



CSE519: Human Computer Interaction

Final Project Report

Guided by: Prof Anurag Lakhani
TA Naishi Shah
TA Riya Shah

TEAM DETAILS

- **Team Number:** 7
- **Team Name:** Runtime Terror
- **Team Members:**

Miracle Rindani	AU1841017
Bhumiti Gohel	AU1841051
Nirva Sangani	AU1841074
Frency Chauhan	AU1841105

PROJECT DETAILS

- **Type of interface:** Mobile Application
- **Focus of project:** Mental Health Care
- **Project Title:** You'll be fine
- **Tools:**
 - **Framework design:** Figma

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CHAPTER 1

INTRODUCTION

MOTIVATION

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.

OVERVIEW OF PROJECT

"You'll be fine" is an application to come to when you feel overwhelmed with thoughts, emotions and feelings and express yourself. Its different features help the user to cope up with mental health related issues in various ways, building an environment of inclusivity of mental health care as part of overall wellness of the user.

Top Features:

- ***Book appointment*** with our expert Doctors and get help
- Keep your thoughts and feelings in a ***Diary***
- Listen to ***Music*** that suits and lifts your mood
- Enroll and use different ***Curated Therapies*** according to your need and improve yourself
- Share your thoughts with peer users and help each other through ***Public Posts***
- ***Lift Your Spirit Up*** yourself with Quotes
- Read ***Blog*** from our Doctors and other experts around the world
- Immediately contact to any ***Helpline Numbers*** provided if need urgent help
- Take a personality ***Self Test*** to know your personality better

MARKET SURVEY

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.

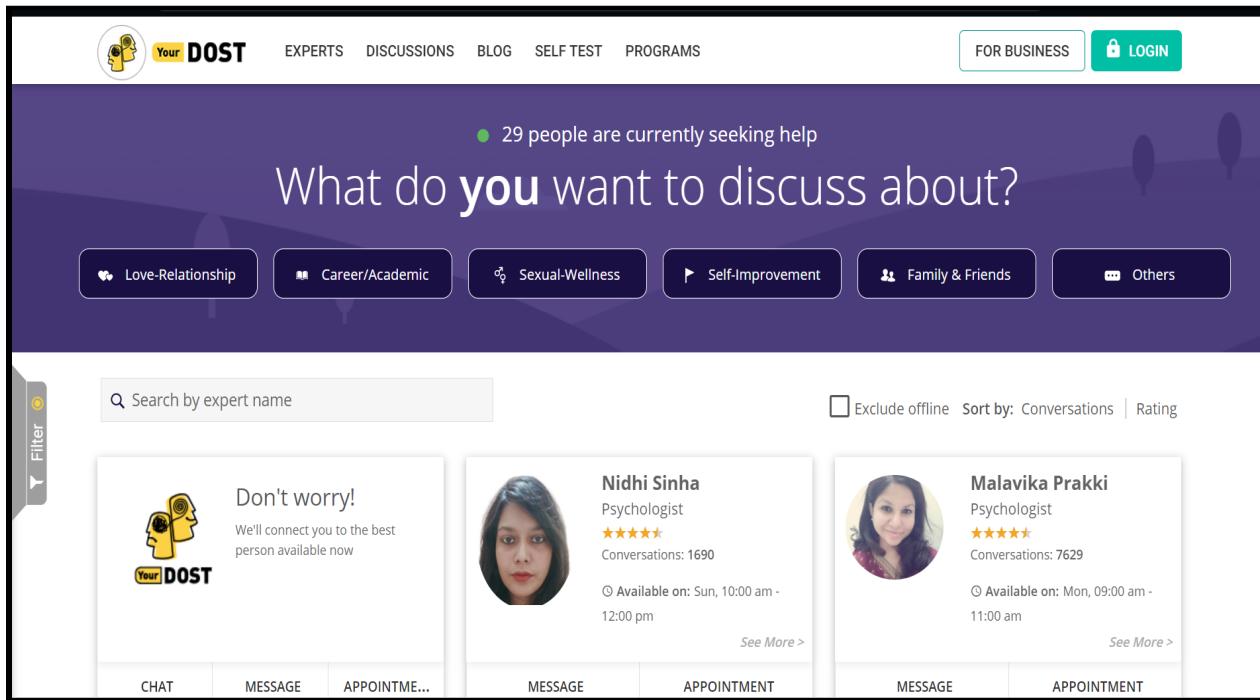


Image: Talk to experts about the issues you're having and get professional help

2. Application Name: WhatsUp?

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

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.

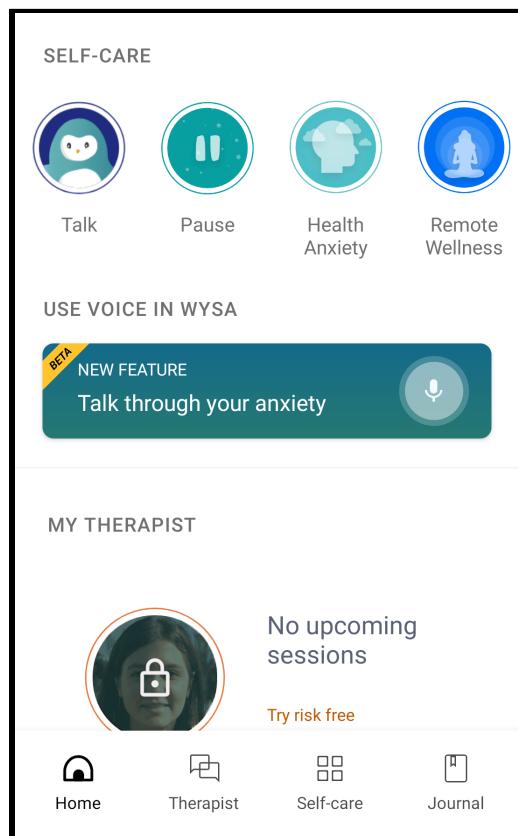


Image: Keep track of your therapy sessions

CHAPTER 2

DETAILS OF TOOLS

FEATURES OF FIGMA

1. Accessibility and OS Support:

Figma is easy to use, and highly accessible. Users can share the links to their projects with their teams in order to start collaborating. The basic package of Figma is free which includes most of the features that allow users to create amazing prototypes. This is a browser based prototyping tool, and hence it supports all the OSes and functions smoothly on all of them.

2. Auto Saving and Syncing:

One need not keep pressing Ctrl + S to save their current work. It has an auto save feature like Google Docs which makes it easier for users to keep track of their latest changes. Furthermore, since it is collaborative in nature, figma will easily sync all the team members' work in a particular project and reflect changes done by everyone in the final prototype.

3. Previewing:

To preview any prototype, one has to first choose the dimensions of the preview screen in terms of mobile phone models (in case of mobile app prototype), tablet models, or smartwatch models. And then they can preview their design by clicking on the **Present** icon, however it takes time to load preview on browser.

4. Plugins Support:

Figma provides extensive plugin support to the users. Plugins are third party tools that help the designers simplify the prototyping process. Users can install a plugin from a set of available plugins or can create their own plugins. These help users to create icons, identify colour palettes, create avatars etc.

COMPARISON OF FIGMA WITH OTHER TOOLS

Feature/Tool	Figma	Adobe XD	Framer
Collaborative work	It allows users to collaborate for a specific project and edit in real time since it works directly on the browser.	Does not allow real time editing, since it is a desktop installed software.	Allows real time editing.
Document sharing	One can share the link to a project without the receiver having a Figma account.	To view a shared prototype, one must have a Creative Cloud account.	Document sharing can be done, however it is a paid tool and the user must have its subscription to view or edit the document.
Previewing	One can preview their design by clicking on the Present icon, however it takes time to load preview on browser.	Generates a link to view previews. Users can also add voice narrations and it takes less time to load the preview.	It allows one to preview the prototype by clicking the Present icon.
Frames	Figma has predefined frame sizes for different Android and iOS phones, tablets, desktops etc.	It has a limited number of frame sizes and is not very efficient when designing mobile apps.	It also provides predefined frame sizes for mobile phones, tablets, desktops, etc.

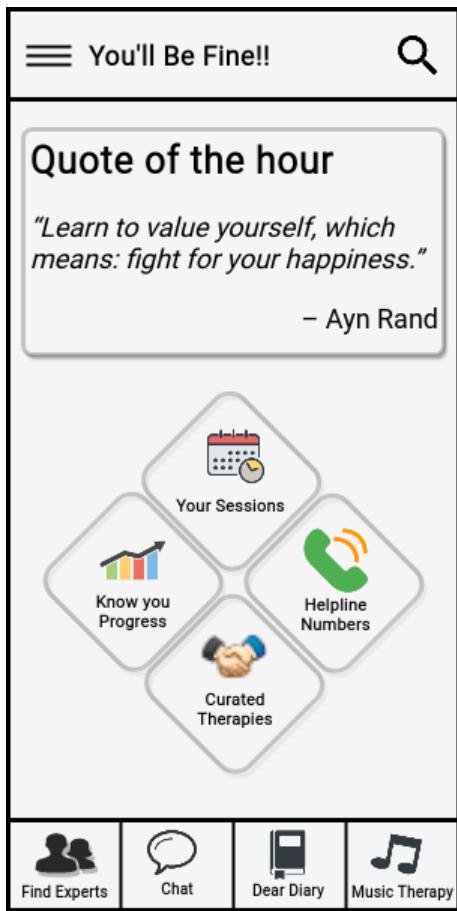
CHAPTER 3

PROJECT PLANNING AND PREPARATION

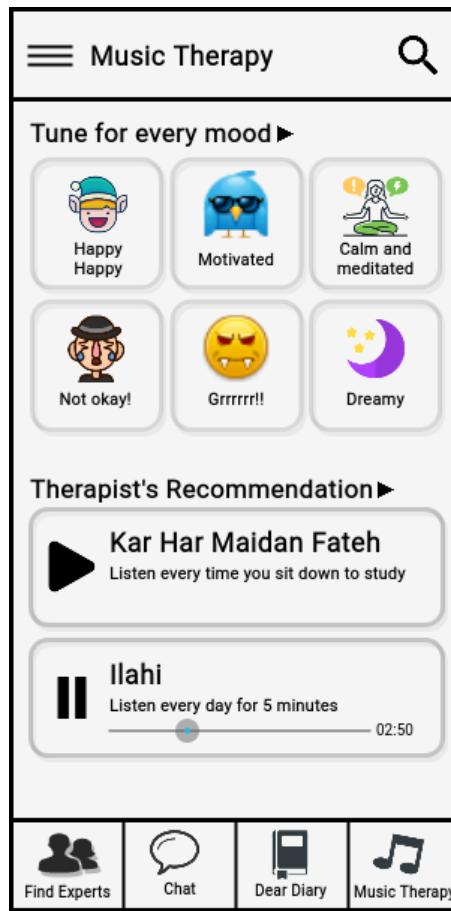
SCREEN DESIGNS

- **Miracle:**

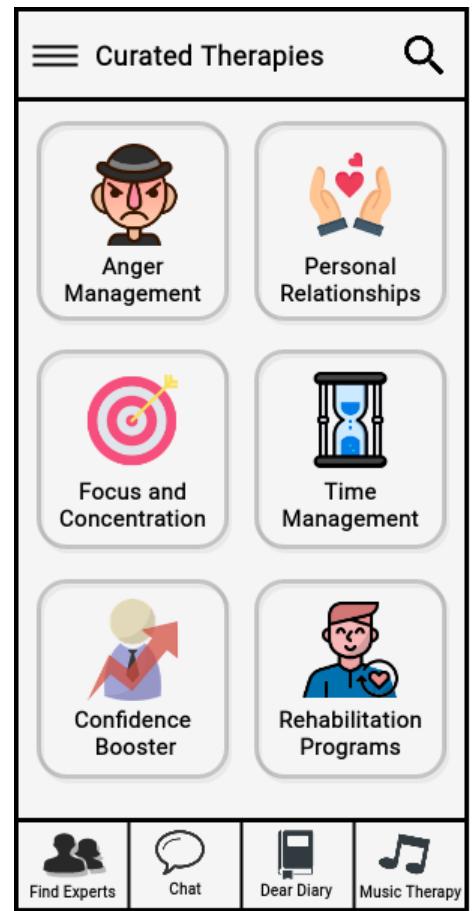
Main Screen



Music Therapy Screen

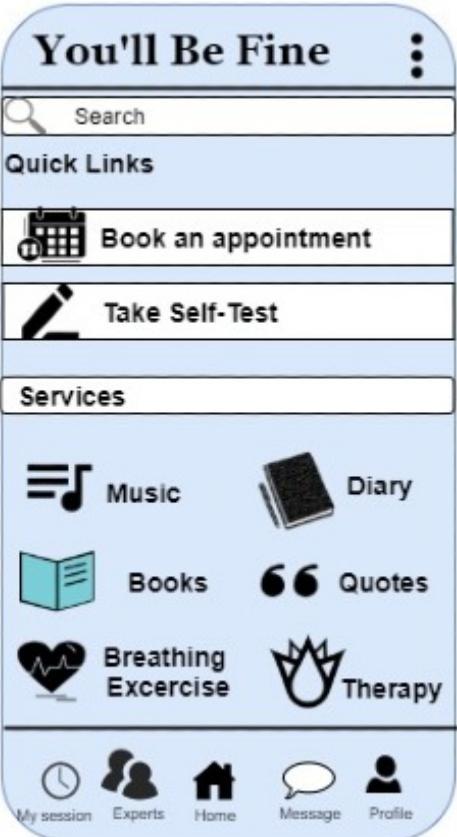


Curated Therapy Screen



- **Bhumiti:**

Main Screen



You'll Be Fine

Search

Quick Links

Book an appointment

Take Self-Test

Services

Music Diary

Books Quotes

Breathing Excercise Therapy

My session Experts Home Message Profile

Diary Screen



You'll Be Fine

Search

Dear Diary

14 - 02 - 2021

Enter daily content

My session Experts Home Message Profile

Experts Screen



You'll Be Fine

Search

Meet Our Experts

Bhumiti
(ACC(ICF)
Coach, Psychologist)

