



WAVES

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# INTRODUCTION

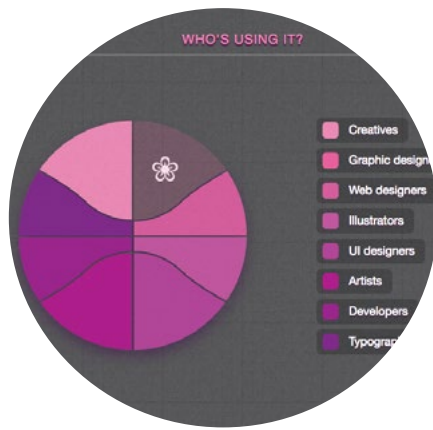
Young adults show a tendency to not ask for help when it comes to their mental health wellbeing. WAVES supports in trying to obtain the interest of University Students, to show them that it is okay to talk, gain information, and ask for help. WAVES is an interactive infographic that develops the QUT Counselling Service's Anxiety fact sheet.

This development transforms the simple fact sheet into a visual representation. A visual representation allows for the content of the fact sheet to be more suitable, engrossing and engaging, to its target audience of 18 to 25 year old, University Students.



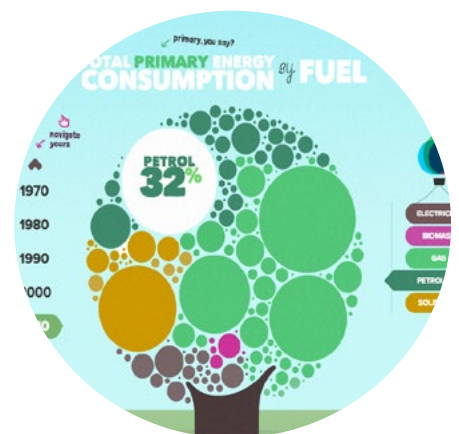
CONTEXTUAL

REVIEW

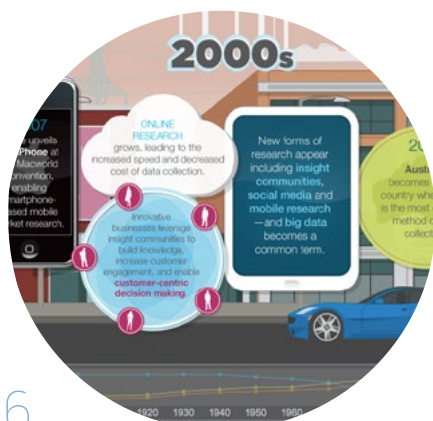


Dribbble is a simple yet very aesthetically pleasing. The colour scheme contains various shades of pink with a simple charcoal grey background. This colour scheme allows for a modern, sleek, professional overall look for the infographic. However, the splash of pink gives the source a vibe of youthful appearance. In addition to Dribbble's sleek appearance, the infographic has smooth curves with small amounts of text throughout. Which allows for the infographic to not be confronting with its text. Overall the animation that is used within the source is very simple, but conveys a creative appeal. I wanted to recreate that with WAVES, by having a simple design that was not only visually appealing but engaging with its small amounts of information and text.

The U.K. Energy Consumption Guide is a colourfully energetic, interactive source. The source contains a fair amount of animation, and is displayed in small increments. This allows for the source to not be confronting, as the information is grouped by the animations. However, what made the source really engaging was the colours that were chosen. From the variance of colours used, they worked incredibly well together to create an energetic vibe. Drawing from that analysis, it influenced my decision for the style of WAVES. The infographic has to be engaging in order to fulfil its purpose, and with that colour definitely plays a vital role. The Guide affected my decision to use colours that set the overall mood but also immerse its target audience.

