

WHISTLEBOX

PROJECT STATEMENT

ROAD RAGE 101

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Subject

To investigate road rage. Drivers who get behind the wheel of a vehicle, they become vulnerable to certain levels of pain. I believe this project will address some issues and provide a solution that can manage stress under difficult situations. Therefore, I propose to design a mobile application called 'whistlebox' to help users stay in control of their emotions.

Method

Conducting surveys enabled me to use data to resolve conflicts while driving. Designing an intervention that can relax stress behind the wheel, involved understanding the psyche of anti-social behaviour.

Firstly, I adopted the 'love language' concept to identify certain traits found in test subjects (drivers) and using the 'cognitive behavioural therapy' approach decoding those traits. This is interesting because you are building a function based on these findings.

I did this by:

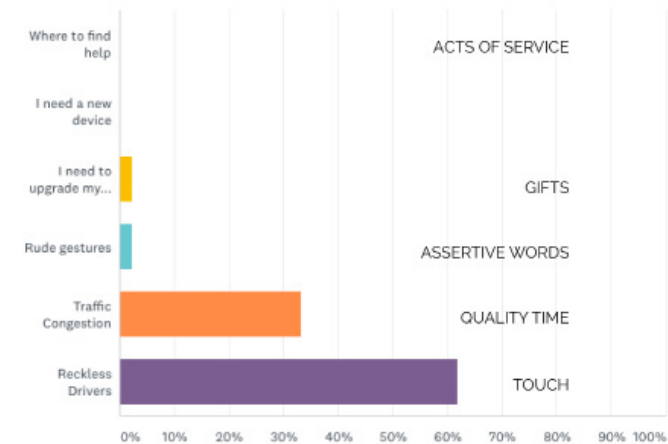
1) Carrying out surveys using the "Love Languages" concept. There are five love language conditions, each one removes barriers and improves relationships

The Five Love Languages

Touch
Quality Time
Assertive Words
Gifts
Acts Of Service

What Stresses You The Most Behind The Wheel?

Answered: 42 Skipped: 0

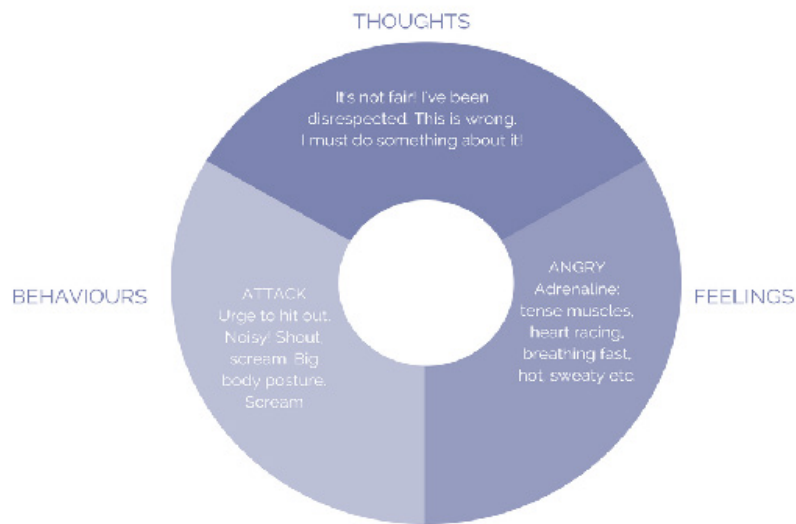
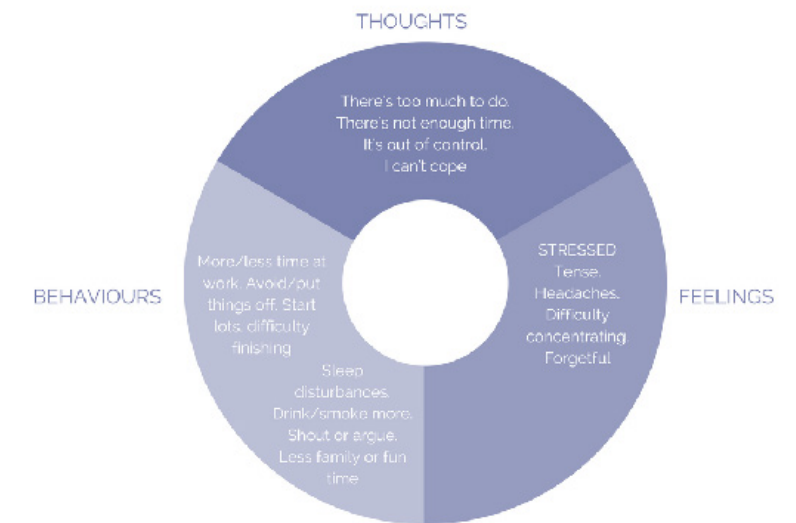


