

Applying UCD to Mental Health

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IN4MATX 231

User Interface Design and
Evaluation

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“There is no health without mental health”

Approximately 1 in 5 U.S. adults has a mental health disorder.



The Mental Health Continuum

SELF CARE & SOCIAL SUPPORT

PROFESSIONAL CARE

HEALTHY

Normal Functioning

Normal mood fluctuations. Takes things in stride. Consistent performance. Normal sleep patterns. Physically and socially active. Usual self-confidence. Comfortable with others.

REACTING

Common & Reversible Distress

Irritable/Impatient. Nervousness, sadness, increased worrying. Procrastination, forgetfulness. Trouble sleeping (more often in falling asleep). Lowered energy. Difficulty in relaxing. Intrusive thoughts. Decreased social activity.

INJURED

Significant Functional Impairment

Anger, anxiety. Lingering sadness, tearfulness, hopelessness, worthlessness. Preoccupation. Decreased performance in academics or at work. Significantly disturbed sleep (falling asleep and staying asleep). Avoidance of social situations, withdrawal.

ILL

Clinical Disorder. Severe & Persistent Functional Impairment.

Significant difficulty with emotions, thinking. High level of anxiety. Panic attacks. Depressed mood, feeling overwhelmed. Constant fatigue. Disturbed contact with reality. Significant disturbances in thinking. Suicidal thoughts/intent/behaviour.