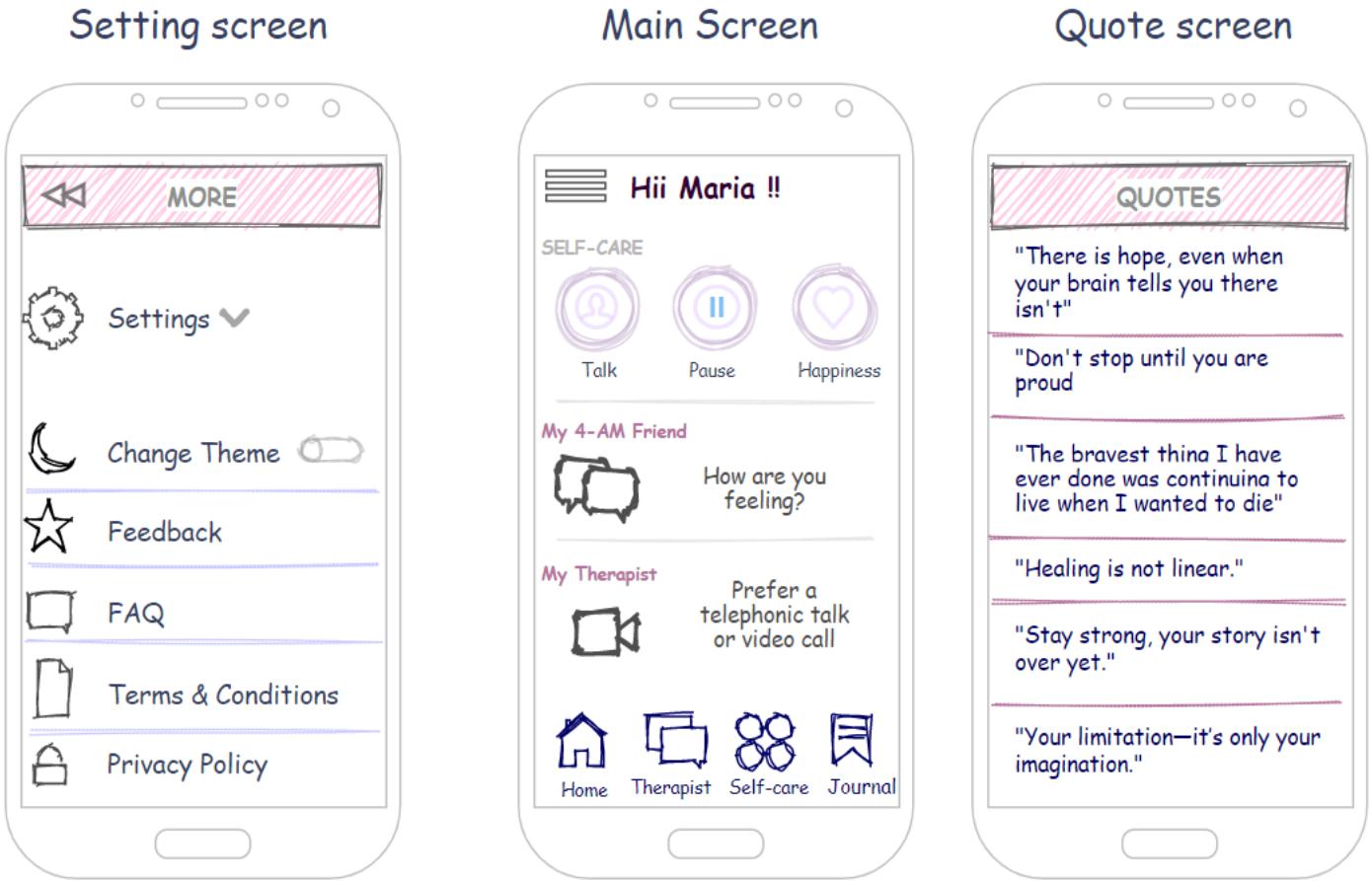
Frency
(Clinical
Psychologist)

Miracle
(Clinical
Psychologist)

Nirva
Psychologist

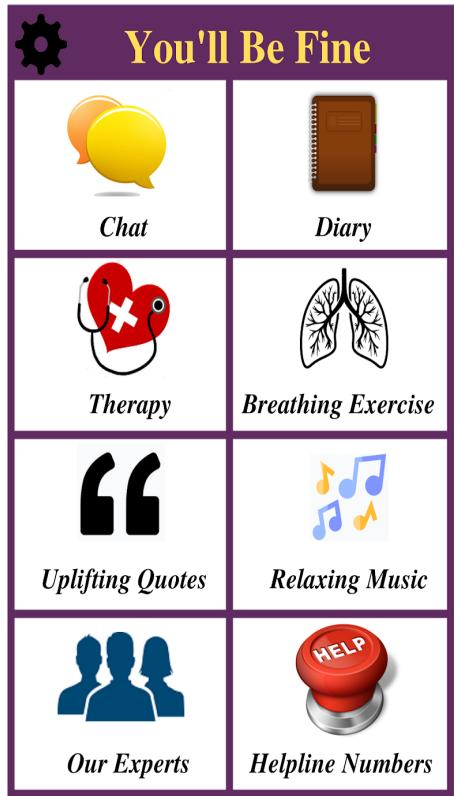
My session Experts Home Message Profile

- Nirva:



- **Frency:**

Main Screen



Chat Screen



Helpline Screen



PERSONA DEVELOPMENT

● Miracle:

JIGISHA



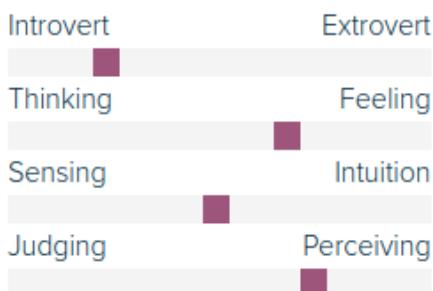
“Think Beautiful to look Beautiful”

Age: 35

Work: Assistant Professor,
Biochemistry department

Character: Independent working
woman

Personality



**Workaholic Animal Lover Shy
Organized**

Goals

- Create a formula to reverse the aging process.
- Save more and more animals and make a better world for them.
- Improve public speaking skills.

Frustrations

- Not being able to meet personal goals.
- Negative comments or negative people.
- Disorganized work space or schedule.
- Monotonous lifestyle.

Bio

Jigisha is a workaholic college professor who likes to keep her workspace organized. Apart from her job, she is also associated with an animal welfare society and she loves to work for the betterment of animals. She has three adorable cats - Cocktail, Smokey and Silver. She has a positive attitude for life and tries to find the upside to any challenging situation. She is shy but likes to meet new people and learn new things from them. Shopping for bright dresses with complimenting accessories is Jigisha's guilty pleasure, and she enjoys classic romantic dramas on Sunday afternoons.

Motivation

Jigisha is a challenge driven individual and when put in a challenging situation, can come up really strong. She is also driven by her constant desire to learn something new and fascinating.

Brands



● Bhumiti:

Rishabh Sharma



"The true measure of the value of any **business** leader and **manager** is performance ."

Age: 60

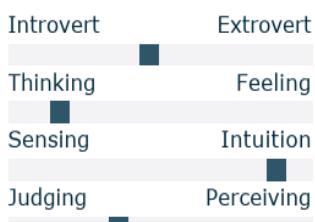
Work: Entrepreneur,
Company Manager

Family: Married

Location: Ahmedabad,
Gujarat

Character: Leader

Personality



Goals

- Manage team of experts and guide them in proper way to achieve result
- Fulfill demands of company in the given time limit
- To have 24/7 overview of projects and resources distributed

Frustrations

- Not getting expected output from any member of the team
- Not knowing factors why a product or service he is funding is not processing

Bio

A hard-working manager who understands the importance of time and values it the most. Can manage any number of people in teams and move forward towards achieving a single goal. Interested learning new technologies and adaptive. Believes in the power of communication and feedback and follows standard industry practices for the same. Interested in learning new technologies.

Motivation

Incentive



Fear

Growth

Power

Social

Brands & Influencers



GUCCI



TESLA

Technology

Software



Social Networks

IT & Internet

Mobile Apps

● Nirva:

Sanjiv Bhatt



"Don't make something unless it's both necessary and useful. But if it is both necessary and useful, don't hesitate to make it beautiful."

Name: Sanjiv Bhatt

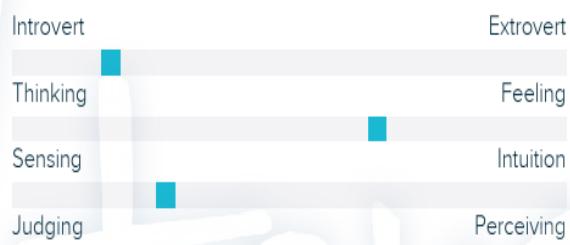
Age: 70

Work: Pensioner

Family: son

Character: Archetype

Personality



Goals

- Do some volunteering work. He is tired of focusing on himself. He'd like to get involved in something worthwhile and meet people.
- Improve Communication skills to interact more with people.
- Stay healthy.

Frustrations

- noisy children.
- Lack of knowledge and Technological abilities.

Bio

Sanjiv was a metal worker and has been retired since 12 years ago. After his wife's death, he has entered into a depressive state. His son lives away with his family and he can't effectively take care of his father's daily needs.

Motivation

cricket, watching news and staying updated with the world, gardening

Brands & Influencers



Preferred Channels

Traditional Ads

Online & Social Media

Referral

Guerrilla Efforts & PR

- Frency:

BACKGROUND

- 21, female
- Undergraduate student of BS in Computer Science at StarShine University, Nagpur
- Hosteller
- Binge watcher
- Writes romance short stories

MOTIVATIONS

- Loves to listen to music while doing any work
- Reads thriller books
- Binge watches favourite shows on the weekend

GOALS

- Good Job
- Travel around the world
- Make new friends
- Learn a foreign language
- Adopting a dog

FRUSTRATIONS

- Low internet bandwidth
- More than one submission a day
- Not being able to go home for holidays

Amaira Malik

BIO

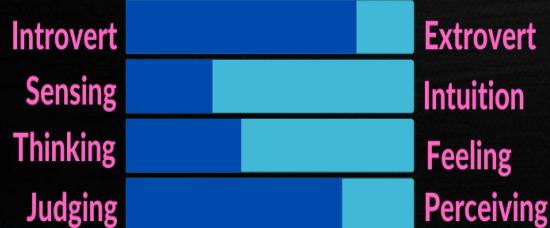


Starts a normal weekday as the clock strikes 7 in the morning. After getting ready, walks to the college at 7:45 and grabs a cup of tea from cafeteria and heads to the long day filled with lectures, presentations and extracurricular activities. At 4 pm, goes back to the hostel, freshens up and goes for a walk at 5 pm for half an hour. The evening is spent mostly completing assignments, projects, having dinner and face-timing with family and goes to bed at 1 am.