2) Conducting a field-test to find the most viable function for our primary purpose with "Cognitive Behavioural Therapy" (CBT). CBT is used for treatment of depression. The therapy is designed to re-calibrate the part of the brain that's keeping such a tight hold on your happy thoughts

"the average subject in the CBT condition was better off than 76% of control subjects."

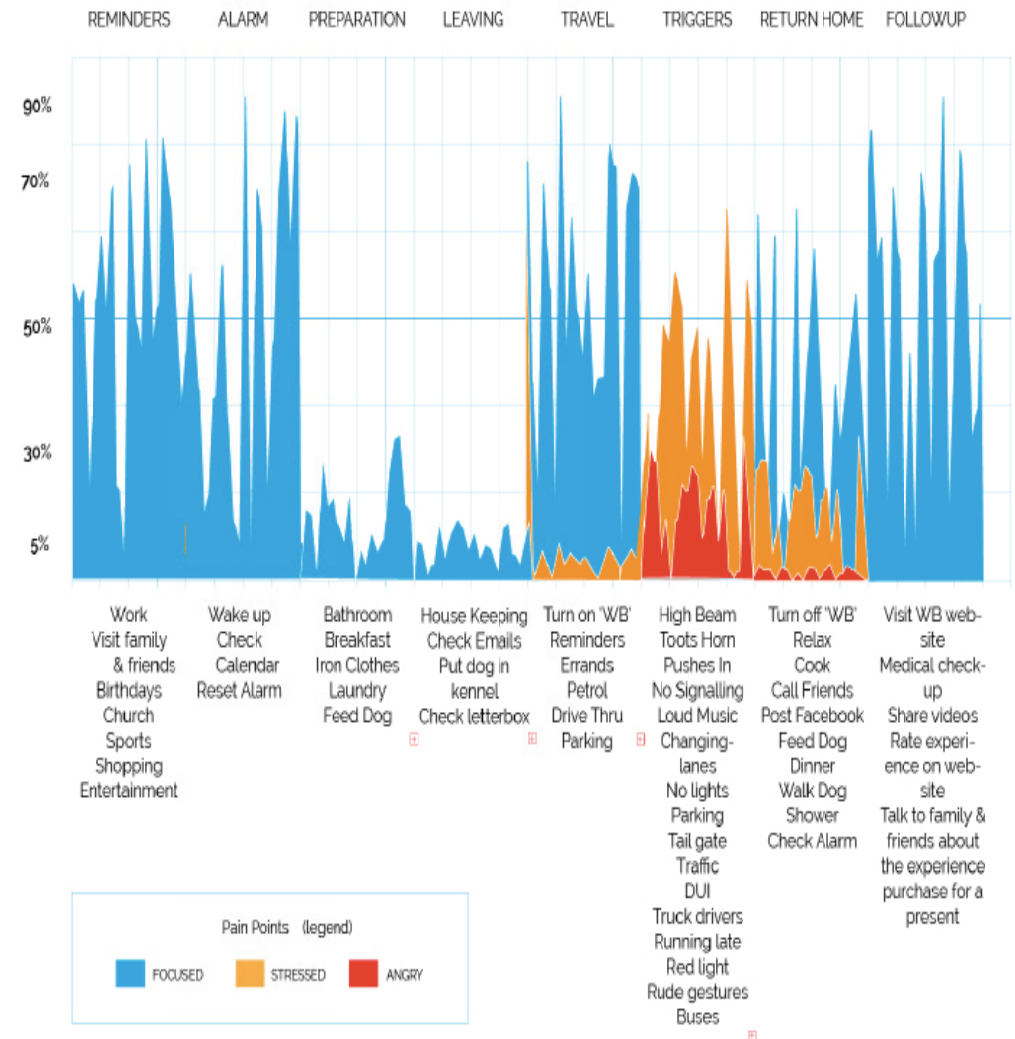
It looks at the links between your thoughts, feelings and behaviours
It looks at how you think about yourself, the world and others

I have been a recipient of this kind of therapy and it works.