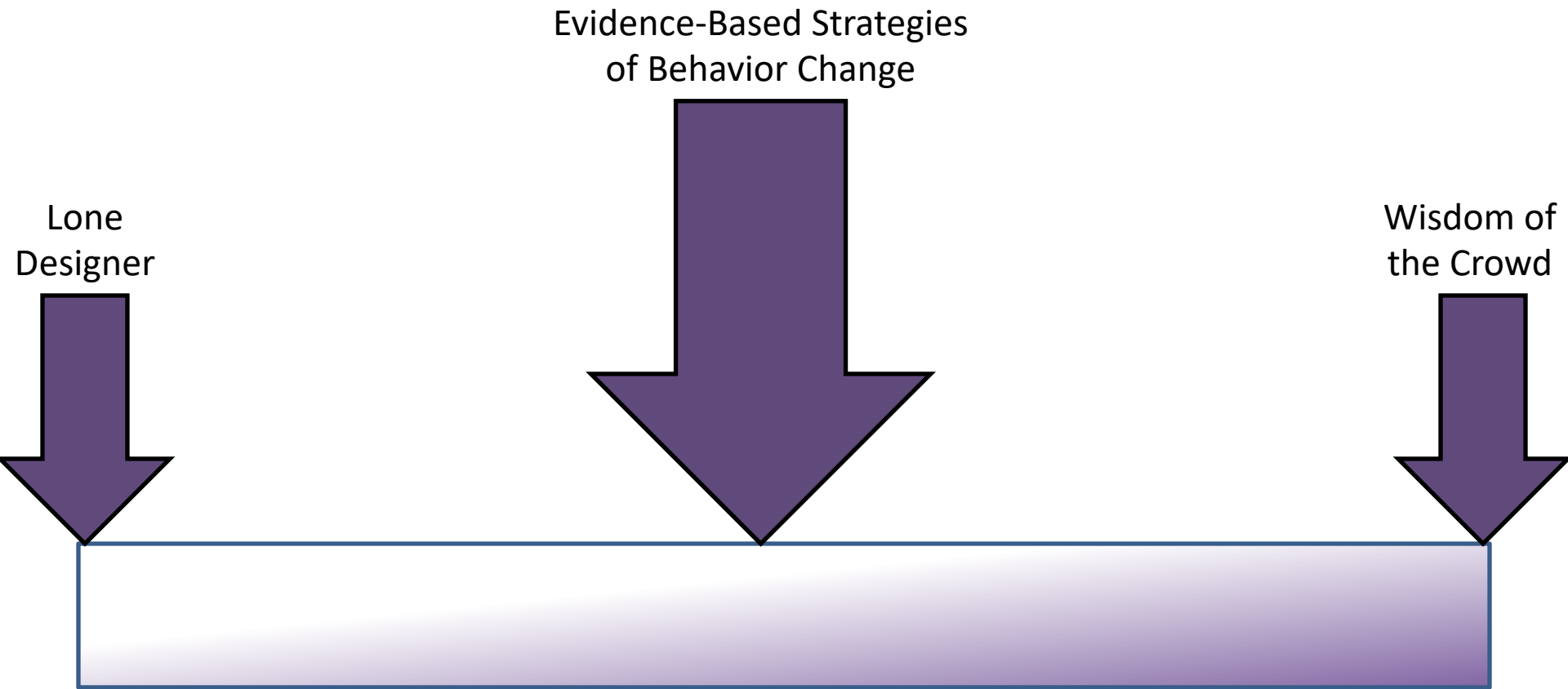


- Mental health is pervasive (and not just mental illness)
- Mental health impacts the way we think
- Mental health is important, impacts what we do and how we feel

Evidence-Based Psychotherapy

- Also known as an “Empirically-Based Treatment”
- Multiple effective treatments for a variety of disorders
- Specific Elements
- Common Elements

Designing Effective Behavioral Intervention Technologies



Patient-Clinician-Designer Framework

Patients,

Relatives, communities
of patients

Adoption

Acceptance

Sustained
Use

Clinicians,

doctors, nurses, GPs,
therapists, staff

Adoption

Acceptance

Sustained
Use

Infrastructure

Designers,

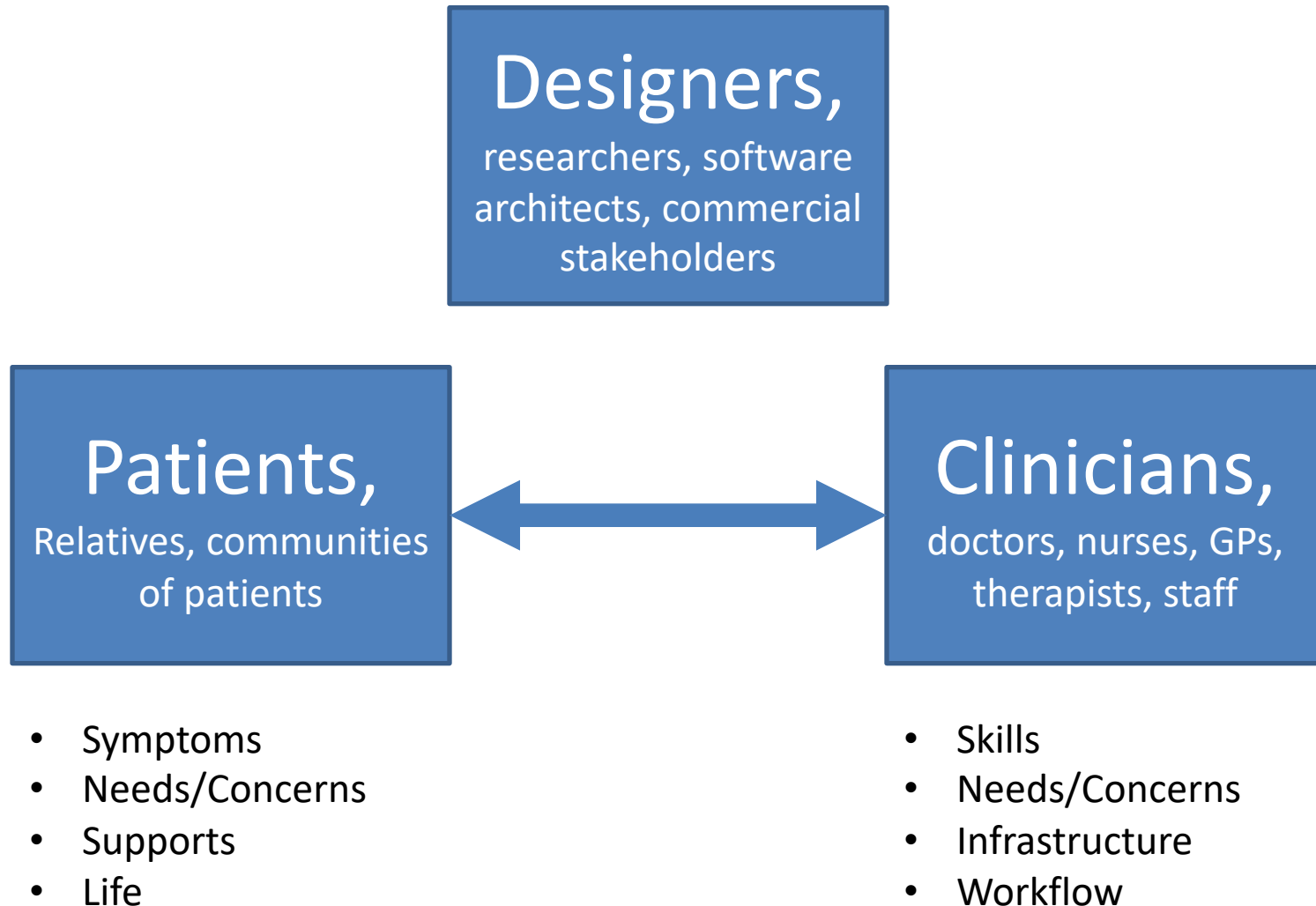
researchers, software
architects, commercial
stakeholders

