

Becky Leslie ♦ Christine Ta ♦ Daniel Houtsma ♦ Forrest Sun

# Motivation

According to the National Alliance on Mental Health:

- **1 in 5** American adults suffer from mental illness

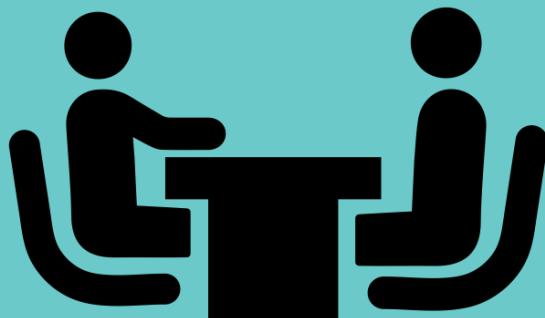
# Motivation

According to the National Alliance on Mental Health:

- **1 in 5** American adults suffer from mental illness
- **Less than half** of people pursue treatment

# Design Research Methods

## Semi-structured Interviews



Created by Delwar Hossain  
from Noun Project

## Questionnaire



Created by Gregor Cresnar  
from Noun Project

# Semi-Structured Interviews



**Leah**

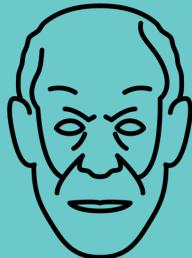
- Psychologist at the UW Hall Health Clinic

Created by A.M. Briganti  
from Noun Project

# Semi-Structured Interviews



Created by A.M. Briganti  
from Noun Project



Created by Dabid J. Pascual  
from Noun Project

## Leah

- Psychologist at the UW Hall Health Clinic

## Henry

- Psychologist at Harborview Medical Center
- Researcher at UW

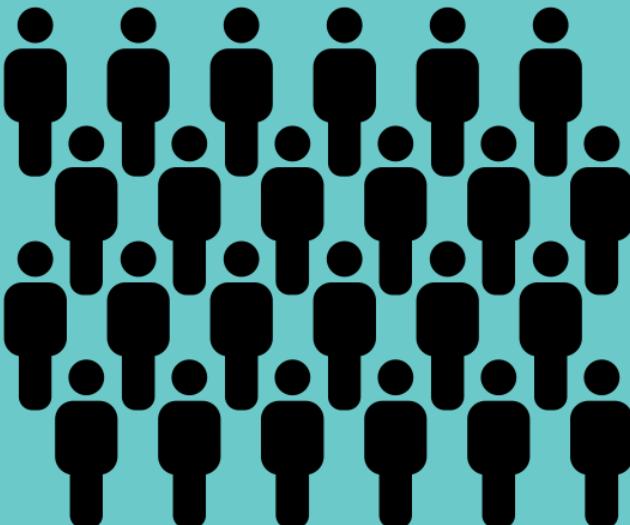
# Questionnaire

52 respondents

- Kept answers from 48

Posted on:

- Facebook
  - UW Class of 2016
  - UW Class of 2017
- Reddit
  - /r/MentalHealth
  - /r/SampleSize



Created by Eliricon  
from Noun Project

# Results

- Depression and anxiety the most common conditions

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- Current strategies for managing mental health:
  - No treatment at all

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  - A strong social support network



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- Depression and anxiety the most common conditions
- Current strategies for managing mental health:
  - No treatment at all
  - A strong social support network
  - Balanced routines



Created by bmijnlieff  
from Noun Project



Created by Niklas Berlec  
from Noun Project



Created by Gregor Cresnar  
from Noun Project



Created by Gan Khoon Lay  
from Noun Project

# Results

- Depression and anxiety the most common conditions
- Current strategies for managing mental health:
  - No treatment at all
  - A strong social support network
  - Balanced routines
- People respond to various treatments differently



