

Technology configuration inventory

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Community (UN SD goal): #3 Good Health and Well Being

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Instructions

It is useful to inventory the current technology configuration of the community, i.e., the current technology that the people working, learning, advancing knowledge (etc.) in the specific area you are engineering software for are using, as a way to understand the community better and what matters to them better. If yours is a new community, it may not have any specific technology yet, but even for brand new communities, the current configuration may not be empty, for instance if general tools like email or phone are going to be used. You can use a version of the table on the next page to inventory and analyze the current configuration of your community:

1. Get the big picture. Research the area and make a list of all the platforms and stand-alone tools in your community's configuration as best you can
2. For each platform, list the tools and check the ones that are being used. Why are some not being used? Are there duplicates? Are there issues around integration between tools?
3. To the left, make a note of which community activities/orientations the tools currently support in your community
4. To the right, identify the key features of tools. Are some of these features commonly or rarely used? What are the reasons for that?
5. Assess actual tool use if you can. Identify which are dominant and which are only used by smaller groups and individuals.

NOTE: Add new rows as needed below. Please know your search should be as exhaustive as possible given the area you are researching

Platform	Facebook		
Supported activities	Tools	Key features	Usage notes
Discussion	Newsfeed, personal pages, group discussion boards	Sharing, commenting, creating content, reactions, likes	Users can add posts using a variety of tools and engage either public or private communities. Others can interact using the same tools. These threads become discussion boards.
Knowledge sharing	Posting	Link or share content, upload your own content (files, photos, videos)	Users can link a variety of content from the internet to share with others in addition to regular discussion.
Event organization	Event boards, messenger	Open video rooms, create discussion boards, communicate via audio, video, or text	Useful for meetings or events for more active members to communicate using different mediums.

Platform	The Tribe (Web App)		
Supported activities	Tools	Key features	Usage notes
Blogging	Posting	Post blogs/info/opinion pieces, comments	Personal blog posts similar to other social media sites with commenting and discussion
Discussion	Forum	Post topics, comment in the discussion forum	Normal forum structure with posts and comments on threads
Content sharing	Media board	Share and view media, link videos and content	Users can share content and upload material from other resources

Platform	7 Cups (Web App)		
Supported activities	Tools	Key features	Usage notes
Discussion	Discussion boards	Post topics, comment, tweet, share, post to another thread	Users use this tool to interact on discussion threads as seen in other platforms. Integration with other systems exists as well
Conversations	Chat	Two way messaging	Live interaction with other people in the community as opposed to asynchronous threads. Provides real time interaction.
Knowledge sharing	Resources section	Post links, documents, videos, ask and answer questions	Users can use this to share knowledge with others and answer specific questions people may have.

Stand-alone tool	Breathe (Watch OS)		
Supported activities	Tool	Key features	Usage notes
Guided breathing	Instruction	Set frequency and number of breaths	Very simple tool on Apple Watch that just instructs users to breathe in and out. No other functionality exists.

Stand-alone tool	Rootd (IOS App)		
Supported activities	Tool	Key features	Usage notes

Guided breathing	Instruction	Set length of time, auditory queues, vibrations	Simple inhale, exhale cues in the app
CBT Prompts	Instruction	Two severity levels, auditory queues, next button	Cycles through a series of CBT prompts to aid in combating anxiety attacks
Journal	Tracking	Track feelings, prompts for accomplishments, share to social	Users add a daily log of their emotions and any notes they may have
Learning	Resources	Categories of lessons	Users can explore resources relating to anxiety such as tutorials and reference material

Stand-alone tool	Dare (IOS App)		
Supported activities	Tool	Key features	Usage notes
Learning	Resources	Audio files and different categories	Users can play recordings of different lessons to learn more about coping and anxiety topics
Meditation	Audio library	Audio files for guided meditation	Users play audio to guide meditation

Stand-alone tool	Calm (IOS App)		
Supported activities	Tool	Key features	Usage notes
Meditation	Audio library	Audio files for guided meditation	Users play audio to guide meditation
Listening	Audio library	Play soundscapes, music	Users can select audio to play for calming scenarios

Stand-alone tool	Headspace (IOS App)		
Supported activities	Tool	Key features	Usage notes
Guided breathing	Instruction	Select voice and length	Users select from a variety of breathing exercises and listen to audio files
Meditation	Audio library	Audio files for guided meditation	Users play audio to guide meditation
Listening	Audio library	Play soundscapes, choose playlists	Users can select audio to play for calming scenarios



Exercise	Instruction	Video library	Users can watch content for different levels of exercise
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Stand-alone tool	Insight Timer (Watch OS App)		
Supported activities	Tool	Key features	Usage notes
Guided breathing	Instruction	Select voice and length	Users select from a variety of breathing exercises and listen to audio files
Meditation	Audio library	Audio files for guided meditation	Users play audio to guide meditation

Stand-alone tool	Ten Percent Happier Meditation (Watch OS App)		
Supported activities	Tool	Key features	Usage notes
Guided breathing	Instruction	Select voice and length	Users select from a variety of breathing exercises and listen to audio files
Meditation	Audio library	Audio files for guided meditation and quick pep talks, daily new content	Users play audio to guide meditation