



Name: Tom
Age: 26
Gender: Male
Pack-year: 3
Occupation: Student

Frustration:

- Hard to stop smoking by himself
- Has failed once before
- Too many temptations around

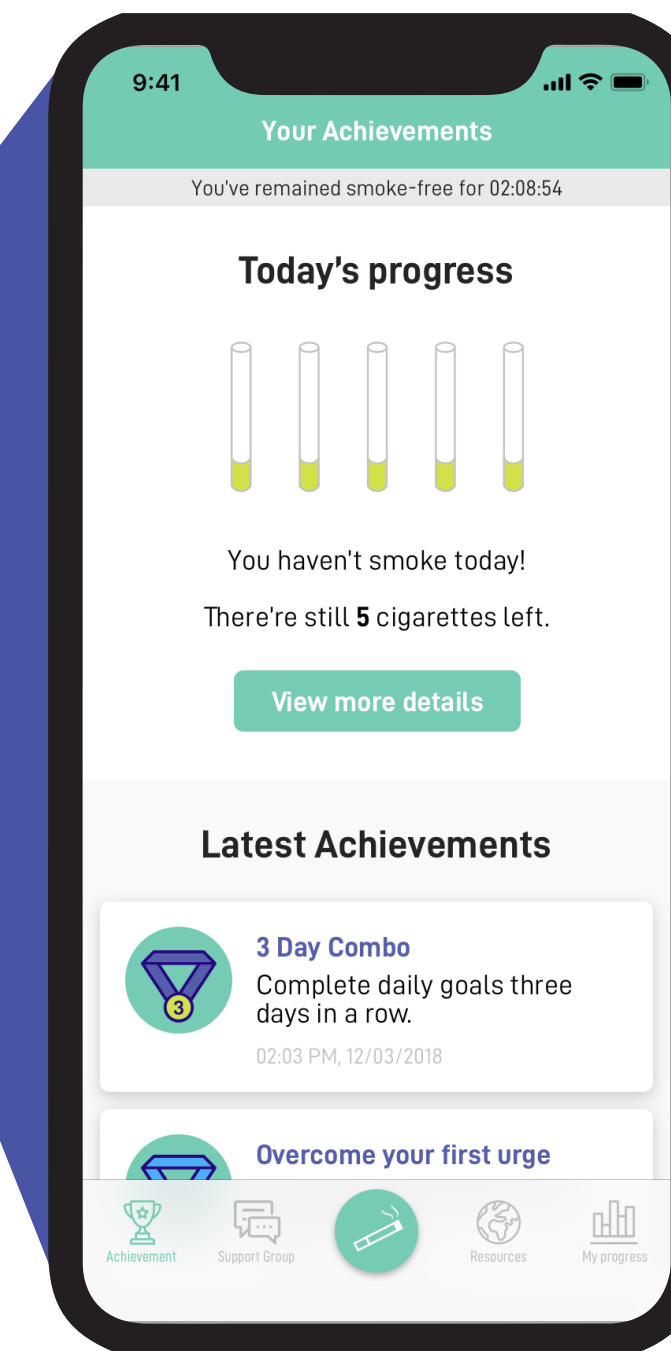
Goal:

- Reduce cigarette
- Get support from others
- Understand his smoking pattern better

