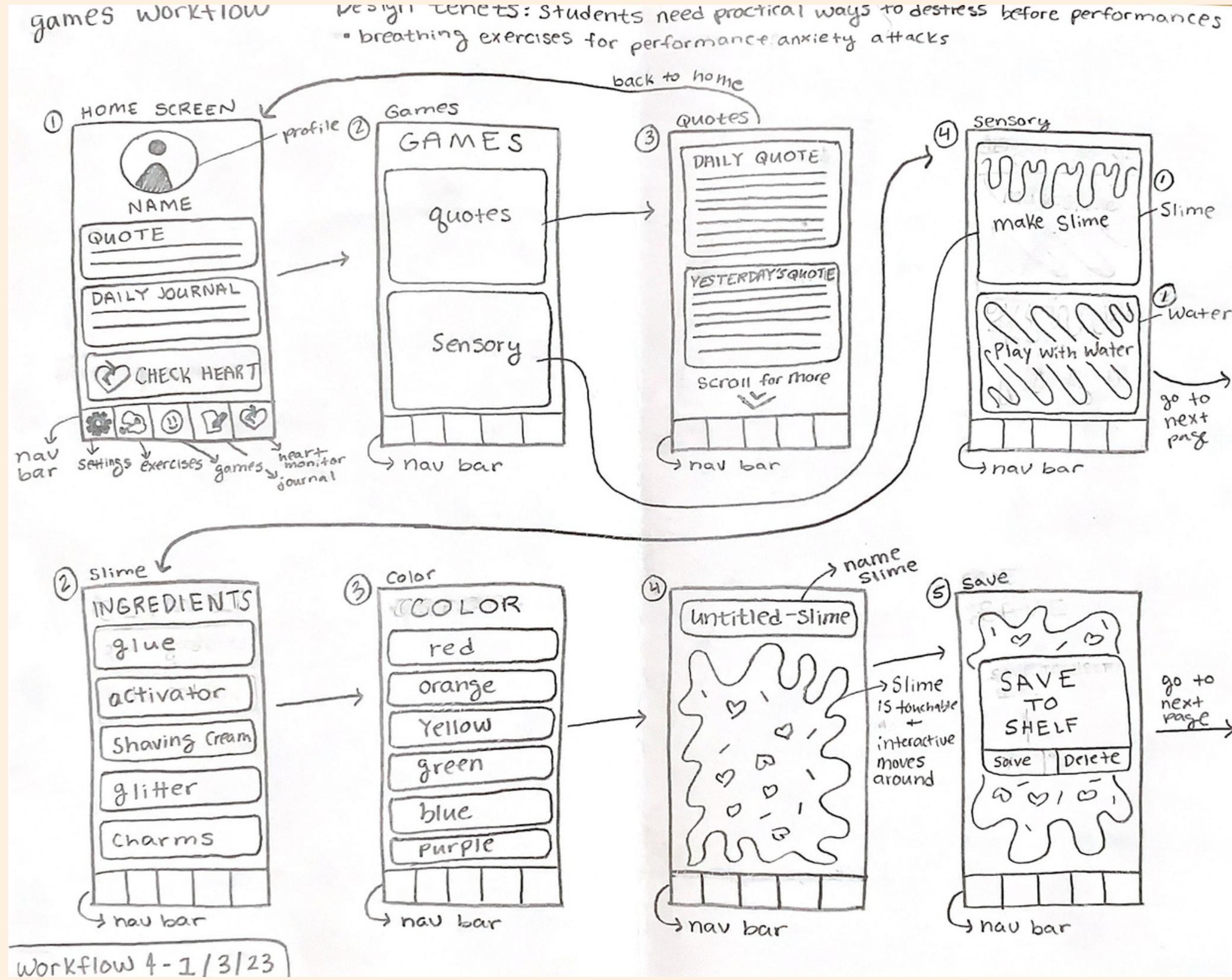
DESIGN TENET:

Students get stressed before important performance events.

- They need a safe, calming space to retreat to.



Workflow 4: Games



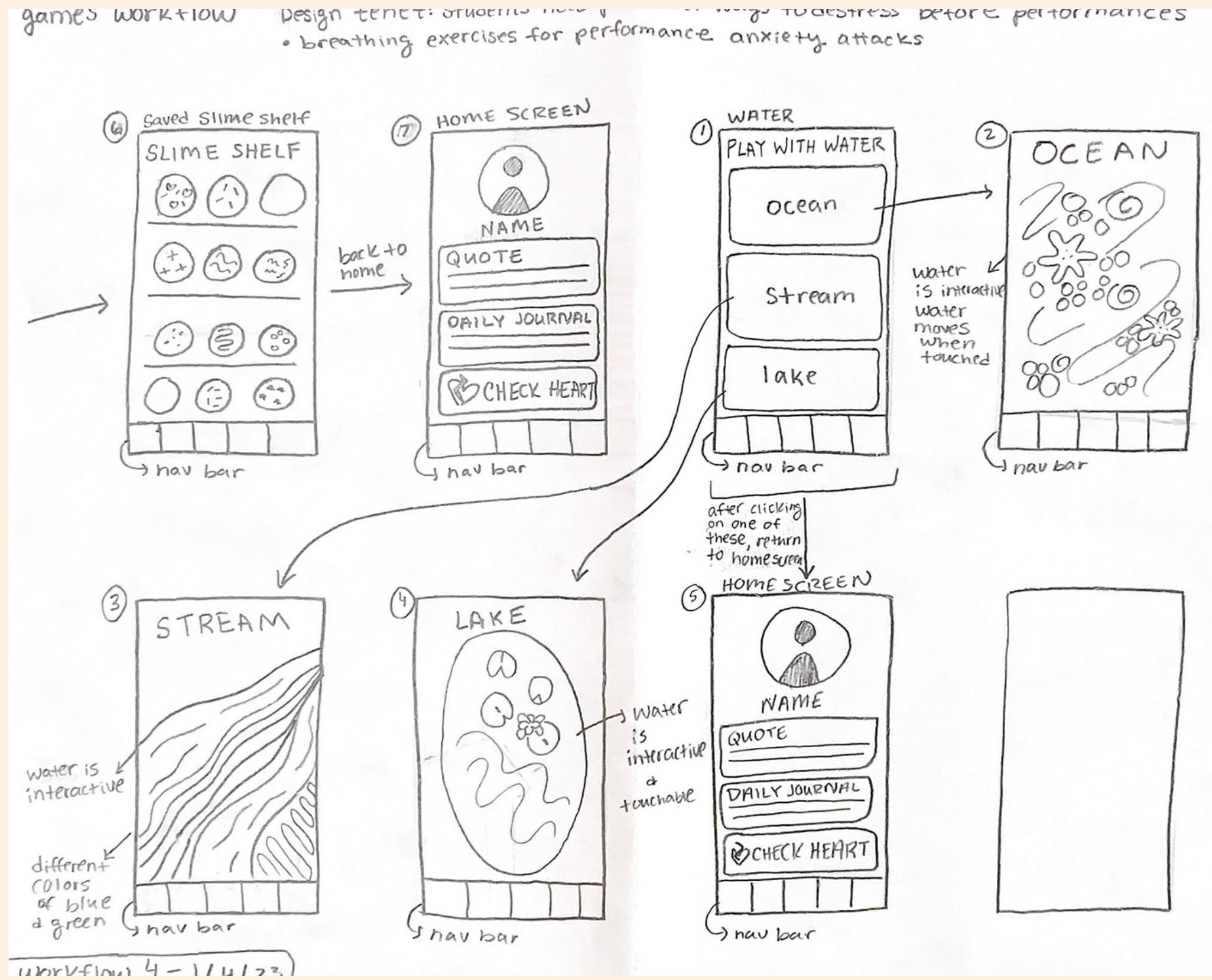
DESIGN TENET:

Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



Workflow 4: Games

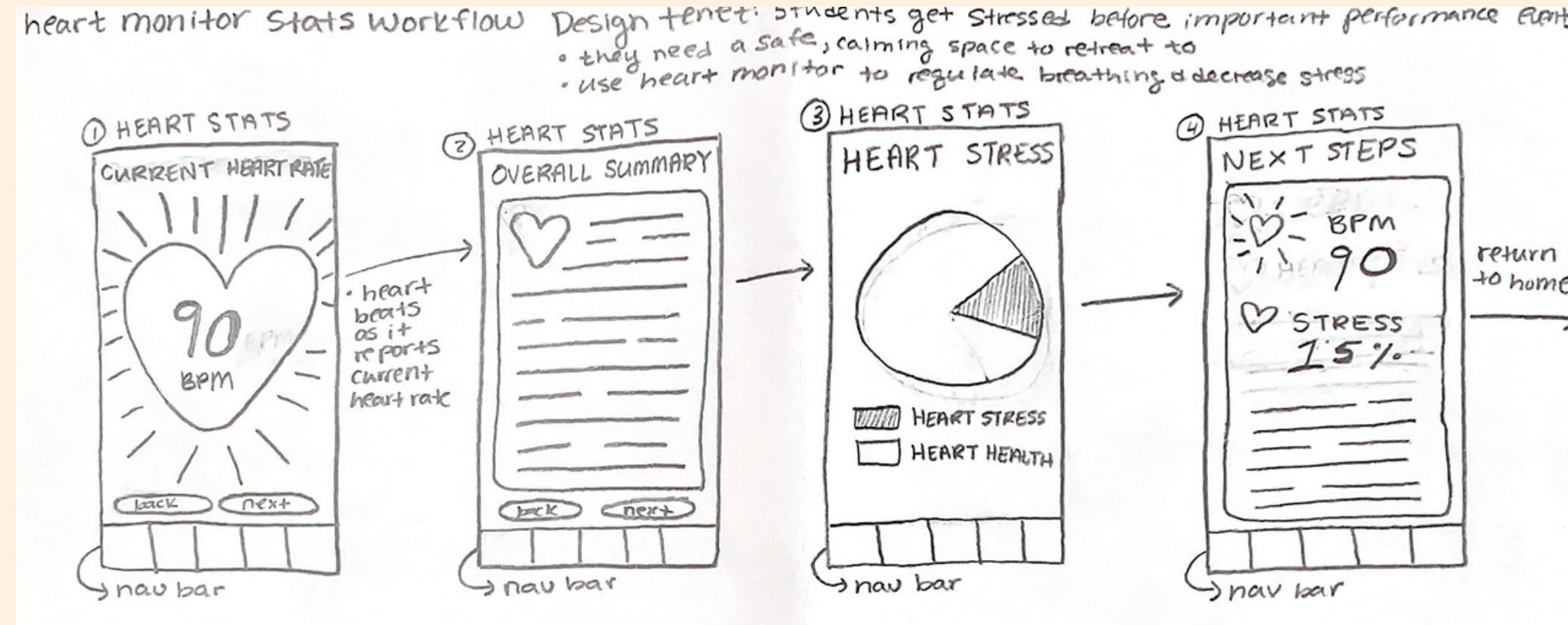


DESIGN TENET:

Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.