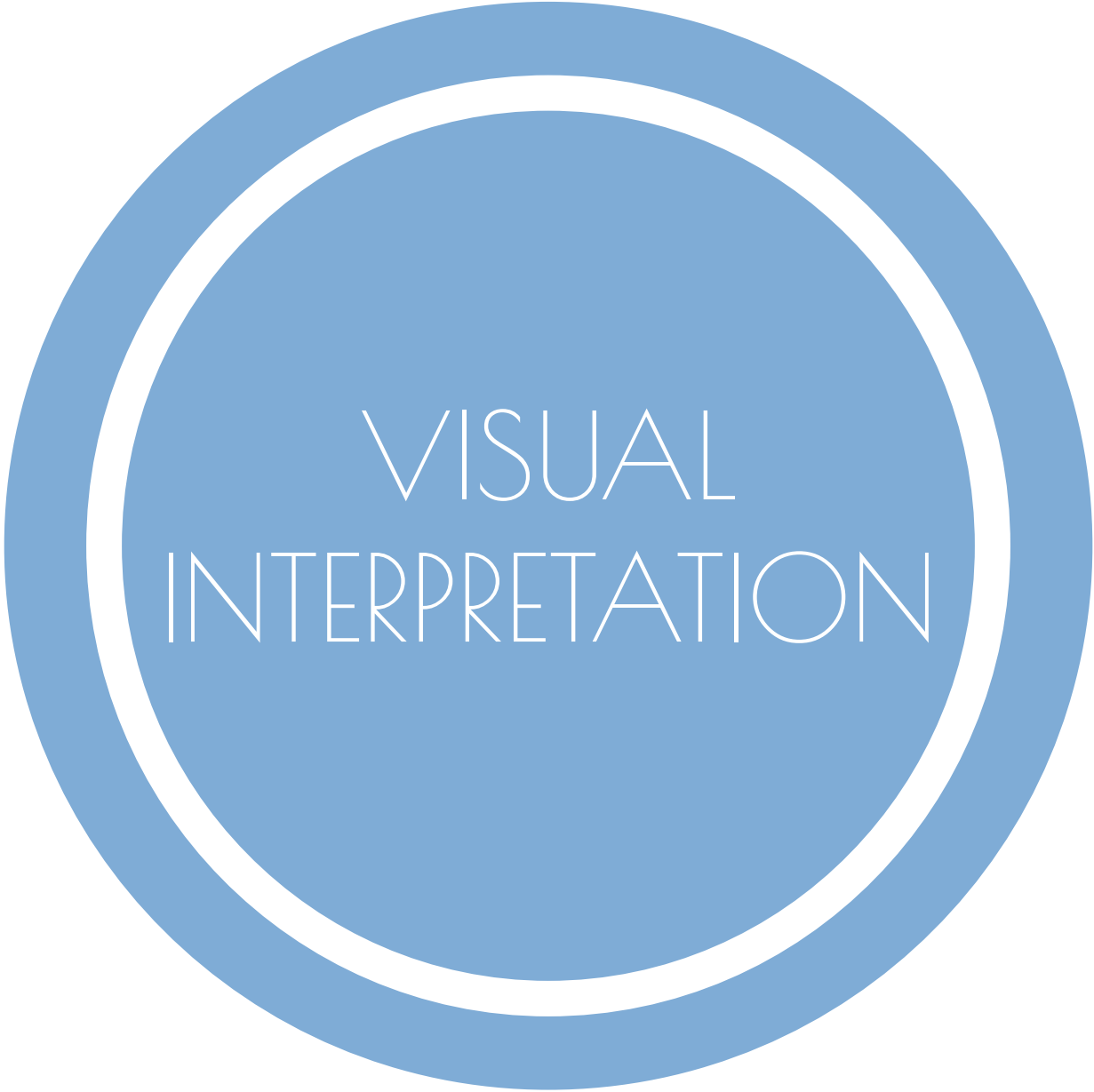


The Evolution of Insight is a heavily animation based infographic. However, even though the use of animation used consistently and regularly throughout the source, it is not overbearing. The source also has a level of agency involved. This allows users to have a choice down multiple pathways of the source. They've also managed to make the source engaging and entertaining with the colour scheme that compliments the animation. Although the source contains a lot of information, it is not confronting as the information has been varied into groups. This heavily influenced WAVES as the anxiety fact sheet that the project is derived from has a lot of information that is necessary to be included.



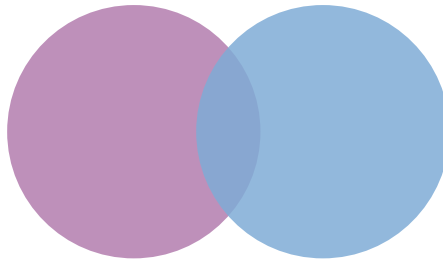


An interactive infographic will be created that informs and educates university students on anxiety. While doing so, the project will convey its content in a calming, interesting and an aesthetically pleasing fashion. This will raise awareness on anxiety by creatively engaging students on a source that is typically seen as confronting.



# VISUAL INTERPRETATION



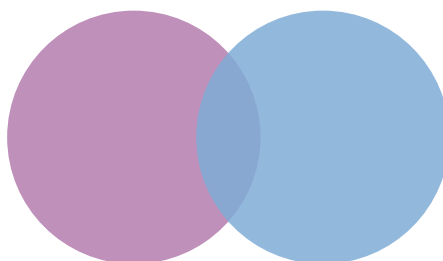


The colours that were chosen for WAVES, were selected not only for their complementation of one another but their symbolism. Dark pink / purple conveys joy, sensitivity and love, whilst pink represents love and friendship. Whilst, light blue is the epitome of health, healing, tranquility, understanding and softness. Together, these meanings are associated with the concept of the project.

The two typefaces that are used throughout the project are Roboto and Poirer one. These two fonts are very modern and are tied in with the category of sans-serif. Sans-serif is known to be visually easier to navigate through amounts of text. With the project to have grouped text throughout, this will help the audience take in the information without them feeling overwhelmed.

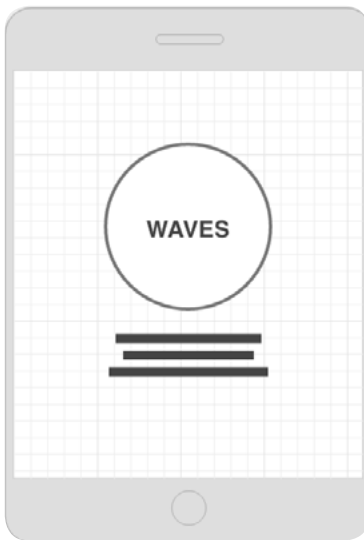
The circle is a very symbolic shape. The smooth curve of the line creates a lot of meanings. These meanings come under a certain focal point of self. With a lot of the terms being, wholeness, focus, united and being centred, it ties in perfectly with the project. The project is to inform University Students on anxiety, to educate and help them. It is expected that some of the audience would be dealing with anxiety themselves, and with that, feeling whole, focused, united and a sense of being centred would hopefully be a state of mind that would assist them.

