



Problem Solving (A3) Report

1. Identify a Problem	PLAN
<ul style="list-style-type: none">It is estimated that around 6.7% of American adults suffer a major depressive episode once in any given year.It has been demonstrated that keeping a gratitude journal is beneficial in reducing stress among other negative mental afflictions.Journaling requires using something to keep track of your thoughts, but the mediums used are not always enticing. <div><div><div>75%</div><div>of students who suffer from depression do not seek help for their mental health problems.</div></div><div><div>44%</div><div>of American college students report having symptoms of depression. As a result, many contemplate suicide each year.</div></div><div><div></div><div>Suicide is the third leading cause of death among college students.</div></div></div>	

2. Set the Target	PLAN
<ul style="list-style-type: none">Better investigate if recording and/or sharing causes of happiness promotes the same emotion.Provide a better platform to record these thoughts, be it via text or message.Provide a way for people to connect by analyzing data and finding common factors to their happiness.	

3. Analyze the Causes	PLAN
<ul style="list-style-type: none">Depression is on the rise due to many factors, including the recent pandemic due to COVID-19.Though not a cure-all solution, journaling is an affordable hobby that has been proven to boost mood and reduce stress.The problem with journaling is that it is not always engaging enough for an individual to keep on with the habit. <div><div></div><div><div>Depression and TREATMENT</div><div>Fewer than 50% of people living with depression globally receive treatment</div></div></div> <div>Source: World Health Organization (WHO)<div>healthline</div></div>	

The Happiness Machine

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4. Propose & Implement Countermeasures	PLAN/DO
<ul style="list-style-type: none">Create an app or website with appealing visuals and user-friendly mechanics to incentivize users to record the things that made them feel happy.If given permission by the user, analyze the data that they input and connect them with other content like the things they input.Send out surveys or questionnaires to make the app more engaging and easier to keep up with. <div><div>DEPRESSION — BY THE NUMBERS</div><div><div>32</div><div>Median age when depression is diagnosed</div></div><div><div>35%</div><div>Percentage of adults who do not receive treatment</div></div><div><div>17.7M</div><div>Annual number of Americans who experience depression</div></div><div><div>50%</div><div>The chance of having a second episode of depression</div></div><div><div>#1</div><div>Depression is the leading cause of disability in the U.S.</div></div><div><div><small>SOURCES: American Psychological Association, 2018; Clinical Psychology Review</small></div><div>healthcentral</div></div></div>	

5. Check/Evaluate	CHECK

6. Act and/or Standardize	ACT