Created by bmjnlieff  
from Noun Project



Created by Niklas Berle  
from Noun Project



Created by Gregor Cresnar  
from Noun Project



Created by Gan Khoon Lay  
from Noun Project

# Tasks

## Track

sleep and mood

## Find

a compatible therapist

## Monitor

goals from therapy

## Read

encouraging articles

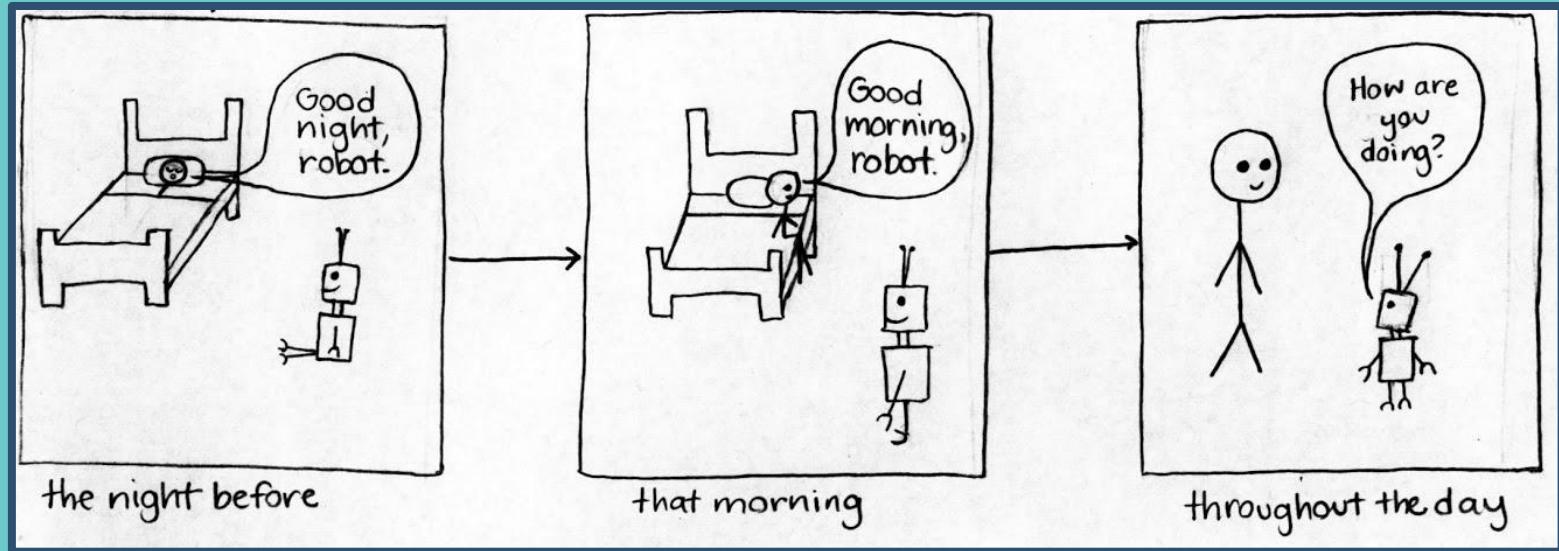
## Talk

to a friend

## Keep

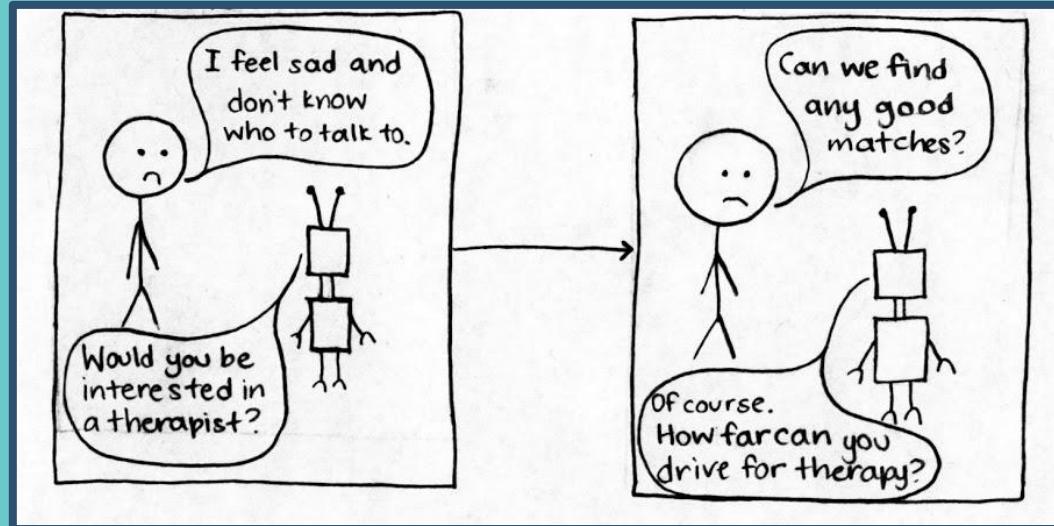
a daily journal

# Design 1: A Robot Companion



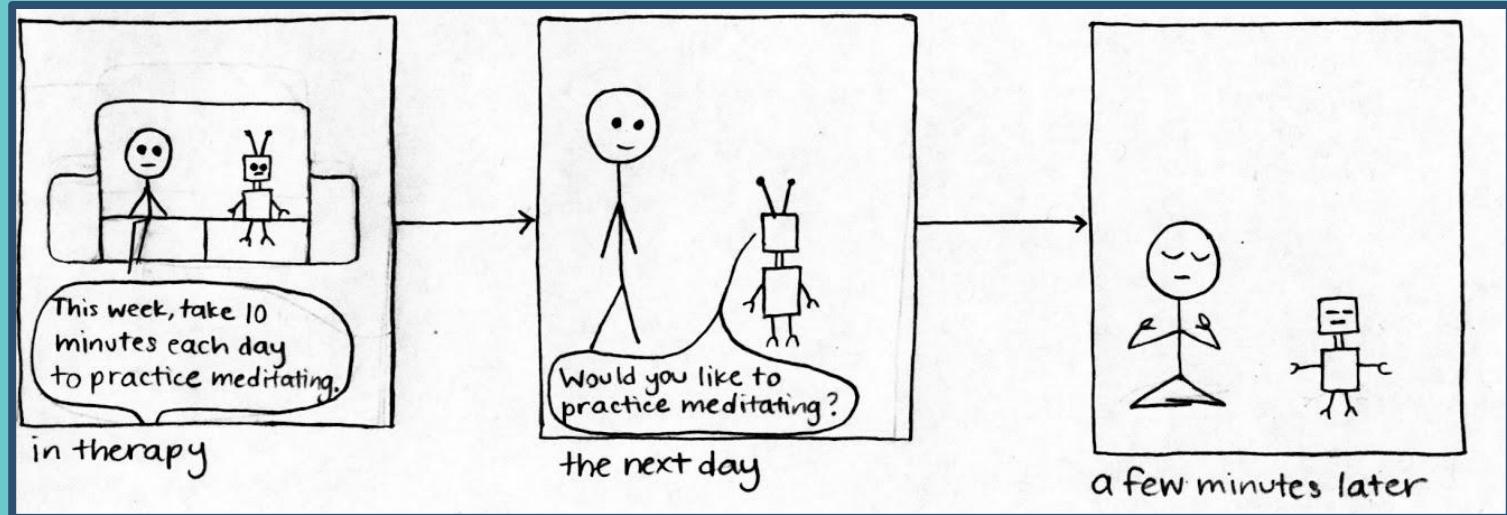
Track sleep and mood

# Design 1: A Robot Companion



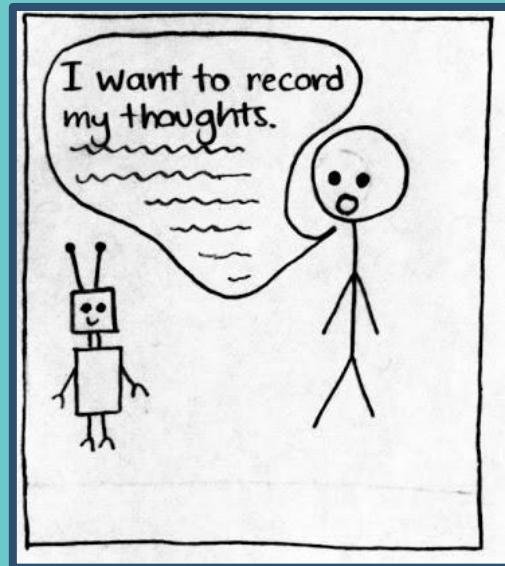
