

PRESENTED BY

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DIGITAL DETOX



MINDPATCH STAGE 1 – EMPATHIZE &
RESEARCH



DESIGNING A DIGITAL DETOX & WELLNESS PLANNER FOR
STUDENTS

PROBLEM CONTEXT



**WE LIVE IN A WORLD WHERE SCREENS
DOMINATE OUR TIME—FROM
WORK/STUDIES TO ENTERTAINMENT TO
STAYING CONNECTED WITH OTHERS.**

- TODAY'S STUDENTS COMMUNICATE WITH ONE ANOTHER USING SMARTPHONES, SOCIAL MEDIA, AND VARIOUS DIGITAL PLATFORMS WITH CONSTANT CONNECTIVITY.
- ALTHOUGH TECHNOLOGY AIDS LEARNING AND COMMUNICATION, STUDENT USE OF EXCESSIVE AMOUNTS OF SCREEN TIME HAS RESULTED IN DIGITAL FATIGUE, INCREASED STRESS, AND EMOTIONAL IMBALANCE.
- STUDENTS WANT TO BE SCREEN TIME AWARE, BUT MANY DO NOT HAVE THE NECESSARY TOOLS TO HELP THEM MANAGE THEIR DIGITAL WELLBEING.



SURVEY OVERVIEW



AN ANONYMOUS SURVEY WAS CONDUCTED AMONG STUDENTS TO UNDERSTAND:

—
SCREEN-TIME HABITS

—
MOOD PATTERNS

—
ATTITUDES TOWARD DIGITAL
WELLNESS

THE SURVEY FOCUSED ON IDENTIFYING COMMON CHALLENGES RELATED TO DIGITAL
OVERUSE AND EMOTIONAL WELL-BEING.



KEY SURVEY INSIGHTS



- MOST RESPONDENTS SPEND 4–6+ HOURS DAILY ON SCREENS OUTSIDE ACADEMIC USE.
- MENTAL FATIGUE AND STRESS ARE MOST COMMONLY EXPERIENCED DURING EVENING OR LATE-NIGHT HOURS.
- A MAJORITY OF STUDENTS FEEL CONCERNED OR GUILTY ABOUT THEIR SCREEN USAGE.
- STUDENTS PREFER GENTLE REMINDERS AND AWARENESS-BASED TOOLS OVER STRICT USAGE LIMITS.



SECONDARY SURVEY INSIGHTS

- ADOLESCENTS ARE EARLY AND INTENSIVE USERS OF DIGITAL TECHNOLOGY, WITH THE WIDE USE OF SMARTPHONES AND THE LARGE EXPOSURE TO THE SCREEN EVERY DAY.
- OVERUSE OF DIGITAL HAS BEEN LINKED TO FATIGUE OF SCREENS, STRESS, DISTORTION OF SLEEP, AND EMOTIONAL ABUSE.
- IT HAS BEEN FOUND THAT THE INTERDEPENDENCE BETWEEN SCREEN TIME AND MENTAL HEALTH IS COMPOUNDED AND IN MOST CASES CORRELATIONAL AS OPPOSED TO CAUSAL.
- DIGITAL USAGE TYPE AND CONTEXT IS MORE IMPORTANT THAN SCREEN TIME.
- DIGITAL PLATFORMS MAY EVEN BE USED WISELY TO SUPPORT AND SOCIALIZE IN AN EMOTIONAL WAY.



Source: Odgers, C. L., & Jensen, M. (2020). Adolescent Mental Health in the Digital Age: Facts, Fears and Future Directions. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 61(3), 336. <https://doi.org/10.1111/jcpp.13190>

USER PERSONAS

USER PERSONA 1

Age: 16-18

User type: Senior school student

Digital Behaviour:

- Spends 2–4 hours per day on screens outside online classes
- Most active on digital devices during the evening
- Has previous experience using digital wellness or focus apps

Emotional & Mental State:

- Experiences increased stress after prolonged screen usage
- Feels mentally drained, especially later in the day
- Occasionally feels guilty or concerned about screen time

Key Pain Points:

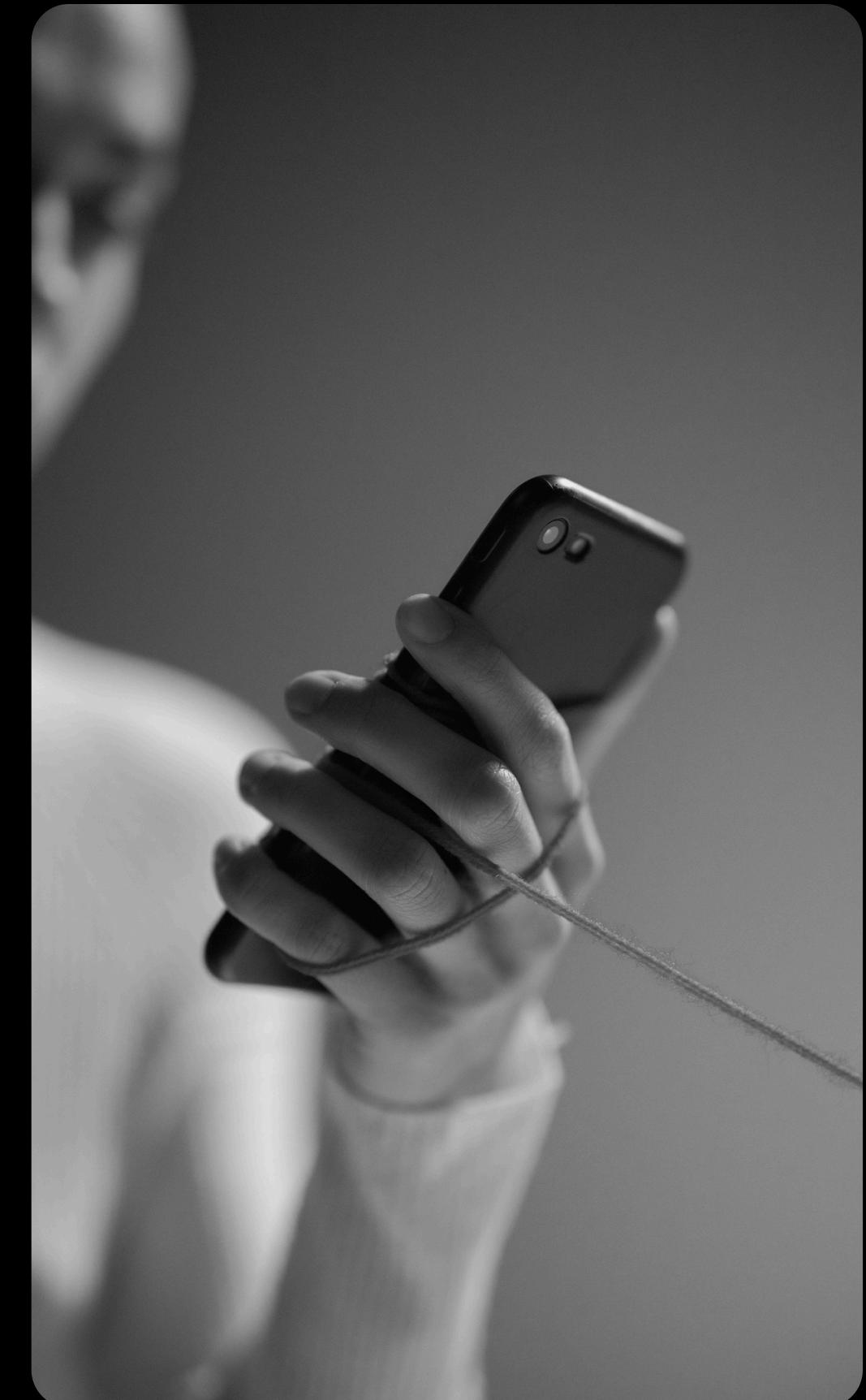
- Evening screen usage leads to mental exhaustion
- Difficulty disconnecting due to FOMO (fear of missing out)
- Finds it hard to maintain a consistent digital balance

Needs & Expectations from a Wellness App:

- Prefers gentle nudges and reminders rather than strict limits
- Values simple daily tips over complex tracking systems
- Wants a supportive, non-judgmental approach to digital wellness

Motivation:

- Wants better mental balance without completely giving up technology
- Looks for small, achievable changes rather than drastic detoxes



This persona was created based on patterns observed from survey responses collected during the research phase.