In regards to the style of the project, it will be displayed as a flow chart infographic but with an interactive edge. Flow charts allow for information to be read and consumed by the reader at their pace with agency. This will all be incorporated with a background sound of waves crashing. This works well for the audience as the information involved in the infographic is highly educational and beneficial for them, whilst having the peaceful tone of waves being heard.

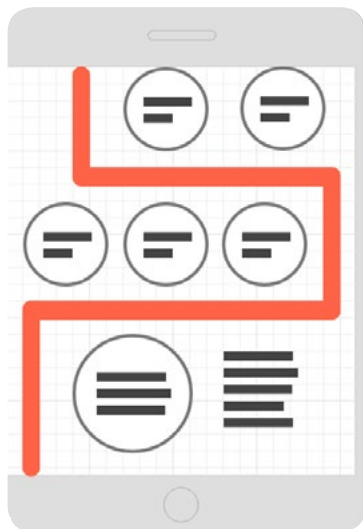


A large, purple, cloud-like shape with a white border. Inside the shape, the word "WIREFRAMES" is written in a white, sans-serif, all-caps font.

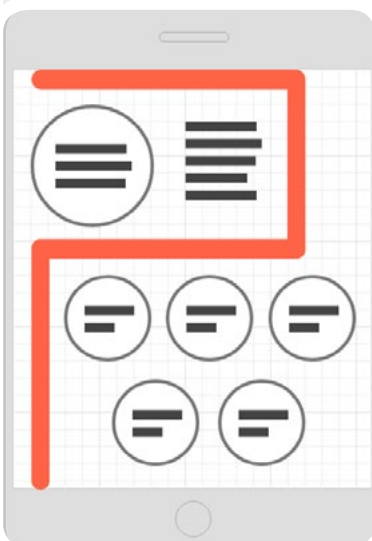
# WIREFRAMES



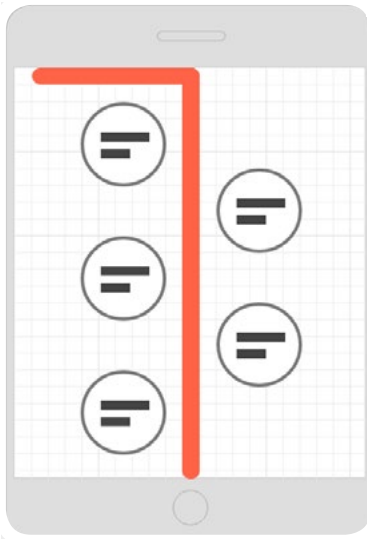
Jesse is a 19 year old, QUT Student who thinks he may be struggling with anxiety. He wants to find out more information on anxiety, so he has a better understanding of what he's going through.



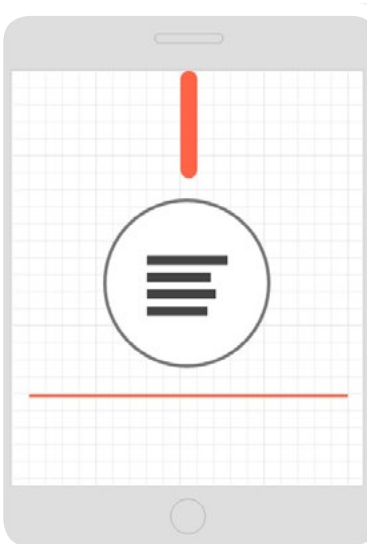
By using the interface Jesse is able to find relevant information on anxiety. As he moves through the interface Jesse is able to find out what the different causes and symptoms for anxiety are.



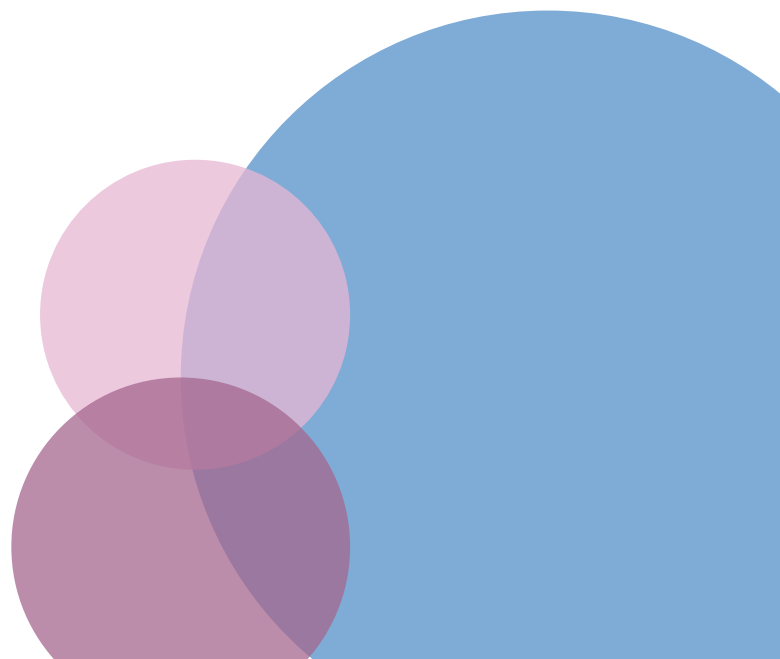
As Jesse scrolls down he is able to read about the physical and emotional/cognitive symptoms that vary amongst individuals. From this Jesse is able to compare and see if he himself suffers from any of the symptoms that are listed. Jesse gathers that he suffers from some of the symptoms listed and needs to find ways that can help ease them.



