MindPatch — Digital Detox

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Introduction to Digital Wellness

UNDERSTANDING DIGITAL FATIGUE

Digital fatigue has become a **growing concern** for students, leading to emotional burnout and screen addiction. Excessive device usage impacts productivity and overall mental well-being, necessitating a more balanced approach to technology in daily life and academic settings.

Problem Statement

DIGITAL WELLNESS CHALLENGES

- Reduced concentration and focus
- Increased emotional exhaustion and mental stress
- Existing wellness apps considered intrusive
- Need for a calm, ethical solution
- Prioritize user well-being and autonomy

Target Users of MindPatch

DIGITAL WELLNESS SEEKERS

MindPatch aims to support:

- School students grappling with study pressures
- College students facing academic burnout
- Young adults experiencing digital fatigue
- Individuals looking for mindful wellness solutions to enhance their well-being

User Research & Empathy Insights

UNDERSTANDING DIGITAL FATIGUE

Through **peer research and observations**, we identified key pain points and behavioral patterns contributing to emotional burnout among students.

Ideation Process: From Concept to Creation

DESIGN THINKING FRAMEWORK

Our ideation process involved **utilizing various creative frameworks** like SCAMPER and mind mapping to explore user needs and innovative solutions.

Core Features of MindPatch

MOOD LOGGING

Users can easily **track their emotions** daily, helping identify patterns and triggers that affect their mental well-being over time.

SCREEN-TIME DASHBOARD

The dashboard provides a clear overview of device usage, empowering users to make informed decisions about their screen time habits.

AI-SIMULATED DETOX PLANNER

This personalized planner offers tailored break suggestions, promoting healthier habits and reducing digital fatigue through effective time management strategies.

AI Logic Simulation

RULE-BASED AI

The **rule-based AI** framework operates on predefined conditions, ensuring consistent and reliable responses tailored to user needs and preferences.

PERSONALIZED RECOMMENDATIONS

Using user input data, the system generates **personalized recommendations** that enhance user experience while promoting healthier digital habits and routines.

ETHICAL BEHAVIOR

The design prioritizes **ethical behavior** by ensuring user privacy, promoting transparency in data usage, and fostering a positive digital environment.

User Flow Overview

HOME

Users begin at the **Home** screen, where they can easily access all features and navigate seamlessly throughout the application.

MOOD LOGGING

The **Mood Logging** feature allows users to track their emotions daily, promoting self-awareness and identifying patterns related to their digital usage.

AI DETOX PLANNER

The **AI Detox Planner** customizes a digital detox plan based on user input, helping them reduce screen time and improve mental well-being.

High-Fidelity UI Design for MindPatch

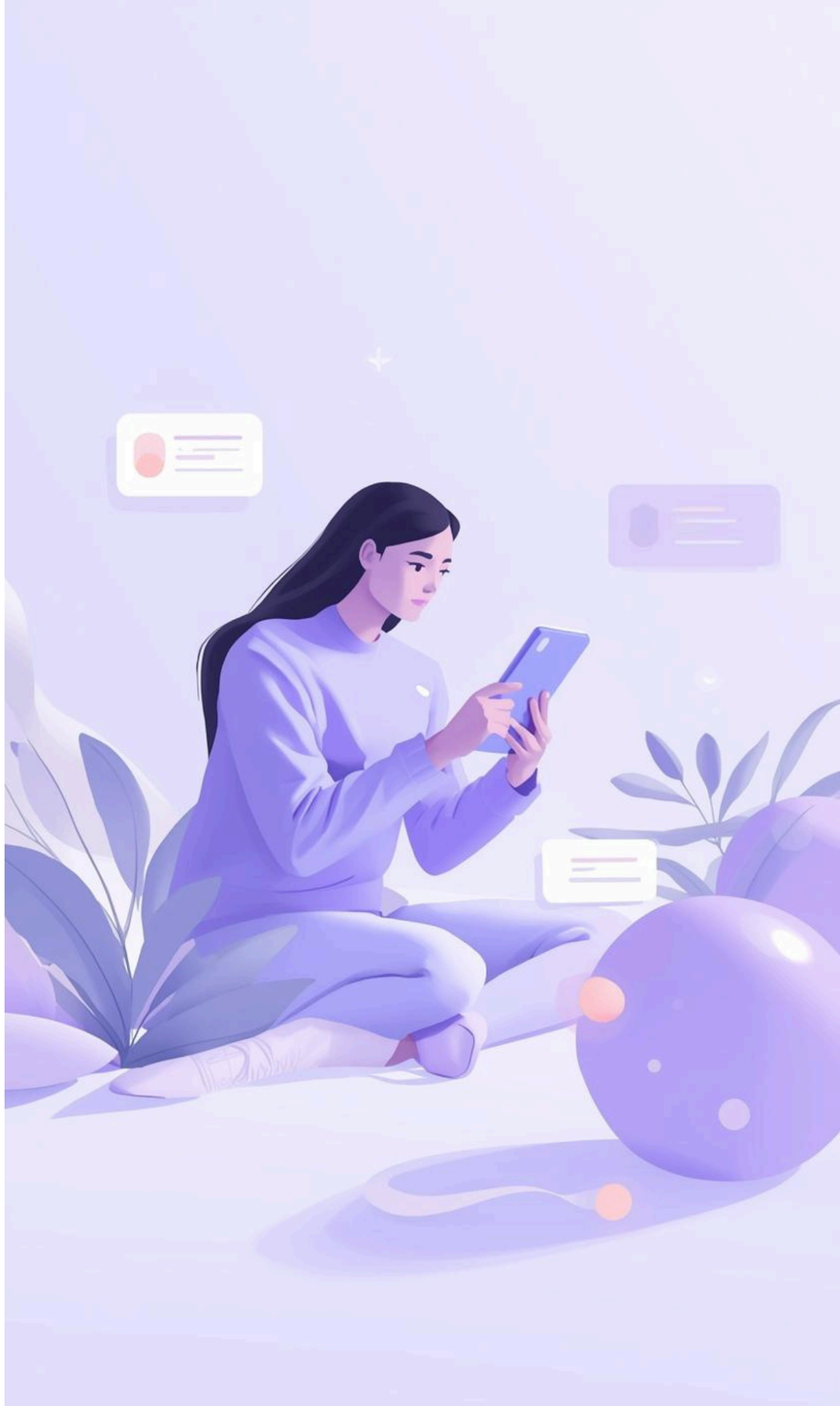
USER-CENTERED MOBILE PROTOTYPE

The MindPatch prototype emphasizes usability and engagement, designed in Figma to provide a seamless user experience on mobile devices.

Usability Testing and Iteration Process

FEEDBACK AND IMPROVEMENTS

This section highlights the importance of **user feedback** in refining MindPatch, showcasing iterative improvements based on real user testing sessions.



Principles of Ethical Design

PROMOTING USER WELL-BEING

- No dark patterns that deceive users
- Prioritize user autonomy and choice
- Ensure emotional safety throughout the user experience
- Maintain transparency in AI decision-making
- Commit to responsible AI practices

Conclusion of MindPatch Project

EMPATHETIC AND ETHICAL DESIGN

MindPatch effectively addresses digital wellness challenges by:

- Providing **user-centered solutions**
- Promoting mental well-being through **intentional features**
- Ensuring ethical AI practices to maintain **user autonomy**

This holistic approach fosters a healthier relationship with technology.

Github repo:

Repo link