Weekends are invested in sleeping lazily, eating junk food and binge-watching on Netflix and having FOMO(fear of missing out) of family moments.

"Give me a brain like
Hermione Granger
or an Elder Wand to
do all my work, else
I might get crushed
under the mountain
of work."

PERSONALITY



BRANDS



NETFLIX



ZARA

SCENARIO DESCRIPTION

● Miracle:

The user can listen to curated music and songs in order to lift up their mood or simply because they are feeling happy. Once the user clicks on the music therapy button, the music therapy screen opens up. It contains a list of moods from which a user can select what they are feeling at the moment. The app displays a list of songs according to the mood selected by the user. The user can listen to any of the songs displayed in the list. The app also keeps track of the most listened songs by the user and creates a custom playlist of those songs. The user can also create their own playlist which may include all their favourite songs. The app also has a therapist's recommendation section in which there are songs specially recommended by the therapist along with the notes given by the therapist.

● Bhumi:

If the user wants to find something that they have written in the past but doesn't remember the exact date for that important thing then the system can help to find that note by searching the panel. In that scenario, the user enters some keywords which they remember that might be present in the note and then the system can search for those keywords. The user will get filtered notes that contain those keywords and the user can find desired notes easily and the user doesn't have to remember all these things and also the user can save their precious time.

● Nirva:

The user wants to book an appointment with a certain expert on a certain date and time. The user enters the constraints as the name of expert, date and time and the system checks the availability of expert at the user-entered time. The system confirms with the user for an appointment if a match of expert, date and time is found, else the system searches and shows the user alternative time for an appointment with the same expert and the user selects an alternative option for an appointment and the system books it.

● Frency:

The user wants to chat with an expert about a certain topic at the current moment. The user chooses the category of the topic and the system checks whether an expert from the selected category is online and available to chat with the user or not. According to the result of checking, the system redirects the user to have a chat with the expert or suggests the user to chat with another available expert of similar category. If the user accepts the suggestion then the system redirects the user to have a chat with the suggested expert or the system tells the user to wait for a while until the expert from the user-specified category is available.

USE CASE DESCRIPTION

● Miracle:

1. User selects the emotion (mood) they are in from a list of given moods.
2. A list of songs related to the selected mood are displayed.
3. The user can select a song from the given list of songs and start listening to it.
4. The user can pause or rewind the song in between.
5. The user can also search for some song according to the song name, musician and mood associated with it.
 - a. Type the keywords you want to search in the search option provided.
 - b. If the keywords match some songs present in the list, then they are displayed.
 - c. Else if the screen shows no results message and user returns to step 1.
6. The user can create a playlist too.
 - a. Select the create custom playlist “+” symbol in the tune for every mood section.
 - b. A list of songs is displayed.
 - c. Select the songs you want to keep in the playlist.
 - d. Give a name to the list.
 - e. The list is created and the user is directed to step 1.

● Bhumiti:

1. The user selects the diary option from the main screen.
2. The system redirects to the diary screen.
3. The user enters keywords in the search panel which they remember from the note that they want to search.
4. The system takes those keywords and searches them into all the stored notes.
5. If the system finds some matches, it displays the user the list of matched notes.
6. The user can browse those notes and can find their desired note from them.
7. If the system does not find any matching notes with entered keywords, it displays a ‘no matches found’ prompt to the user and the user can try again with different keywords.

● Nirva:

1. The user chooses the option to book an appointment.
2. The user inputs the constraints like the name of the expert, appointment date, time and whether they want an audio or video call appointment.
3. The system checks if the entered expert is free for appointment on the entered date and time.

4. If the expert is available, then the system asks the user for appointment confirmation and books an appointment.
5. If the expert is unavailable, the system searches for dates and times when the expert is available.
6. The system gives options to the user when the expert is available other than the entered date and time.
7. The user selects an option according to their convenient time and requests the system to book an appointment.
8. The system books the appointment and gives the user confirmation prompt.

- **Freency:**

1. The user selects the category of the topic for the chat.
2. The system checks for the availability of an expert from the requested category.
3. The system informs the expert about the user and redirects the user to chat with the expert if any expert is available.
4. If an expert from the named category is not available then the system checks for expert availability from a similar category.
5. The system suggests the user to have a chat with a similar expert.
6. If the user agrees to the suggestion then the system redirects the user to chat with that expert.
7. The system asks the user to wait until any expert from the user-requested category is available.

CHAPTER 4

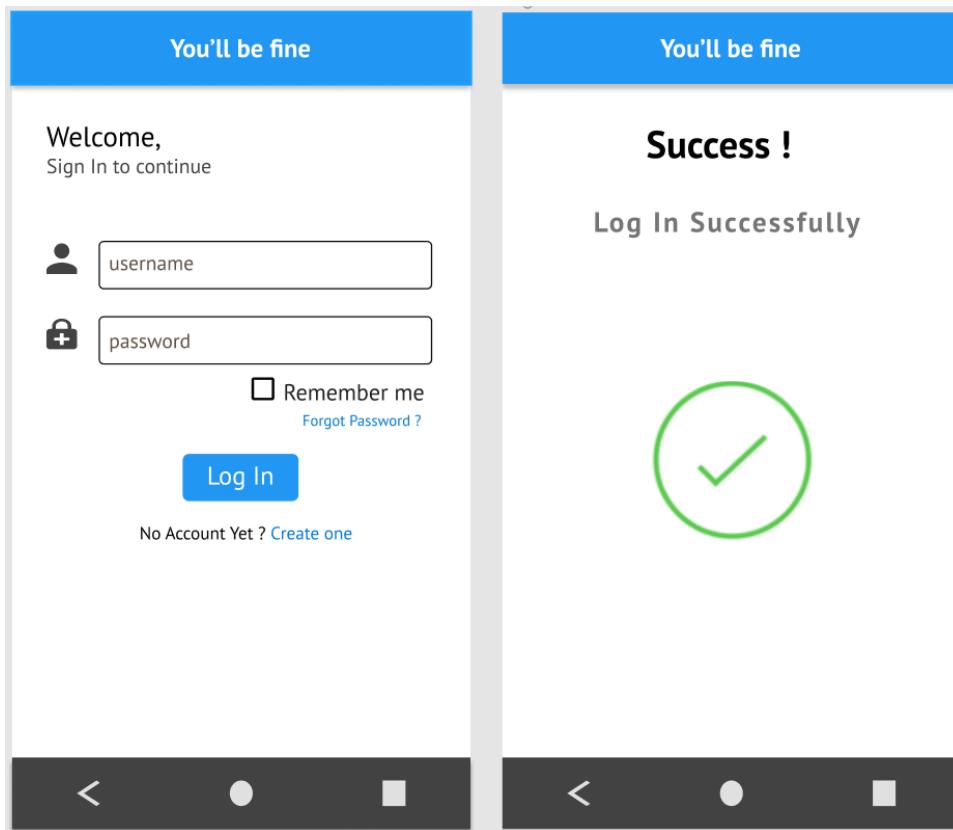
PROJECT FEATURES

DETAILS OF FEATURES

1. Feature 1: Login:

1.1. Functionality: Logging in of the existing user in the interface

1.2. Photograph of Implementation:



1.3. Design/Universal Usability principle:

- 1.3.1. Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.
- 1.3.2. Design Principle: Offer Informative Feedback:** As the user's username and password are validated, the interface redirects the user to the main screen indicating the user has entered the correct login credential.
- 1.3.3. Design Principle: Design Dialogues to Yield Closure:** This feature involves the sequential action of the user entering username and password,

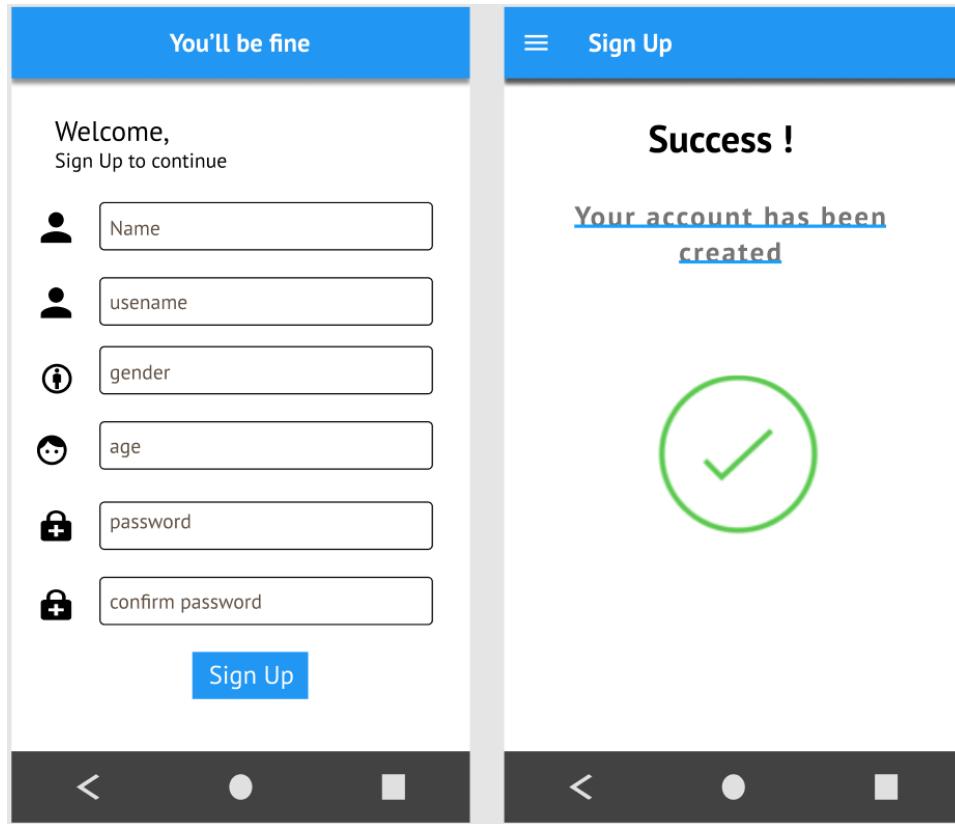
validation of them and upon success, redirecting the user to the main screen.

- 1.3.4. **Design Principle: Prevent Errors and Constraints:** If the user has entered the wrong username and/or password, the interface shows the prompt message telling the user that that information entered is incorrect and asks to re-enter it.
 - 1.3.5. **Design Principle: Permit Easy Reversal of Actions:** If the user enters incorrect Login credential data, the interface informs the user about it and encourages the user to enter the credential again and use the interface.
- 1.4. **Interaction Style: Form fill-in** (Data entry of username and password in the given text and password box by the user)

2. Feature 2: Sign Up:

2.1. **Functionality:** Registering a new user in the interface by asking their name, age, gender and selection of unique username and password.

2.2. **Photograph of Implementation:**



2.3. **Design/Universal Usability principle:**

2.3.1. **Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

2.3.2. **Design Principle: Offer Informative Feedback:** The interface checks if the entered username is unique or not and if it's not then asks the user to select another username. Upon successful registration from the user, it leads the user to the main screen.

2.3.3. **Design Principle: Cater for Universal Usability:** Any user above the age of 12 can register themselves to use this interface.

2.3.4. **Design Principle: Design Dialogues to Yield Closure:** The sign up feature involves sequence of actions such as taking data like name of the new user, username, password, age and gender of the new user, and

allowing them to begin the use of the interface by redirecting them to the main screen.

2.3.5. Design Principle: Prevent Errors and Constraints: It validates that the username entered is unique from already existing usernames, matches both the passwords(original one and confirmation) entered, validates if the age of the user is below or above 12. Depending upon the combined results of these actions, the interface takes actions and guides the user accordingly and prevents them from making any errors.

