

Client Persona

Dylan a 20-year-old male. He is a student and is single. His hobbies include going out with friends, cycling, going to the gym and kickboxing. Dylan struggles to communicate his feelings to someone face to face. He hates being a burden to people so does not communicate feelings to his friends. He struggles to get the right words to find how he is feeling. He enjoys using mood diary apps as he is only talking to himself and the app gives him prompts and different words to use. Dylan would not use this app hourly but would like to log whenever he feels he needs to as many times as he likes. Some days he would log his mood more regularly than others. Dylan wants to understand what contributes to bad and good days. He wants to understand past frustrations and triggers. He also wants to create a like of balance with work, life, and hobbies. By have statistics in the app Dylan would be able to all this. He would be able to few his own triggers and what makes him happy or sad. To make a work, life balance he will be able to see what he was doing when he logged his mood, this will allow him to see if he is spending enough time away from work.

Clinician Persona

Trina is a 45-year-old therapist. She has 3 kids and is married. Her 3 kids are all in secondary school. She tries to work around their school hours as her husband also works full time further away from the school. Trina also enjoys time with her friends and enjoys going for long walks with her dog. She tends to work from home some afternoons, so she is there for her kids. Trina likes her clients to upload their logged moods to her website. This allows her to see how they have felt from the last time they met. It allows her to see what she said to them worked or if she needs to change her approach with a certain client. She can also see if she needs to schedule a meeting soon. By the client uploading their moods Trina can see their statistics to tell if they are improving in any way. By having this functionality, she can prepare for her day ahead at home. Trina can pre plan the meeting with her clients now, she enjoys this as often clients struggle to open up and explain how their week was. This saves precious time with her clients.