Find a compatible therapist

# Design 1: A Robot Companion



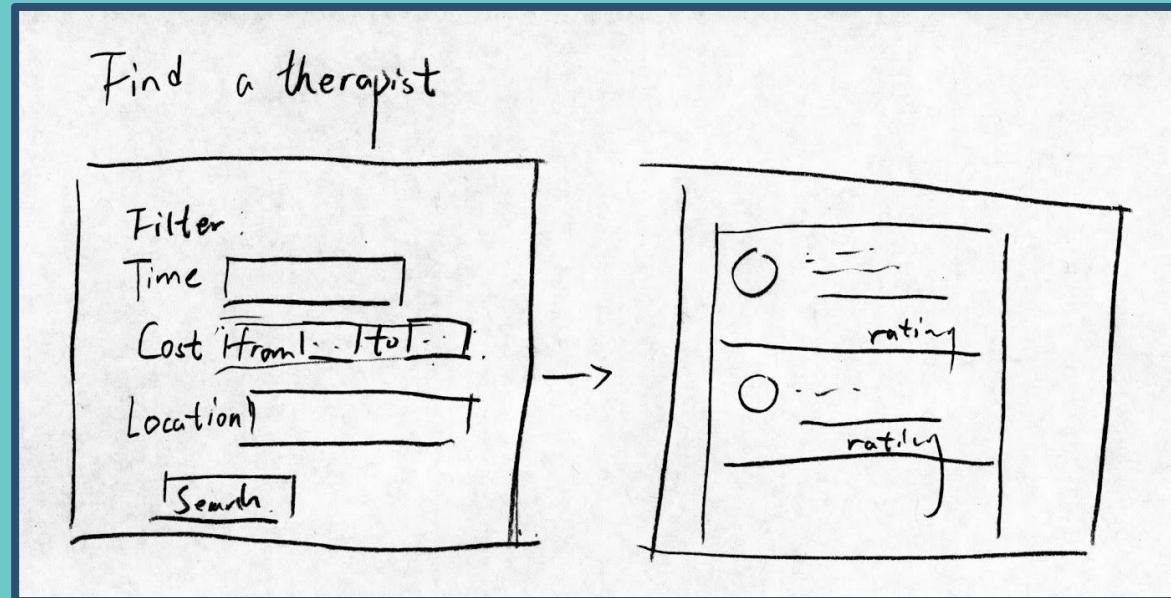
Monitor goals from therapy

# Design 1: A Robot Companion



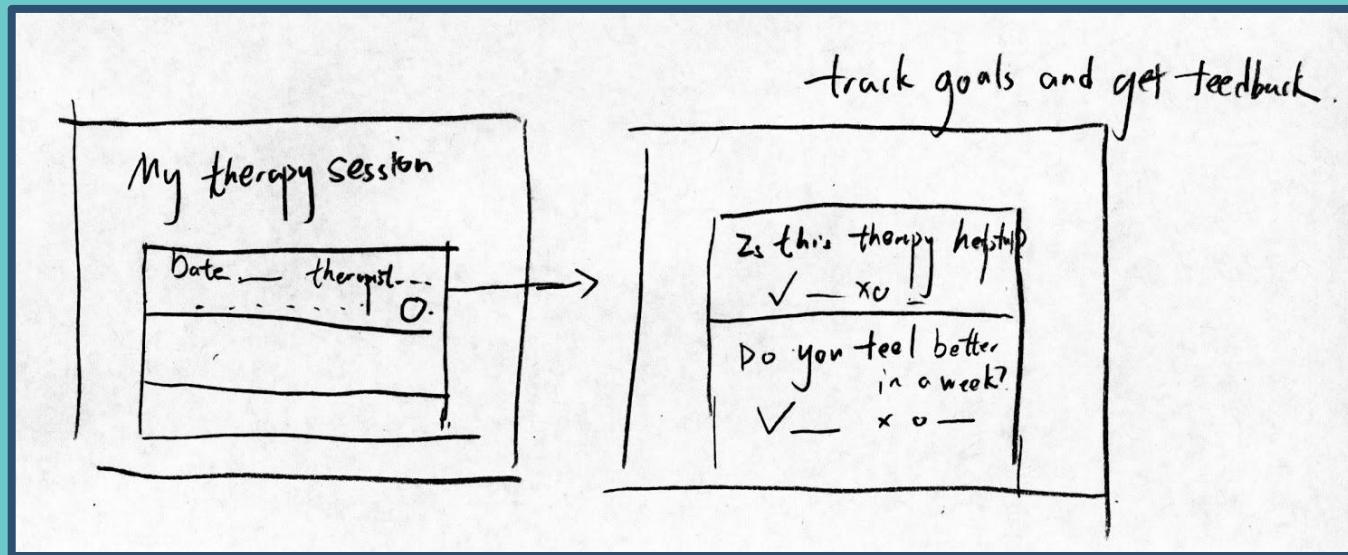
Keep a daily journal

# Design 2: A Website for Resources



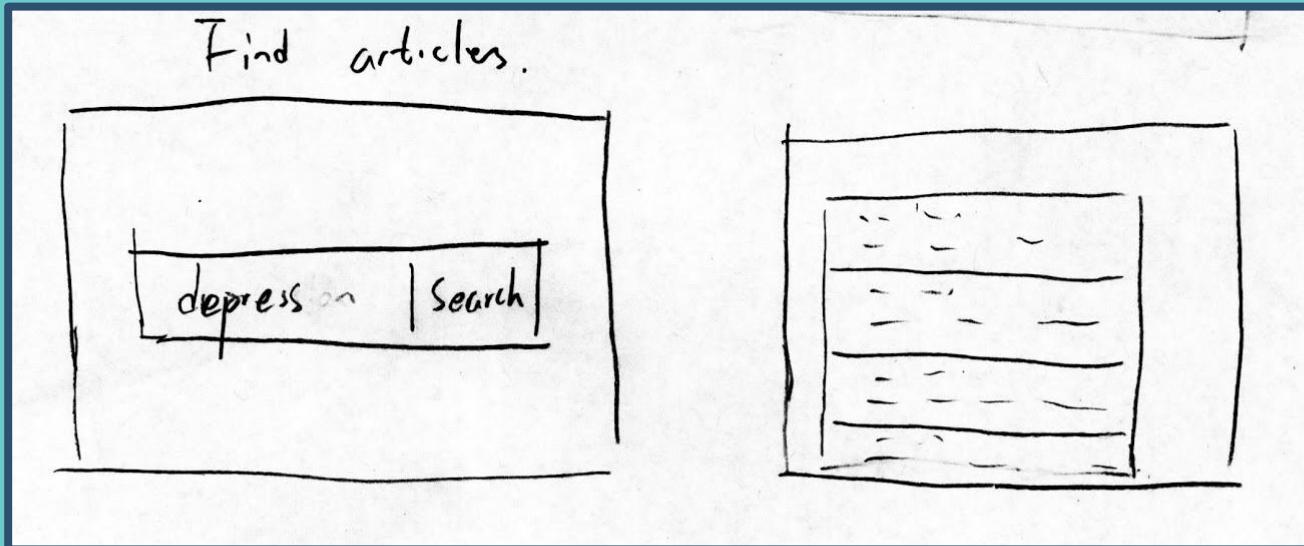