Workflow 5: Heart Stats

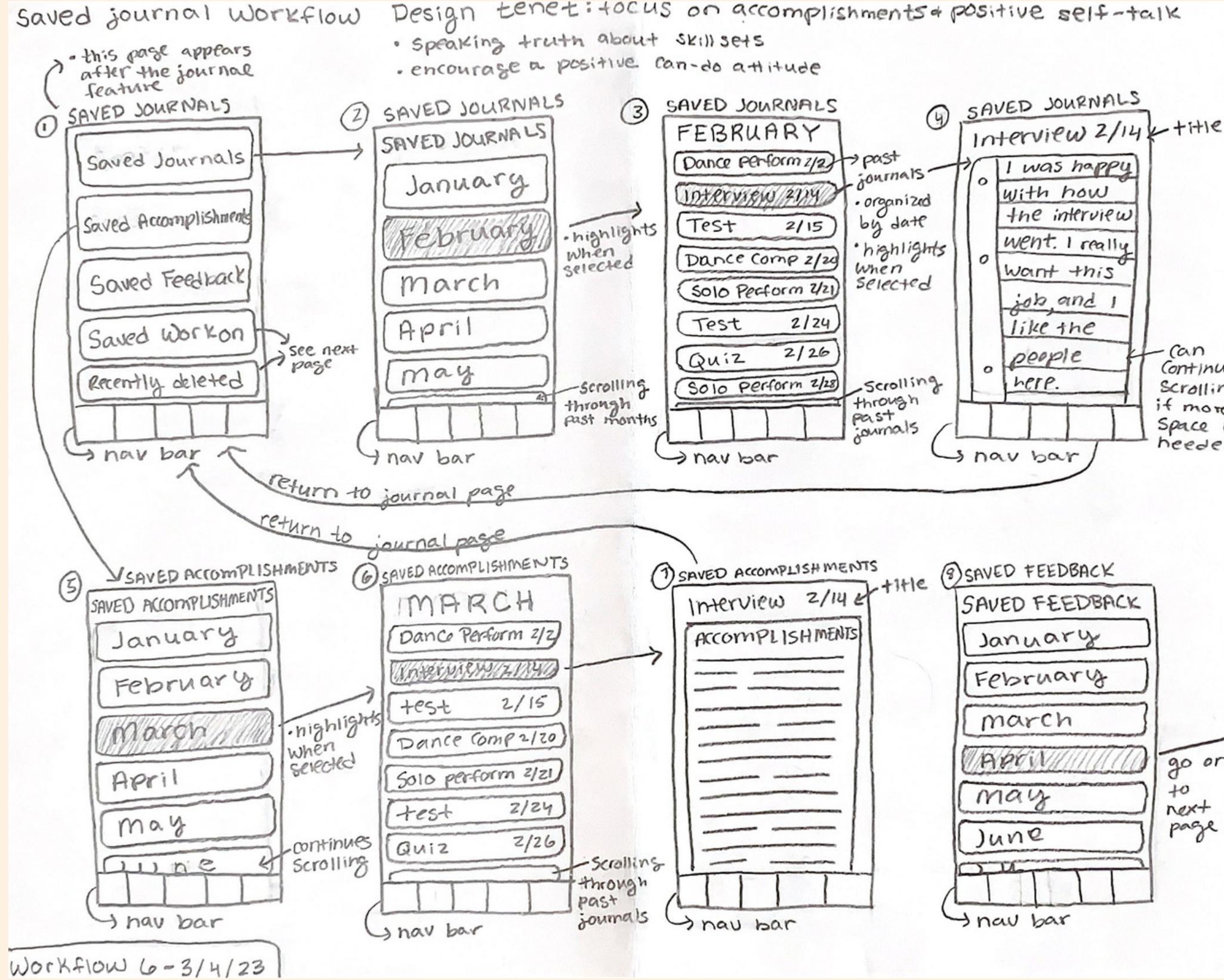


DESIGN TENET:

Students get stressed before important performance events.

- They need a safe, calming space to retreat to.
- Use heart monitor to regulate breathing and decrease stress.

Workflow 6: Saved Journal

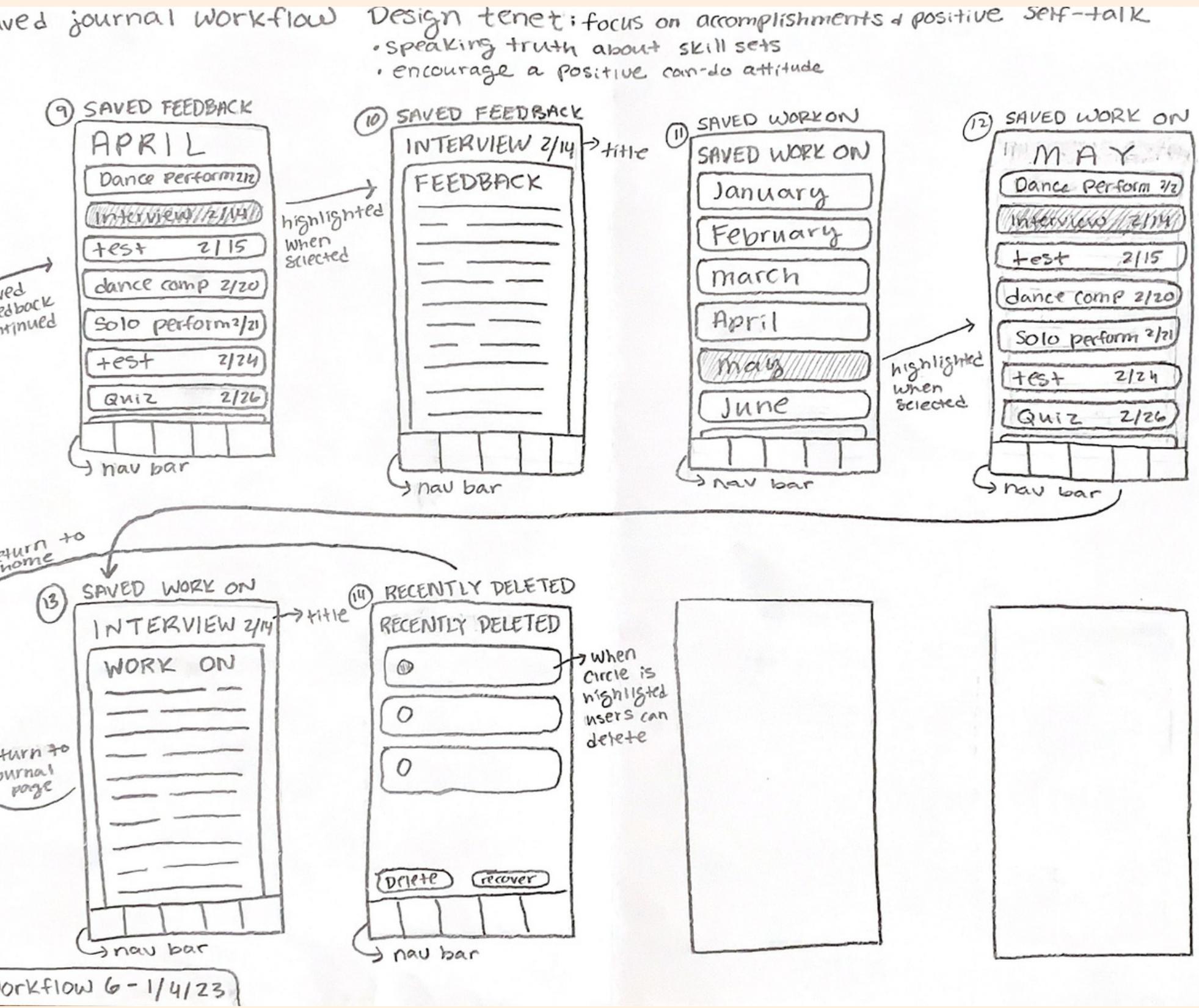


DESIGN TENET:

Focus on
accomplishments
and positive self-
talk.

- Speaking truth about skill sets.

- Encourage a positive can-do attitude.



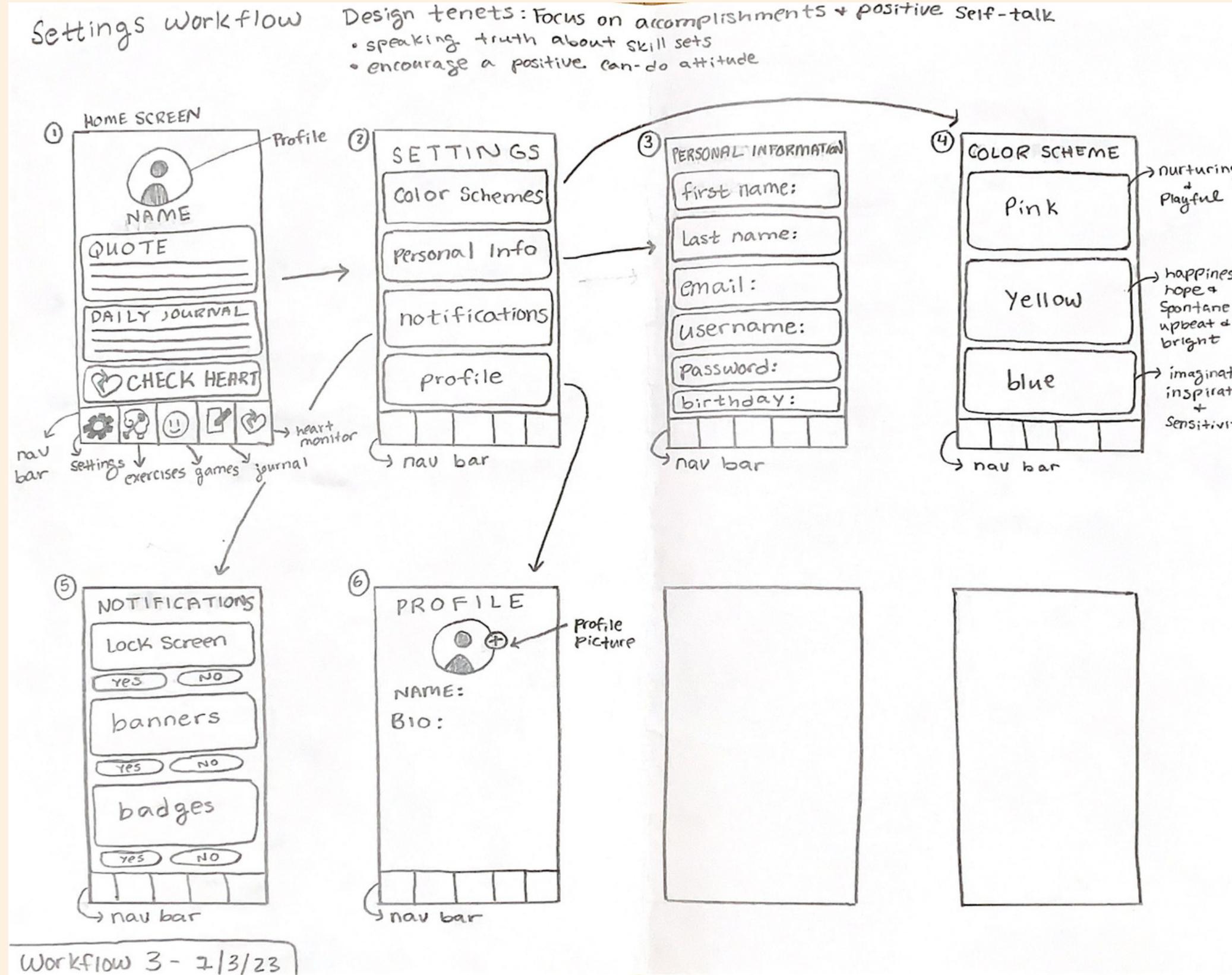
DESIGN TENET:

Focus on
accomplishments
and positive self-
talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



Workflow 7: Settings



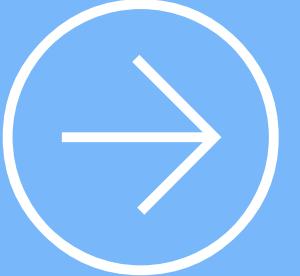
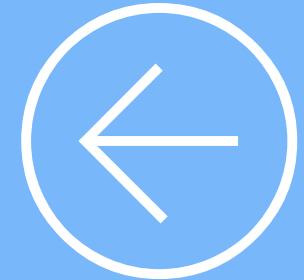
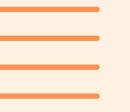
DESIGN TENET:

Focus on accomplishments and positive self-talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



