



# Developing a Mental Health Organizer

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# Step 1: Empathy

- User Centered Design! Who is our User?
- Imagine Nick, 22, a college student in his senior year balancing 25 hours of internship, 15 hours of club meetings, and a final 30 hours from attending school in a single week.
- Nick is stressed out! With so much on his plate, how will he ever manage his stress and goals?
- Our Goal: Create a simply organizing, reminders-like application Nick and users like him can employ in order to ease the management of stress and tracking of progress toward goals.

# User Persona: Nick (the Student)

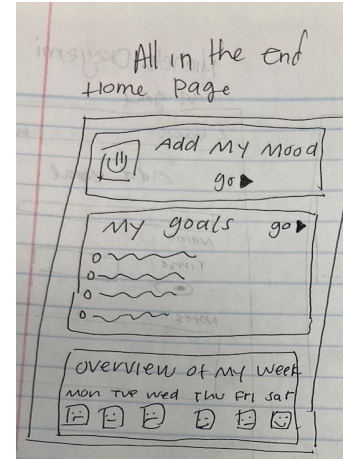
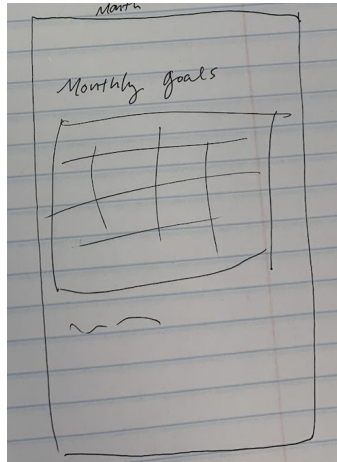
- As a student, Nick is looking for an app to help:
  - Manage goals
  - Journal his mood
  - Track goal progression
  - Review his mood journal in order to focus on what works when managing stress and finding sources of Joy

## Step 2: Definition of our Application!

- How our Mental Health Organizer steps in!
- We want our App to include:
  - User Freedom
  - Convenience in creating a new Goal or Mood Journal
  - An easy to reach and digest summary of existing goals and existing Mood Journal Entries.

# Step 3: Ideation

- Early Low Fidelity Prototyping!
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# Add a Mood Entry

Hand-drawn sketch of a mood entry form on lined paper:

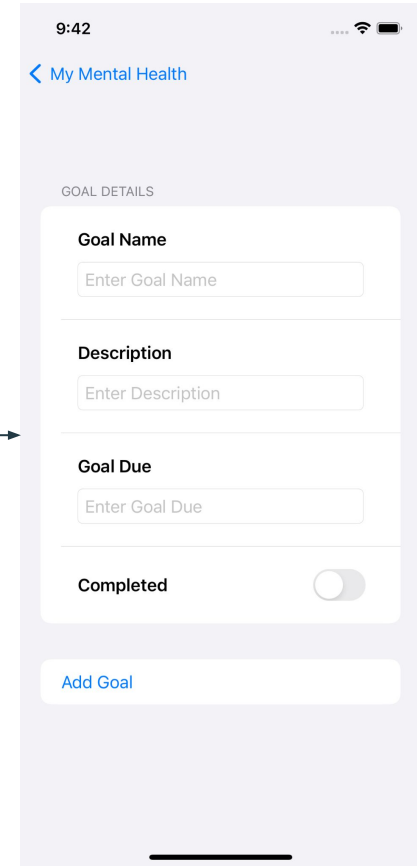
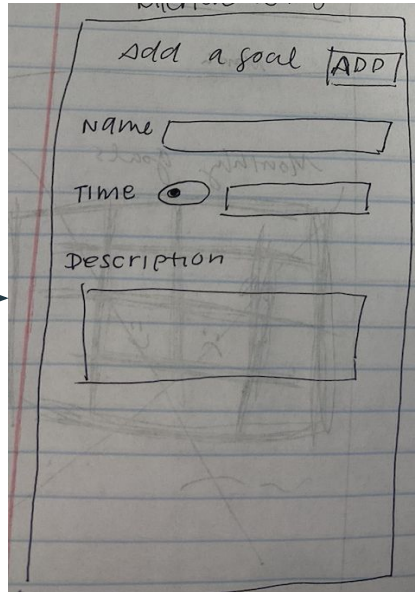
- Top left: **back** (with a left-pointing triangle icon)
- Top right: **Add** (with a right-pointing triangle icon)
- Section title: **my mood**
- Five mood icons in boxes, numbered 1 to 5:
  - 1: Sad face (frowny)
  - 2: Neutral face (straight line)
  - 3: Happy face (smiley)
  - 4: Very happy face (wide smile)
  - 5: Peace sign
- Text: **How I feel:**
- A large empty rectangular box for notes.
- Text: **Timestamp:** followed by a scribbled-out box.