As Jesse scrolls down, he sees that there are a few things recommended that can help in assisting and relieving anxiety and its symptoms.



Jesse draws that he might need some more help in dealing with his anxiety than he originally thought and is able to find the QUT Counselling Services website and campus contact information.

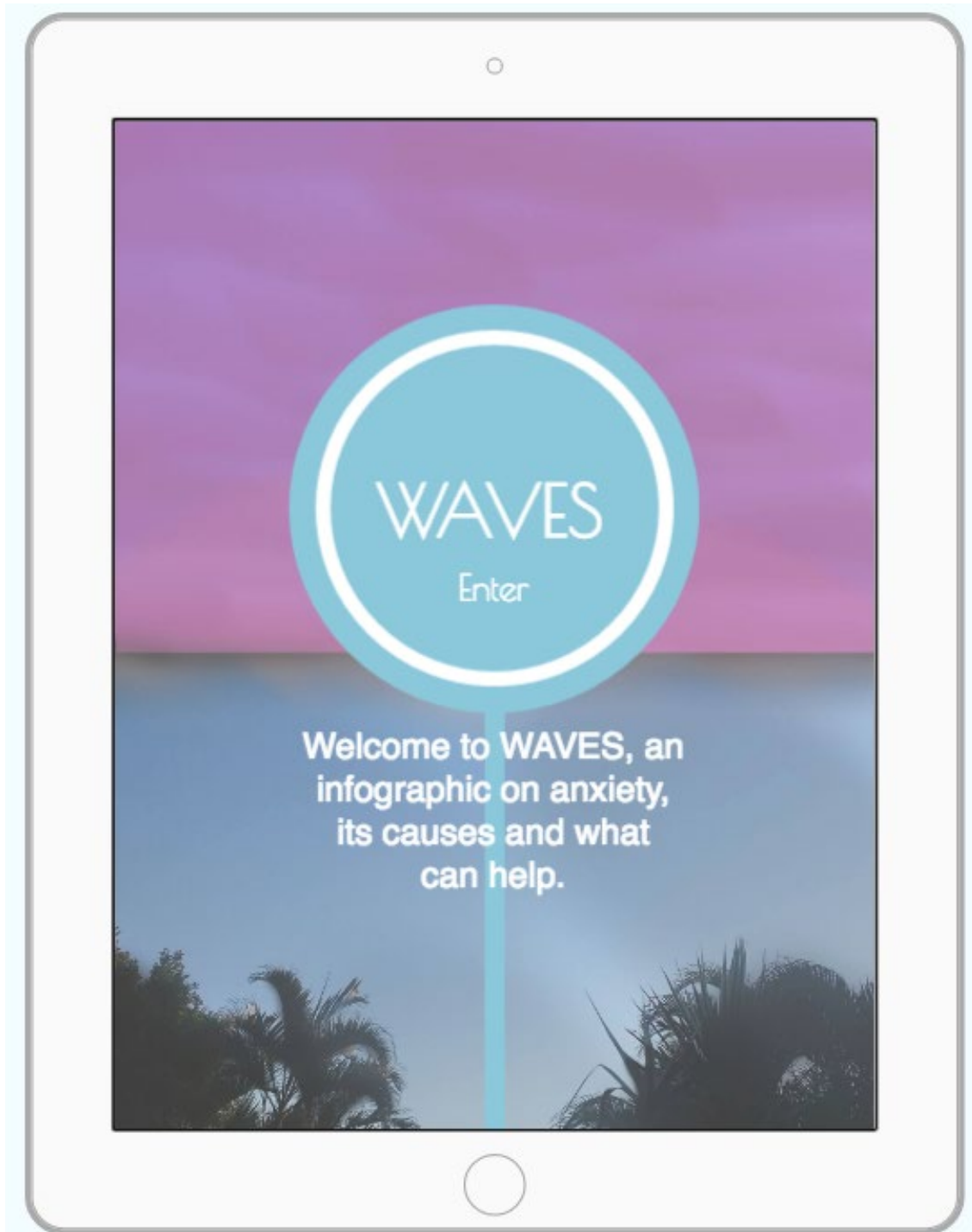




# MOODBOARD



# RESOLVED INTERFACES





## What is Anxiety?

The common element of Anxiety is generally fear or worry. It is quite common and reasonable to experience some degree of anxiety at times. (e.g. if you are speaking before a large group of people or a vicious dog is running towards you).

## How do some people experience it?

## Physical Symptoms

- Fast shallow breathing
- Racing heart/palpitations
- Shaking
- Nausea, vomiting, diarrhoea
- Feeling hot and sweaty OR cold and clammy
- Dizziness
- Difficulty sleeping

## Emotional / Cognitive Symptoms

- Feeling uneasy, panicky or fearful
- Inability to concentrate on anything
- Finding it hard to stop worrying
- Feeling on edge and nervous a lot of the time
- Feeling irritable and angry a lot of the time
- Racing thoughts

## What can help

Deep diaphragmatic breathing

Try to relax your whole body using a progressive muscle relaxation

Do some vigorous exercise

Talk to yourself in a calming, coping way.