MENTAL HEALTH APP



LoFi Workflows

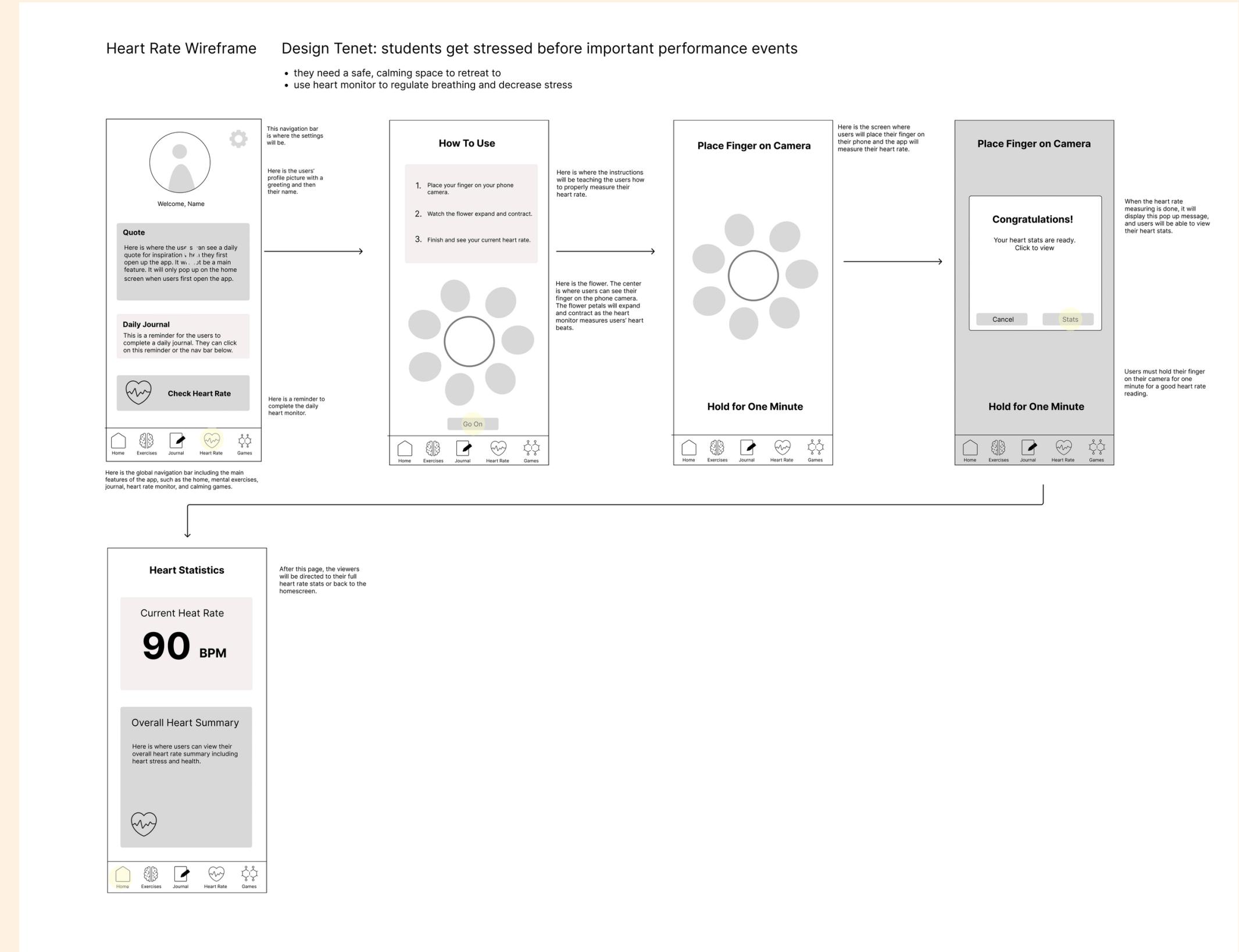


BY AINSLEY LEMON

SPRING 2023



Workflow 1: Heart Monitor



DESIGN TENET:

Students get stressed before important performance events.

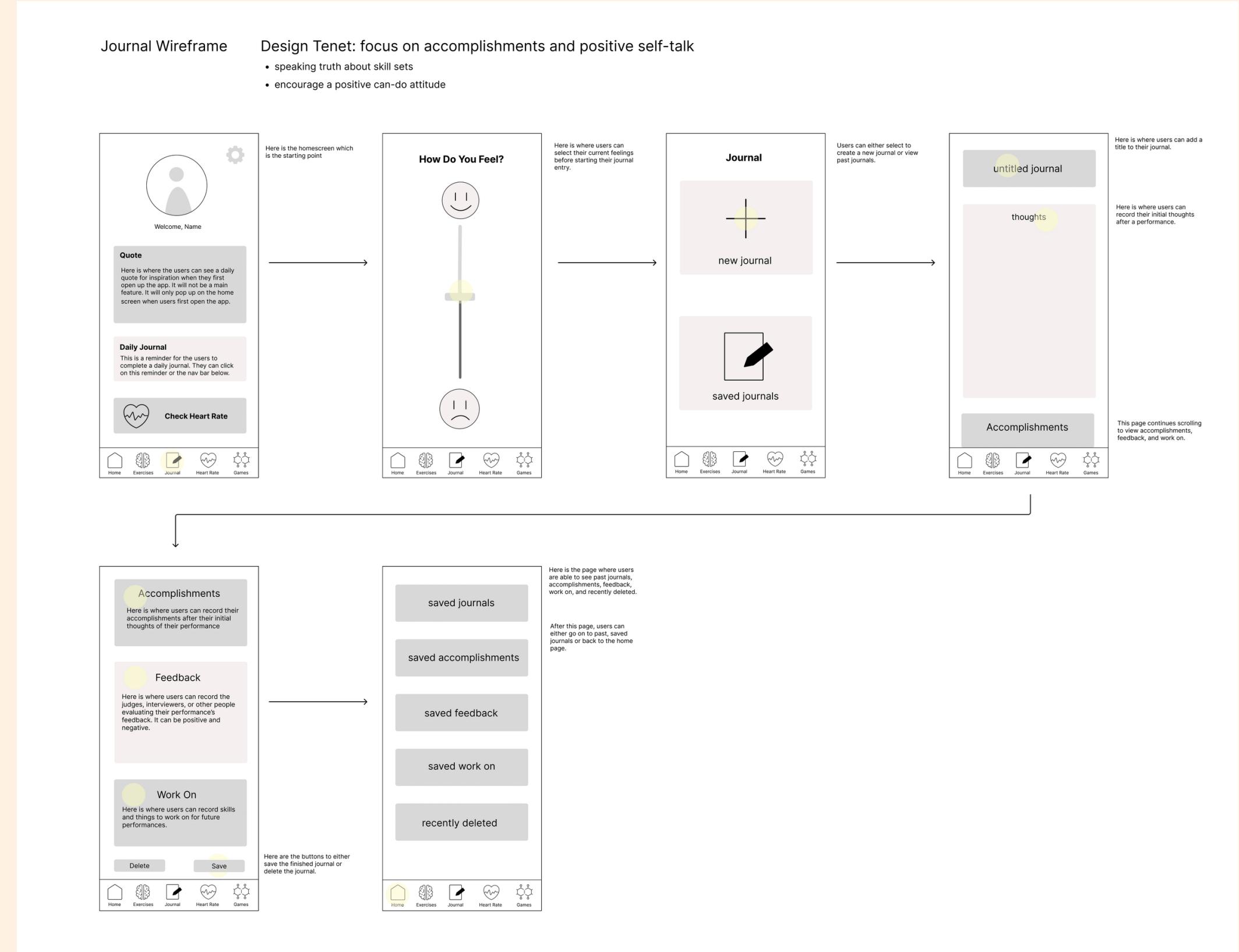
- They need a safe, calming space to retreat to.

- Use heart monitor to regulate breathing and decrease stress.





Workflow 2: Journal



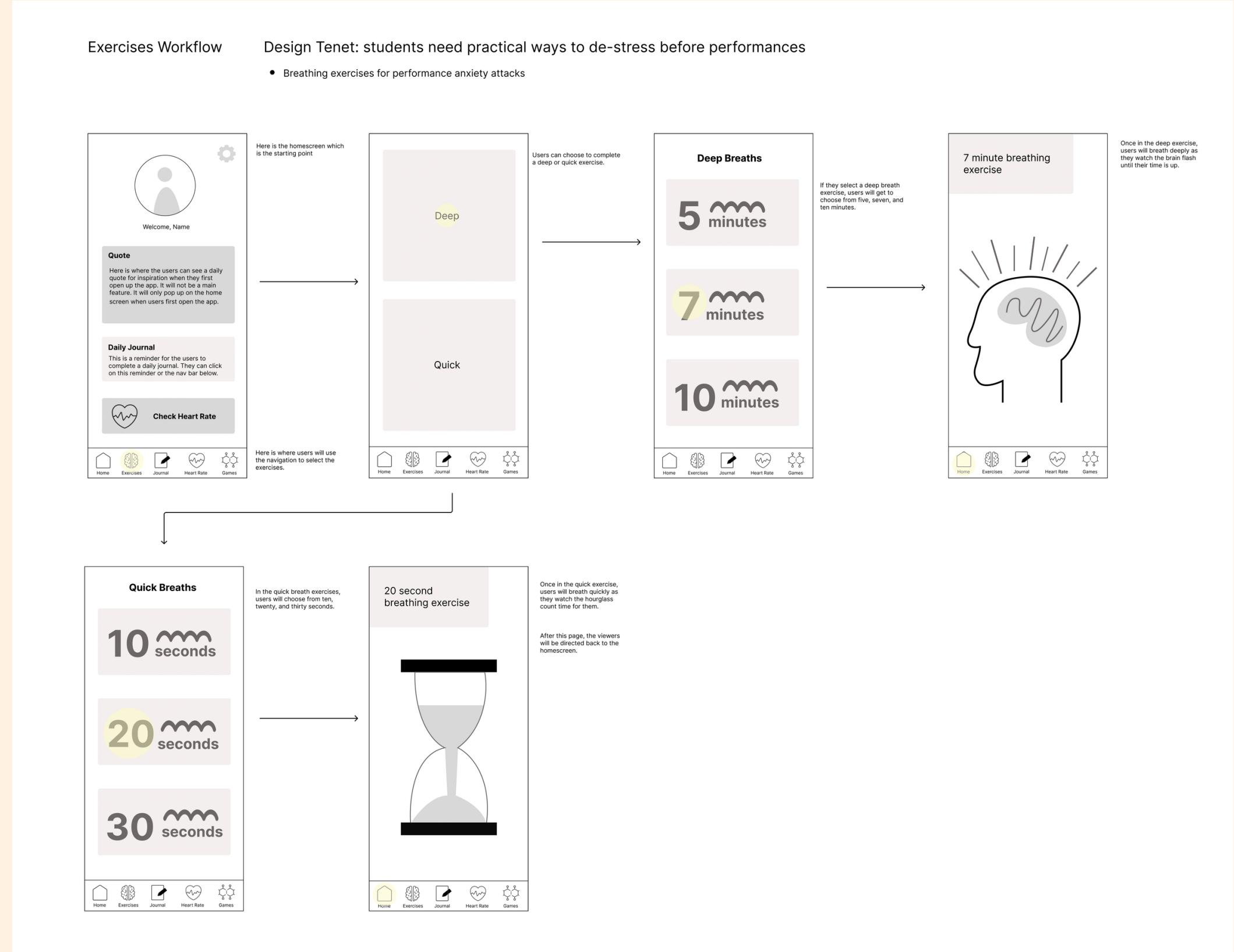
DESIGN TENET:

Focus on accomplishments and positive self-talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