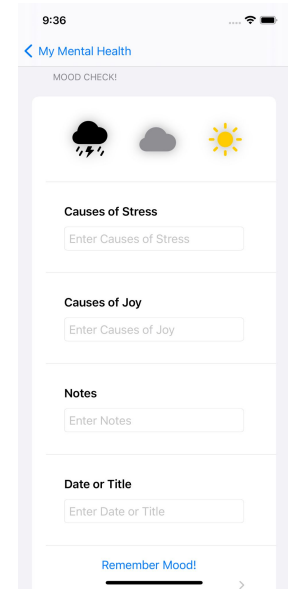
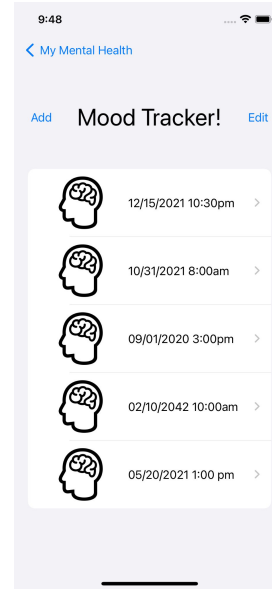
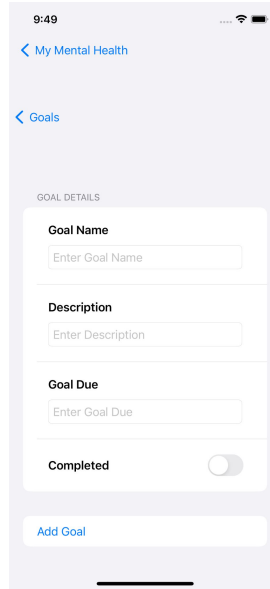
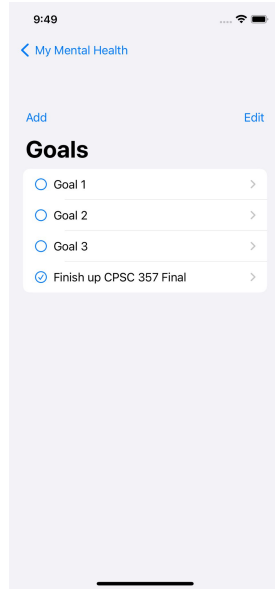
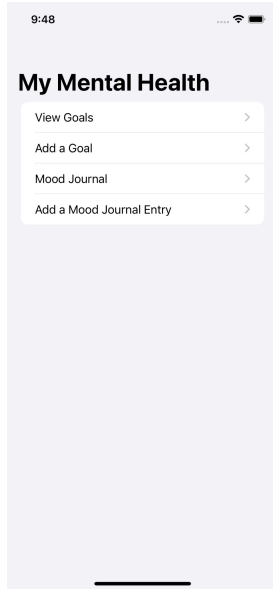
Digital app interface for "My Mental Health":

- Status bar at the top shows 9:36, signal strength, Wi-Fi, and battery.
- Back navigation link: **< My Mental Health**
- Section header: **MOOD CHECK!**
- Mood selection icons: Cloud with rain, Cloud, and Sun.
- Form fields:
  - Causes of Stress**:
  - Causes of Joy**:
  - Notes**:
  - Date or Title**:
- Bottom button: **Remember Mood!** (with a right-pointing chevron icon)

# Add a Goal View



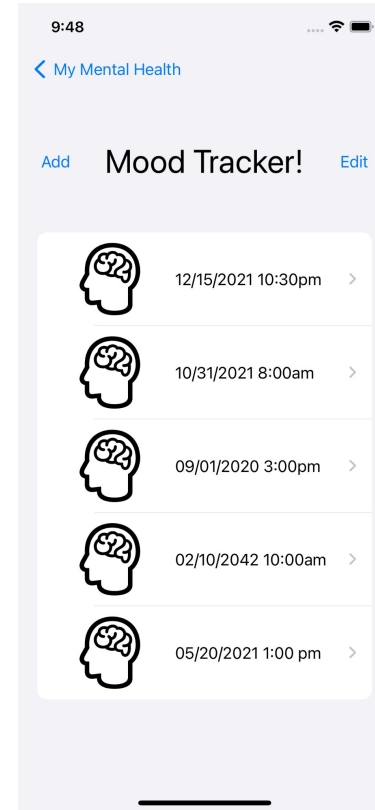
# Step 4: Prototype





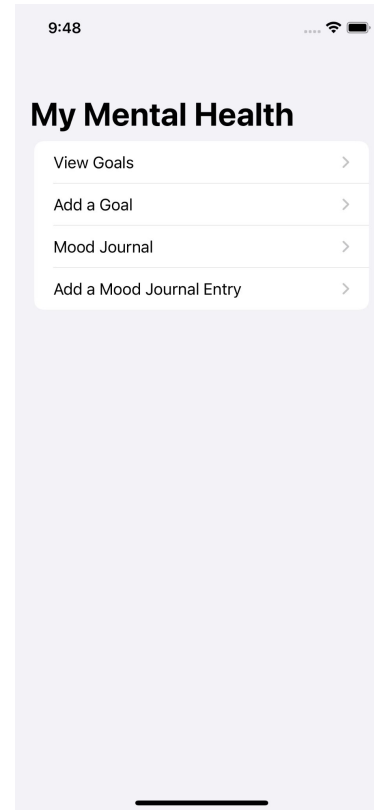
## Step 5: Evaluation

- Heuristic: User Control and Freedom!
- App can be manipulated in many ways
- Always able to return to home page



# Step 5: Evaluation

- Heuristic: Recognition over Recall
- Employment of List Views
  - Just need to access the list!
  - Kind of the App's Purpose!



# Live App Demonstration

- Check it out!