Find a compatible therapist

# Design 2: A Website for Resources



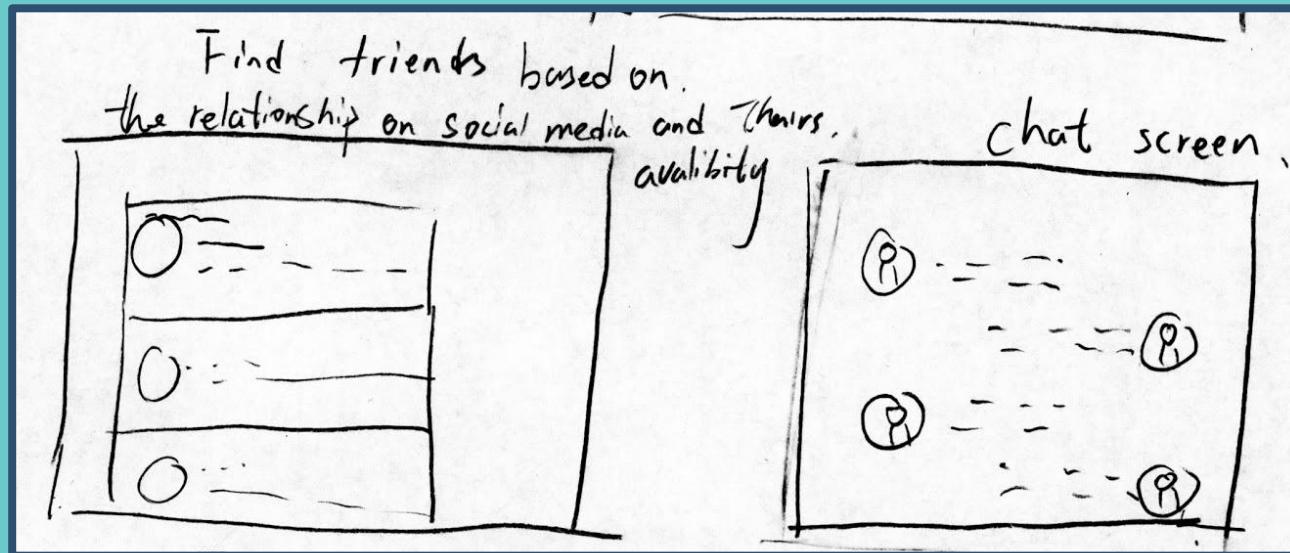
Monitor goals from therapy

# Design 2: A Website for Resources



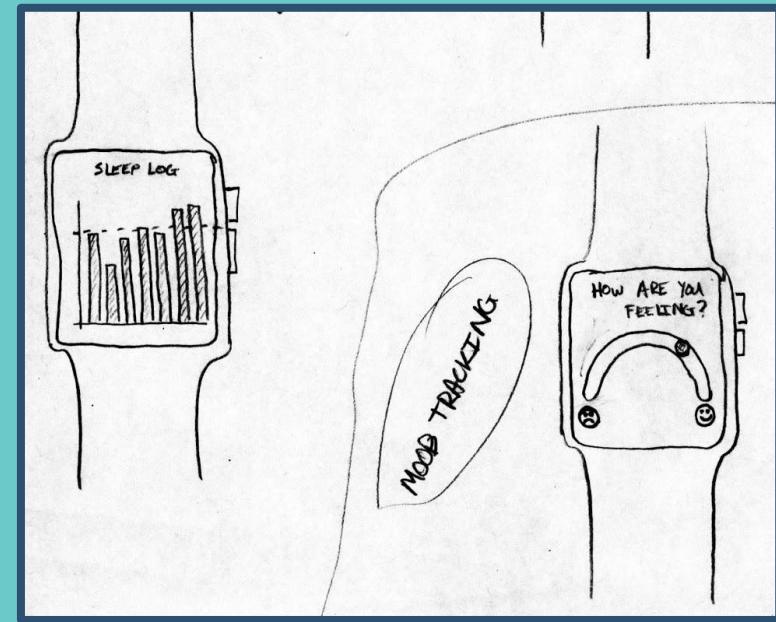
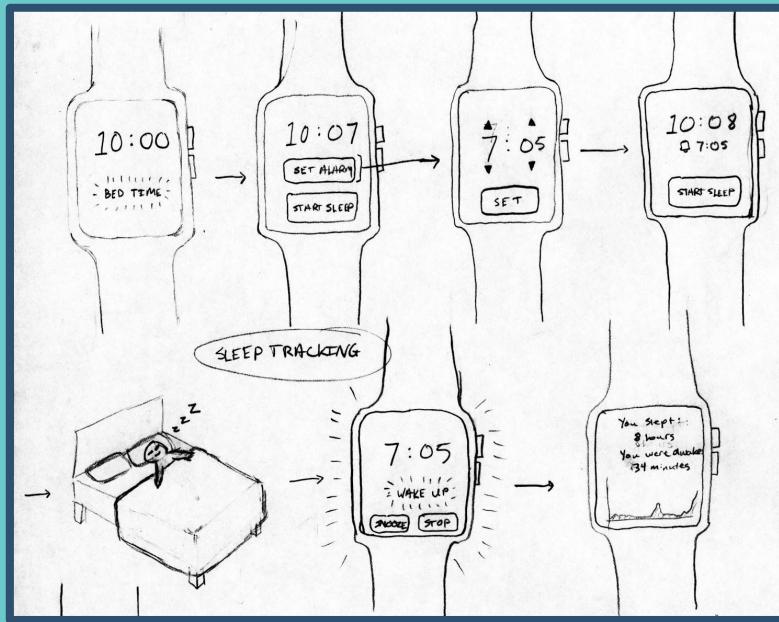
Read encouraging articles