Workflow 3: Exercises



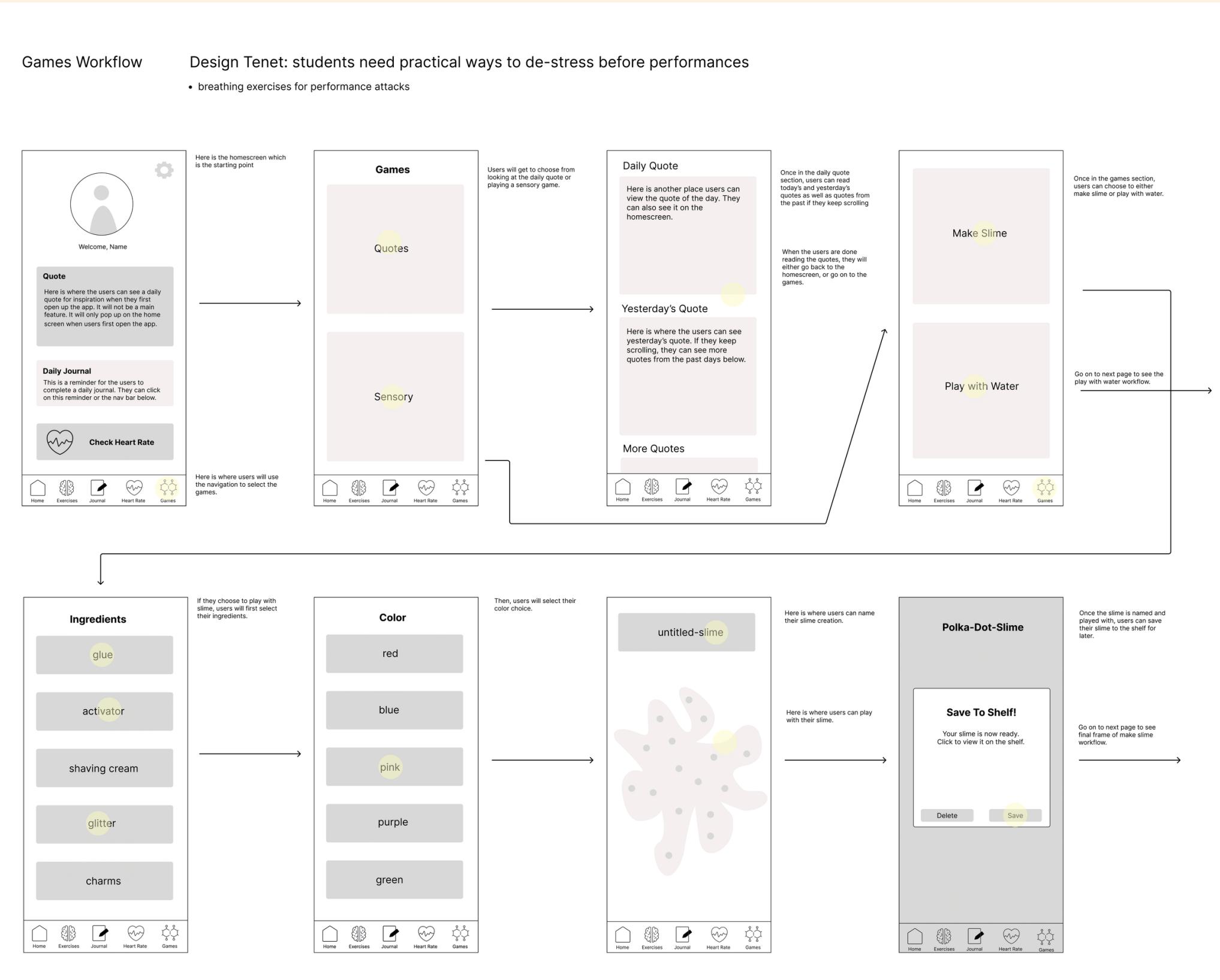
DESIGN TENET:

Students get stressed before important performance events.

- They need a safe, calming space to retreat to.



Workflow 4: Games



DESIGN TENET:

Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



Workflow 4: Games



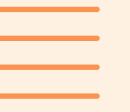
DESIGN TENET:

Students need practical ways to destress before performances

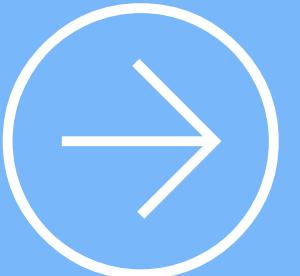
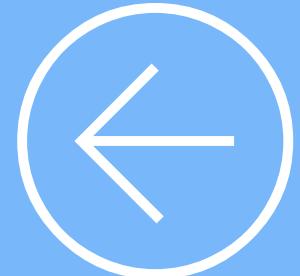
- Breathing exercises for performance anxiety attacks.



MENTAL HEALTH APP



HighFi Workflows

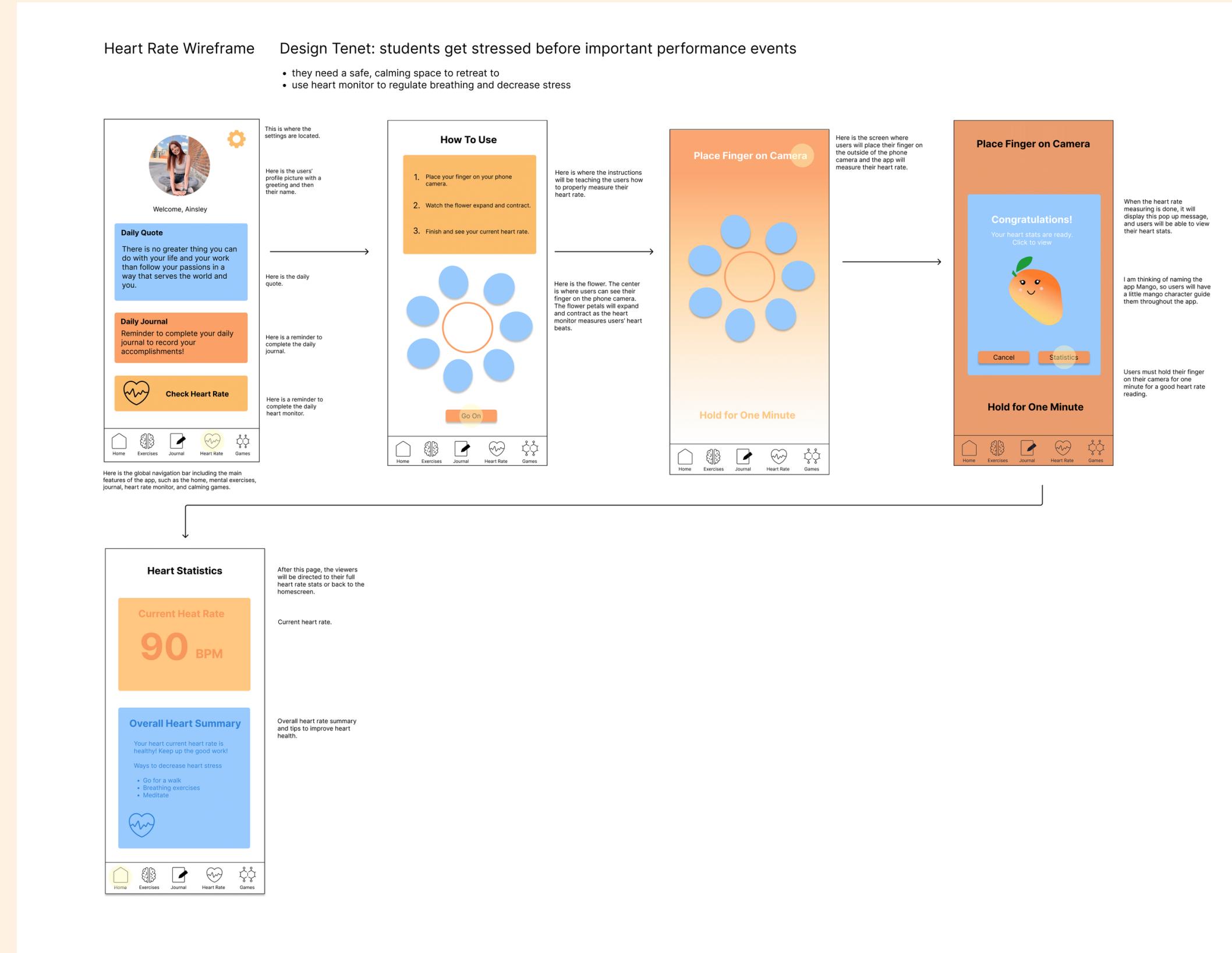


BY AINSLEY LEMON

SPRING 2023



Workflow 1: Heart Monitor



DESIGN TENET:

Students get stressed before important performance events.

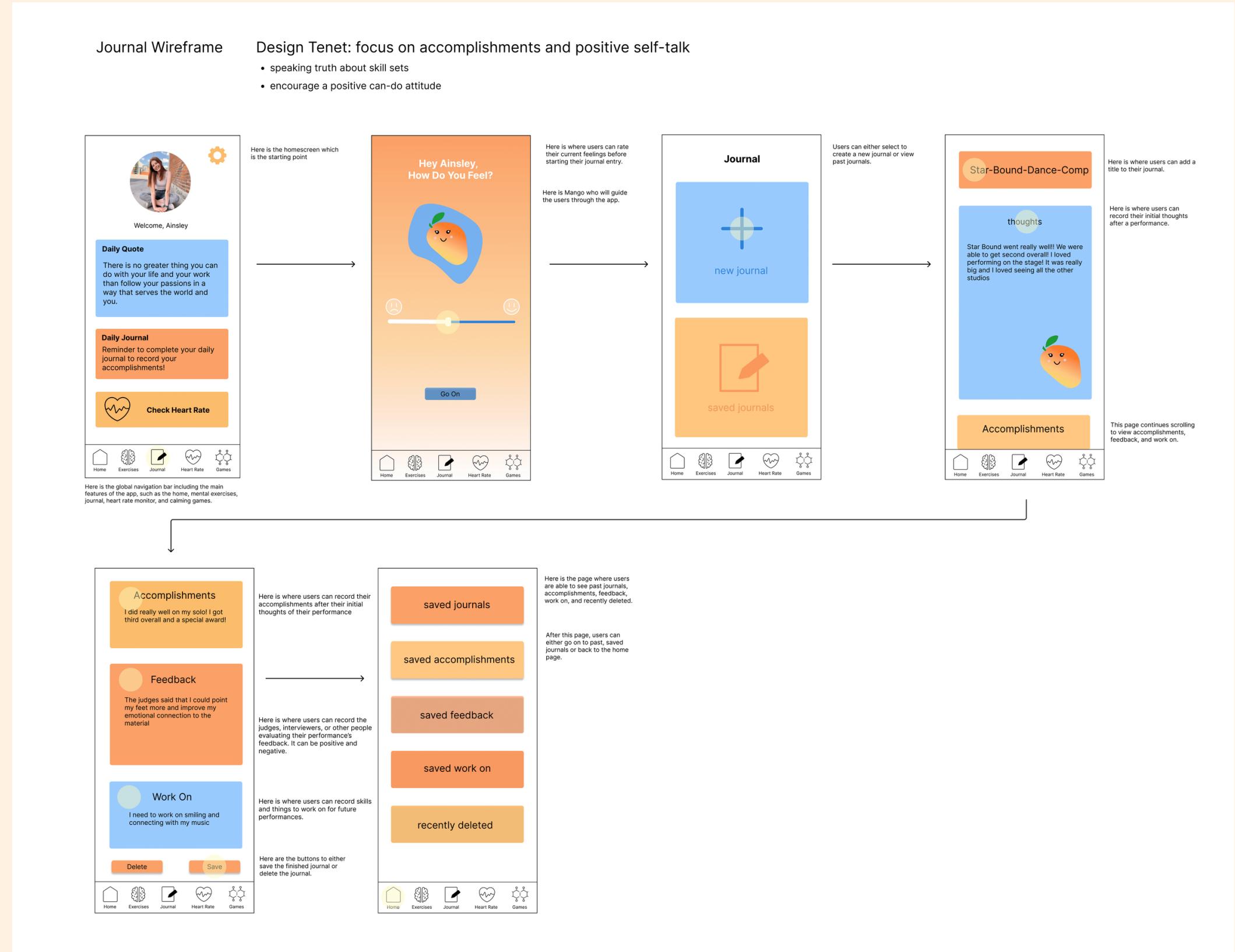
- They need a safe, calming space to retreat to.

- Use heart monitor to regulate breathing and decrease stress.