EMPATHY MAP

FOR PERSONA 1

Thinks:

- “I should reduce my screen time.”
- “I need my phone to stay connected and updated.”
- “I don’t want an app that feels controlling.”

Feels:

- Mentally stressed after long screen usage
- Drained during the evening
- Slight guilt about phone usage, but not extreme

Does:

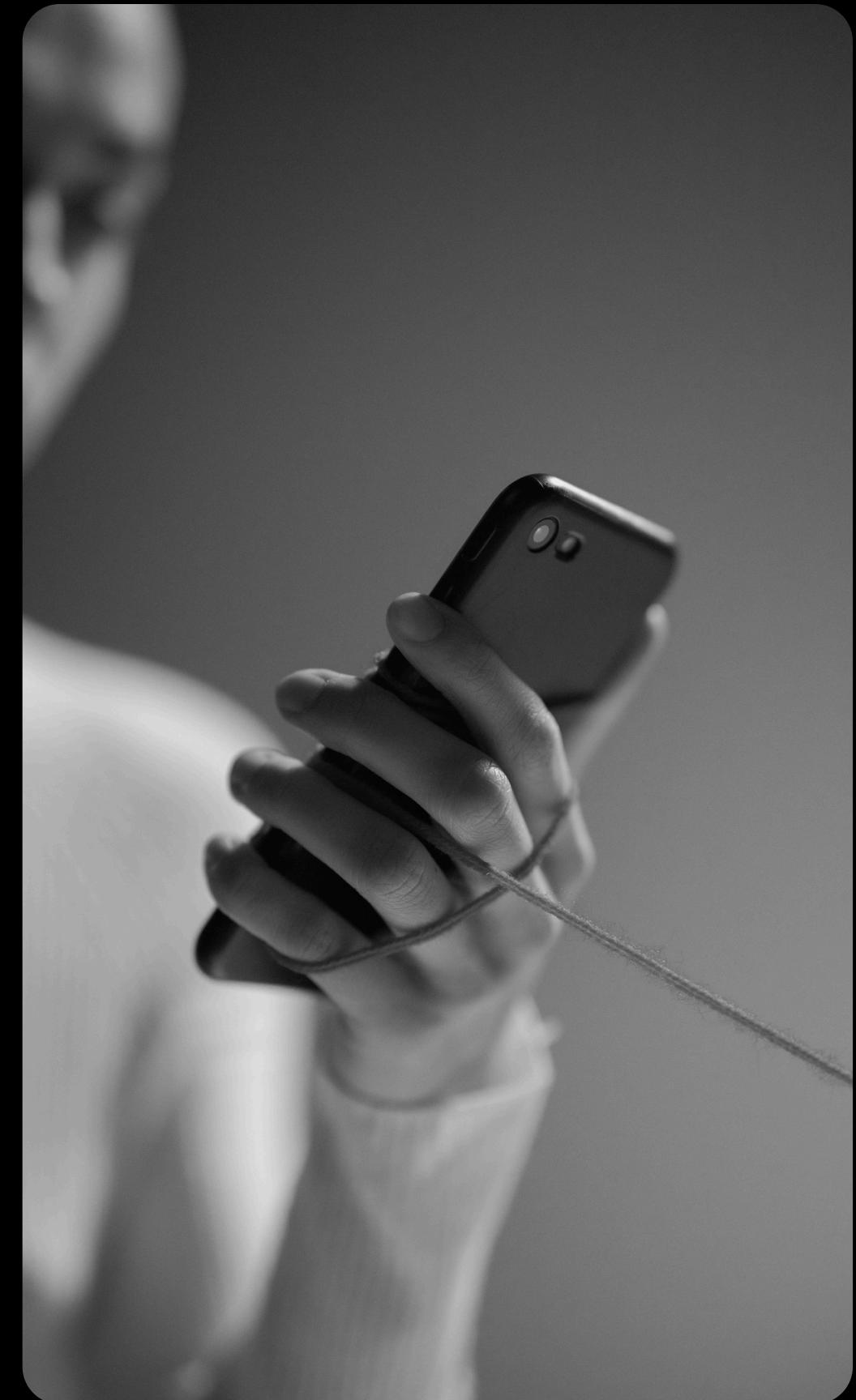
- Uses the phone mostly in the evening
- Spends 2–4 hours daily on screens outside classes
- Tries wellness or focus apps occasionally