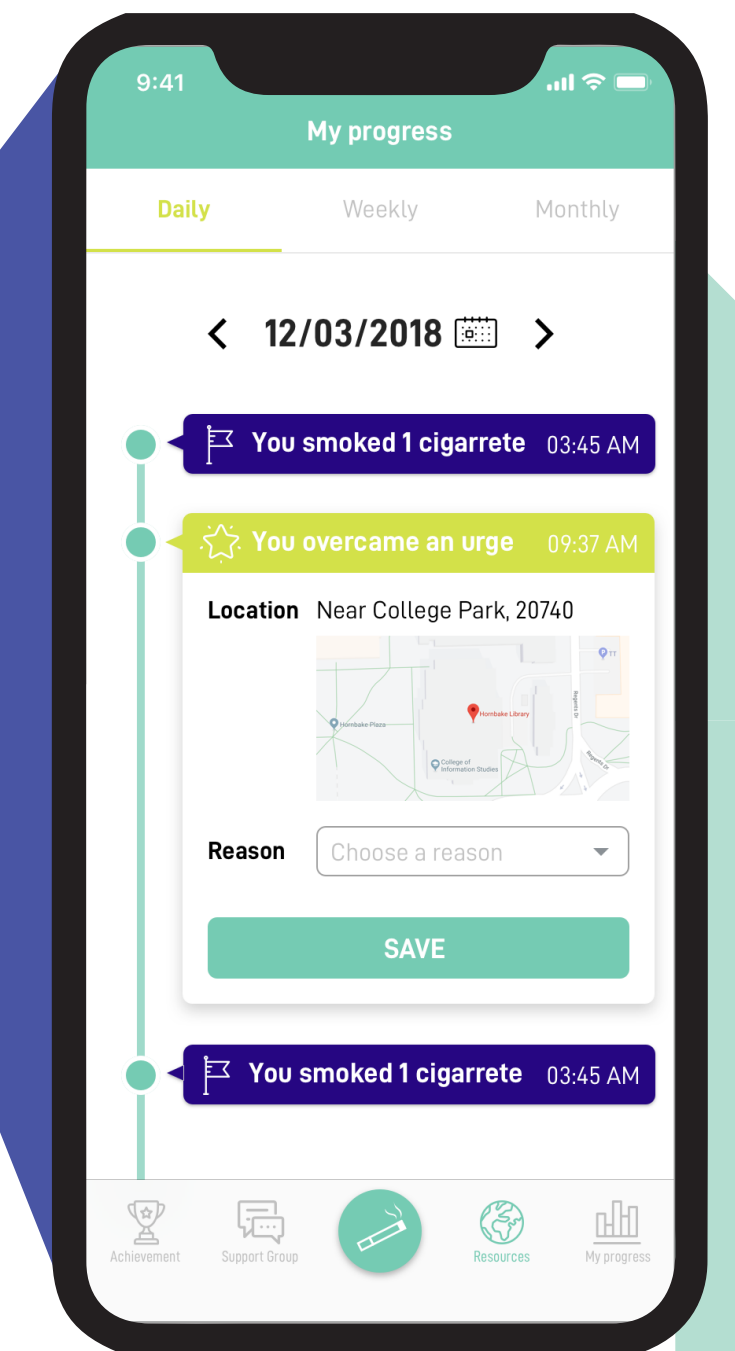
SCENARIO 1



This is the 10th day since he started to use this app to quit smoking. It's getting harder to achieve his goal this week. It's been a while that he didn't receive any new achievement.



This week, he plans to smoke for fewer than 5 cigarettes per day.