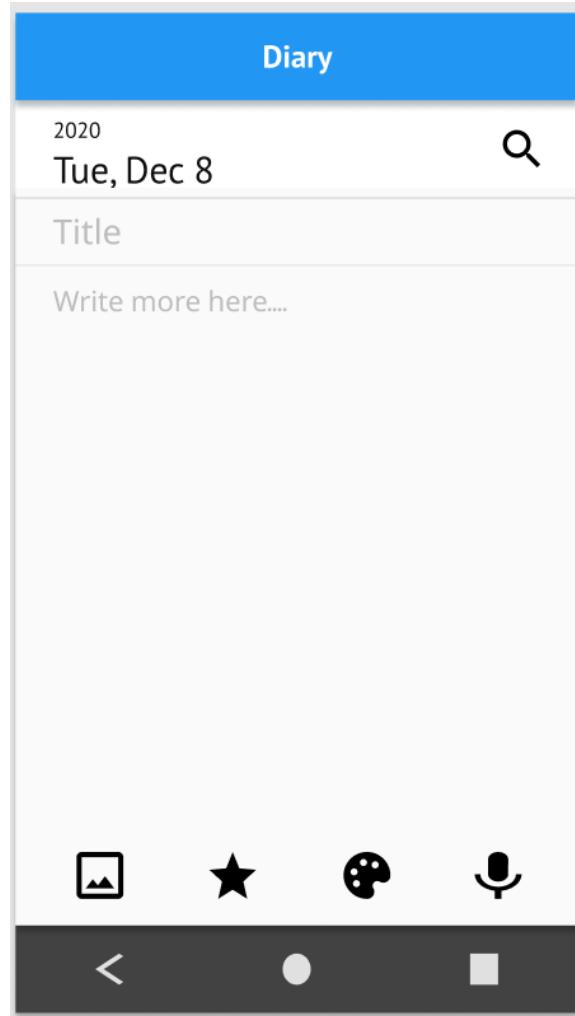
2.3.6. Design Principle: Permit Easy Reversal of Actions: If the new user enters an already existing username or both the passwords entered by the user do not match with each other, the interface shows the prompt and asks the user to correct that specific detail and reverse their action.

2.4. Interaction Style: Form fill-in (Data entry of name, username, password, confirmation of password, age, gender in the given text and password boxes by the user)

3. Feature 3: Diary:

3.1. Functionality: Diary feature of the interface lets the user to write down their emotions, thoughts, experiences, insecurities, worries etc. of the day and make them feel comfortable as they are able to express themselves in an environment where their feelings will not be judged. The user can express themselves by typing the text or recording and storing the audio and uploading images. This feature stores all the notes made by the user on various days and these notes can be accessed by selecting the desired date on the calendar. Also, a specific note can be searched by entering some keywords that the user remembers that might be present in the note.

3.2. Photograph of Implementation:



3.3. Design/Universal Usability principle:

3.3.1. Universal Usability Principle: Diverse Cognitive and Perceptual Abilities:

As per the user diversity, the diversity in the memories of the users will be present and the interface would have users with short-term memory and long-term memory as well. When a user wants to search for a diary note, they may remember some key contents of the diary (mainly for short-term memory user) or some user may remember the date on which they have written the note (for long-term memory user), in both the cases, the user can search the note by going to a specific date on the calendar or searching the note by entering keywords that the user can recall of using. Also, users can make any note 'starred' and access it quickly later.

3.3.2. Universal Usability Principle: Personality Differences:

The interface would have the users having varying personalities from each other. In case of an introverted user, they may choose the option of writing down their thoughts in the diary while an extroverted user may use audio or image formats to express themselves. The three forms of options for expressing - the text, the audio and the image, are present in this feature to facilitate the users from different personalities.

3.3.3. Universal Usability Principle: Cultural and International Diversity:

The users from various cultural backgrounds may want to see the interface in some specific manner, so this feature provides an option to change the background colour of the note of their liking from the given colour options.

3.3.4. Universal Usability Principle: Users with Disabilities:

The user with hearing or speaking disability may use the text or image format for expression of their thoughts.

3.3.5. Design Principle: Consistency:

Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

3.3.6. Design Principle: Cater for Universal Usability:

The users of any age above 12, users with different personalities and cultural and international backgrounds, users with disability can easily use this feature.

3.3.7. Design Principle: Permit Easy Reversal of Actions:

The user can simply edit and delete their notes as per their will and correct mistakes if they found any. The interface does not interfere with this functionality and lets the user control their own actions.

3.3.8. Design Principle: Reduce Short Term Memory Load:

As mentioned earlier, the notes can be starred and searched by the user for quicker access which reduces the burden of the user to remember many things related to many notes.

3.3.9. Design Principle: Support Internal Locus of Control: The user is in charge of the contents of the diary, the background colour of the feature, the format of expression etc. so that user feels most comfortable and has pleasant, uninterrupted experience of using the Application.

3.4. Interaction Style: Natural Language: The user writes down their emotions in a simple English language or records and saves the audio note or uploads images and the interface stores the data. Here the interaction of the user with the interface is in natural language i.e. text of English, audio and visual pictures.

4. Feature 4: Blog:

4.1. Functionality: The user can access and read the selected blogs and articles related to mental health care from the expert Doctors of the Application and some of the renowned persons of the field across the globe.

4.2. Photograph of Implementation:

The figure consists of six screenshots of a mobile application interface, arranged in two rows of three. Each screenshot shows a different blog post under the 'Mental Health' category. The posts are as follows:

- You'll be fine**:
 - Mental Health Awareness: The Indian Scenario by Dr Mitali Vadhera
 - Seek Help Immediately by Dr Hiren Bhatt
 - Mental Health and COVID-19 Pandemic by Dr S. K. Aggarwal
 - How To Take Care Of Your Mental Health by Dinesh Pandit
 - The Importance Of Mental Health Awareness in Schools by M. Iyer
- Mental Health**:
 - Mental Health Awareness: The Indian scenario by Dr Mitali Vadhera
 - A detailed article about the WHO's sustainable development goals and mental health, mentioning the global average of 10.6 suicides per 100,000 people.
 - How To Take Care Of Your Mental Health by Dinesh Pandit
 - The Importance Of Mental Health Awareness in Schools by Dr S. K. Aggarwal
- Mental Health**:
 - Seek Help Immediately by Dr Hiren Bhatt
 - A section titled 'You might want to seek help if you're:' followed by a list of symptoms: worrying more than usual, finding it hard to enjoy your life, having thoughts and feelings that are difficult to cope with which have an impact on your day-to-day life, and interested to find more support or treatment.
 - Who can I turn to? followed by a list of resources: Your Doctor (GP), A trained therapist, Friends, family, carers and neighbours, Charity and third sector organisations, Peer support, Student services, Community support services, and Workplace support.
 - The Importance Of Mental Health Awareness in Schools by Dr S. K. Aggarwal

4.3. Design/Universal Usability principle:

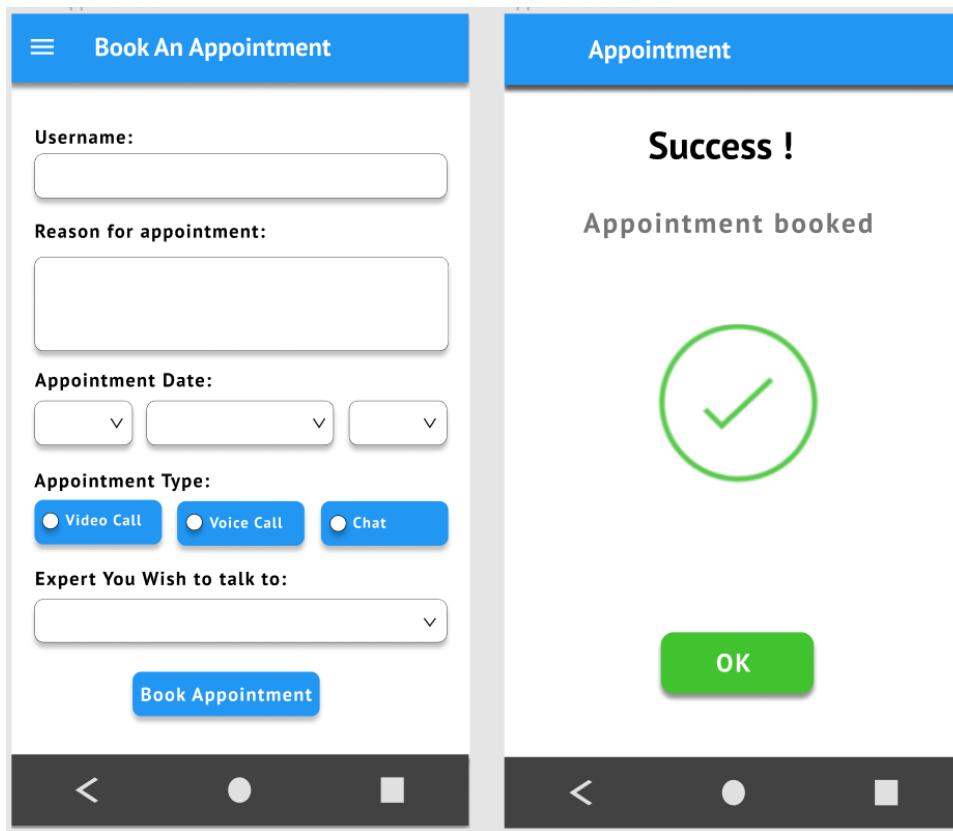
4.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

4.4. Interaction Style: Not Applicable

5. Feature 5: Appointment Booking:

5.1. Functionality: The user can book appointments with the Doctors associated with the Application to discuss their problems. The user enters their username, reason for appointment, appointment date, mode of appointment(Video call, voice call or chat) and the expert Doctor they want to have appointment with. The interface validates the information and checks if the selected Doctor is available to schedule an appointment with the user on entered date and informs the user about the same and books the appointment if Doctor is available or asks the user to enter some other convenient date.

5.2. Photograph of Implementation:



5.3. Design/Universal Usability principle:

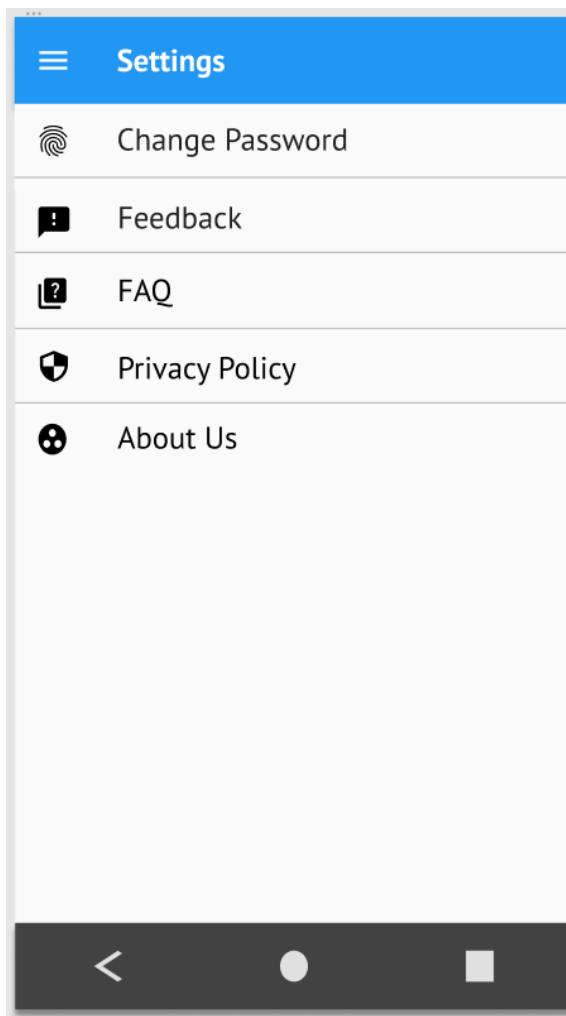
- 5.3.1. Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.
- 5.3.2. Design Principle: Cater for Universal Usability:** The users of any age above 12, users with different personalities and cultural and international backgrounds, users with disability can easily use this feature.

- 5.3.3. **Design Principle: Offer Informative Feedback:** The interface lets the user know whether an appointment is booked successfully or not and if any conflicts during the booking is found, the interface asks the user to book the appointment for some different day.
 - 5.3.4. **Design Principle: Design Dialogues to Yield Closure:** This feature proceeds its actions with the user entering necessary data, the interface validating the data and informing the user about the outcome of the action.
 - 5.3.5. **Design Principle: Permit Easy Reversal of Actions:** The user can cancel their appointment anytime they want.
 - 5.3.6. **Design Principle: Support Internal Locus of Control:** The user is allowed to choose with which Doctor they wish to consult and at what date they want to schedule the appointment.
- 5.4. **Interaction Style: Form fill-in** (for username and reason) and menu selection(for appointment type and Doctor's name) both

6. Feature 6: Settings:

6.1. Functionality: The Settings feature of the Application allows the user to change their password, change the theme of the interface, provide feedback to the system, see frequently asked questions, privacy policies and the information regarding the system.

6.2. Photograph of Implementation:



6.3. Design/Universal Usability principle:

6.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

6.3.2. Design Principle: Offer Informative Feedback: When the user changes the theme, the interface shows the change immediately and when the user changes their password, the system confirms it and changes the password.