Pain Points:

- Mental fatigue at the end of the day
- FOMO makes it hard to disconnect
- Struggles to maintain a consistent digital balance

Needs:

- Wants gentle nudges, not strict restrictions
- Prefers simple daily tips
- Wants better balance without quitting technology



This empathy map was developed using survey insights and secondary research on student digital wellness.

USER PERSONAS

USER PERSONA 2

Age: 16-18

User type: Senior school student

Digital Behaviour:

- Spends more than 6 hours per day on screens outside of online classes
- Feels most mentally drained during the afternoon
- Has not used digital wellness or focus apps before

Emotional & Mental State:

- Does not perceive immediate negative mood effects from screen usage
- Rarely feels guilty about screen time despite high usage
- Still experiences mental tiredness during the day

Key Pain Points:

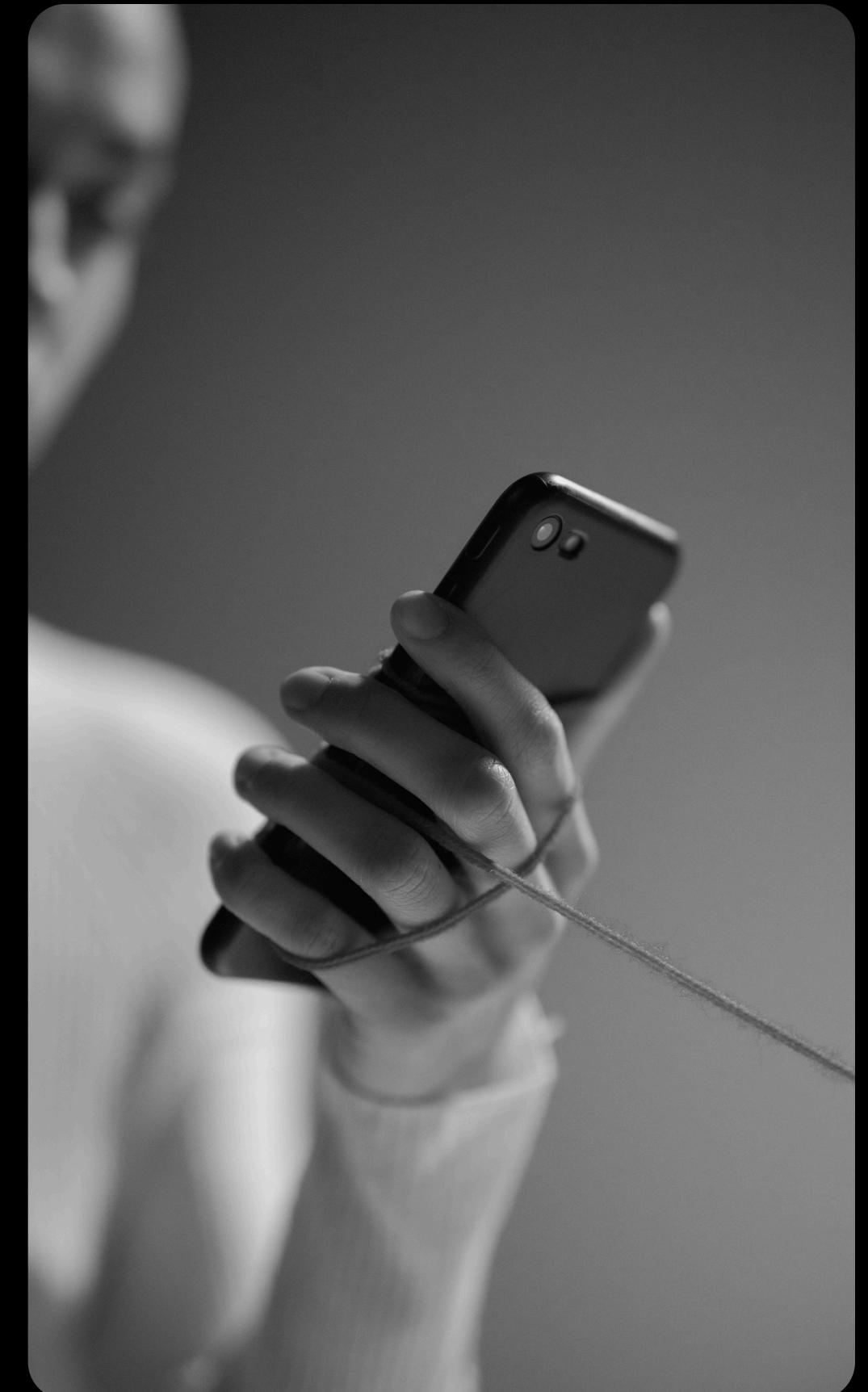
- Very high screen exposure due to habits and routine
- FOMO (Fear of Missing Out) makes reducing usage difficult
- Lacks awareness of how screen usage impacts long-term well-being