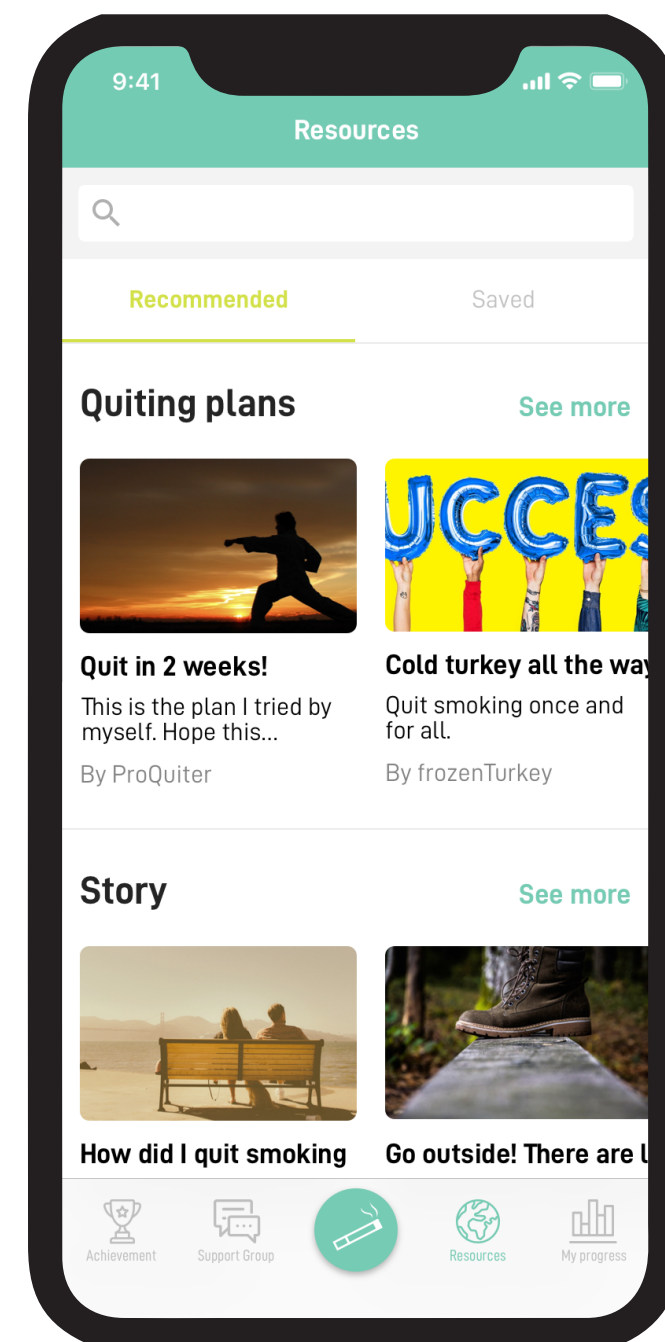


SMOKING CESSATION

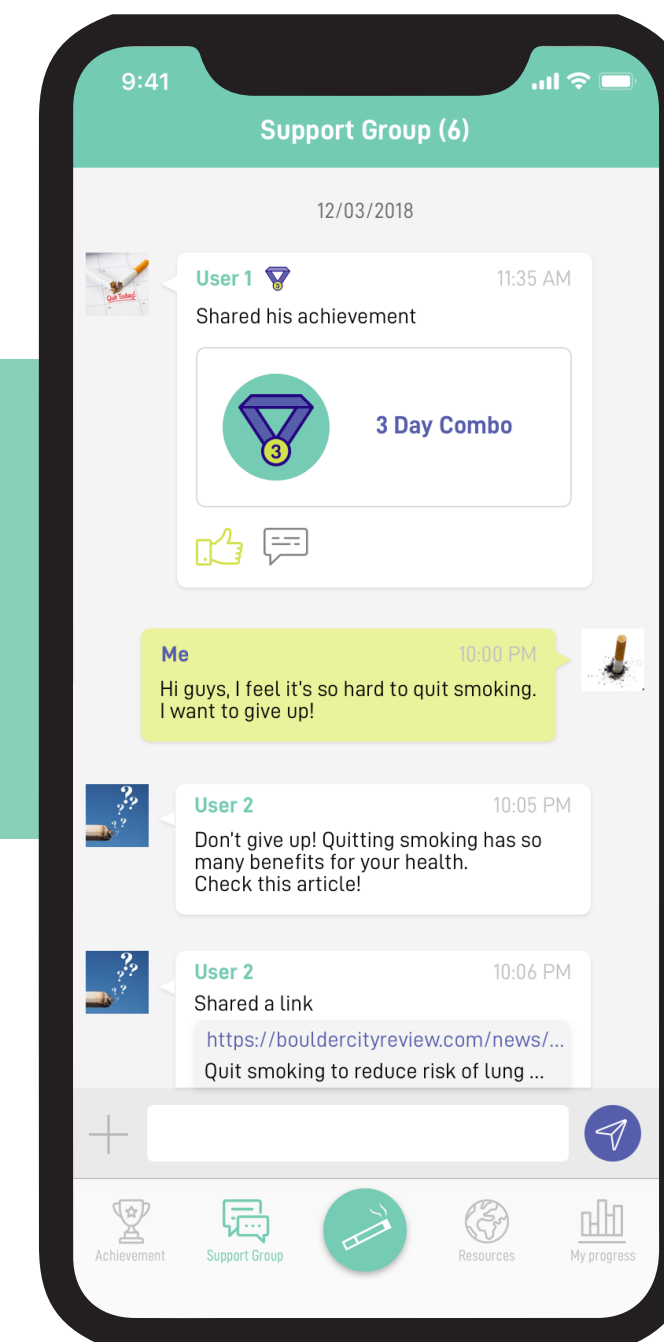
Team: Peiyi Liu, Jessica Yuan, James Chi, Xiaoyu Sun

Our project focuses on helping people quit smoking through data tracking and visualization. It also connects people who have similar preferences of support exchange. Group members work closely to support in information seeking, goal setting, answering questions, providing feedback and advice, and sharing stories and experience.