# Design 2: A Website for Resources



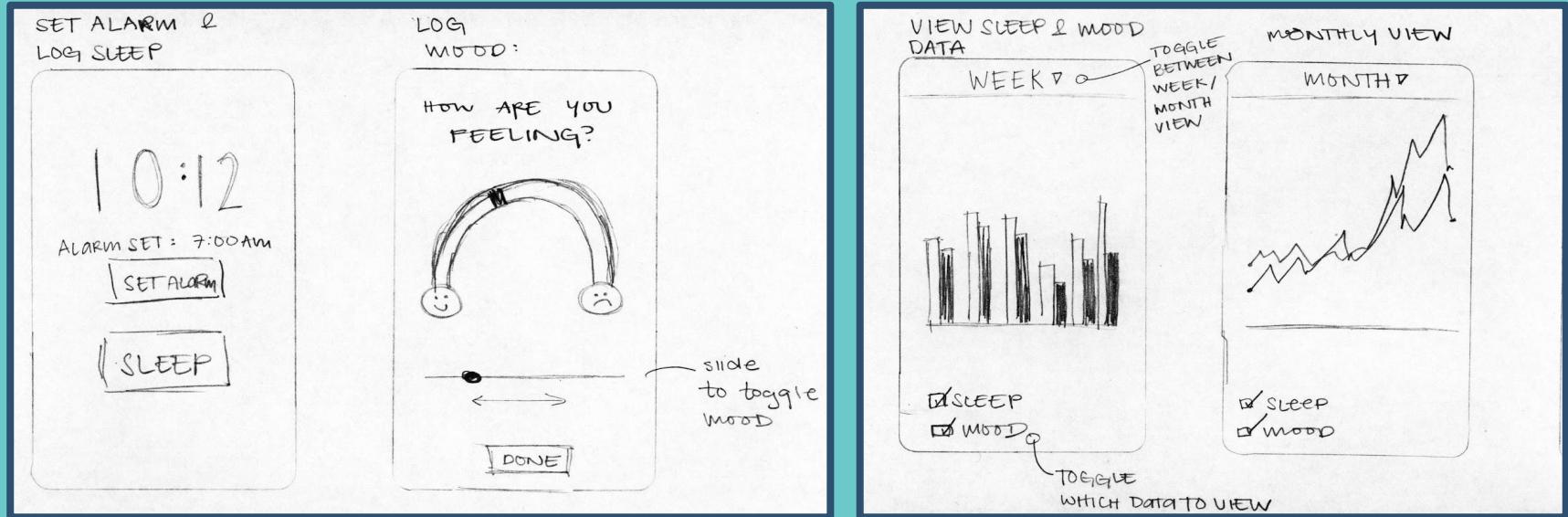
Talk to a friend

# Design 3: A Watch and Companion App



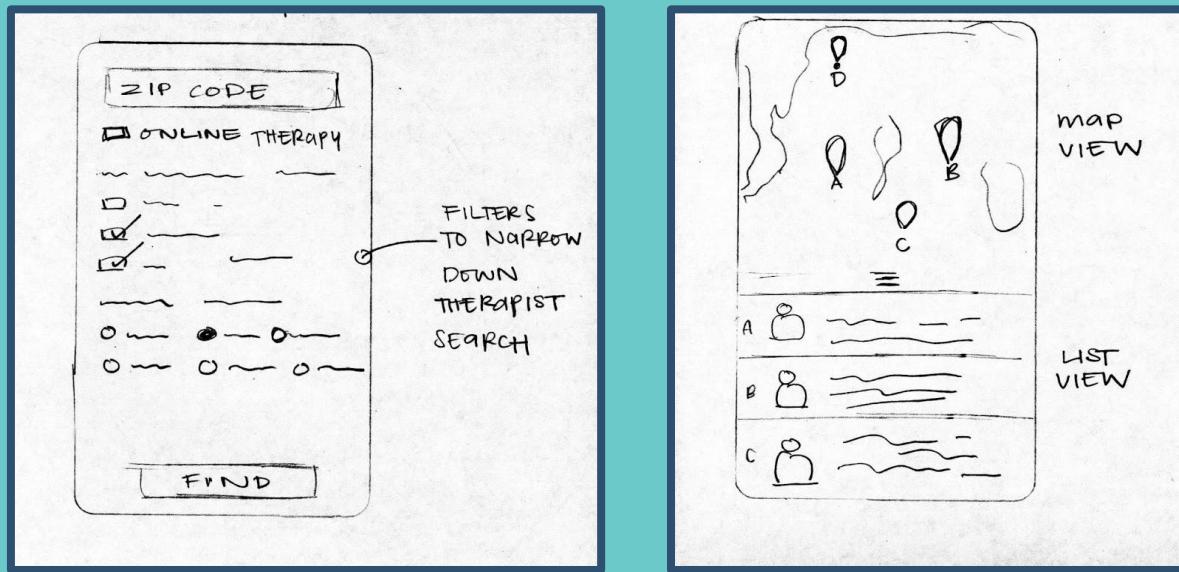
Track sleep and mood

# Design 3: A Watch and Companion App



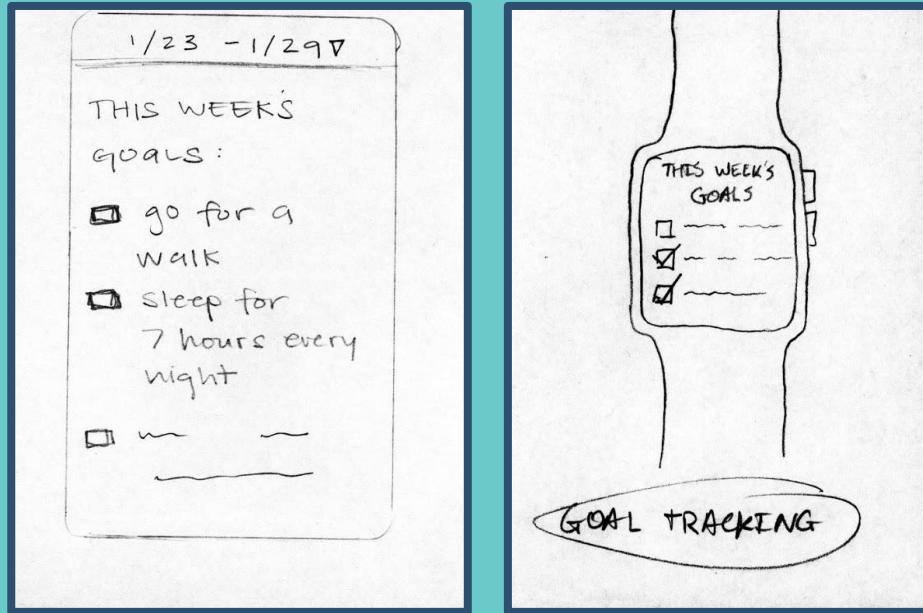
Track sleep and mood

# Design 3: A Watch and Companion App



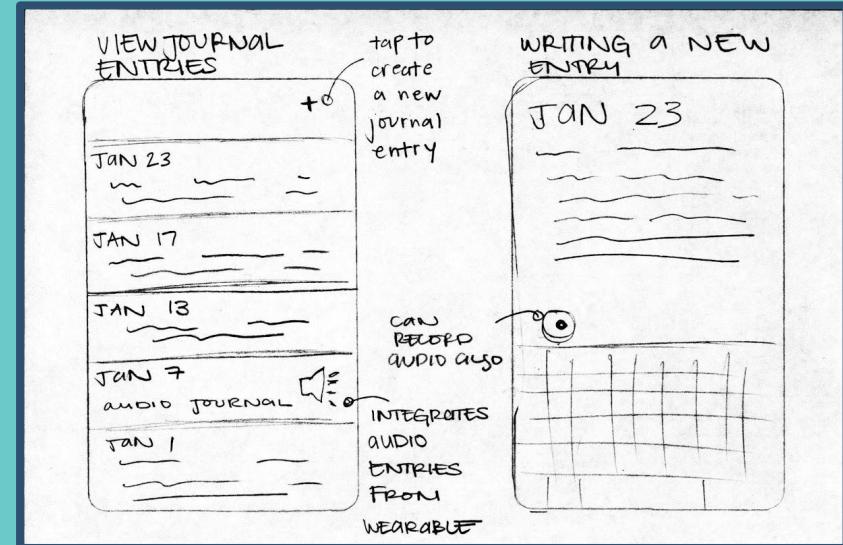