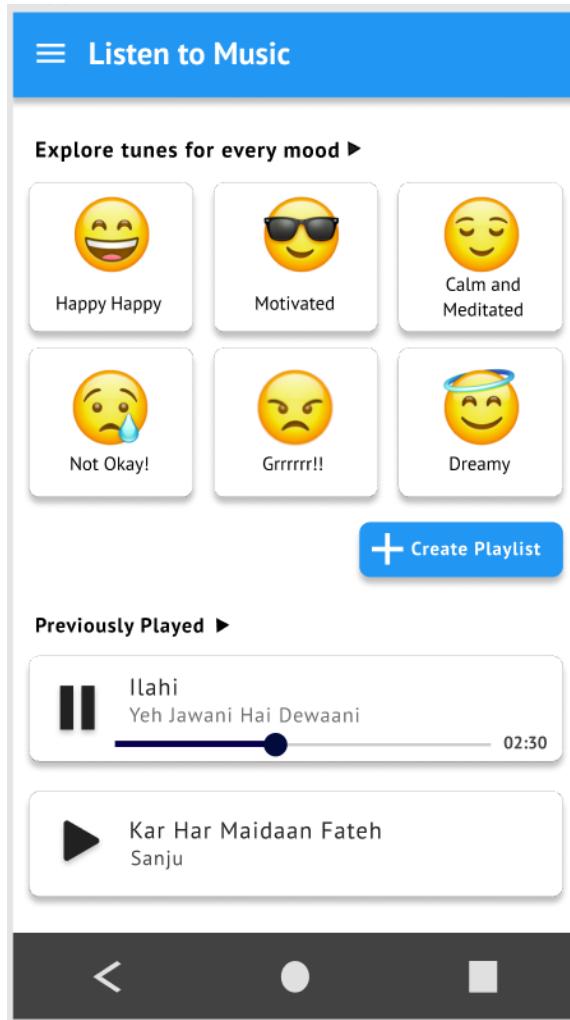
6.3.3. Design Principle: Support Internal Locus of Control: The users control the aesthetic of the interface by changing themes and privacy of themselves by changing passwords when needed and keeps themselves updated with the privacy policy of the Application to make decisions about the further use of the interface.

6.4. Interaction Style: Not Applicable

7. Feature 7: Music:

7.1. Functionality: The user can listen to music depending on their mood as the songs are categorised according to moods like happy, motivated, calm, stressed, angry and dreamy.

7.2. Photograph of Implementation:



7.3. Design/Universal Usability principle:

- 7.3.1. Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.
- 7.3.2. Design Principle: Offer Informative Feedback:** The user constantly gets feedback about the remaining and played time of the current song, name of the next song etc.

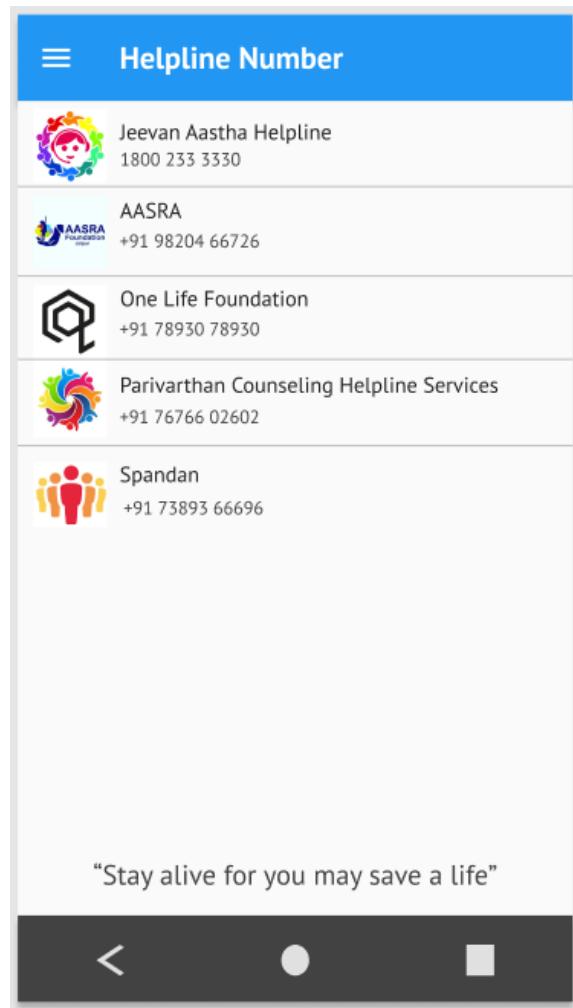
7.3.3. Design Principle: Support Internal Locus of Control: The user can listen to the songs of their liking and make playlists including their favourite songs.

7.4. Interaction Style: Not Applicable

8. Feature 8: Helpline Numbers:

8.1. Functionality: If the user feels the need to talk to someone urgently, the user can reach out for help by dialing any number provided under this functionality and get immediate support.

8.2. Photograph of Implementation:



8.3. Design/Universal Usability principle:

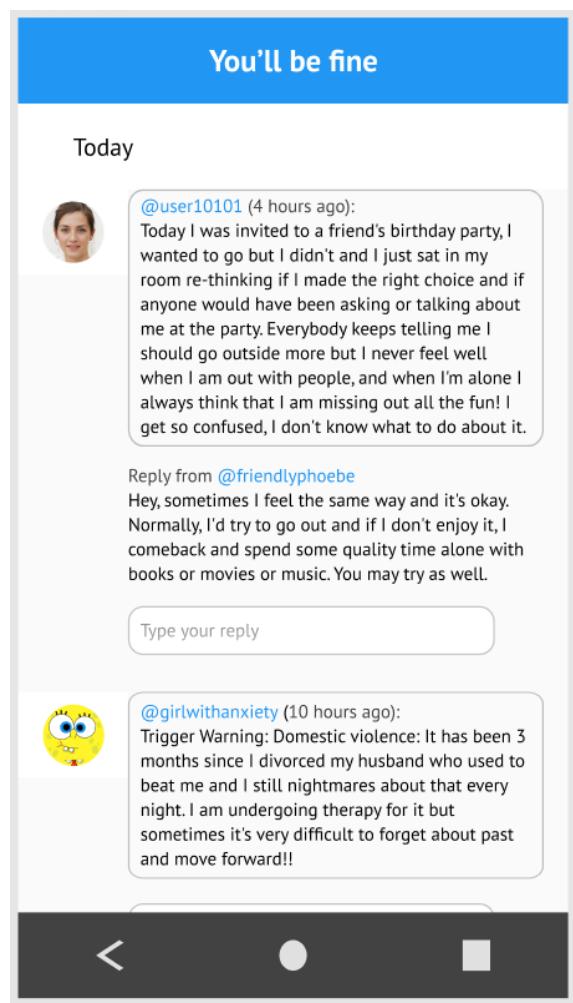
8.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

Interaction Style: Not Applicable

9. Feature 9: Public Posts:

9.1. Functionality: This feature allows the user to share their daily experiences, thoughts, worries and feelings with other users in the form of text posts and reply to the other user's posts. It helps the user to get help from peer users who may have gone through same experience or have some advice for them and helps the user realise that they are not the only one with mental health problems, it is okay to not be okay and seek for help and builds an environment where the community of the users of the interface come together to help each other.

9.2. Photograph of Implementation:



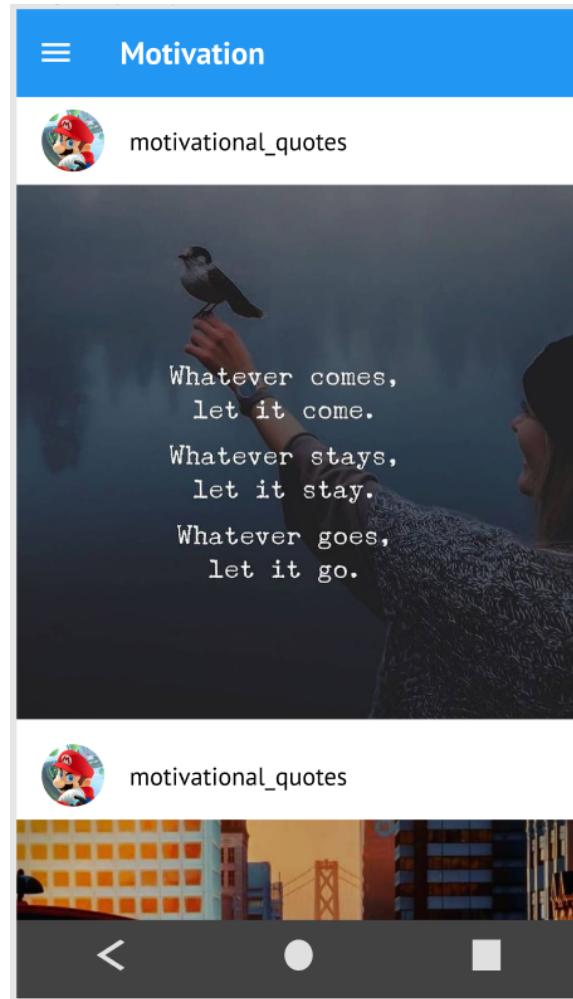
9.3. Design/Universal Usability principle:

- 9.3.1. Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.
 - 9.3.2. Design Principle: Cater for Universal Usability:** Any user above the age of 12 can register themselves to use this interface.
 - 9.3.3. Design Principle: Offer Informative Feedback:** When a user types a post or a reply and then presses the 'post' button, the interface prompts a message saying 'posted successfully' to the user informing that their action is executed successfully.
 - 9.3.4. Design Principle: Reduce Short Term Memory Load:** The user can see their own posts and replies under 'your posts' and 'your replies' tabs so they won't have to scroll the whole feed to find their own posts or replies.
 - 9.3.5. Design Principle: Visibility:** The text box to type a post and a button 'post' lets the user know how to post and the button reply under every post other than user's shows the user to reply if they want.
- 9.4. Interaction Style: Form fill-in** (The user will enter their posts or replies in text format)

10. Feature 10: Lift your spirit up:

10.1. Functionality: This feature displays a collection of images to the user, containing motivational quotes about life, happiness, embracing every situation with bravery and taking care of themselves.

10.2. Photograph of Implementation:



10.3. Design/Universal Usability principle:

10.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

10.4. Interaction Style: Not Applicable

11. Feature 11: Curated Therapy:

11.1. Functionality: This feature helps the user enroll themselves in more organised therapies in order to either develop or come out of some habit, like managing their anger, or boosting their confidence levels, or coming out of some addiction. This feature pre-books a user's appointments with a therapist for a given duration, and also provides a list of some activities that may help them achieve their goals faster.

11.2. Photograph of Implementation:

The screenshot shows the 'Curated Therapy Programmes' section with three main categories:

- Anger Management:** Features icons for 'Anger Management' (frowny face), 'Personal Relationships' (two people with a heart), 'Focus and Concentration' (target), 'Time Management' (hourglass), 'Confidence Booster' (person writing), and 'Rehabilitation Programmes' (person with a heart).
- Programme Details:** Duration: 12 weeks, Sessions: 36 (1-1.5hrs each), AA meetings: 10. Activities: Therapy sessions, AA meetings, 30-minute calisthenics, breathing exercises.
- Enroll Now** button.

The screenshot shows the 'Curated Therapy Programmes' section with three main categories:

- Time Management:** Features icons for 'Focus and Concentration' (person writing), 'Time Management' (hourglass), 'Confidence Booster' (person writing), and 'Rehabilitation Programmes' (person with a heart).
- Programme Details:** Duration: 12 weeks, Sessions: 36 (1-1.5hrs each), AA meetings: 10. Activities: Therapy sessions, AA meetings, 30-minute calisthenics, breathing exercises, time mgmt. games.
- Enroll Now** button.

Confidence Booster: Features icons for 'Focus and Concentration' (person writing), 'Time Management' (hourglass), 'Confidence Booster' (person writing), and 'Rehabilitation Programmes' (person with a heart).

Programme Details: Duration: 15 weeks, Sessions: 45 (1-1.5hrs each), AA meetings: 13. Activities: Therapy sessions, AA meetings, 30-minute calisthenics, breathing exercises, concentration games.

Enroll Now button.

Rehabilitation Programmes: Features icons for 'Focus and Concentration' (person writing), 'Time Management' (hourglass), 'Confidence Booster' (person writing), and 'Rehabilitation Programmes' (person with a heart).

Programme Details: Duration: 20 weeks, Sessions: 60 (1-1.5hrs each), AA meetings: 20. Activities: Therapy sessions, AA meetings, 60-minute calisthenics, breathing exercises, meditation.

Enroll Now button.

