

# HarmonyHub: Nurturing Mental Wellness Through Digital Connection at UCD



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## Introduction

Addressing escalating mental health challenges, this app is designed to nurture meaningful relationships and provide academic support. HarmonyHub goes beyond being just an app. It's a promise to foster a supportive and interconnected community, focusing on empowering students and enhancing their well-being.

## Requirement Gathering

The following steps were undertaken as part of the research gathering.

- **Literature Review:** On college student's mental health trends and technology's role.
- **Student Surveys:** Assessed mental health, digital habits, and, needs of UCD students.
- **Focused Interviews:** In-depth understanding of students' experiences and preferences.
- **Expert Consultation:** Sought insights from professionals to enhance app features.
- **Market Analysis:** Reviewed existing apps for gaps and opportunities.

The following results and action items were observed:

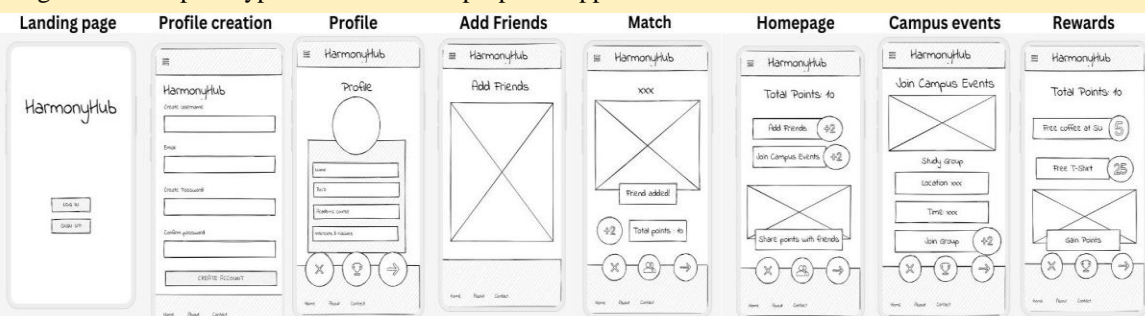
- **Leveraging social media:** To maximize reachability and accessibility.
- **Fostering digital communities:** To increase engagement and similar connections.
- **Impact of learning environment:** Non-native environment combined with social issues affects mental health.
- **Integrating academic and social features:** Better tailored to UCD students

## Lo-fi Prototype

Figure 1. Lo-fi prototype version 1 of the proposed app

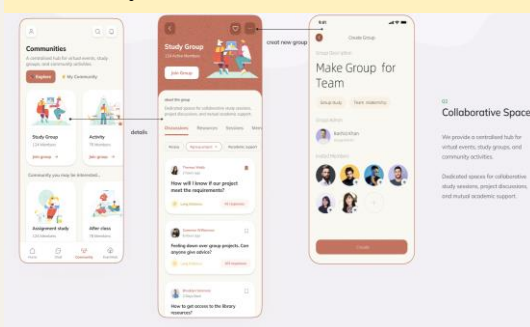


Figure 1. Lo-fi prototype version 2 of the proposed app



## Hi-fi Prototype

Figure 2. Community aspect of HarmonyHub



Key Features:

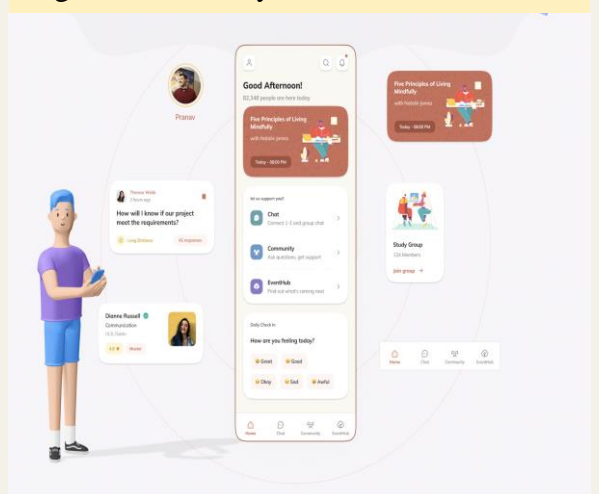
- Unique matching algorithm for pairing students based on academic and personal interests.
- Dedicated spaces for collaborative study, project discussions, and academic support.
- Emotional support networks for sharing experiences and mutual assistance.
- Central hub for virtual events, study groups, and community activities.

Onboarding:

Download, install, and create an account with UCD email.

- **Profile Building:** Set academic interests, learning preferences, and personal bio.
- **Home Screen:** Access matches, explore connections, and join learning groups.
- **Interaction:** Initiate chats, schedule virtual sessions, and join or create study groups.
- **Community Engagement:** Participate in events and access mental health resources.
- **Continuous Support:** Provide app feedback and access customer support as needed.

Figure 3. HarmonyHub dashboard



## Evaluation

Assessed using Jakob's Ten Usability Heuristics, with improvements identified in:

- **System Status Visibility:** Enhance guiding information on the landing page for better user orientation.
- **Consistency and Standards:** Adjust chat feature ordering and unify terminology for intuitive navigation.
- **Minimalist Design:** Reduce content overlap between EventHubs and Community pages for clarity.
- **Rating System Impact:** The rating system in the matching algorithm could negatively affect mental health, leading to anxiety and comparison among users. Suggestion: Consider removing or modifying the rating system to prevent potential harm.