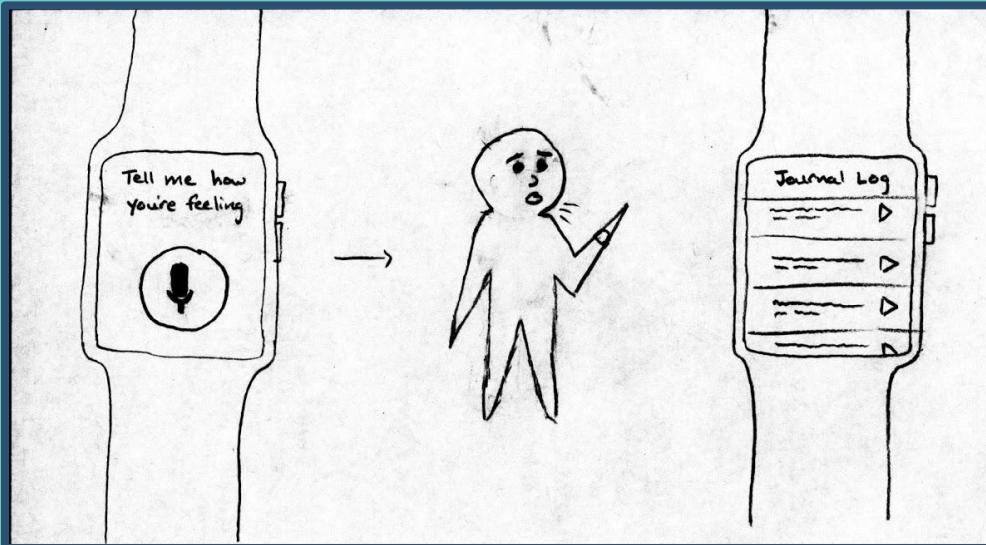
Find a compatible therapist

# Design 3: A Watch and Companion App



Monitor goals from therapy

# Design 3: A Watch and Companion App



Keep a daily journal

# The Chosen One

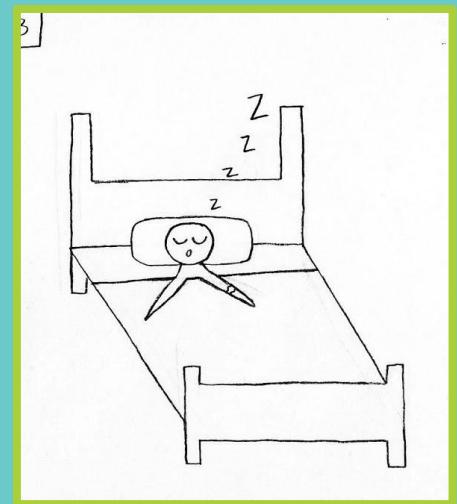
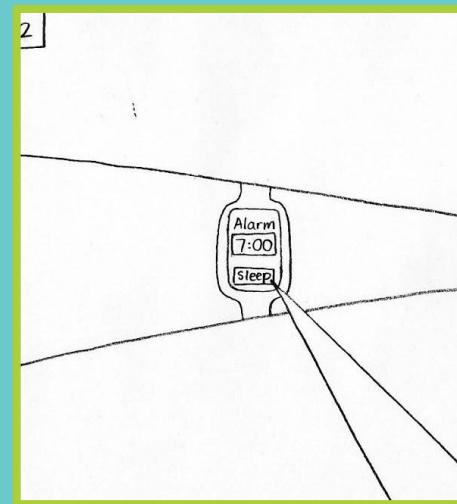
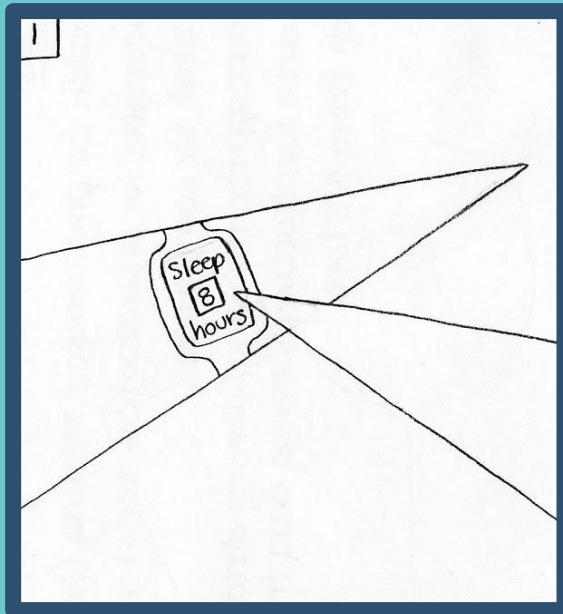
A Watch and Companion App

