

# **Mood Tracker**

Part 1: User Interface Design

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# Contents

<b>1</b>	<b>User research - Key problems</b>	<b>2</b>
1.1	Introduction to the Mood Tracker app . . . . .	2
1.2	Preparatory Research . . . . .	2
1.2.1	Relevance of a Moodtracker for Companies . . . . .	3
1.3	Comparative Analysis of Existing Mood-Tracking Apps . . . .	4
1.4	Conclusion . . . . .	4
<b>2</b>	<b>Scenarios - Model of future solution - Paper Mockups</b>	<b>6</b>
<b>3</b>	<b>Creation and Evaluation of Lo-Fi prototype</b>	<b>7</b>
<b>4</b>	<b>Creation and Evaluation of Hi-Fi prototype - Documentation for Developers - Presentation</b>	<b>8</b>

# Chapter 1

## User research - Key problems

### 1.1 Introduction to the Mood Tracker app

In the following, the basic principle of the app is presented in order to be able to better classify all procedures and results of the user research and problem identification in the topic field.

The core premise of the application revolves around the identification of issues and concerns through regular anonymous surveys administered to university students. Moreover, it endeavors to offer preliminary stimuli and insights for enhancing the overall student environment. Our Moodtracker app is specifically designed for universities interested in students satisfaction. Survey results are provided to professors in a completely anonymous format. Students can view their survey history and analyze how their answers have changed over time. In addition, there should still be a way for students to contact their supervisors directly to communicate individual ideas and suggestions.

### 1.2 Preparatory Research

The following item deals with the relevance of our app as well as the user research. In particular, it discusses why student satisfaction is important for universities. For this purpose, various scientific articles and publications as well as contributions from health-related organizations were considered. In addition, an exemplary survey was conducted in order to be able to specifically address user requirements when designing the app.

### 1.2.1 Relevance of a Moodtracker for Companies

In the course of our user research, we found numerous sources that prove that student well-being is directly related to their productivity. For this reason, student satisfaction and mental health is an increasingly important factor for universities.

The Saylor Academy is a nonprofit organization that offers free courses in many different areas, including management and leadership. One of their courses teaches the importance of an employee's mood [?]. They say, that the impact of a poor mood on decision-making can affect a person's job performance and lead to poor decisions that impact the organization. All moods can affect judgment, cognition, and physical and emotional well-being. Long-term exposure to negative moods or stressful environments can lead to illnesses such as heart disease, diabetes, and ulcers.

The publication [?] analysed the relationship between employee satisfaction and performance. To this end, 270 non-academic employees of Bauchi State University Gadau Nigeria (BASUG) were surveyed. The result showed a significant relationship between satisfaction and productivity. This means that employees are more productive the more satisfied they are at their workplace. Another paper [?] focussed on how conflict management in a company affects job satisfaction and innovation performance. To this end, 333 Chinese employees were surveyed. The study showed that integrating and compromising conflict management behaviour has positive effects on job satisfaction and innovation performance, while avoiding conflict management has negative effects.

Even the WHO explains in one of its articles that anxiety and bad mood can greatly reduce a team's productivity.[?] For this reason, the WHO has developed tips and guides for employees and managers to protect and improve mental health in the working environment ([?], [?]). Our application can be based on these guidelines and pass on some tips.

To summarise, it can be said that employee satisfaction is extremely important for companies. It is therefore useful to obtain data on employee sentiment, as this can lead to solutions to improve the mood in the organization.

From our personal experience, it is known that in some companies, employees are often given forms asking them how they feel about certain things in the company. These forms are then given to supervisors to determine if some

employees are having more problems than others. Our application would solve the problem of automation and provide more data to work with.

### 1.3 Comparative Analysis of Existing Mood-Tracking Apps

In my exploration of the most used mood-tracking apps of 2023, I encountered several noteworthy options with distinct strengths and weaknesses. **Mood-fit**, while lacking in interface appeal, presents valuable features such as charts and meditation exercises that could enrich the user experience in my app. **Worry Watch**, though limited to iOS and featuring a challenging interface, offers positive affirmations—an aspect that could inspire a focus on mental well-being in my application. **MoodTools**, while maintaining simplicity, could benefit from a more refined frontend and interactive elements, which my app aims to incorporate for enhanced engagement. **PTSD Coach**, tailored for military service members, showcases an appealing interface and color palette, influencing my consideration for a visually pleasing design. **eMoods Bipolar Mood Tracker**'s complex interface and subscription-based full version might prompt my app to emphasize user-friendly design and affordability. **MoodKit**, despite its outdated interface, provides password-protected journals and charts, influencing my app's focus on security and comprehensive mood tracking. **Daylio**'s simplicity and color scheme align with my app's objectives, while its inclusion of emoji answers could inspire a similar interactive approach.

### 1.4 Conclusion

Building upon the insights gathered from the aforementioned articles on students' moods in universities and our comprehensive survey aimed at uncovering the most pressing issues affecting their well-being, our mood-tracking application takes a pioneering approach. The information gleaned from these sources has been instrumental in shaping a solution that not only combines the best features from existing apps but also digs into the core challenges faced by students in the university environment.

The combination of these sources has enabled our application to transcend

the limitations observed in current solutions. It aims to provide an unparalleled, user-friendly experience that not only visually captivates users but also serves as a powerful tool for understanding and anonymously tracking students' moods efficiently. Our solution is not merely an integration of features; it is a thoughtful response to the intricate interplay of factors influencing the emotional landscape of students in higher education.

## **Chapter 2**

**Scenarios - Model of future solution - Paper  
Mockups**

## **Chapter 3**

### **Creation and Evaluation of Lo-Fi prototype**



## Chapter 4

Creation and Evaluation of Hi-Fi prototype -  
Documentation for Developers - Presentation