Needs & Expectations from a Wellness App:

- Wants break suggestions rather than passive tracking
- Open to a mix of gentle nudges and limits
- Needs awareness-building rather than guilt-based interventions

Motivation:

- Wants to avoid burnout without drastically changing habits
- Curious about improving balance if it doesn't feel restrictive



This persona was created based on patterns observed from survey responses collected during the research phase.

EMPATHY MAP

FOR PERSONA 2

Thinks:

- “I’m on my phone a lot, but it’s normal.”
- “I don’t really feel bad right now, so it’s fine.”
- “I don’t want an app that overreacts.”

Feels:

- Mentally tired in the afternoon
- Emotionally neutral about screen usage
- Slight curiosity about improving balance

Does:

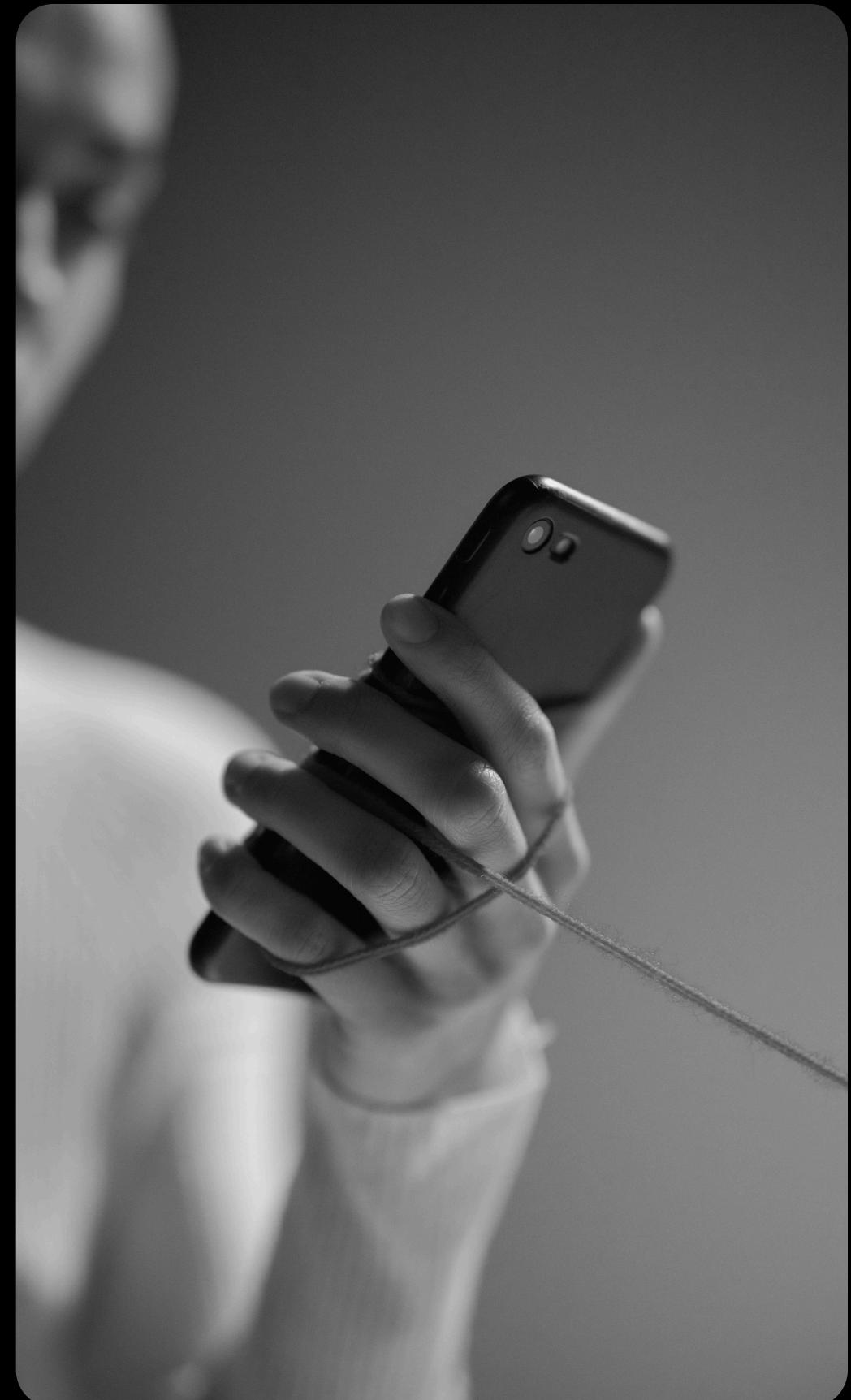
- Uses screens for long durations (6+ hours daily)
- Rarely takes intentional breaks
- Has never tried wellness or focus apps

