A3 REPORT

TITLE / THEME	What are we trying to do?
Depression Management	

AUDITOR	DATE	APPROVED BY	DATE
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IDENTIFY THE PROBLEM
What problem are we trying to solve, and why are we addressing the issue?

- There are people who struggle with managing their depression even though they're actively going to therapy and simply need help going through their day-to-day life.
- These people have trouble remembering appointments, important dates, and even things that others consider simple acts like maintaining proper hygiene and/or eating meals, etc.
- These little things can eventually end up compounding and worsening the person's mental and emotional state.

SET THE TARGET
Milestone and objectives for the project.

- Offer a platform that'll adjust to each person's needs since everyone experiences varying levels of depression.
- The platform's notifications should help remind the person about any dates, appointments, or remind them about eating among other notifications that can be adjusted to the person's needs.
- Set up a section that connects directly to suicide prevention helpline for those with more immediate needs.
- Daily reminders of positive reinforcement.
- We might not be able to cure their depression, but we might be able to alleviate some of their worries that might involve remembering things.

CAUSE ANALYSIS
List the problems and define the root cause.

- Depression can be caused by mainly situations including and not limited to, trauma, social pressure, anxiety, university, failure, etc.
- Not all depression is the same. Some have a more difficult time than others. Some can hide it quite as well.
- This depression might lead to them forgetting important information or upcoming dates of significance.

TARGET CONDITIONS
List the proposed countermeasures. Define measurable targets (qty., time, etc.). Diagram the proposed new process.

- The platform will allow users to add important dates then be offered reminders of any upcoming events.
- Users will define which aspects of their life they might have difficulty with such as eating, hygiene, personal time, mediation, etc. then the platform will remind the person of these activities.
- Daily positive reinforcement will be issued from the platform to remind the person that they aren't alone and give a sense of comfort.

CHECK/EVALUATE
Effects of the countermeasures and achieved targets.

- Users will have the ability to leave recommendations and reviews.
- Since depression can vary from week-to-week user can have the option to report how they've been feeling and if the platform has helped them throughout the week.

ACT & STANDARDIZE
List all anticipated remaining problems and issues. Define the plan to measure effects, including how and when.

- Effectiveness of some of the reminders if the users chooses to ignore the platform.