11.3. Design/Universal Usability principle:

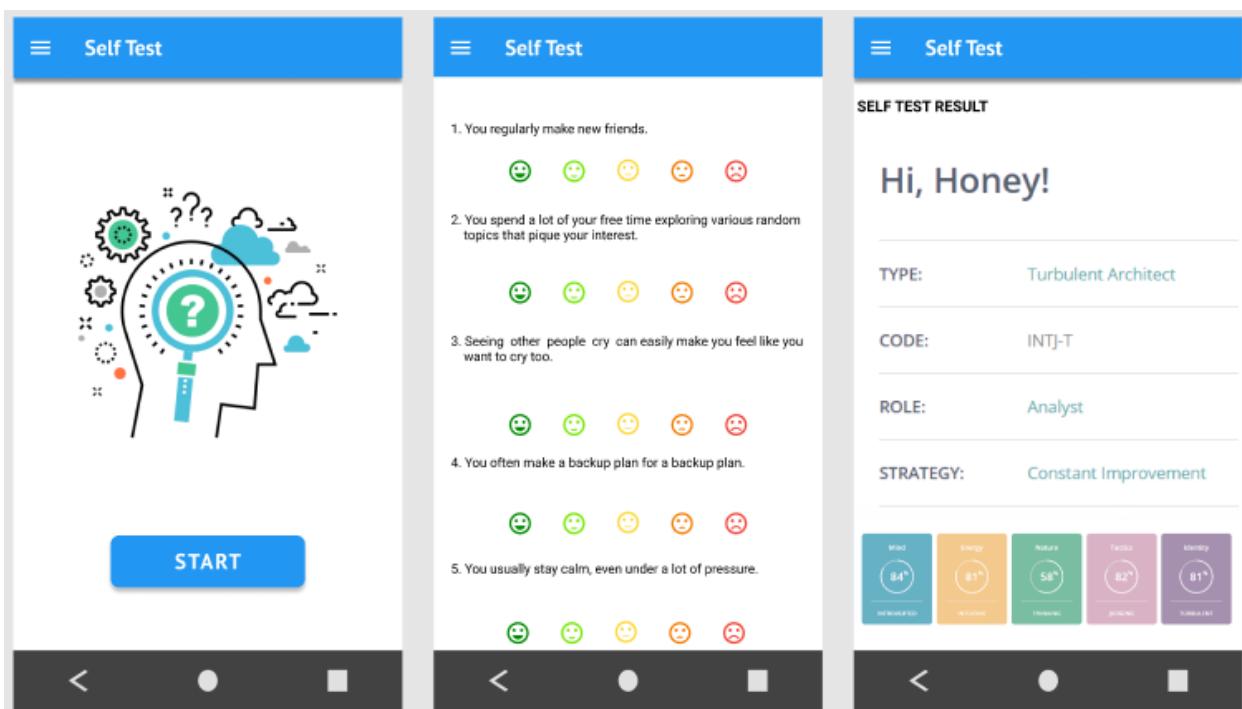
- 11.3.1. Universal Usability Principle: Personality Differences:** Different users may need a different approach to overcome or develop certain habits or addictions. This feature provides a different set of activities and different levels of therapy that different persons may need.
- 11.3.2. Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.
- 11.3.3. Design Principle: Support Internal Locus of Control:** The user can decide whether they want to enroll in such programmes or just visit the application at some time when they are feeling sad. Users can also choose which therapy to enroll into.

11.4. Interaction Style: Menu Selection (The user can select from a given list of therapy programmes whichever they wish to choose)

12. Feature 12: Self Test:

12.1. Functionality: This feature conducts a personality test for the user. It asks the user multiple choice questions about various scenarios and decision making situations and evaluates and displays the personality of the user and brief information about that personality so that it becomes easier for the user to relate with the resultant personality.

12.2. Photograph of Implementation:



12.3. Design/Universal Usability principle:

12.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

12.3.2. Design Principle: Offer Informative Feedback: The interface changes the color of the option chosen by the user and lets the user know that the option has been chosen by them.

12.3.3. Design Principle: Design Dialogues to Yield Course: This feature contains the sequence of collecting user's answers, evaluating the results based upon it and displaying the final result to the user.

12.3.4. Design Principle: Prevent Errors and Constraints: The interface does not let the user select more than one option per question and each question is compulsory to answer.

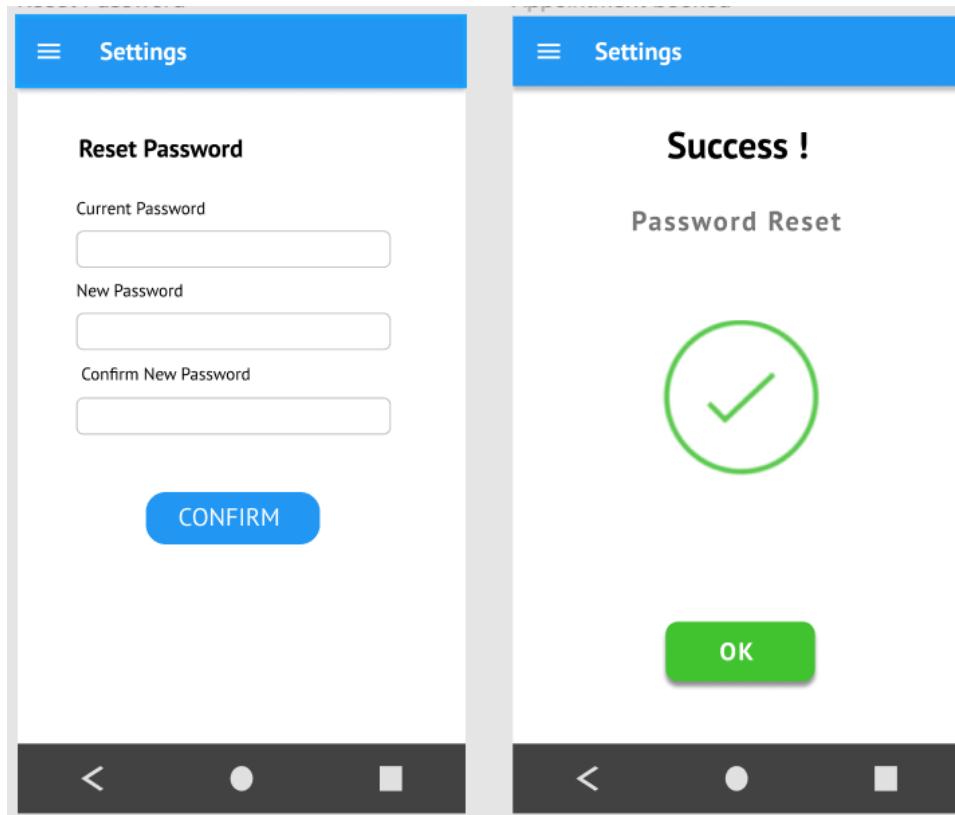
12.3.5. Design Principle: Permit Easy Reversal of Actions: The user can change the selected choice of any question before submitting the test.

12.4. Interaction Style: Menu Selection (The user selects one option per question from given options)

13. Feature 13: Reset Password:

13.1. **Functionality:** The user can change the password of their account by entering old password, new password and confirming the new password.

13.2. Photograph of Implementation:



13.3. Design/Universal Usability principle:

13.3.1. **Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

13.3.2. **Design Principle: Support Internal Locus of Control:** The user can change their password, protect their account and trust the interface while using it and be in charge of the interface.

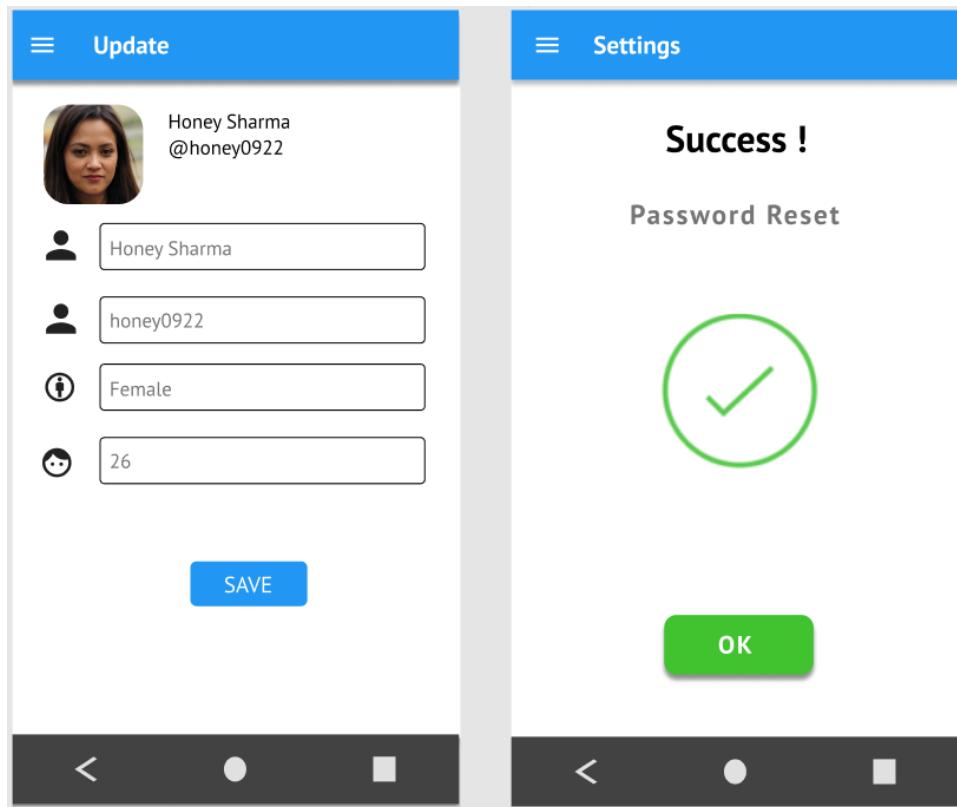
13.3.3. **Universal Usability Principle: Personality Differences:** Some persons may prefer to change their passwords frequently to ensure themselves with security while using the interface and this feature allows them to do so.

13.4. **Interaction Style: Form Fill-in** (The user selects one option per question from given options)

14. Feature 14: Change Profile Information:

14.1. Functionality: The user can update the information that they have provided at the time of creating an account on the Application like name, age, gender and username.

14.2. Photograph of Implementation:



14.3. Design/Universal Usability principle:

14.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

14.3.2. Design Principle: Support Internal Locus of Control: The user can change their password, protect their account and trust the interface while using it and be in charge of the interface.

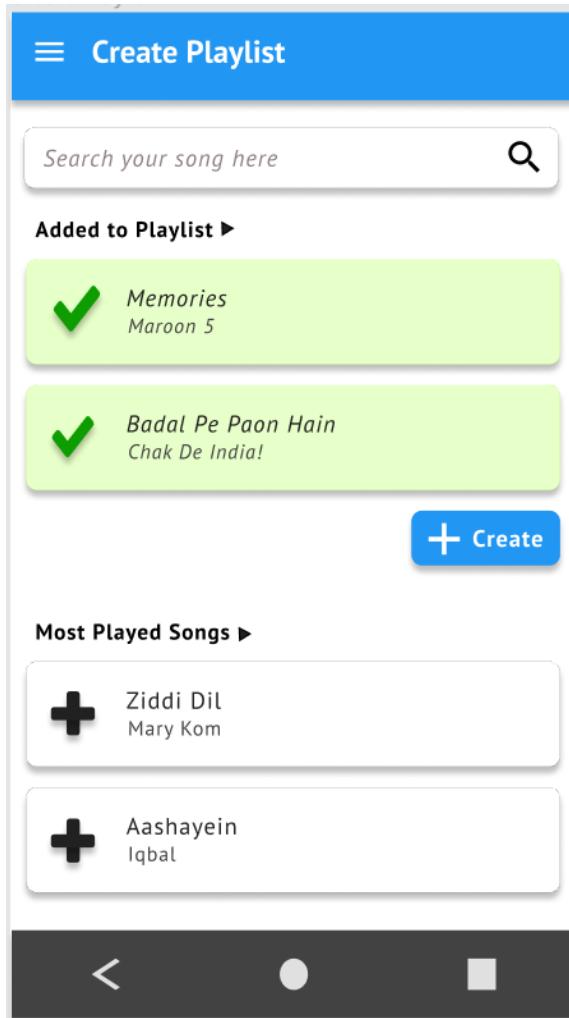
14.3.3. Universal Usability Principle: Personality Differences: Different users with different personalities may feel the need of changing their provided personal information and adopt a new identity for using the interface for various reasons.