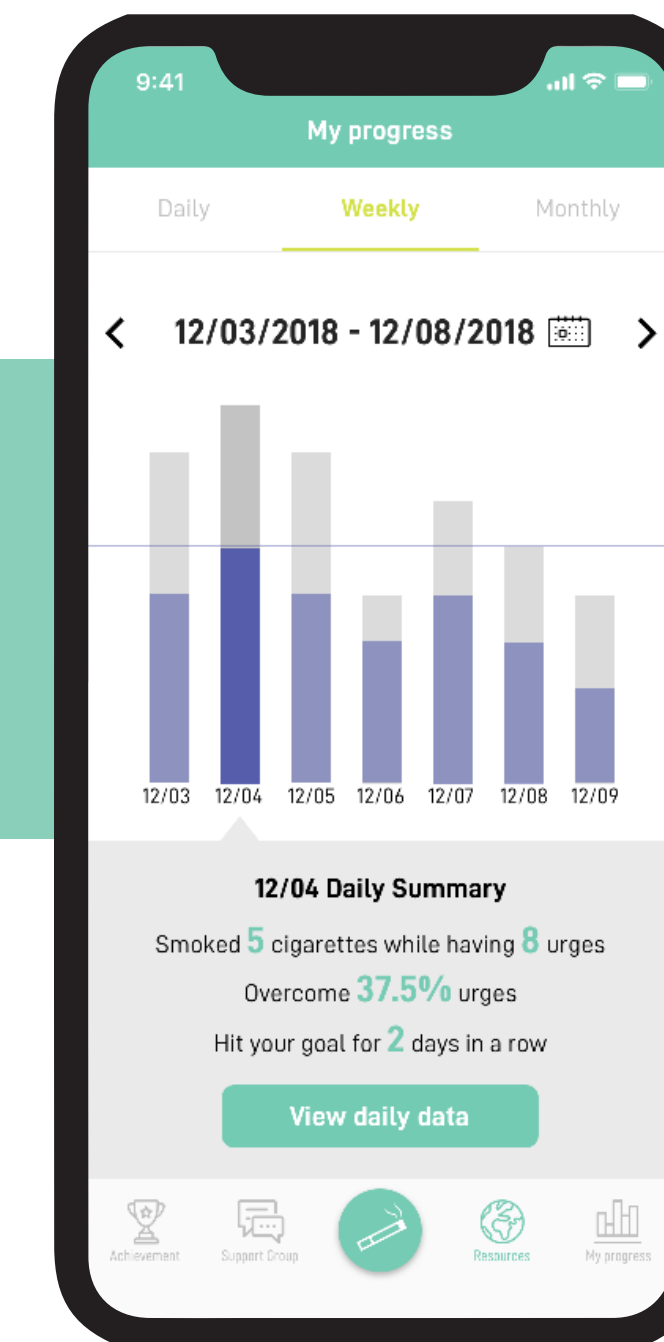
We applied the Transtheoretical model. Our target users are young smokers (less than 35 years old) at the action stage.



He also wants to look at what did other people do when they were quitting. He goes to the resource page to browse others' plans and stories.