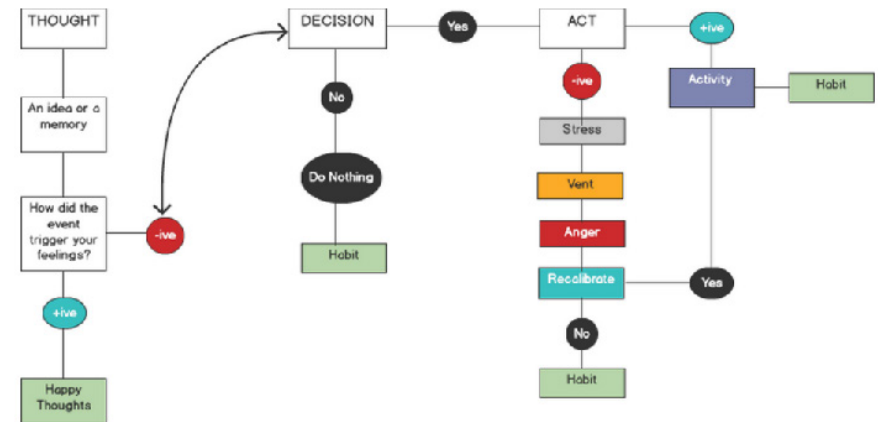
Findings

Aggressive driving can occur when drivers are put under pressure, either from the immediate driving environment or personal stress. I discovered that certain therapies can be used to decode data to build technology. CBT and the love language conditions were used for this experiment. They seek out missing function/s that should be used. Acquiring life experience with people is a prerequisite for using this formula because it relies heavily on empathy.



| LOVE LANGUAGE | |
|-----------------------------------|----------------------|
| QUALITY TIME (Time Management) | TOUCH (Etiquette) |
| | |
| KEYWORDS | |
| QUALITY TIME Manage Emotions | TOUCH Do Nothing |
| | |
| FUNCTIONS (Push Notifications) | |
| QUALITY TIME Reminders | TOUCH Heart Rate |
| Geo Location | Calm Down |
| | Camera |

The 'Reminder' Function was chosen as the most viable solution for the application. It will cause someone to remember something. A prompt or a nudge to remind someone of an obligation. The reminder function will have the ability to calibrate the sufferer until they are conditioned to a routine that rejuvenates the mind



Conclusion

From the three surveys undertaken, the test subjects of Gen 'X' and Gen 'Y' show drivers are intolerant of anti-social behaviour behind the wheel with family and friends. However, the culture on our roads spell out infrastructure and metropolitan growth are the likely contributing factors to our traffic woes.

On a final note, road etiquette should be implemented and regulated into the road code, because it lays the foundation of driving with self control. It starts from home, long before a drive. 'Whistlebox' is a much needed tool to gauge whether drivers are fit to drive. A system that is the proof or yardstick. Much care is needed and the formula used serves it's purpose to save lives. My newfound formula is a by product of 'Whistlebox' because it was here the method was discovered. The discovery meant that the human emotion like anger can be avoided if stress is managed well and proper.

WHISTLEBOX

INSTRUCTIONS

1) Register as a new user

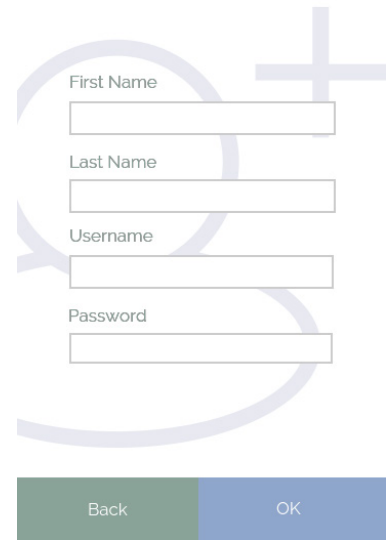
2) Login with your username & password

3) Select a format to personalise how you would want your 'reminder' to look like (n.b. when your heart rate jumps, your fitbit will trigger your reminder)

(For this exercise, select 'photos' navigation are all the same)

1.

New User



A registration form titled 'New User' with a large purple plus sign in the background. It contains four input fields: 'First Name', 'Last Name', 'Username', and 'Password'. At the bottom are two buttons: 'Back' (green) and 'OK' (blue).

2.

