

Journaling apps and its effects on mental health

Thank you so much for deciding to take time to fill this form. In the next two months we will be working on developing a journaling app. This is a very important project to us and when developing the app we focus on journaling as a means to promote mental health.

How often do you journal? *

- ☐ Every day
- ☒ Once a week
- ☐ Once a month
- ☐ Rarely
- ☐ Never

What motivates you to journal? *

Keep track of my feelings

In what ways does journaling help you? *

Reduces my anxiety and clears my head

Do you use an app or paper to journal your thoughts and feelings? Why? *

App

Have you ever used any of the apps below? *

☐ Day One

☐ Notion

☒ Notes

☐ Journey

☐ Other:

Would you like your app to suggest writing prompts? *

☒ Yes

☐ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

Curated questions

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What motivates you to journal? *

I would say stress. When I have a lot in my mind it helps to write everything down, things that stress me. I feel much better after writing a few hundred words.

In what ways does journaling help you? *

As I mentioned above, it helps me reduce my anxiety and pour my thoughts on the paper or screen

Do you use an app or paper to journal your thoughts and feelings? Why? *

An app mostly. Because I want to be able to restore and see them later on which is really fun and nostalgic.

Have you ever used any of the apps below? *

☒ Day One

☐ Notion

☒ Notes

☐ Journey

☒ Other: I also just use google doc

Would you like your app to suggest writing prompts? *

☒ Yes

☐ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

Fun theme, soft colors, very organized calendar, easy to use, and secure. Data security should be very a priority for any writing app.

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What motivates you to journal? *

Creating future self and to process my thoughts

In what ways does journaling help you? *

Stay clam and understand my thought process

Do you use an app or paper to journal your thoughts and feelings? Why? *

Paper as It helps me be more connected. Sometimes I use my computer for convenience if I'm in a hurry or wanna write faster

Have you ever used any of the apps below? *

☐ Day One

☐ Notion

☐ Notes

☐ Journey

☒ Other: No

Would you like your app to suggest writing prompts? *

☒ Yes

☐ No

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Reminder, short and succinct prompts

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- ☐ Once a month
- ☐ Rarely
- ☒ Never

What motivates you to journal? *

I don't journal at all

In what ways does journaling help you? *

None whatsoever

Do you use an app or paper to journal your thoughts and feelings? Why? *

I do not

Have you ever used any of the apps below? *

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☒ Notes

☐ Journey

☐ Other:

Would you like your app to suggest writing prompts? *

☒ Yes

☐ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

Since I don't really use them, I honestly am not sure how to answer this

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- ☐ Never

What motivates you to journal? *

Being able to read about the things that are currently happening in my life sometime in the future motivates me.

In what ways does journaling help you? *

It helps me in organizing my thoughts and priorities.

Do you use an app or paper to journal your thoughts and feelings? Why? *

I always use my notes app on my phone/laptop.

Have you ever used any of the apps below? *

☐ Day One

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☐ Other:

Would you like your app to suggest writing prompts? *

☐ Yes

☒ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

I like adding music and pictures to my daily journal.

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What motivates you to journal? *

When I hear in an event for from a friend or social media posts about the effects on journaling on your well-being and how it's an act of self-care.

In what ways does journaling help you? *

I think it makes me feel like I'm in control of my life and how I feel about things.

Do you use an app or paper to journal your thoughts and feelings? Why? *

I use apps. Much more convenient, also your entries can be locked and no one else but you have access to them.

Have you ever used any of the apps below? *

☐ Day One

☐ Notion

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☐ Other:

Would you like your app to suggest writing prompts? *

☒ Yes

☐ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

Notifications from the app that remind me every night before sleep that I have to write about my day.
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What motivates you to journal? *

I think the fact that it's a very cool way to remember your day and every single detail.

In what ways does journaling help you? *

Helps me remember my feelings, keep track of stuff like my cycle, things I owe to people or things people owe to me, etc. Basically the stuff that can be forgotten very easily.

Do you use an app or paper to journal your thoughts and feelings? Why? *

App because keeps everything safe and organized.

Have you ever used any of the apps below? *

☒ Day One

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☐ Other:

Would you like your app to suggest writing prompts? *

☒ Yes

☐ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

Hmmm I think it would be cool if the app would remind you about a note you wrote on the exact day last year or have the weather forecast and then remind you of what you wrote last time it snowed..

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What motivates you to journal? *

Self care ads. Whenever I feel down and read some motivational stuff they suggest talking to a friend, taking a walk, or journaling.

In what ways does journaling help you? *

I don't exactly know because it has been a very long time since I last journaled. It's very hard to commit to since you easily tend to forget especially when you have a lot of school work.

Do you use an app or paper to journal your thoughts and feelings? Why? *

I would use paper. It's old school and the very act of writing helps you calm down I think, because as a CS major I don't really write on paper. It's either coding or writing something on a google doc.

Have you ever used any of the apps below? *

☐ Day One

☐ Notion

☒ Notes

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☐ Other:

Would you like your app to suggest writing prompts? *

☐ Yes

☒ No

What would you like to see in our journaling app? In other words, what do you like to see that you think will motivate you journal more often? *

I have not used any app that's specifically for journaling but I think it would be cool if they send you notifications and also keep track of your calendar and have a to-do list too so you can do everything in one place instead of using separate calendars for each.
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