## Other sources of help


Coping with Panic attacks  
[http://www.eathealth.wagov.au/resources/infox.cfm?Info\\_ID=44](http://www.eathealth.wagov.au/resources/infox.cfm?Info_ID=44)

Mastering your worries  
[http://www.eathealth.wagov.au/resources/infox.cfm?Info\\_ID=46](http://www.eathealth.wagov.au/resources/infox.cfm?Info_ID=46)


Reachout - Info about Anxiety  
<http://au.reachout.com/all-about-anxiety-disorders>

Beyond Blue - Info about Anxiety  
<http://www.beyondblue.org.au/the-facts/anxiety>

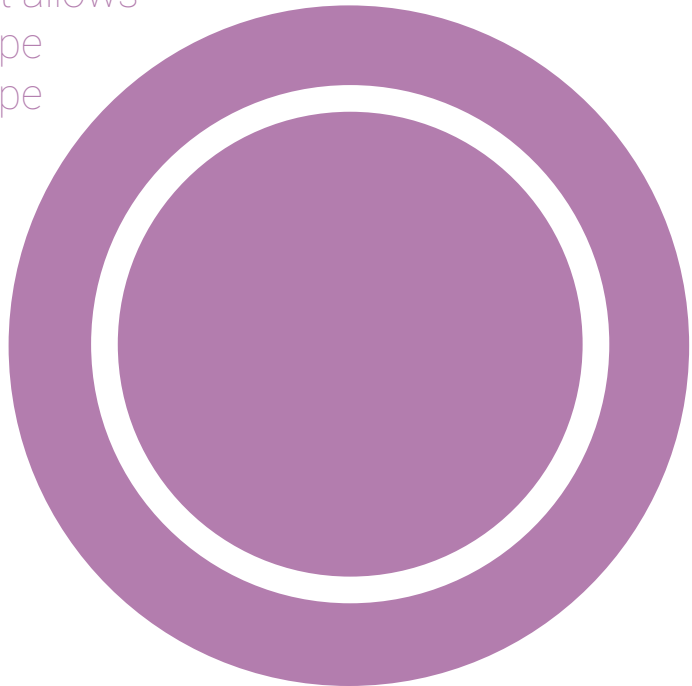




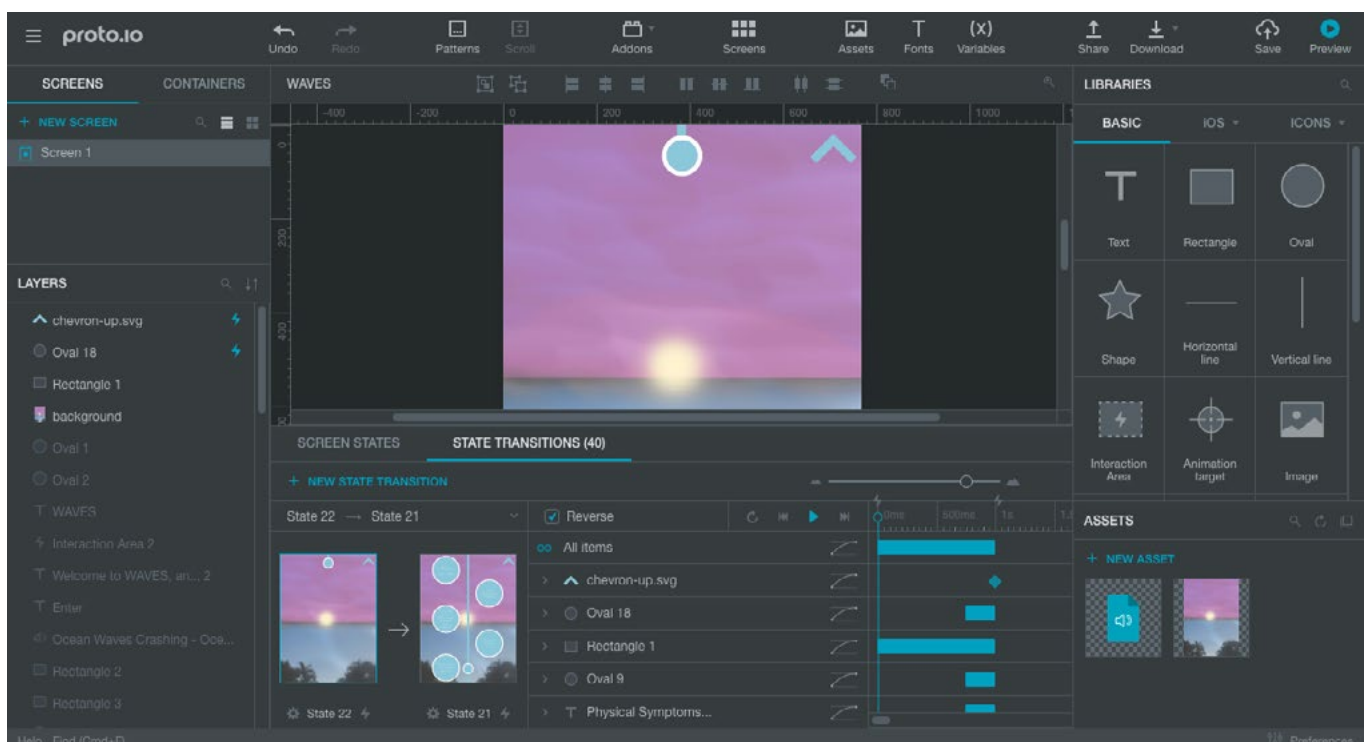
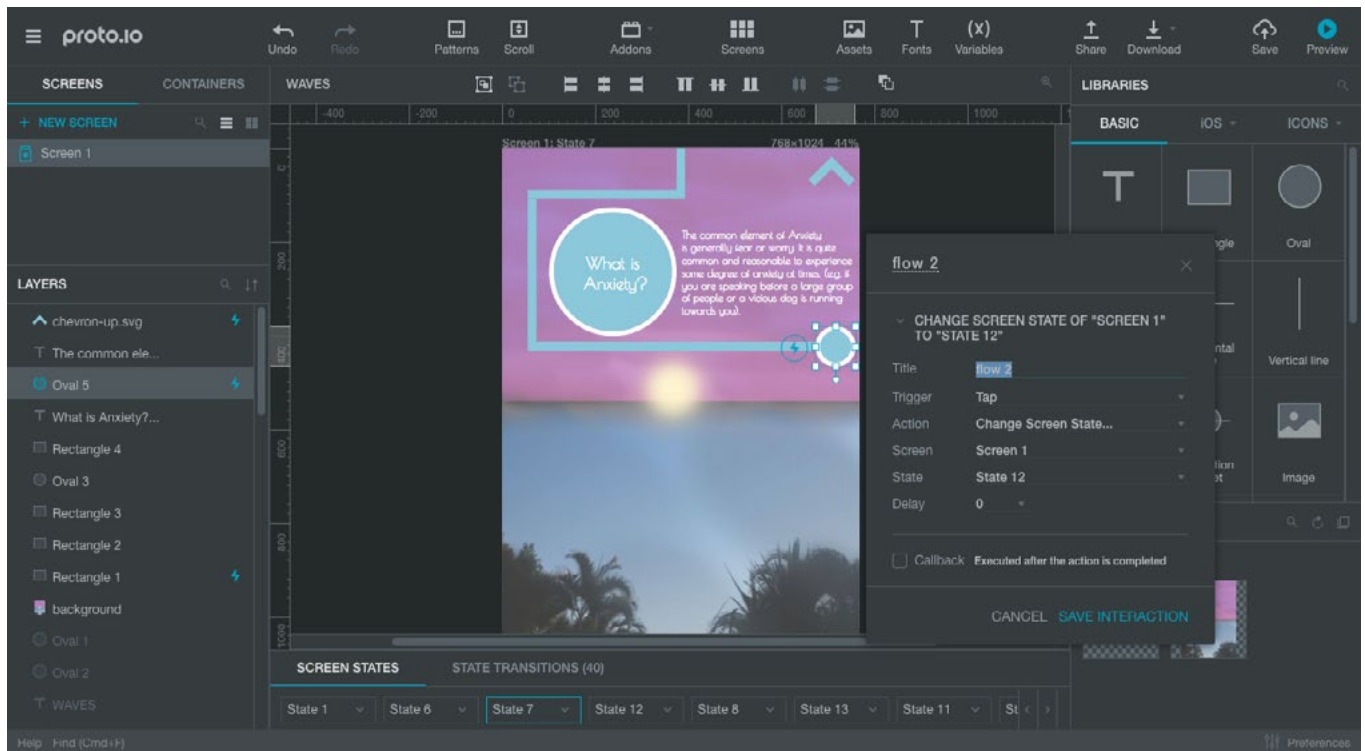
# PROTOTYPING STRATEGY



