Ahmedabad University

CSE519: Human Computer Interaction Project Report 1

Guided by: Prof Anurag Lakhlani

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Team Details

- **Team Number:** 7

- **Team Name:** Runtime Terror

- **Team Members:**

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Project Details

- **Type of interface:** Mobile Application

- **Focus of project:** Mental Health Care

- **Project Title:** You'll be fine

- **Tools:**
  - **Framework design:** Figma
  - **Interface design:** Canva

Market Survey of Similar products

1. Website name: YourDOST

Description:
YourDOST is a website and mobile application which provides people a platform to express their emotions and anxiety. The application lets the user choose an expert from a curated list of therapists who can help them through difficult times and guide them. It also shows the number of people undergoing therapy at a particular time to assure the user that they aren't alone. The user can choose a topic from a set of broad topics upon which they wish to express themselves. It has features like blog and self tests to express people's emotions and test their various emotional strengths and weaknesses. The application also has some well-structured programs for people who might need more structured therapy. Anonymity of the person is well-maintained through the website by making sure that basic information like phone number, gender etc. are kept optional. The UI of the website is light coloured which gives it a calming and assuring feels.
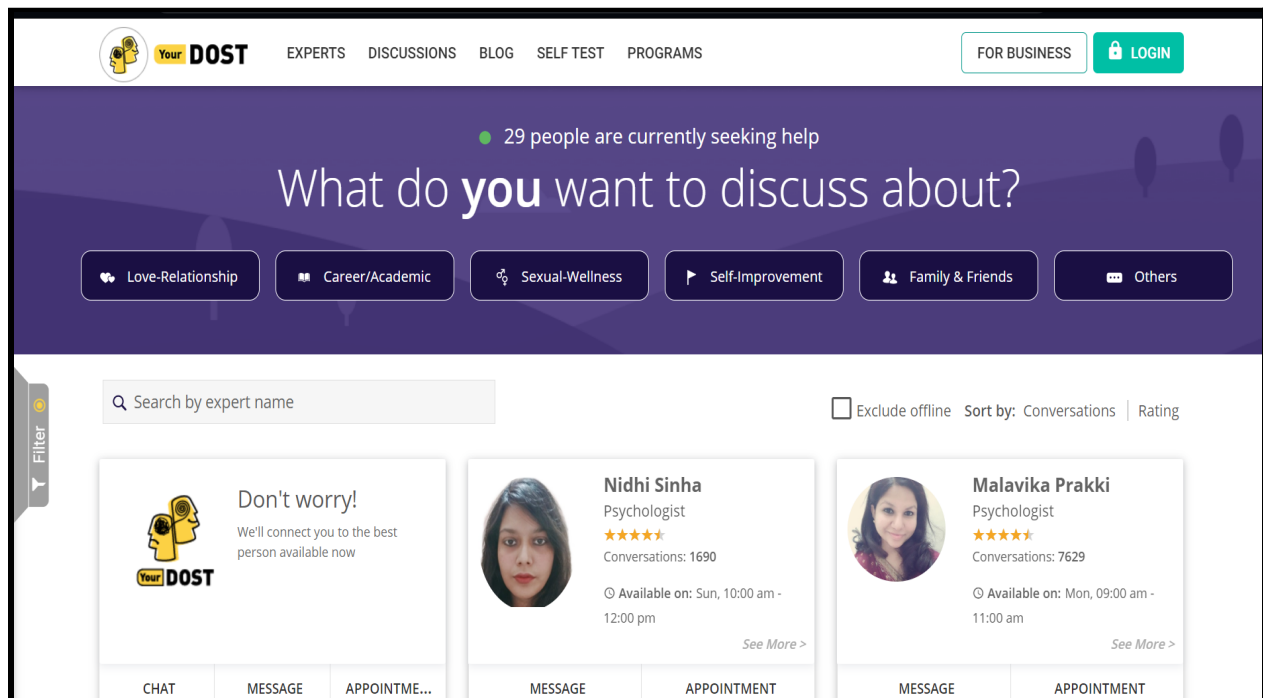