WHISTLE BOX



Username

Username is required

Password

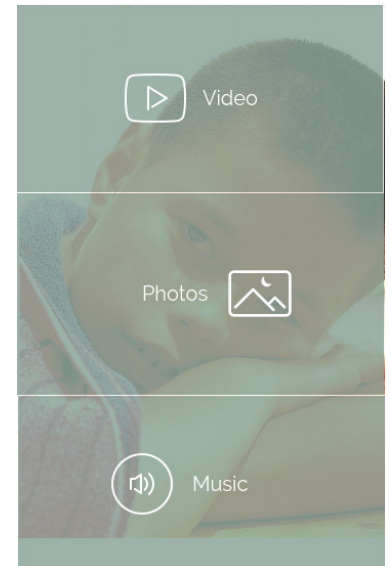
Password is required

OK

New User

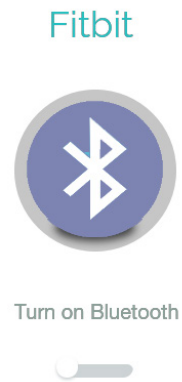
3.

Alert Type



A screen titled 'Alert Type' with a background image of a person's face. It features three selectable options: 'Video' (with a play button icon), 'Photos' (with a photo icon), and 'Music' (with a speaker icon).

4.



4) Turn-on bluetooth to pair your fitbit

5.

5) Wade through your photo gallery to select an alert



6.



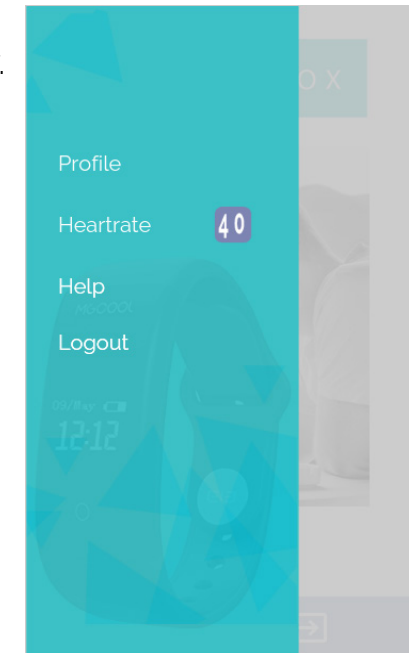
6) Wait for 'whistlebox' to set your image as your alert. Once it uploads, you'll receive a successful prompt.

Click on 'menu' to view your heartrate or click 'menu' to change your alert type



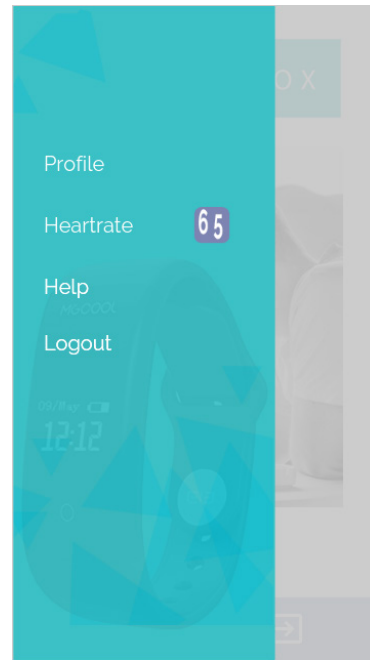
7) When you click on 'menu' you will see your heartrate displayed in realtime

7.



8) Your heart-rate count will display as long as your fitbit is activated and paired with the application

8.

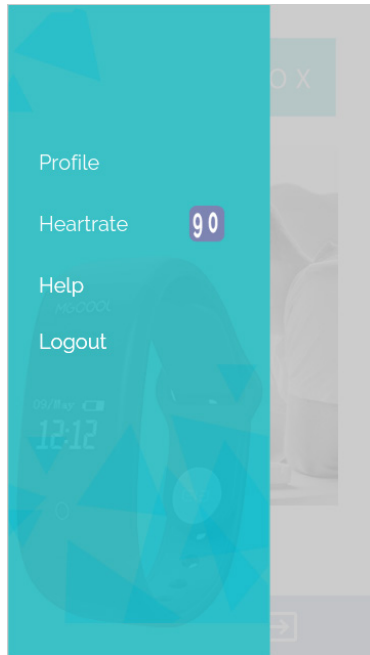


10) If your heart-rate increases above 90 bpm it will trigger an alert. Press 'ok' to view your heart-rate.

10.



9.



9) When you become stressed, your heart-rate will increase

11) This will be the default homepage the next time you login to 'Whistlebox'. When you use the application for the first time, you are required to personalise your settings.

Then click back should you wish to select a different alert.

11. fitbit