Workflow 2: Journal



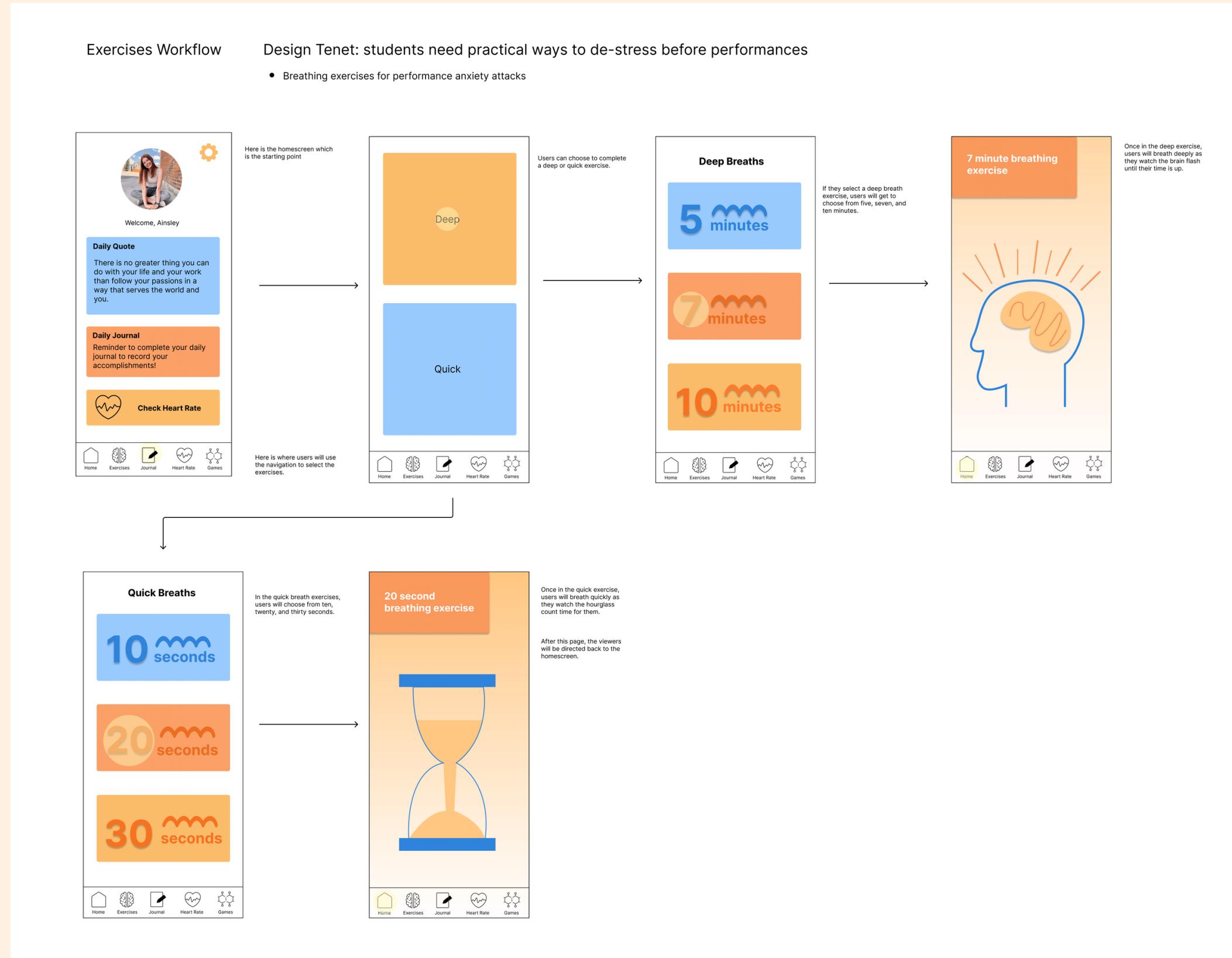
DESIGN TENET:

Focus on accomplishments and positive self-talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



Workflow 3: Exercises



DESIGN TENET:

Students get stressed before important performance events.

- They need a safe, calming space to retreat to.



Workflow 4: Games



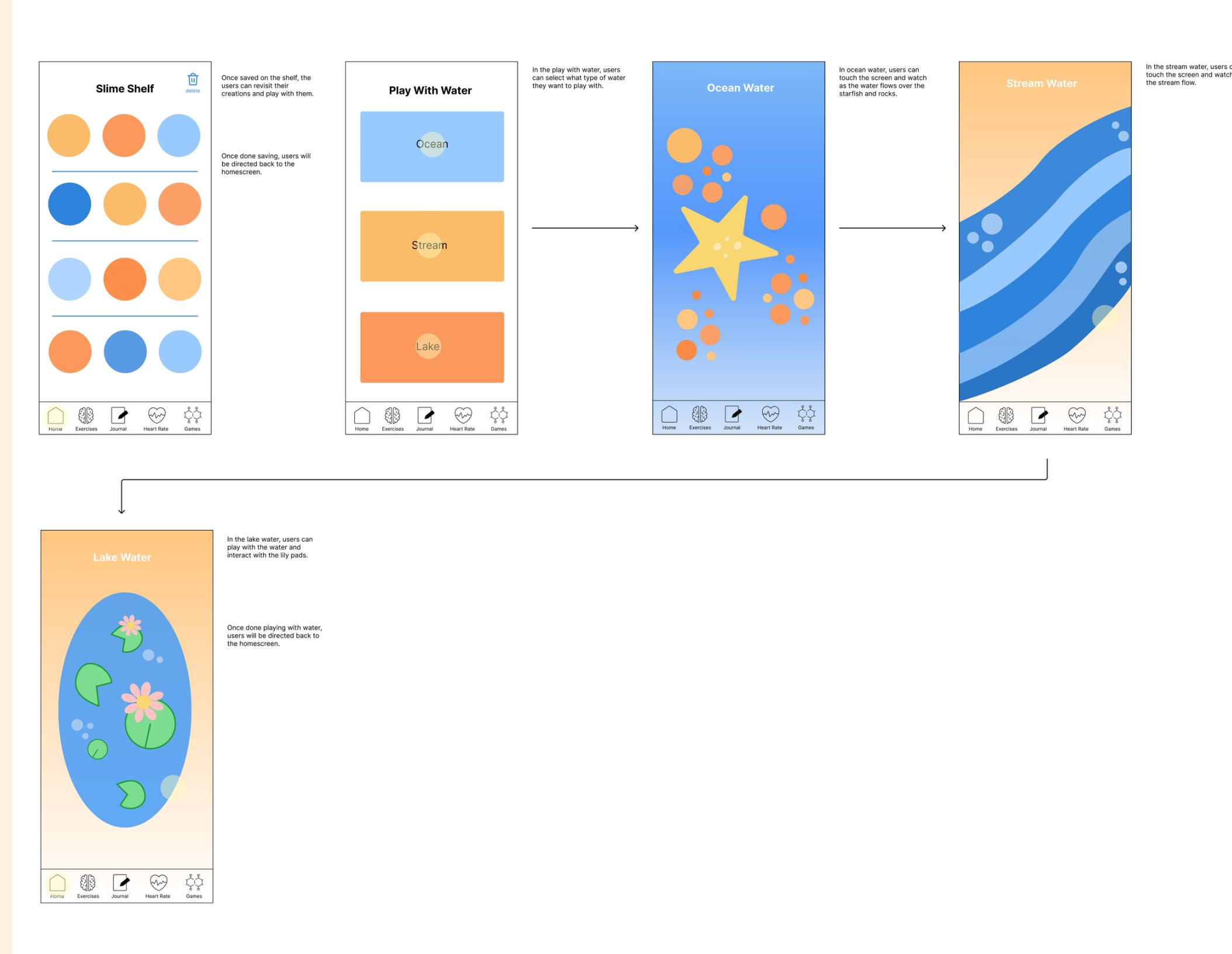
DESIGN TENET:

Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



Workflow 4: Games



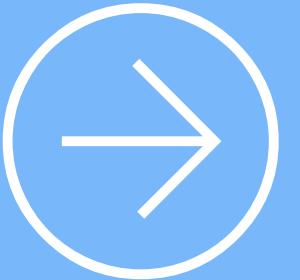
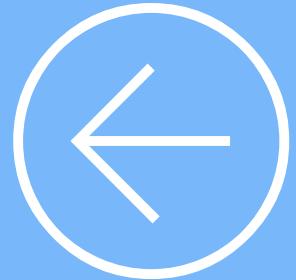
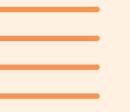
DESIGN TENET:

Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



MENTAL HEALTH APP



HiFi Iterations



BY AINSLEY LEMON

SPRING 2023



Workflow 1: Heart Monitor Iterations

Heart Rate Wireframe

Design Tenet: students get stressed before important performance events

- they need a safe, calming space to retreat to
- use heart monitor to regulate breathing and decrease stress

The wireframe illustrates the user flow and design elements across five screens:

- Welcome to Heart Monitor:** Features a mango character, a daily quote, and a reminder to complete the daily journal.
- How To Use:** A pop-up window provides instructions for using the heart rate feature.
- Place Finger on Camera:** Shows a flower icon where users place their finger to measure heart rate.
- Heart Statistics:** Displays the current heart rate (90 BPM) and overall heart rate summary.

Annotations provide feedback from a digital prototype rubric, including:

- Comments from Digital Prototype Rubric:**
 - I changed the navigation bar to make it fit in with the rest of the app and be more interesting.
 - I rounded the corners and added a background color.
 - Additionally, when users click on a part of the app, that feature on the navigation bar is highlighted in dark orange. For example, if they click on heart rate, the heart rate icon will be highlighted.
 - Adding confetti at the end of the workflow would add to the feeling of accomplishment. I would be more prone to use this feature if I knew I was going to be congratulated."
- Design Tenet:** students get stressed before important performance events

DESIGN TENET:

Students get stressed before important performance events.

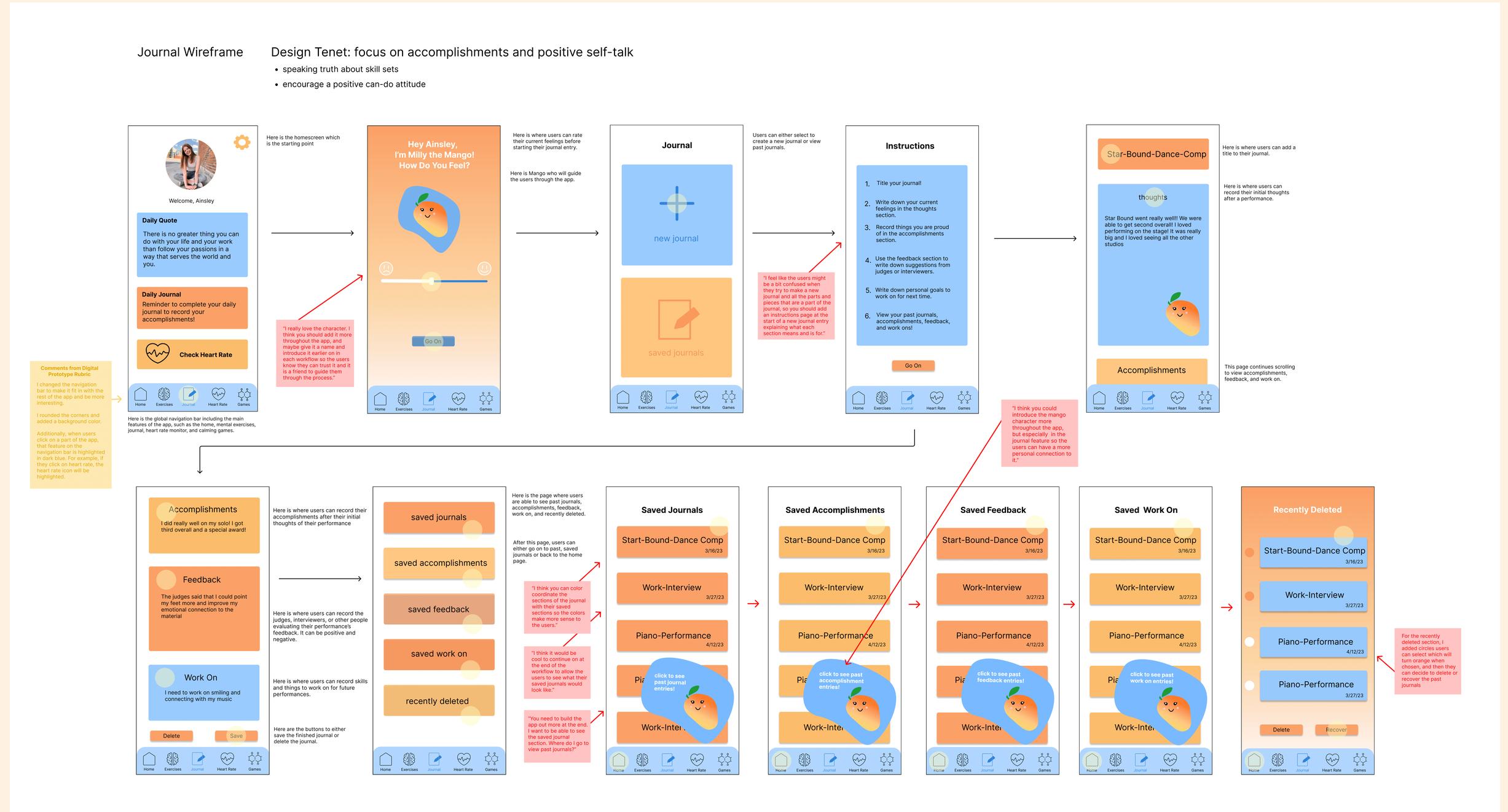
- They need a safe, calming space to retreat to.