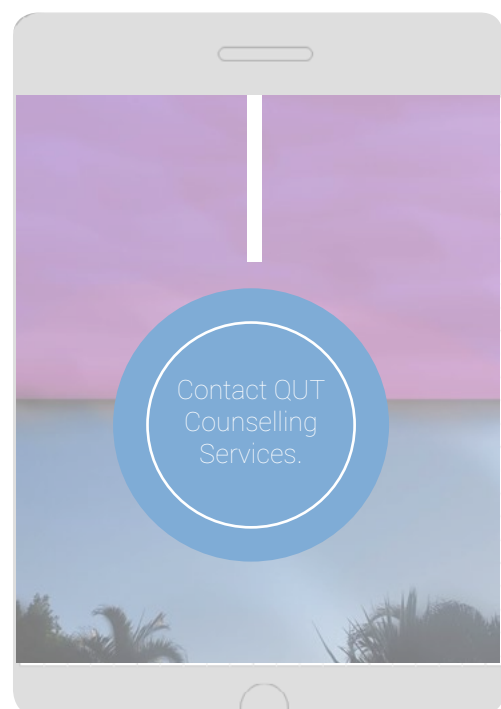
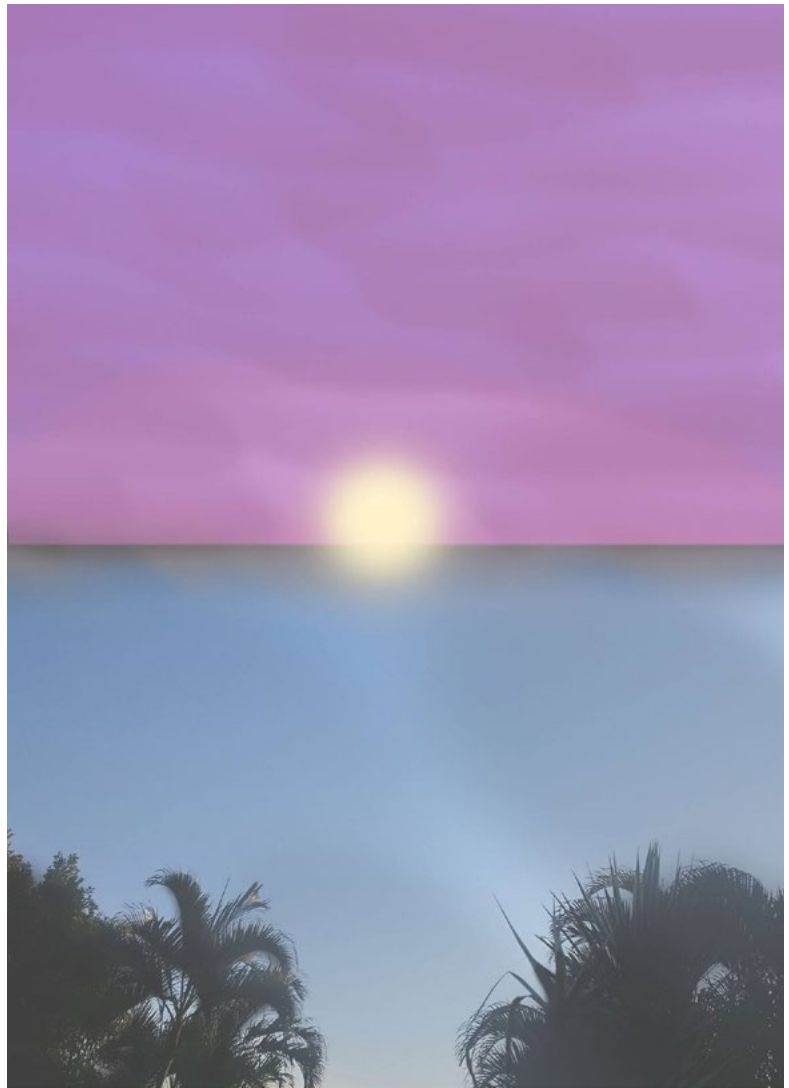
The chosen software for prototyping the project is Proto.io. With Proto.io you are able to preview the prototypes on any device using the Proto.io application. This supports the prototype to be viewed realistically across all platforms that would be used in order to view WAVES. Proto.io also allows for a very realistic experience to be created which grants for an expressive prototype to be conceptualized for the target audience. Proto.io enables its users to create full functioning prototypes with zero coding involved. The interface uses a simple drag and drop feature that allows for people to prototype lifelike digital prototype Siegel. (2015).