Motivation

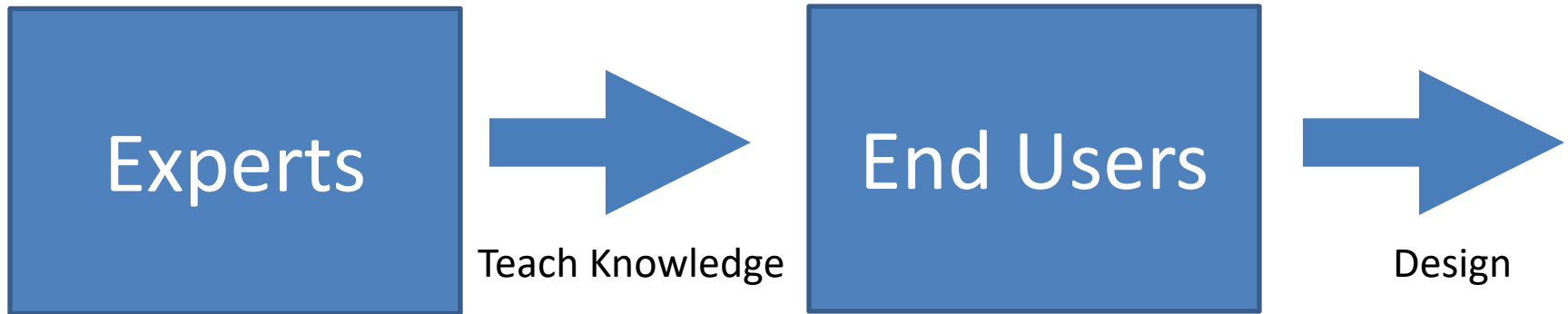
Benefit

Cost

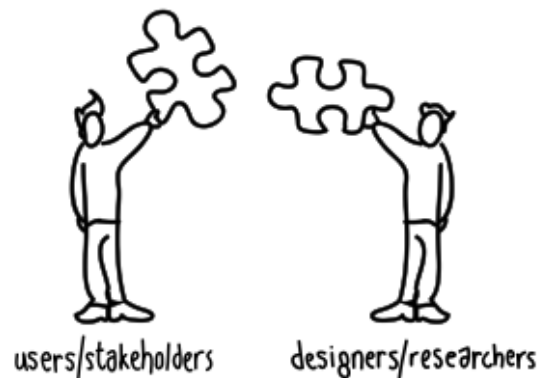
Patient-Clinician-Designer Framework



Making People Experts and Designers



CO-DESIGN WHAT?



A **democratisation** of the design process

Y.O.U. Evanston and Summer Learning Programs



- “Technology and its Impact on Society”
- 8-week summer program: 11am-3:30pm
- Typical Day:
 - 11:00-11:25am: AM Check-in and Team Builder
 - 11:30am-12:00pm Academic Time
 - 12:00pm-1:30pm: Lunch/Free Rec
 - 1:30pm-3:00pm: Elective Projects
 - 3:00-3:30pm: Debrief and Snack