Pain Points:

- FOMO makes it hard to step away
- Afternoon mental fatigue affects productivity
- Low awareness of cumulative digital overload

Needs:

- Wants practical break suggestions
- Prefers flexibility over strict control
- Needs an app that feels informative, not judgmental



This empathy map was developed using survey insights and secondary research on student digital wellness.

DESIGN CHALLENGE

HOW MIGHT WE HELP STUDENTS MAINTAIN
DIGITAL BALANCE AND EMOTIONAL WELL-
BEING USING TECHNOLOGY WITHOUT MAKING
THEM FEEL RESTRICTED OR JUDGED?



FEATURE IDEATION

- MOOD LOGGING USING EMOJIS OR COLOR INDICATORS
- MANUAL SCREEN-TIME INPUT DASHBOARD
- AI-GENERATED DETOX AND BREAK PLANNER
- GRATITUDE JOURNALING SPACE
- HABIT TRACKER WITH STREAKS AND REWARDS
- DAILY WELLNESS TIPS AND NUDGES

CORE APP SCREENS

1. HOME / DASHBOARD
2. MOOD LOGGING SCREEN
3. SCREEN-TIME INPUT DASHBOARD
4. AI DETOX PLANNER
5. GRATITUDE JOURNAL
6. HABIT TRACKER & REWARDS

USER FLOW – MINDPATCH

HOME →
MOOD LOGGING →
SCREEN-TIME INPUT →
AI DETOX PLANNER →
SUGGESTED ACTION →
HABIT TRACKER / REWARDS →
HOME

LOW-FIDELITY WIREFRAMES

LOW-FIDELITY WIREFRAMES WERE SKETCHED TO PLAN SCREEN LAYOUT, NAVIGATION, AND INFORMATION FLOW. THE FOCUS WAS ON SIMPLICITY, LOW COGNITIVE LOAD, AND EMOTIONALLY SUPPORTIVE DESIGN.