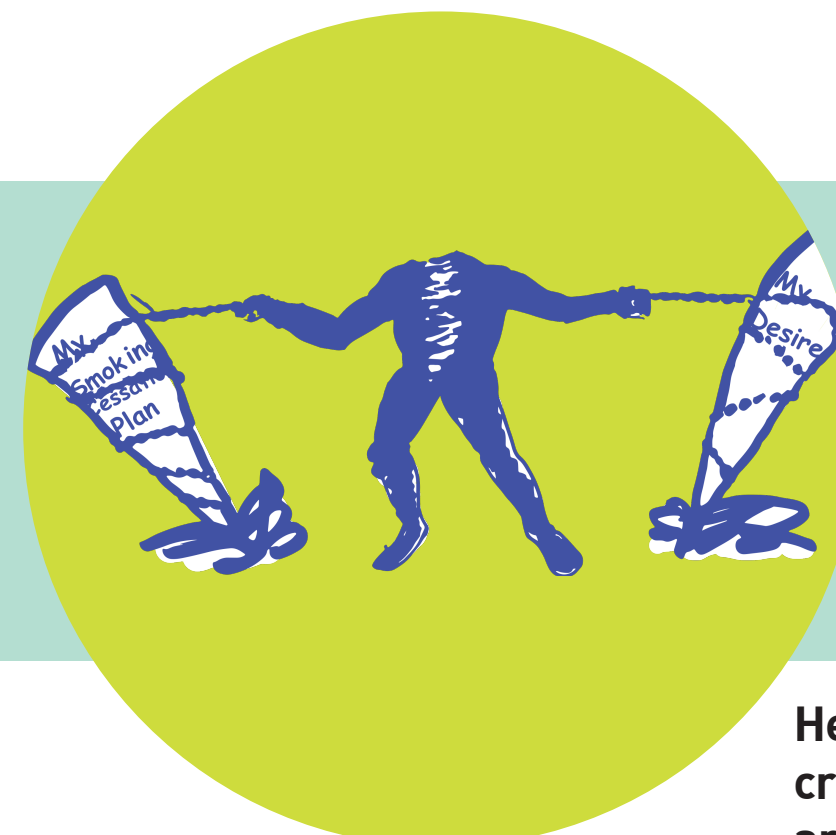


He posts his concern in the group channel and one of his groupmates sends him a link of a research article to help him.

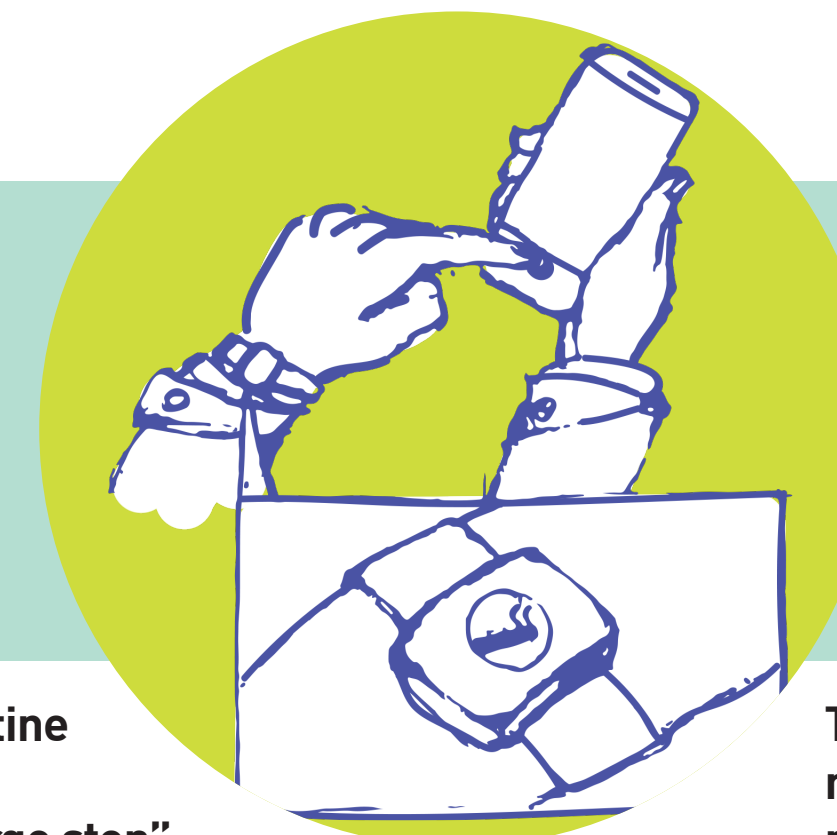


There were three days he didn't achieve his goal. "What should I do?" He asks himself.

SCENARIO 2



He feels stressful and nicotine craving hits. He opens his application and hits the "urge stop" button to report his urge and ask help from group members.



The system and group members will send him messages, videos, games, and research articles to help him get distracted from his urge.