14.4. Interaction Style: Form Fill-in (Data entry of name, age, gender and username by the user)

15. Feature 15: Playlist making in Music:

15.1. **Functionality:** The user can make a playlist of the collection of songs/ music they would like to listen to from given options of the songs/ music.

15.2. **Photograph of Implementation:**



15.3. **Design/Universal Usability principle:**

- 15.3.1. **Design Principle: Consistency:** Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.
- 15.3.2. **Design Principle: Reduce Short Term Memory Load:** The user needs not to remember their favourite songs/ music, they can add it in the playlist and access it whenever needed.
- 15.3.3. **Design Principle: Support Internal Locus of Control:** The user can create a playlist according to their likes and hence can control the type of songs they can listen to, hence providing them more control.

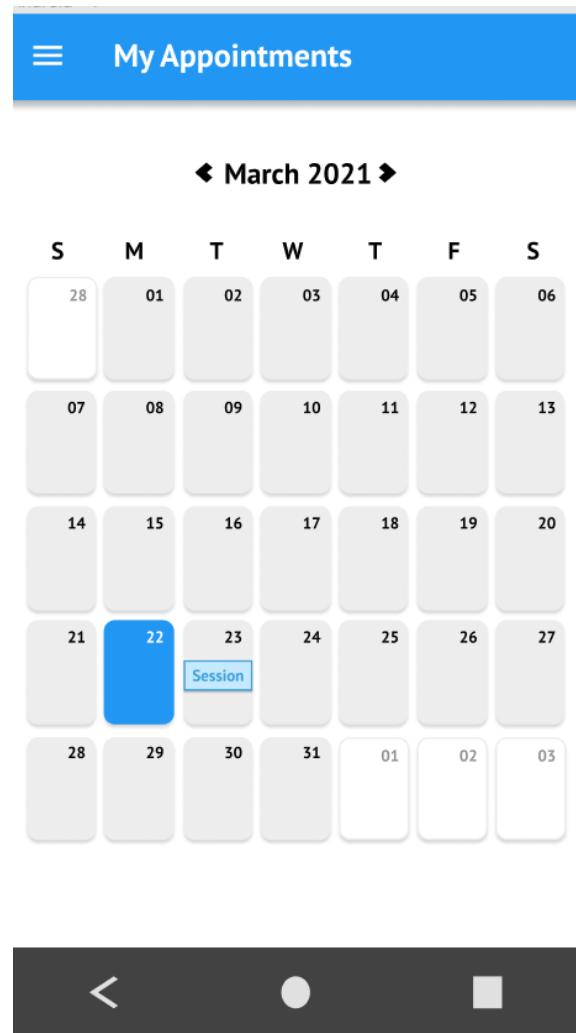
15.3.4. Universal Usability Principle: Personality Differences: Different users with different personality types have different taste in music, so they can make a playlist according to what they like.

15.4. Interaction Style: Not Applicable

16. Feature 16: My Appointments:

16.1. Functionality: This feature shows the user their upcoming appointments in the calendar.

16.2. Photograph of Implementation:



16.3. Design/Universal Usability principle:

16.3.1. Design Principle: Consistency: Consistency with other screens in terms of fonts, colours, header, footer and layout of the screen.

16.3.2. Design Principle: Reduce Short Term Memory Load: The user does not need to remember all the appointments. They can just open this feature and look for appointments.

16.3.3. Universal Usability Principle: Diverse Cognitive and Perceptual Abilities: The users with short-term memory may need to be reminded about the upcoming appointments.

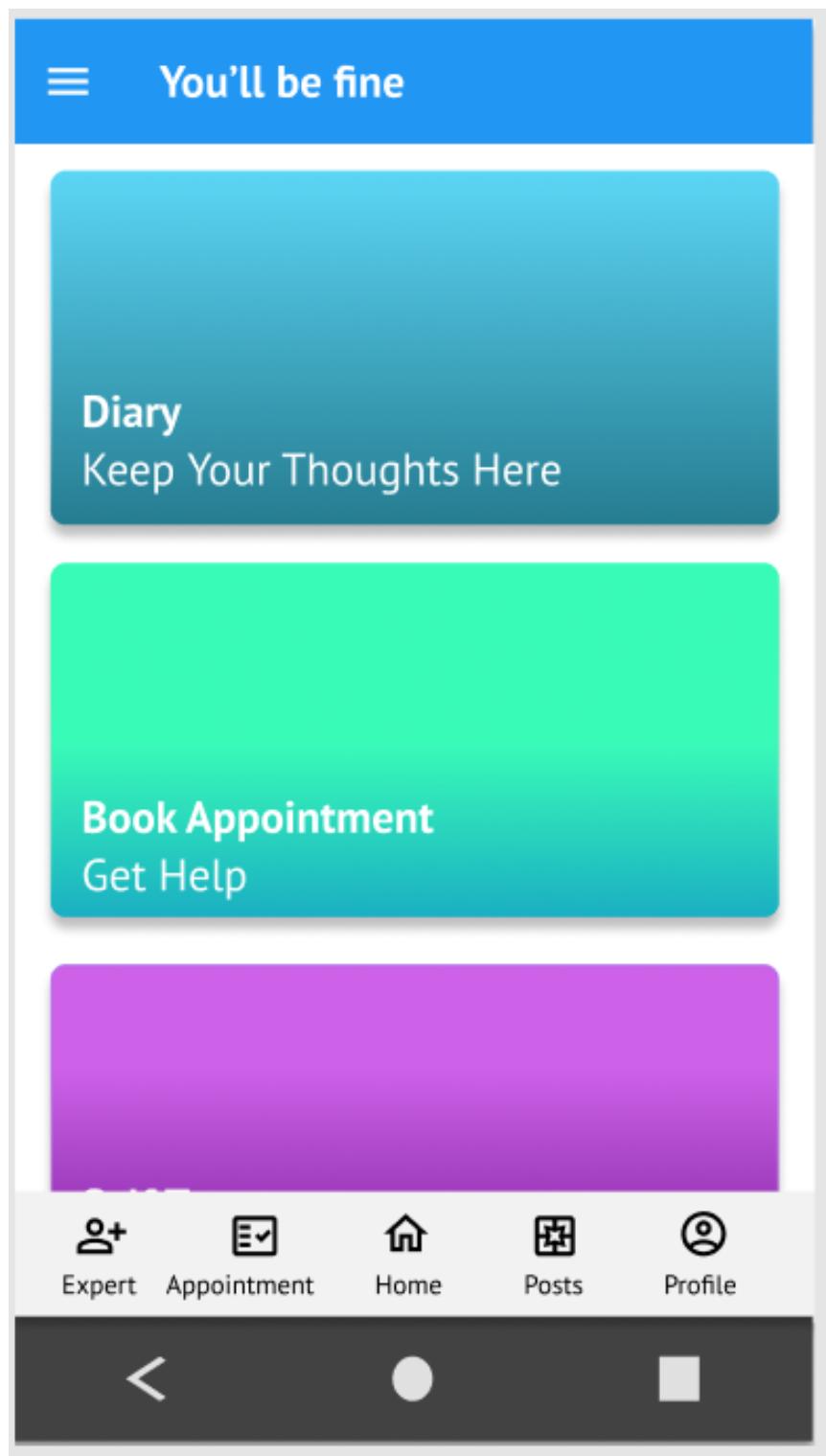
16.4. Interaction Style: Not Applicable

OTHER SCREENS

1. App Logo:



2. Main Screen:



3. Our Experts:

You'll be fine

Meet Our Expert



Ankita Srivastava
Psychologist


conversations: 75
Available on: Tue, 15:00 - 18:00

[CHAT](#) [APPOINTMENT](#)



Shradhika Masuriya
Psychologist

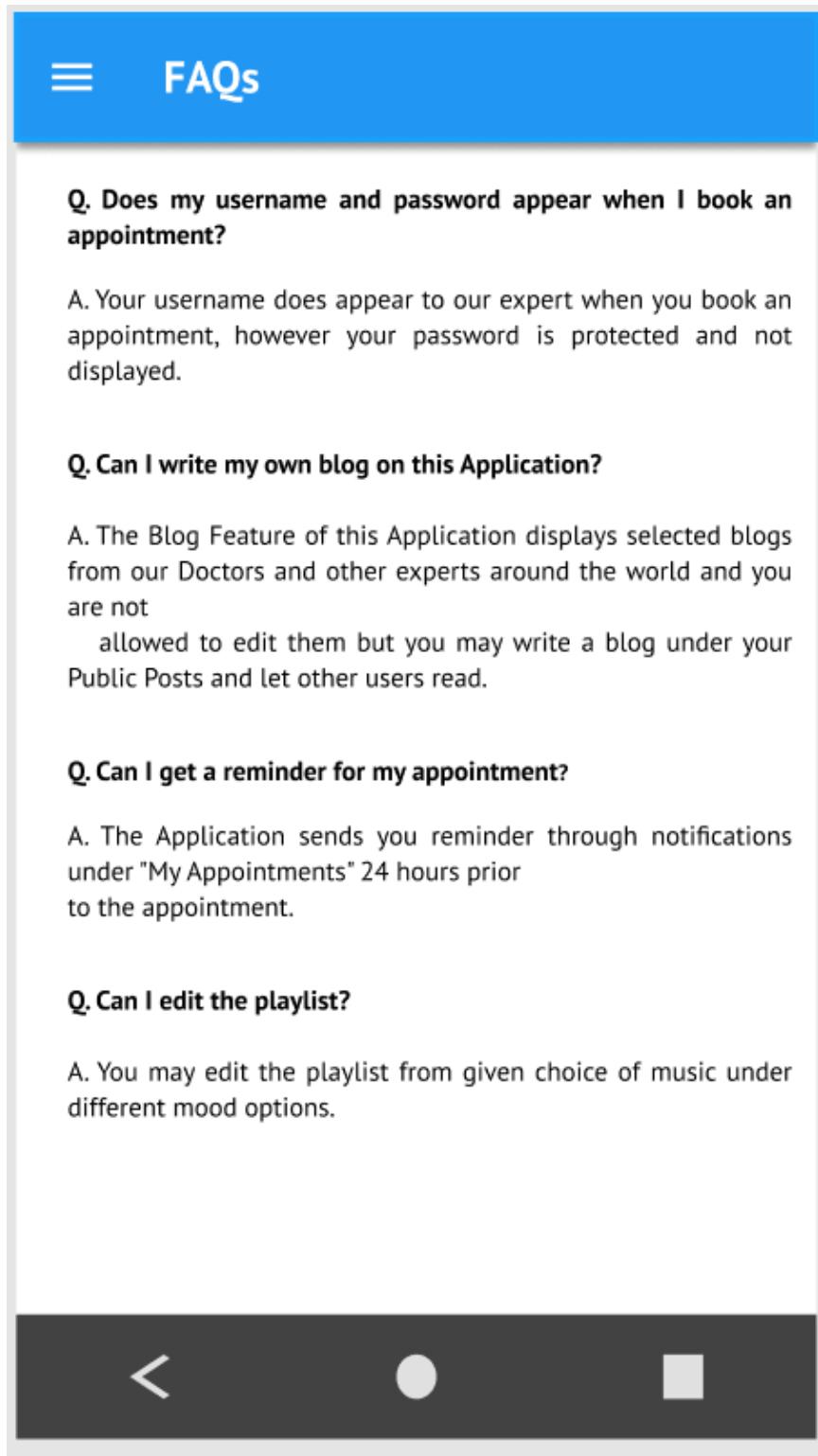

conversations: 59
Available on: Mon, 11:00 - 18:00

[CHAT](#) [APPOINTMENT](#)

 Expert  Appointment  Home  Posts  Profile

<  >

4. FAQs:



The image shows a mobile application's FAQ screen. At the top is a blue header bar with three horizontal lines on the left and the word "FAQs" in white. Below the header is a white background area containing five questions and their answers. At the bottom is a dark grey footer bar with three white icons: a left arrow, a circle, and a square.

Q. Does my username and password appear when I book an appointment?

A. Your username does appear to our expert when you book an appointment, however your password is protected and not displayed.

Q. Can I write my own blog on this Application?

A. The Blog Feature of this Application displays selected blogs from our Doctors and other experts around the world and you are not allowed to edit them but you may write a blog under your Public Posts and let other users read.