- Use heart monitor to regulate breathing and decrease stress.





Workflow 2: Journal Iterations

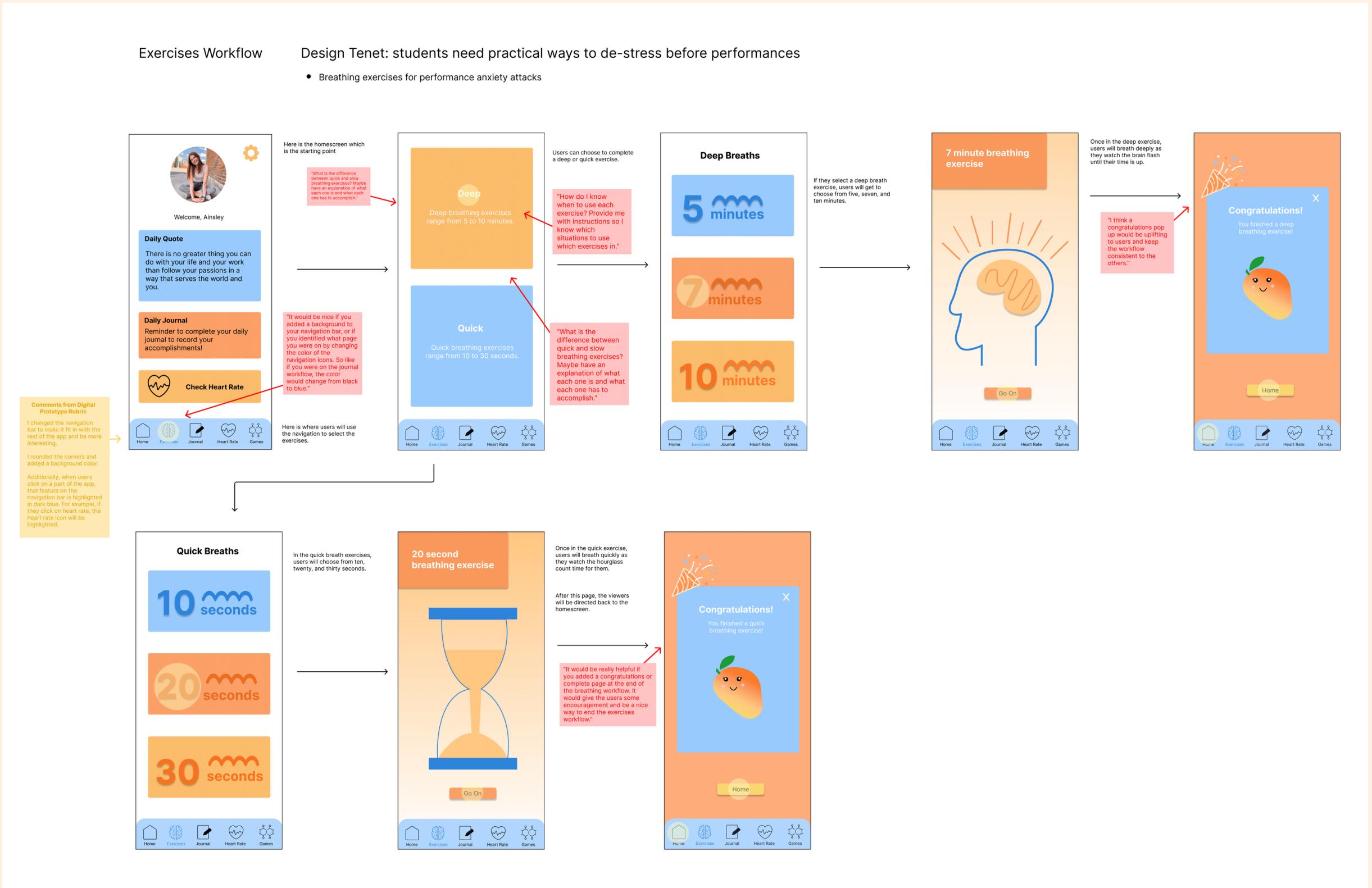


DESIGN TENET:
Focus on
accomplishments
and positive self-
talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



Workflow 3: Exercises Iterations



DESIGN TENET:
Students get stressed before important performance events.

- They need a safe, calming space to retreat to.



Workflow 4: Games Iterations

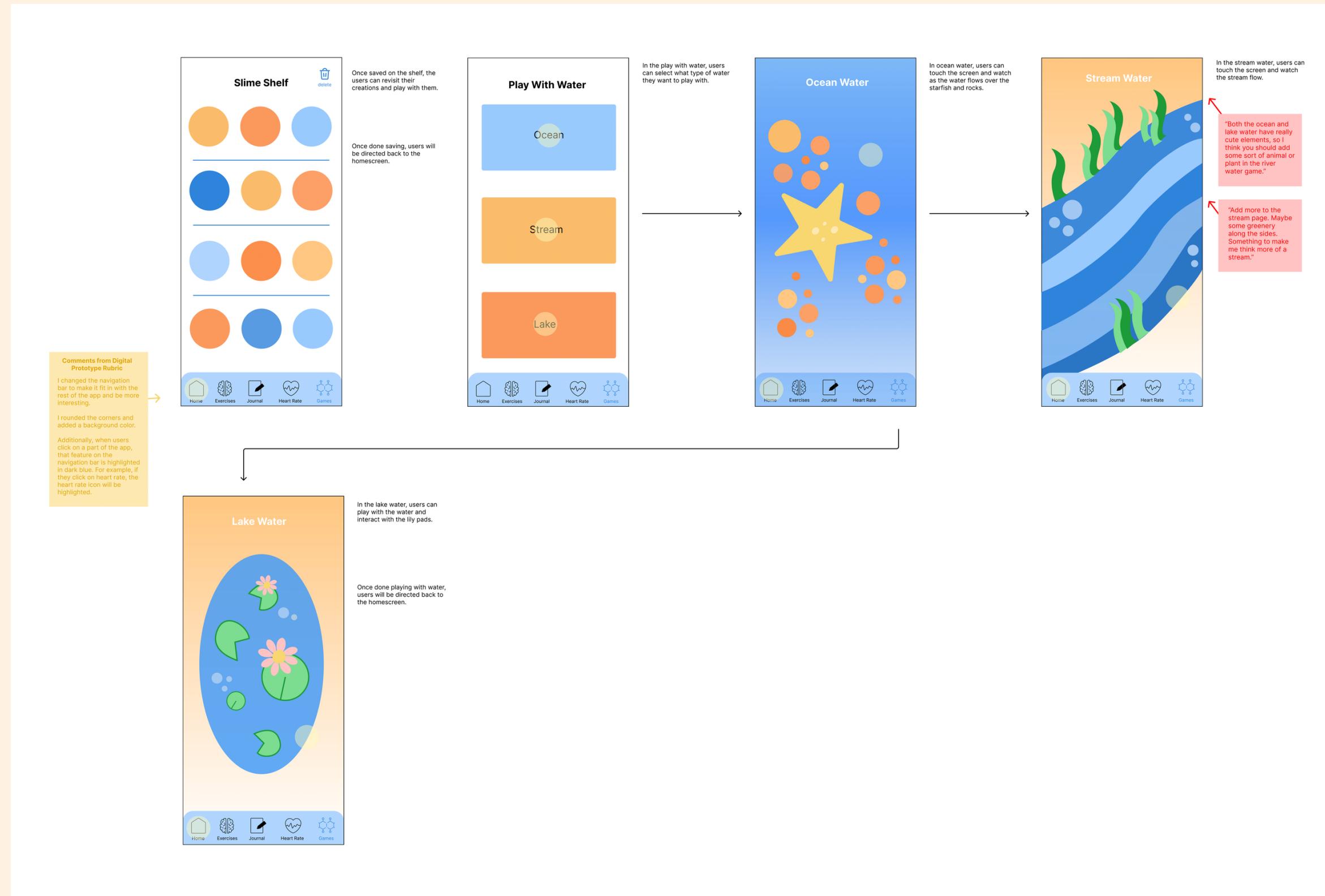


DESIGN TENET:
Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



Workflow 4: Games Iterations

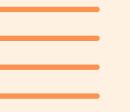


DESIGN TENET:

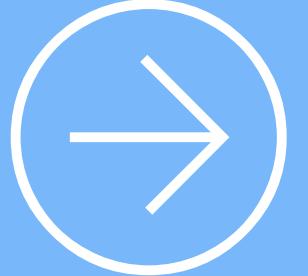
Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.