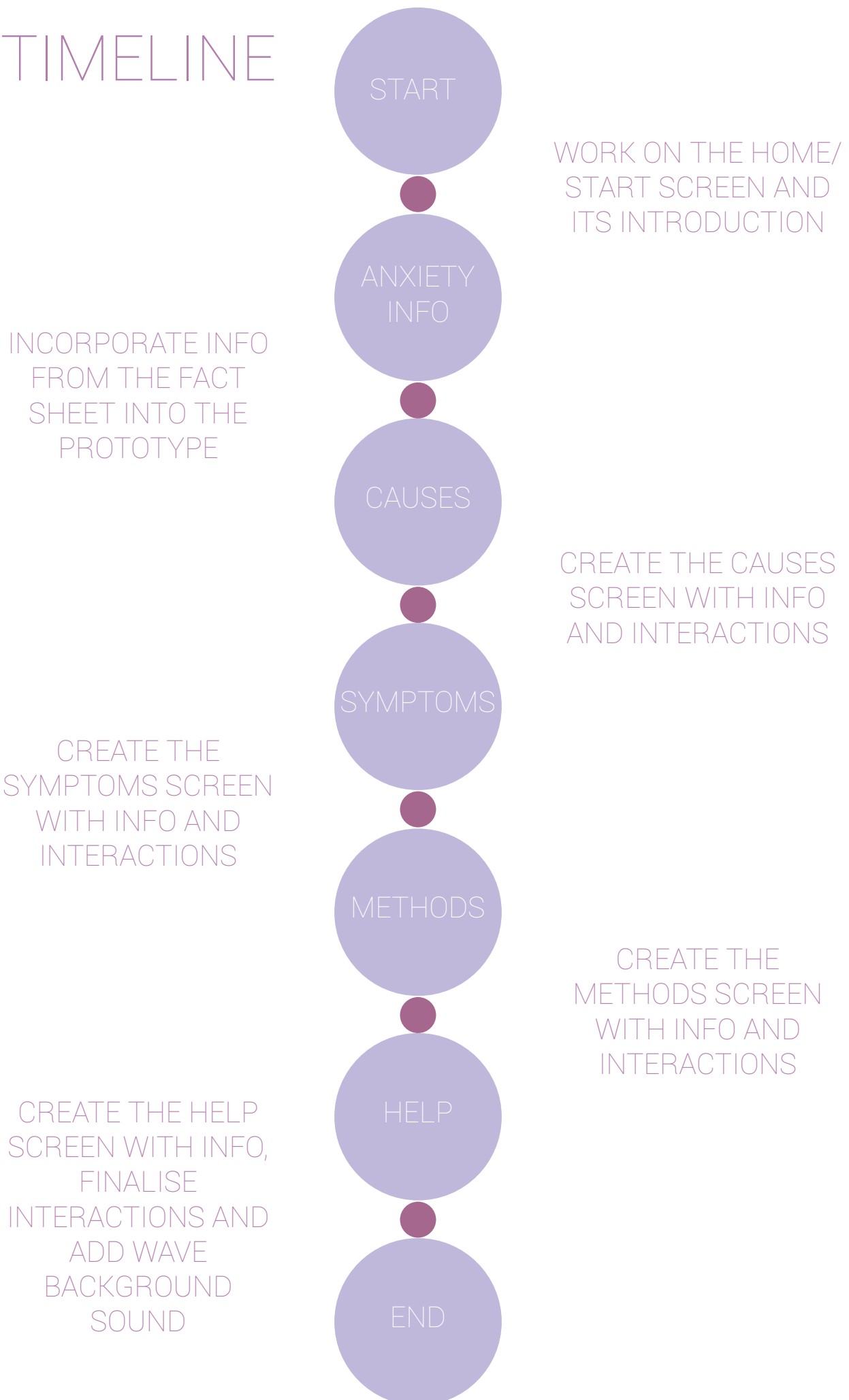
# DESIGN PROCESS

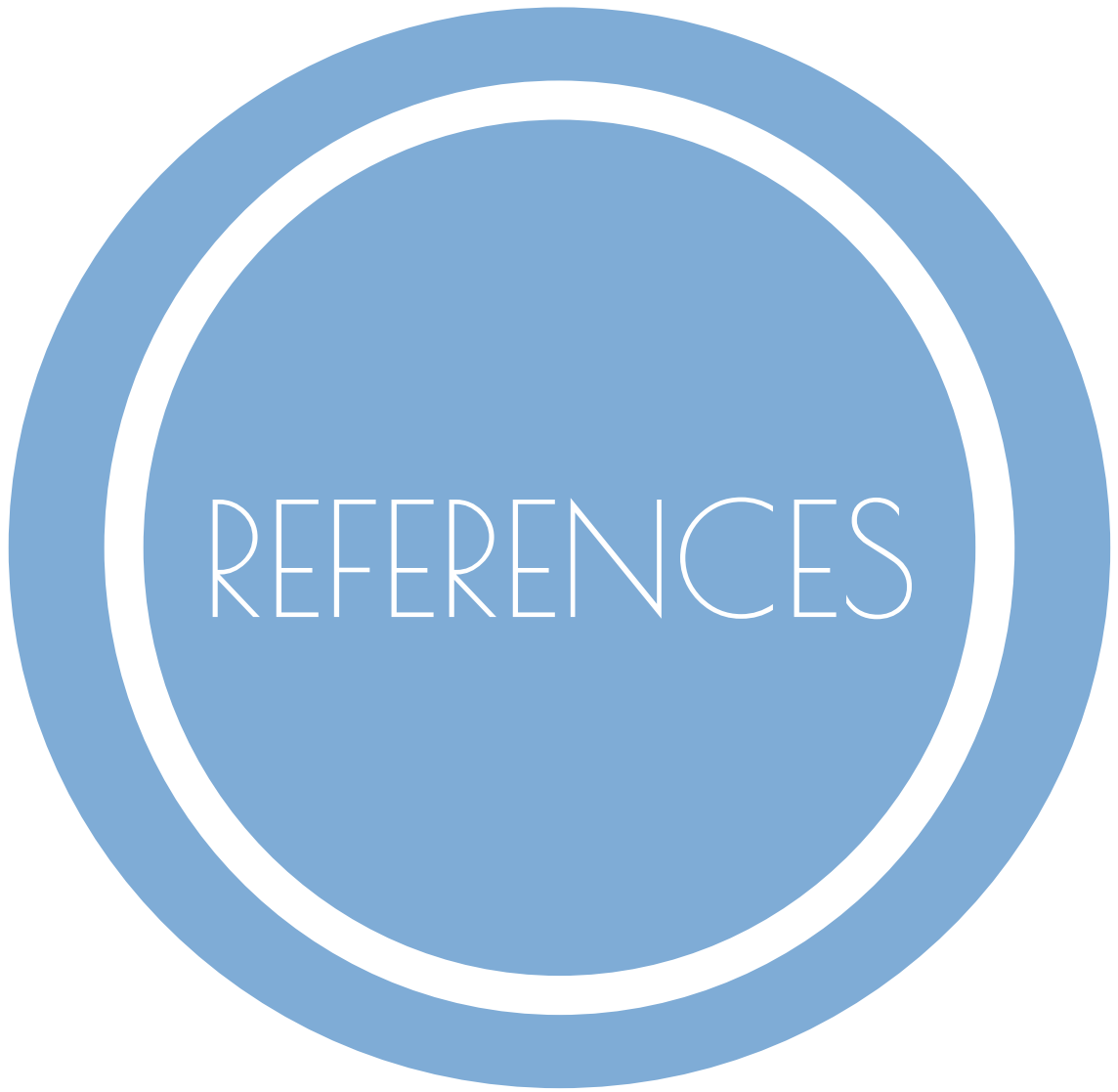


# ORIGINAL ARTWORK



# TIMELINE





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'Ocean Waves Crashing - Relaxing Sounds - Calming Relaxation Music For Sleeping - 1 Hour' by Corsica\_S available at <https://youtu.be/PoAeFpUB1hA> under a Creative Commons Unported 3.0. Full terms at <http://creativecommons.org/licenses/by/3.0>.