

## Part 1

- 1) Key features of existing apps:
  - Smiley faces to log mood
  - Calendar
  - Goals you want to complete
  - Words to describe feelings
  - Things you have been up to
  - Stats of week, day, year
  - Rate mood from 0-10
  - Describe what is happening right now
  - Numbers/links to follow if feeling very down
  - Meditation and mindfulness videos

List of features for my proposed app:

- Emoji to log mood
  - Hourly calendar
  - Stats to show how mood has changed in last week/month
  - Place to write feelings and describe what is going on in life at particular moment
  - Words to describe how they are feeling
  - Icons to show what you are doing at time of logging
  - Help lines if mood is below 3
  - Meditation links
- 2) (a) My proposed app is going to open with a colourful homepage. My hope is that the soft, pastel tone colours will lift the user's mood even just a little bit. Within the app the icons I use will have soft round edges to make the user a little more relaxed. I personally find apps that have pointy edges less relaxing, I feel the round edges will add to the user experience. This app is all about making the user feel as relaxed as possible. On first downloading this app the user will have to input his/her name, gender, and age this will be their account set up. The emoji used to log your mood will change depending on how happy or sad the user is. It will either be really smiley with teeth if the user is in a very good mood, smiley if the user is somewhat happy, a straight face if the user is only feeling ok, a sad frown if the user is feeling bad, and finally a deeper frown if the user is feeling very down. The user will be able to log their feelings hourly if they wish with the hourly calendar. In the stats page of the app the user will be able to see how their mood has fluctuated over the past week or month. When the user is logging their mood, they will also be able to write a brief description of what they are doing at the time that is making them feel like this. They will also be able to choose words from a word bank that describes how they are feeling e.g., depressed, happy, relaxed, anxious etc. Users will be able to choose what they are doing at a particular time from icons of the screen. They can also add their own icon if there is not one that suits them already there. If the user's mood that is logged goes below 3 a helpline phone number and link to a website will appear at bottom of the screen.
  - (b) One typical user of this app might be someone who suffers with mental health problems e.g., depression or anxiety. A lot of young adults suffer from mental health problems, some more serious than others. Especially during recent times mental health has been talked about a lot more openly. This past year has been tough on everyone not been able to see family or friends. An app like a mood diary might help a person who is feeling down but doesn't want to go to a doctor come to terms with how they are feeling. This app would help this particular user to write down their feelings and stop them becoming overwhelmed with their thoughts. It would also allow them to see how their mood is improving or deteriorating. This app would also let people who have mental health problems to focus on the little things in life rather than being overwhelmed with other things they may be going through. The app will also have a link to some meditation videos. This will help users, particularly those who suffer from anxiety attacks, to take as long as they need to control their breathing. This could prevent an anxiety attack from happening or even just calm the user down 5 minutes before going to bed or in the morning before starting another busy day.

Another typical user of this app might be someone who finds themselves getting stressed throughout their day. Many people with busy lifestyles like young adults, athletes or parents may be finding themselves getting stressed. Young adults who try to balance college, part time work, and social time become stressed from time to time. Athletes who are not professional and have to have a full/part time job on top of training everyday may also become stressed. Being a parent may be one of the most stressful jobs I've ever seen someone do. This app would benefit all these users by giving them a quick and easy way to log how they are feeling. Someone who gets stressed easily might need to take 5 minutes out of their day to think about their mood doing this will help them destress and get on with their day. People who get stressed easily will also benefit from this app as it will allow them to see their day in hourly format. They can take the day hour by hour instead of all as one. The meditation and mindfulness section of this app will also help this typical user to unwind and relax for even just 2 minutes. This user may not have time to keep a proper diary so this quick and easy app that they can access anywhere at anytime would be perfect for them. They do not need to fill in their mood every hour if they do not wish to they can simply fill it in in the evening on their way home from college or work on the bus. This app may help a stressful user to put their thoughts down in front of them and clear their head. They will be able to see what days they are more or less stressed on and maybe work something out to make those stressful days a little more relaxing.

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