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SAMANYU H

DIGITAL DETOX



MINDPATCH STAGE 4- AI LOGIC
SIMULATION AND ADAPTIVE FEATURES
ADDITION TO PROTOTYPE



DESIGNING A DIGITAL DETOX & WELLNESS PLANNER FOR
STUDENTS

AI INPUTS AND DECISION RULES

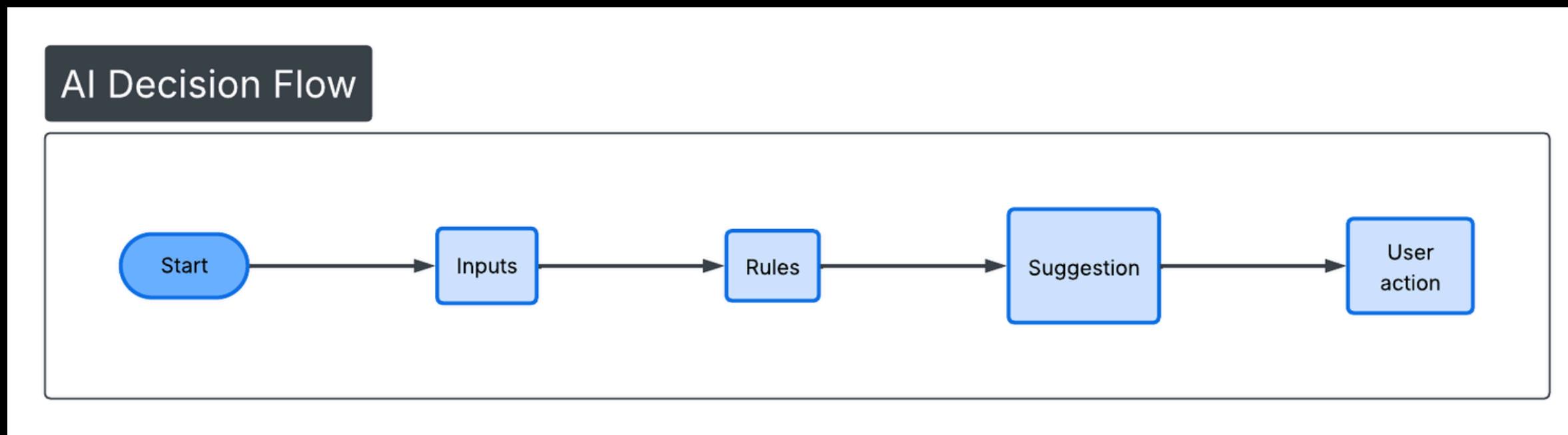


- MOOD SCORE (FROM MOOD LOGGING)
- DAILY SCREEN-TIME INPUT
- TIME OF DAY
- HABIT CONSISTENCY

RULES:

- IF MOOD IS LOW AND SCREEN TIME IS HIGH →
SUGGEST A LONGER BREAK
- IF MOOD IS NEUTRAL AND SCREEN TIME IS
MODERATE → SUGGEST A SHORT WELLNESS
ACTIVITY
- IF MOOD IS POSITIVE AND SCREEN TIME IS LOW
→ GIVE POSITIVE REINFORCEMENT

AI INPUTS AND DECISION RULES



ADAPTIVE AI BEHAVIOUR & FUTURE ENHANCEMENTS

-
- AI ADAPTS BASED ON REPEATED USER RESPONSES
 - SUGGESTION TIMING ADJUSTS OVER TIME
 - FUTURE INTEGRATION WITH SENTIMENT ANALYSIS, CALENDARS, AND WEARABLES

THIS ADAPTIVE APPROACH ENSURES PERSONALIZATION WHILE MAINTAINING ETHICAL AND PRIVACY-FOCUSED DESIGN.

USER TESTING



USER FEEDBACK

- MOOD LOGGING WAS EASY TO USE
- DETOX SUGGESTIONS FELT SUPPORTIVE
- NAVIGATION WAS MOSTLY CLEAR
- USERS WANTED CLEARER HABIT REWARDS

DESIGN IMPROVEMENTS

- SIMPLIFIED DETOX SUGGESTION TEXT
- IMPROVED VISIBILITY OF HABIT STREAKS
- CLEARER NAVIGATION BUTTONS

ETHICAL CONSIDERATIONS

- NO PERSONAL DATA COLLECTION
- MANUAL SCREEN-TIME INPUT ONLY
- NO FORCED RESTRICTIONS
- FOCUS ON USER AUTONOMY

CITATIONS

- Source: Odgers, C. L., & Jensen, M. (2020). Adolescent Mental Health in the Digital Age: Facts, Fears and Future Directions. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 61(3), 336.
<https://doi.org/10.1111/jcpp.13190>
- ChatGPT
- Google Forms