Q. Can I get a reminder for my appointment?

A. The Application sends you reminder through notifications under "My Appointments" 24 hours prior to the appointment.

Q. Can I edit the playlist?

A. You may edit the playlist from given choice of music under different mood options.

5. About Us:

The image shows a smartphone screen displaying the 'About Us' section of a mobile application. The top navigation bar is blue with the text 'About Us' and a menu icon. Below this, there is a circular badge with '12+' and the text 'Rated for 12+ Users Interact'. The main content area contains descriptive text about the app's purpose, features, and contact information.

"**You'll be fine**" is an Application to come to when you feel overwhelmed with thoughts, emotions and feelings and express yourself.

Top Features:

- Book appointment with our expert Doctors and get help
- Keep your thoughts and feelings in a *Diary* Listen to *Music* that suits and lifts your mood
- Enroll and use different *Curated Therapies* according to your need and improve yourself
- Share your thoughts with peer users and help each other through *Public Posts*
- Lift Your Spirit Up yourself with Quotes
- Read *Blog* End from our Doctors and other experts around the world
- Immediately contact to any *Helpline Numbers* End provided if need urgent help
- Take a personality *Self Test* End to know your personality

Contact us by email at youllbefinehelp@gmail.com

6. Privacy Policy:

≡ Privacy Policy

We respects the privacy of our users. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our mobile application. Please read this privacy policy carefully. If you do not agree with the terms of this privacy policy, please do not access the site.

We reserve the right to make changes to this Privacy Policy at any time and for any reason. We will alert you about any changes by updating the "Last Updated" date of this Privacy Policy. Any changes or modifications will be effective immediately upon posting the updated Privacy Policy on the Application, and you waive the right to receive specific notice of each such change or modification.

You are encouraged to periodically review this Privacy Policy to stay informed of updates. You will be deemed to have been made aware of, will be subject to, and will be deemed to have accepted the changes in any revised Privacy Policy by your continued use of the Site after the date such revised Privacy Policy is posted.

COLLECTION OF YOUR INFORMATION

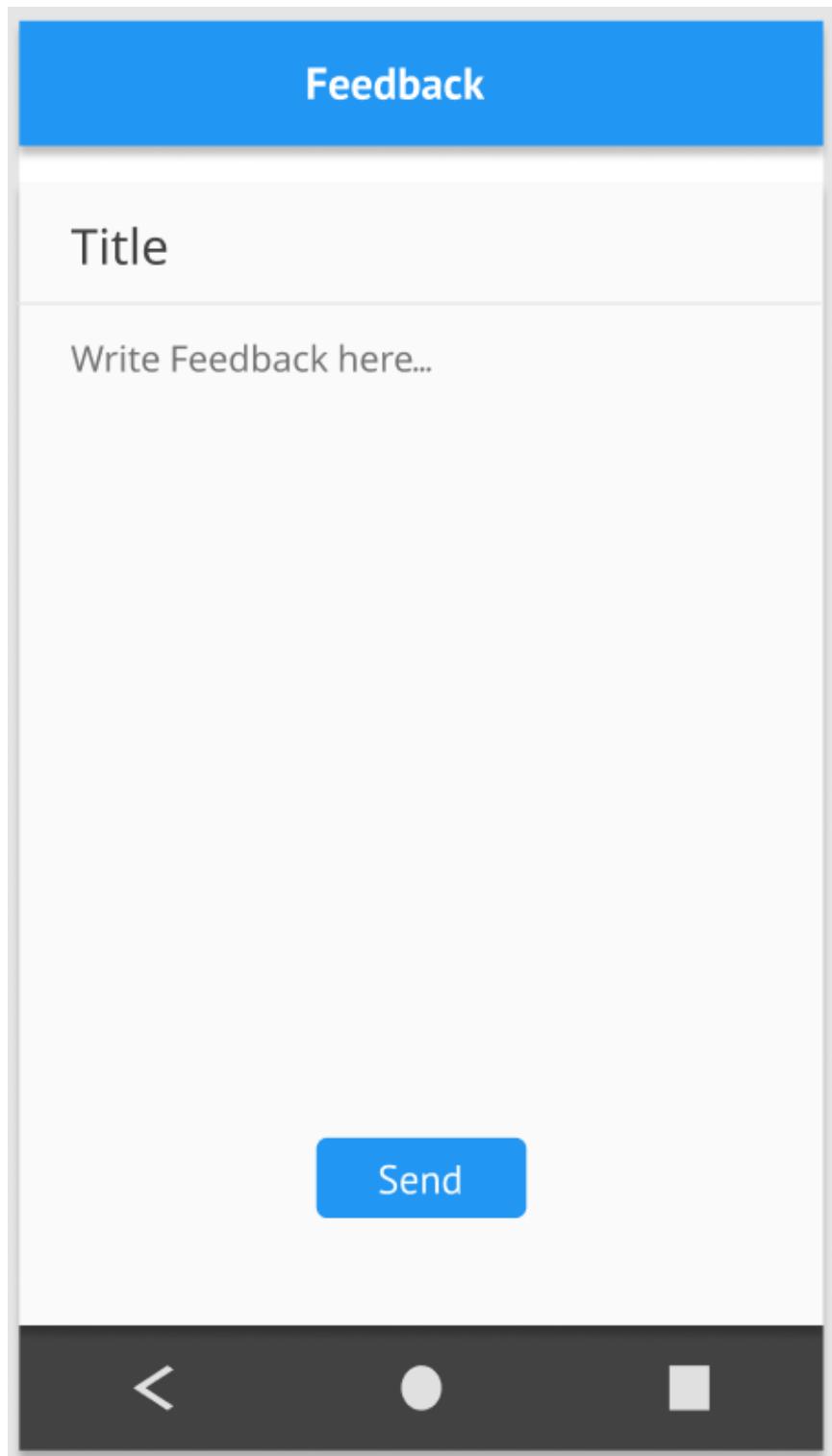
We may collect information about you in a variety of ways. The information we may collect on the Site includes:

Personal Data

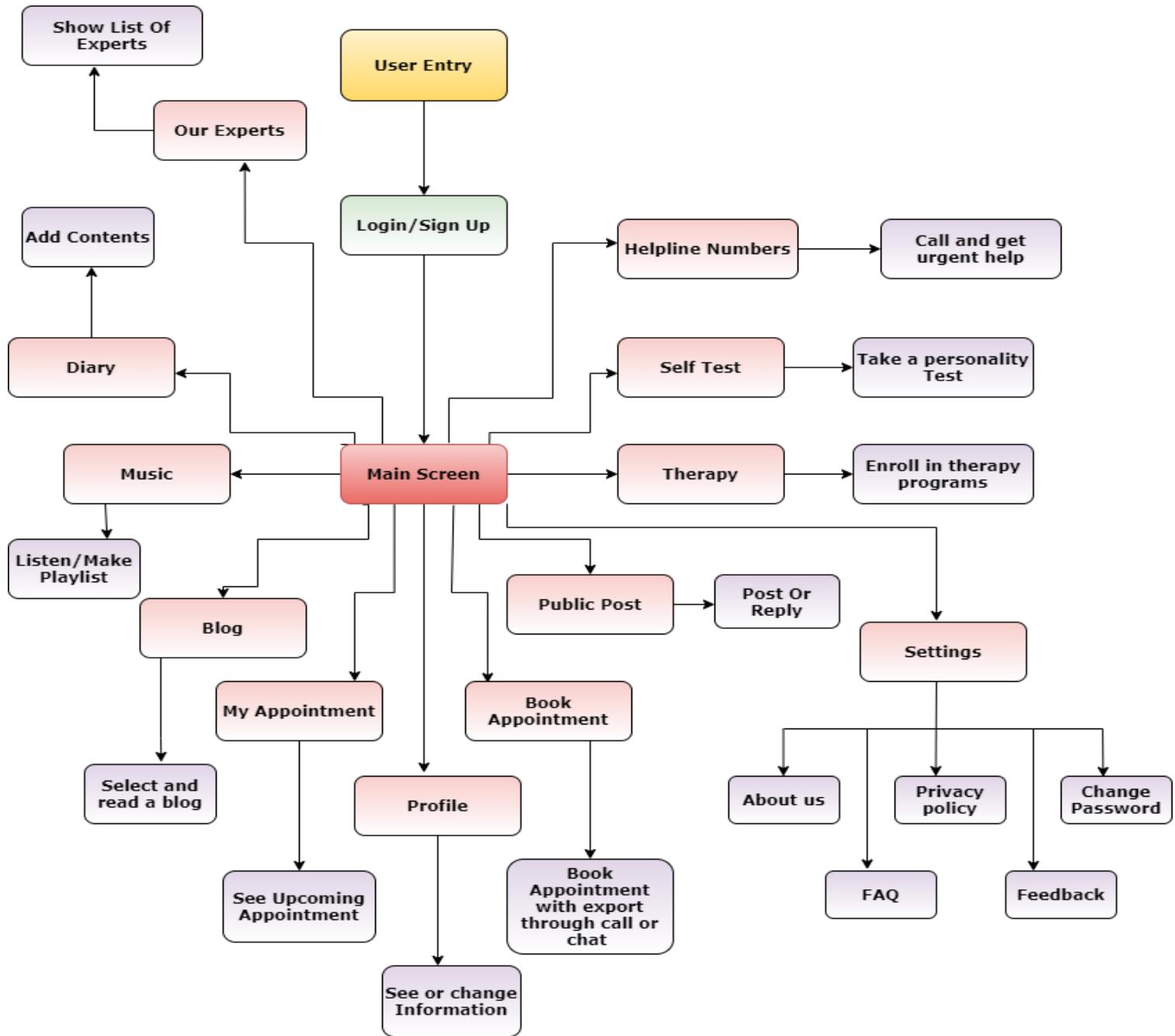
Personally identifiable information, such as your name, email address and demographic information, such as your age, gender and interests, that you voluntarily give to us [when you register with our mobile application or when you choose to participate in various activities related to our mobile application], such as



7. Feedback:



FINAL INTEGRATION



CHAPTER 5

**DIFFICULTIES ENCOUNTERED AND
RESOLVED**

DIFFICULTIES ENCOUNTERED AND SOLVED

The main difficulties that we encountered were:

- This was our first experience of using Figma so it took time for us to figure out how to use it efficiently
- We faced collaboration difficulties with Figma as it allows only two persons per project to edit at one time. This made designing, wireframing and the integration of the project hard as we have to switch permissions many times so every group member can work. At last, we made a final Figma project just to integrate and run every feature and their screens.
- There is no feature of database and data validation available in Figma so input validation and other database related operations were not possible.
- Only image files can be imported from the device and no support for video, gif etc. files is present in Figma to make the screens more interactive and attractive.
- There exist page limits per project in Figma, hence we had to design multiple screens on one page and it made it harder for integration.
- There are many devices available for which the designs can be made, but we need to design for every device separately according to their dimensions, hence we have designed and implemented our project for Android Mobile devices.

CHAPTER 6

REAL LIFE IMPLEMENTATION PERSPECTIVES

REAL LIFE IMPLEMENTATION PERSPECTIVES

The following problems may be encountered and their proposed solution while implementing the Application for real-time environment:

- Fail to login, fail to book appointments, fail to search from or access diary contents, fail to update public post feed(posts and replies) etc. These collections of problems can be resolved by implementing a strong and efficient database in the backend of the Application.
- Interruption or delay or buffering while playing music due to low internet bandwidth and resolving it by implementing pre-loading the file like in YouTube
- Achieving multi user system based on threading concept of programming
- Algorithm implementation to determine user's personality after Self-Test and generating accurate results
- Aware people about the need of such interface as mental health care is a sensitive topic in many societies
- More internal locus of control for user like allowing them to change theme, background colour, font-type, font-size in the interface
- Support to all the devices (mobiles, laptops, tablets, smart watches etc.) by developing interface for all of them
- Support to many languages by using Natural Language Processing
- User data security by strong encryption-decryption algorithms
- Assigning experts to the group of user based on region(state or country)
- Designing curated therapies according to cultural backgrounds/ stereotypes/ metaphors

CHAPTER 7

REFERENCES

REFERENCES

1. YourDost: <https://yourdost.com/dashboard>
2. Wysa: <https://play.google.com/store/apps/details?id=bot.touchkin>
3. WhatsUp?:
https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en_IN&gl=US
4. Figma Tutorial:
 - a. <https://www.youtube.com/user/brightwebdesign>
 - b. <https://www.youtube.com/channel/UCvM5YYWwfLwpcQgbRr68JLQ>
 - c. <https://www.youtube.com/c/SachinGawas>
5. Framer: <https://framer.com/projects/folder/templates?team=4d10f5b1-28fe-32c9-aa84-3c17fd6b3ad8>
6. Adobe XD: <https://www.adobe.com/in/products/xd/features.html>