Image: Talk to experts about the issues you're having and get professional help

2. Application Name: [What's Up?](#)

Description:

This application provides its users with an environment to get help if they are having feelings like stress, anxiety, anger, depression etc. The application contains features like a personal diary and notes for the user, a habit tracker, a fun game to keep the user grounded during stress, demonstration of breathing techniques, a scale to rate the user's feeling and most importantly, discussion forums through which the user can seek help from peer users or just simply express their feelings. Although somewhat poor in the design perspective, the application allows users to select the background colour and font colour from a limited set available in the free version. The application syncs the user's data so upon reinstalling the Application or changing the device, the user can retrieve their data.

Image: Displaying some of the options from the main menu of the application

3. Application Name: [Wysa: stress, sleep & mindfulness therapy chatbot](#)

Description:
This application helps the user to feel good and gives some tips to cope up with mental health related problems. So, when the user first opens this app it asks the user, from given topics, which topic they want to talk about. Users can talk without revealing their identity. If a user has a problem like anxiety, lack of confidence or motivation or sleep, depression, relationship, exam or work stress etc., this app contains features like a Self-care section, in which there are some exercises based on the problem. There is a chatbot named Wysa, that chats with the user like a real person and helps the user to feel better and gives some possible solutions for their problems.
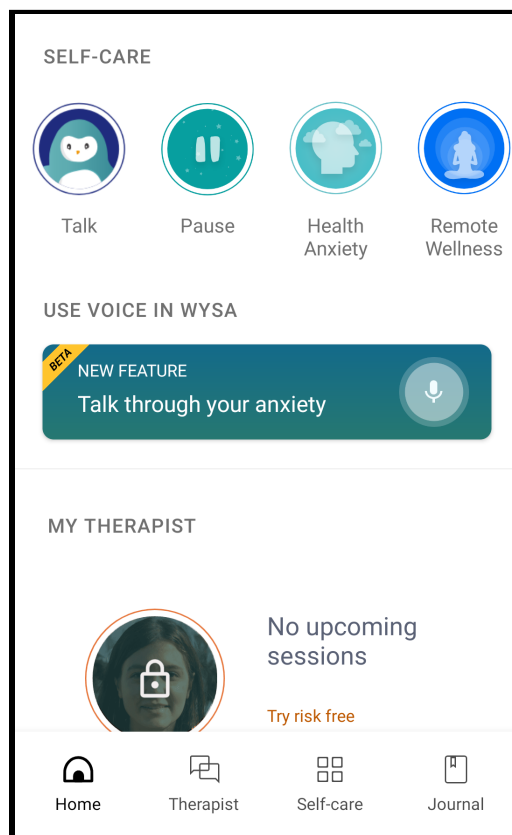

Image: Keep track of your therapy sessions

Project Plan

Mental health is a crucial part of a person's overall well-being. While talking about one's mental health is still considered a taboo in many societies, this is an alarming issue worldwide. According to the World Health Organisation (WHO), mental health conditions now cause 1 in 5 years, lived with disability. Around 20% of the world's children and adolescents have a mental health condition, with suicide the second leading cause of death among 15-29-year-olds. Approximately one in five people in post-conflict settings have a mental health condition. We aim to take one step forward and provide people with a way of expressing their emotions, fears, anxieties and seek help freely without the fear of being judged.

We wish to include the following features in our application ***"You'll be fine"*** for users to have a comfortable experience:

- A user anonymously can choose whether they want to talk to an expert or peer users.
- They can maintain a personal diary where they can write about their emotions which they might not be comfortable sharing with anybody.
- Providing music therapy to calm the user.
- Displaying uplifting quotes to motivate the user.
- Users can read articles from experts about mental health issues and their cures.
- Users can decide from a given set of categories, which problem do they wish to talk about.
- Providing references to helpful mental health related websites and emergency helpline numbers.
- Curated therapy programs for users who might need more help.
- Displaying a count of users seeking help at a particular point to assure the new user that they are not alone.