Positive Psychological Interventions

THERE IS ALWAYS
SOMETHING TO BE
THANKFUL FOR

Dear,

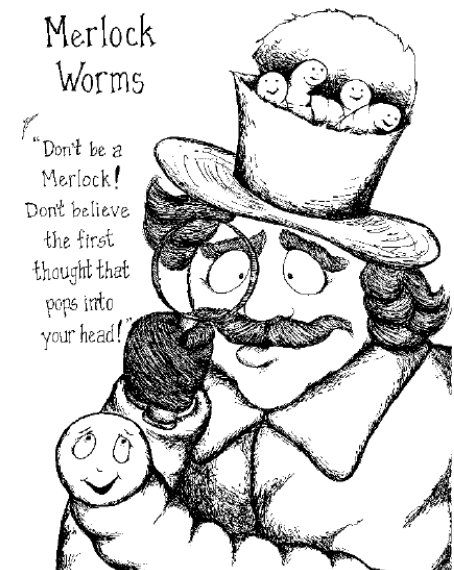
You are my favorite in the whole
wide world.

I really like the way you and
that you are so to me.

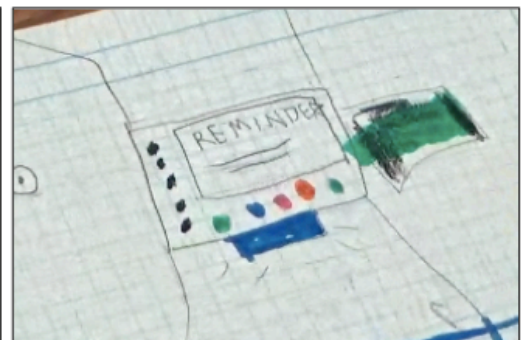
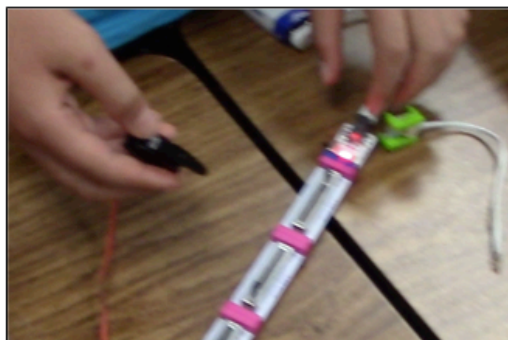
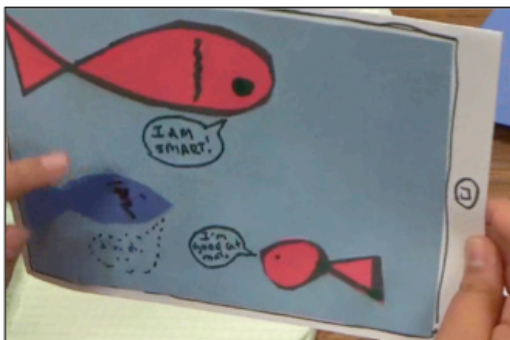
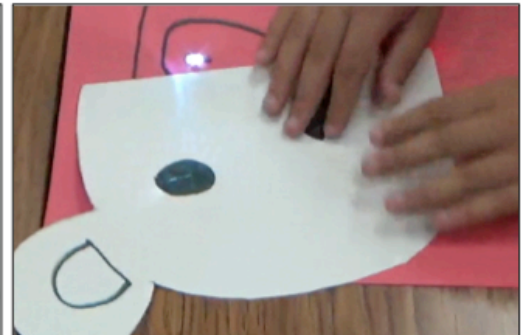
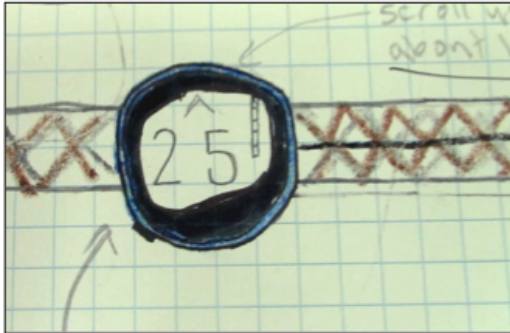
My favorite thing to do together is If I
had to describe you in 3 words they would be
..... &

My favorite memory with you is

What I'm trying to say is that I you!



“Happiness Inventors”



Sketches & prototypes of positive computing technologies created by children

“Happiness Inventors”

- <https://www.youtube.com/watch?v=br8Xs78-YgM&feature=youtu.be>