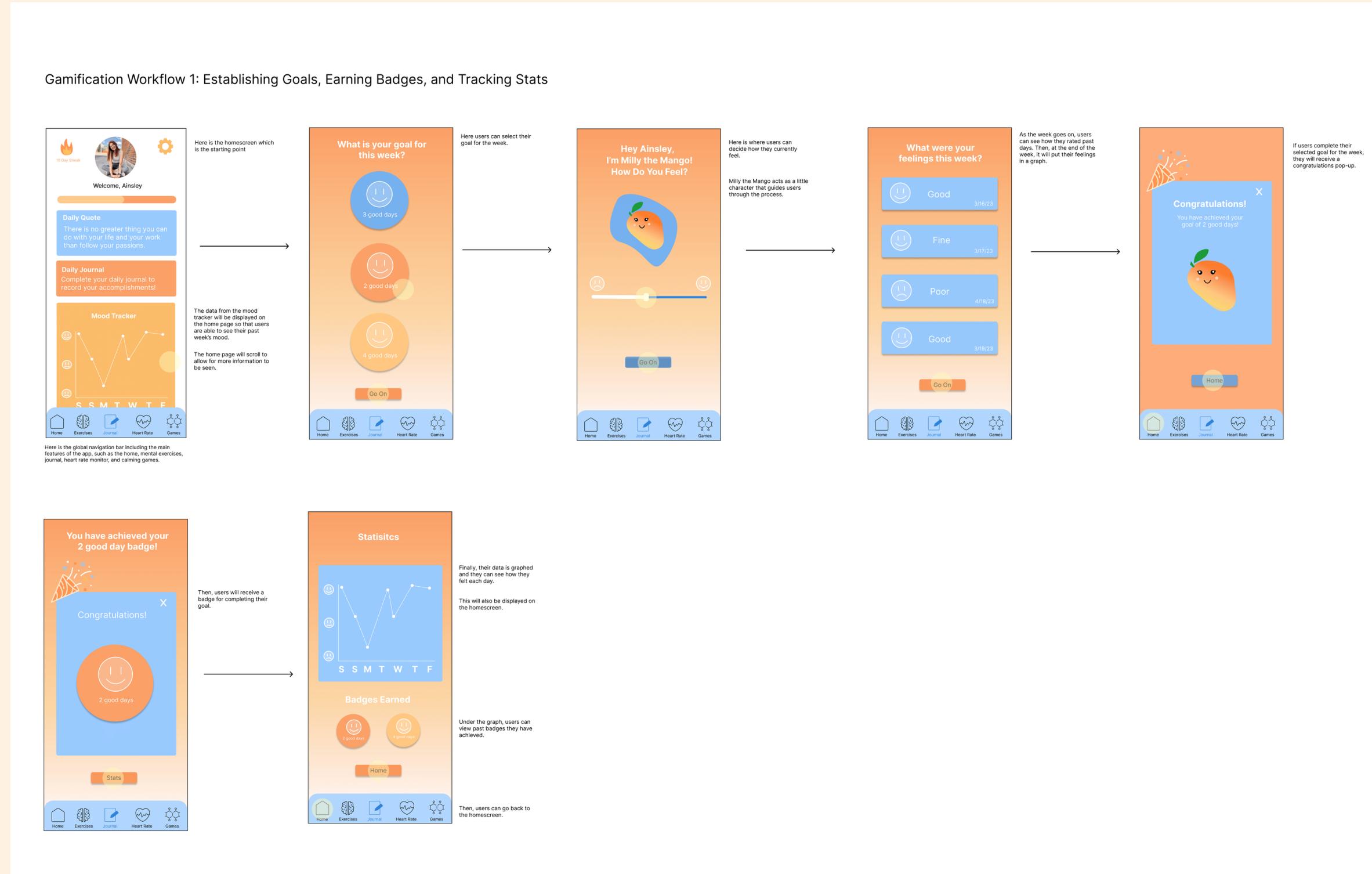




Gamified Workflows



Gamification Workflow 1

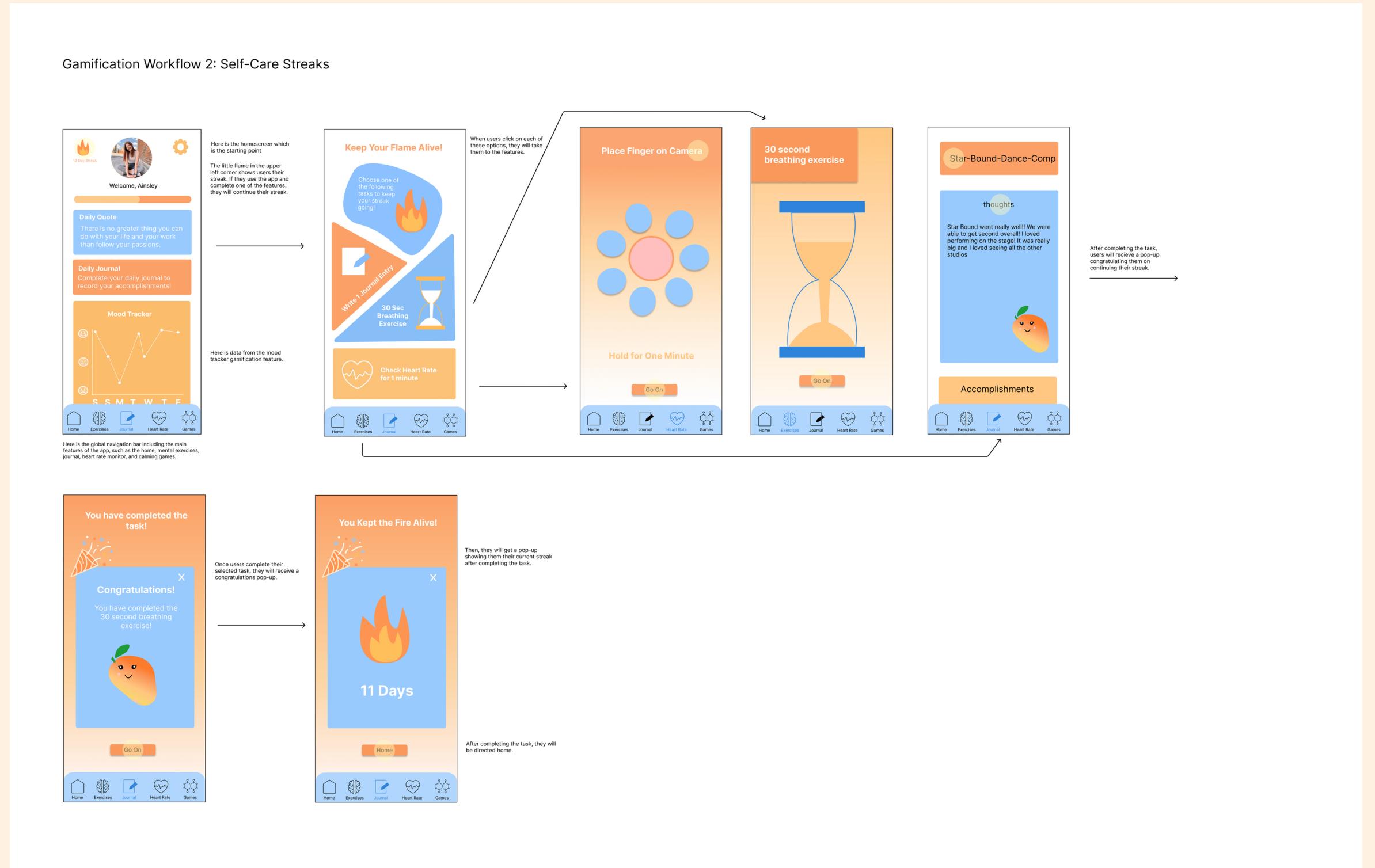


GOAL:

Establish goals,
earn badges, and
track statistics.



Gamification Workflow 2

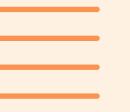


GOAL:
Establish self-care streaks.

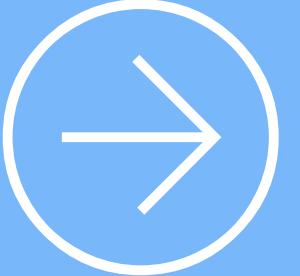
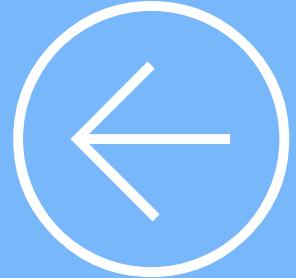
Gamification Workflow 3



GOAL:
Track user progress.



Android Workflows





Heart Rate Wireframe

Design Tenet: students get stressed before important performance events

- they need a safe, calming space to retreat to
- use heart monitor to regulate breathing and decrease stress

The diagram illustrates the workflow from a general heart rate wireframe to a specific heart monitor app design. It shows the transition through several screens: a welcome screen with a daily quote and mood tracker, a how-to-use guide, a measurement screen with a flower icon, and finally a results screen displaying heart statistics and tips.

DESIGN TENET:

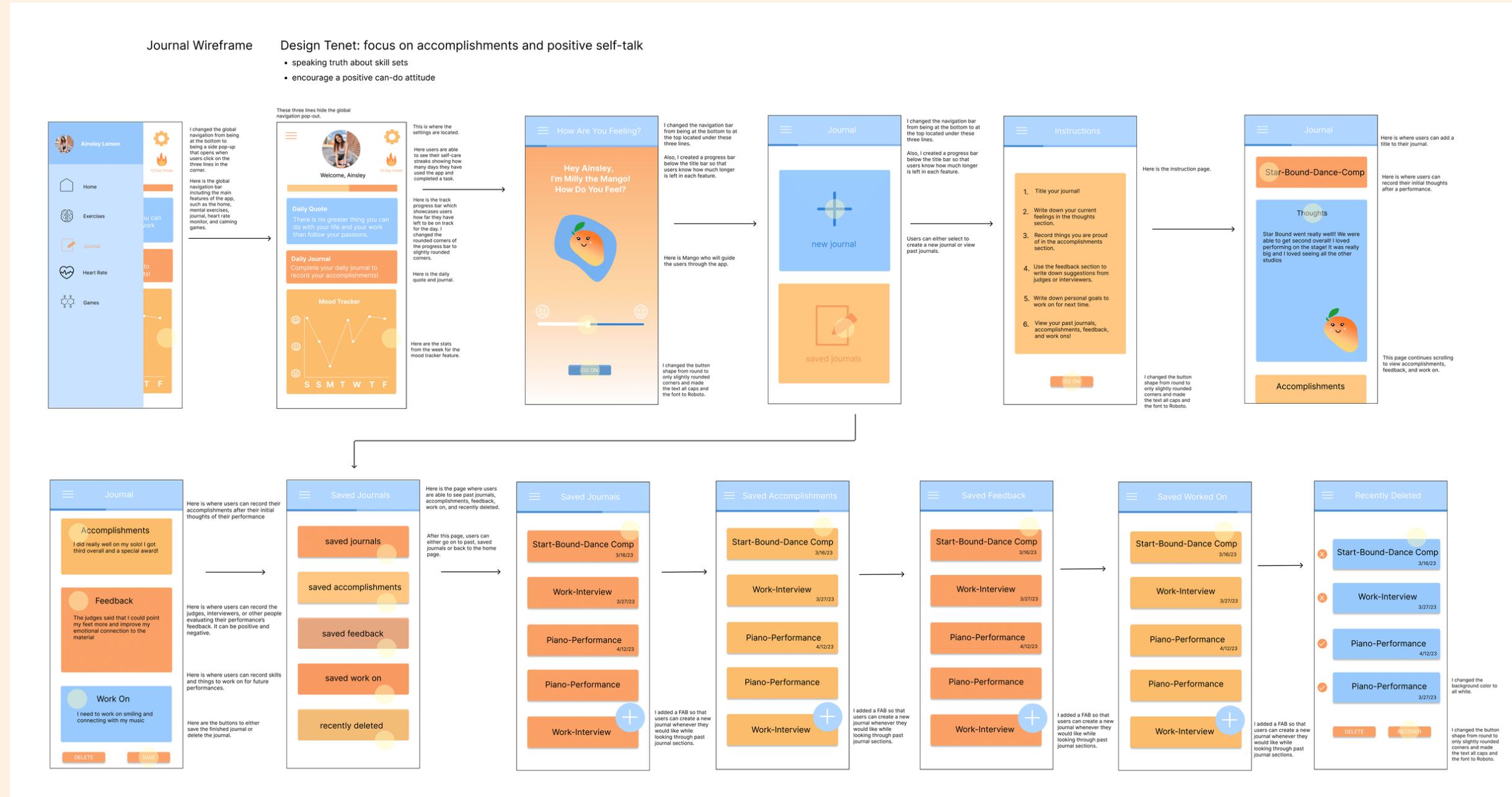
Students get stressed before important performance events.

- They need a safe, calming space to retreat to.

- Use heart monitor to regulate breathing and decrease stress.



Workflow 2: Journal Android



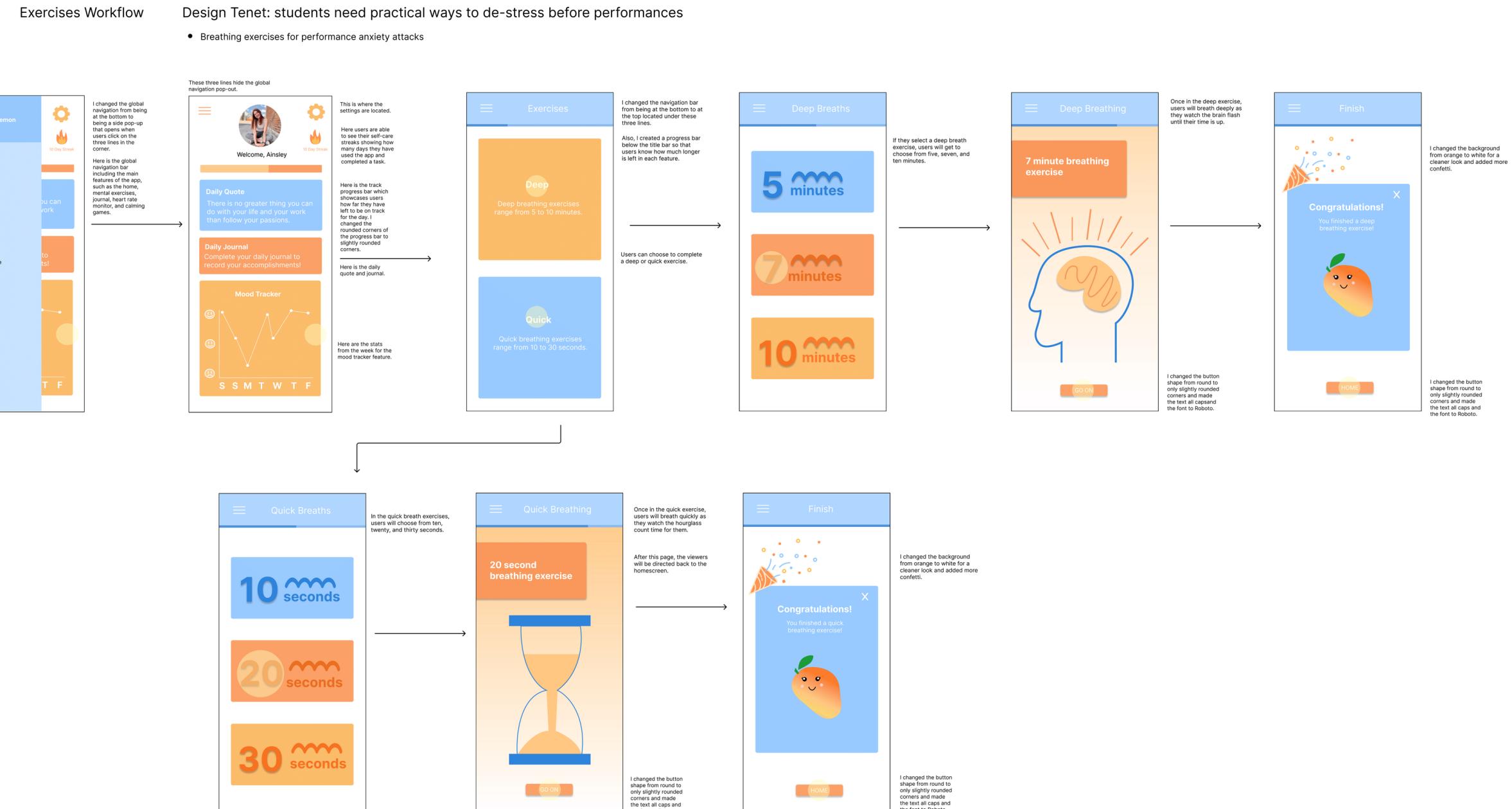
DESIGN TENET:

Focus on accomplishments and positive self-talk.

- Speaking truth about skill sets.
- Encourage a positive can-do attitude.



Workflow 3: Exercises Android

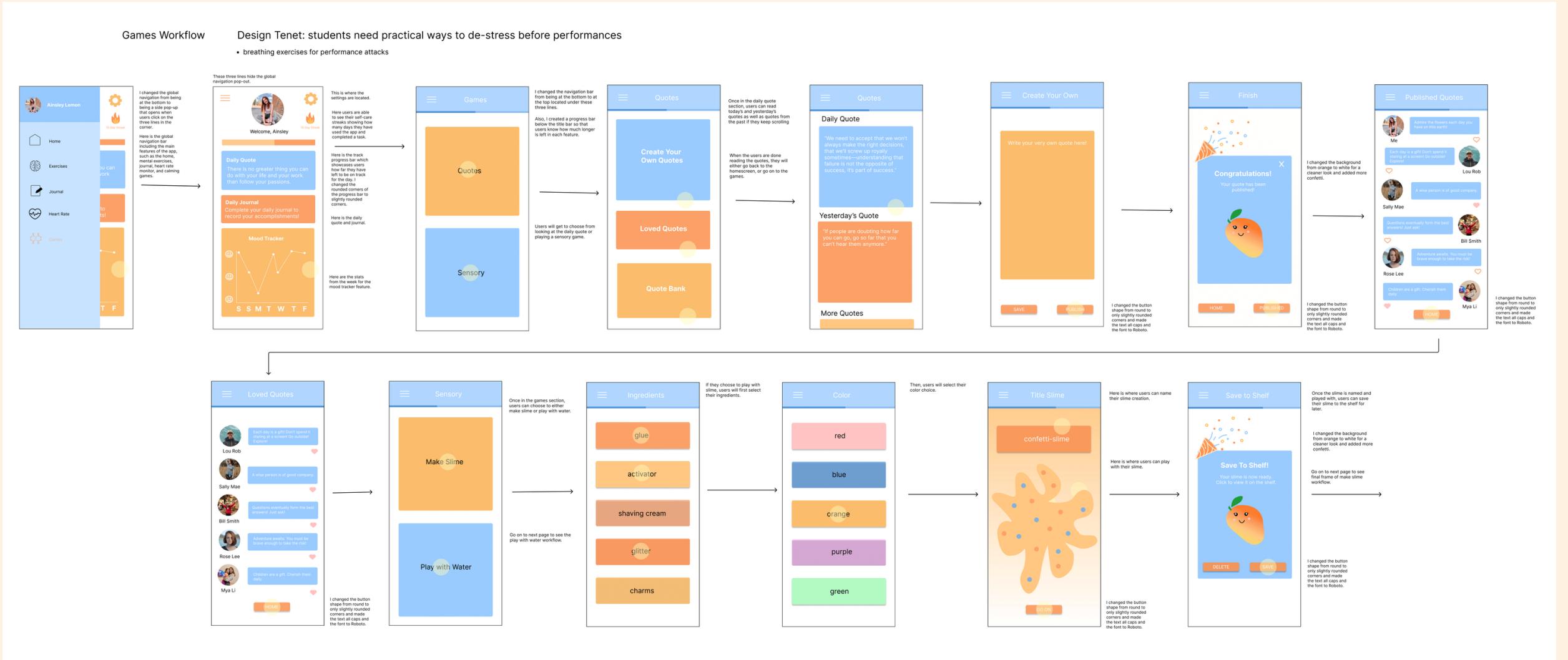


DESIGN TENET:

Students get stressed before important performance events.

- They need a safe, calming space to retreat to.

Workflow 4: Games Android

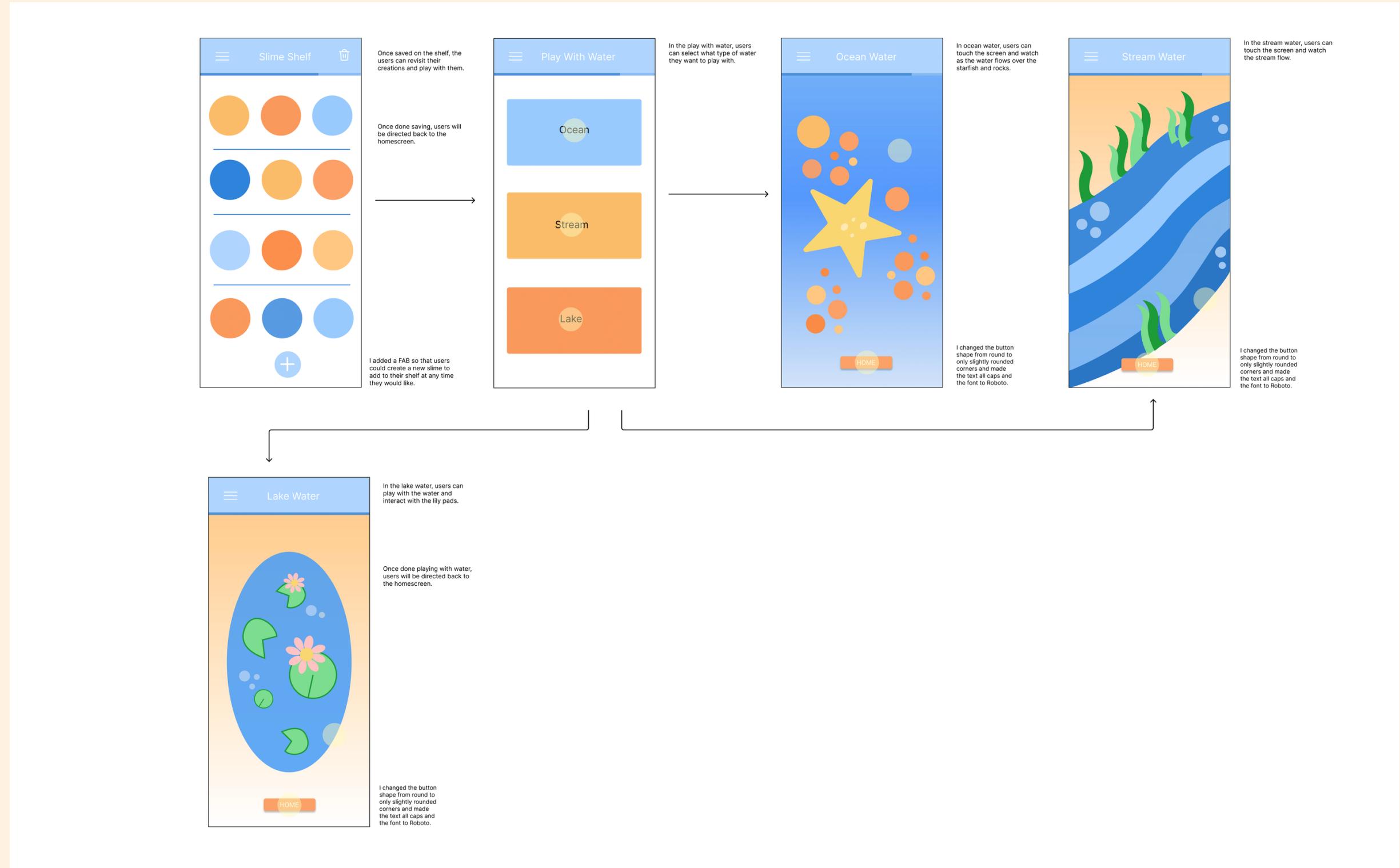


DESIGN TENET:
Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



Workflow 4: Games Android



DESIGN TENET:

Students need practical ways to destress before performances

- Breathing exercises for performance anxiety attacks.



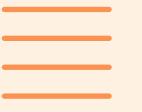


Image Sources

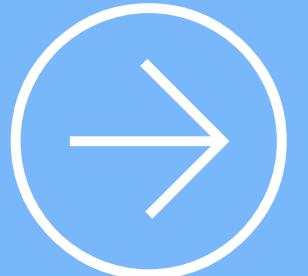
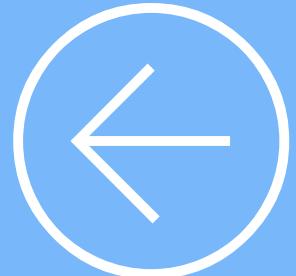


Image Sources

NAVIGATION BAR

[https://www.figma.com/file/sK0klPes5fTO72vpgafBt5/Healthcare-Icons-V1.0-\(Community\)?node-id=3-372&t=UdFQdkzlnbgFzbA1-0](https://www.figma.com/file/sK0klPes5fTO72vpgafBt5/Healthcare-Icons-V1.0-(Community)?node-id=3-372&t=UdFQdkzlnbgFzbA1-0)

[https://www.figma.com/file/ERTB0mOjVJRgZdpZOPe1eQ/HealthTech-Icon-Pack-\(Community\)?node-id=1-3&t=UdFQdkzlnbgFzbA1-0](https://www.figma.com/file/ERTB0mOjVJRgZdpZOPe1eQ/HealthTech-Icon-Pack-(Community)?node-id=1-3&t=UdFQdkzlnbgFzbA1-0)



SETTINGS

[https://www.figma.com/file/gkjXd5Pvem8EYagdOOS9hu/Ave-Fluid-Icons-\(Community\)?node-id=0-1&t=UdFQdkzlnbgFzbA1-0](https://www.figma.com/file/gkjXd5Pvem8EYagdOOS9hu/Ave-Fluid-Icons-(Community)?node-id=0-1&t=UdFQdkzlnbgFzbA1-0)

OTHER ICONS

[https://www.figma.com/file/oZl4wRffW1PnHCVjfNt4Ei/Wave-Icons---Essential-icons-\(Community\)-\(Community\)?node-id=0-1&t=UdFQdkzlnbgFzbA1-0](https://www.figma.com/file/oZl4wRffW1PnHCVjfNt4Ei/Wave-Icons---Essential-icons-(Community)-(Community)?node-id=0-1&t=UdFQdkzlnbgFzbA1-0)

[https://www.figma.com/file/fVB9RqUeEK4tVKrwh9IB9Q/Valentines%20%98s-day-icons-\(Community\)?node-id=426-598&t=Uss8k1C05oU5TaFx-0](https://www.figma.com/file/fVB9RqUeEK4tVKrwh9IB9Q/Valentines%20%98s-day-icons-(Community)?node-id=426-598&t=Uss8k1C05oU5TaFx-0)