- Track factors such as sleep and mood
- Find a compatible therapist

# Rationale for the Chosen Design

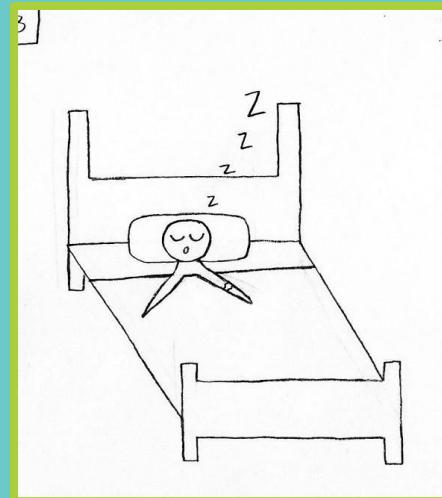
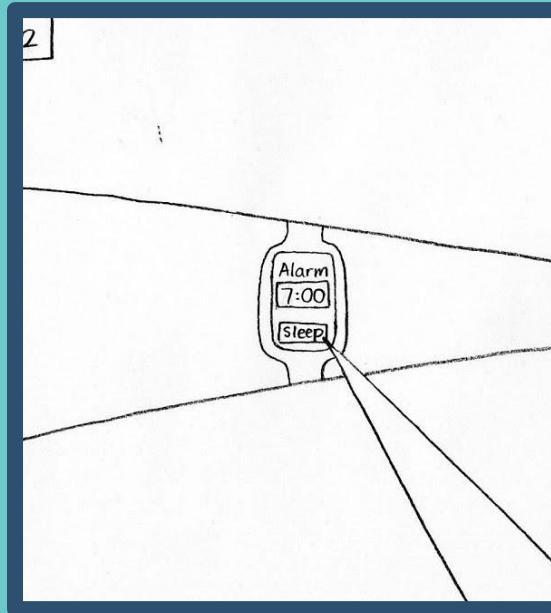
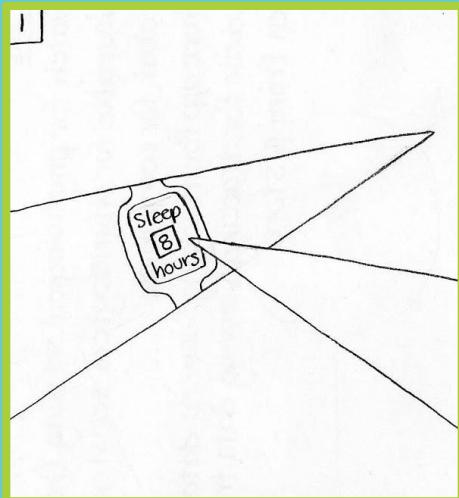
- Watch helps automate self-tracking
- Both watch and mobile app are very accessible

# Storyboard 1: Tracking Sleep and Mood



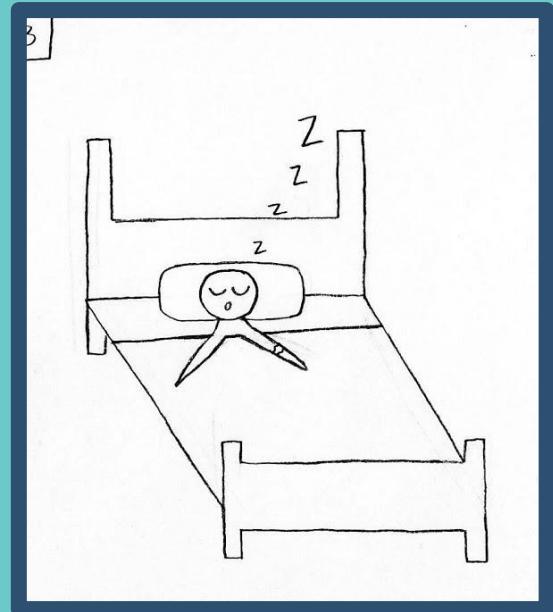
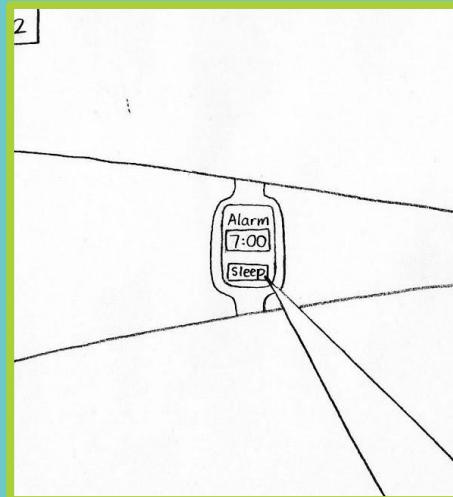
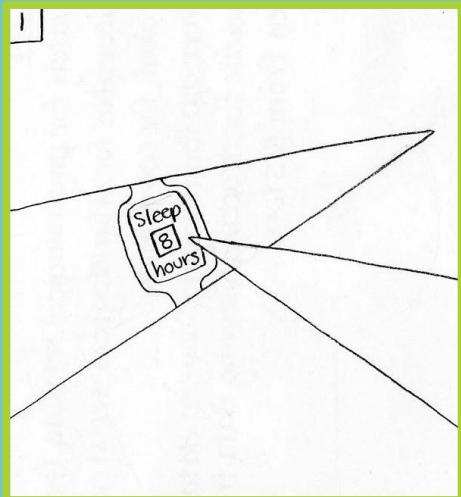
Jan sets a goal for her nightly sleep

# Storyboard 1: Tracking Sleep and Mood



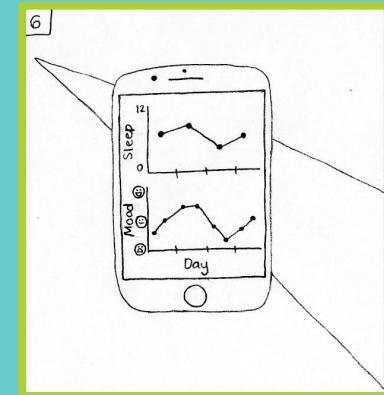
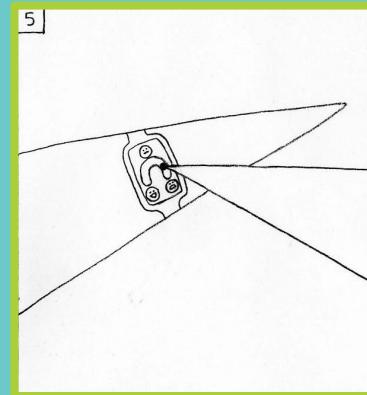
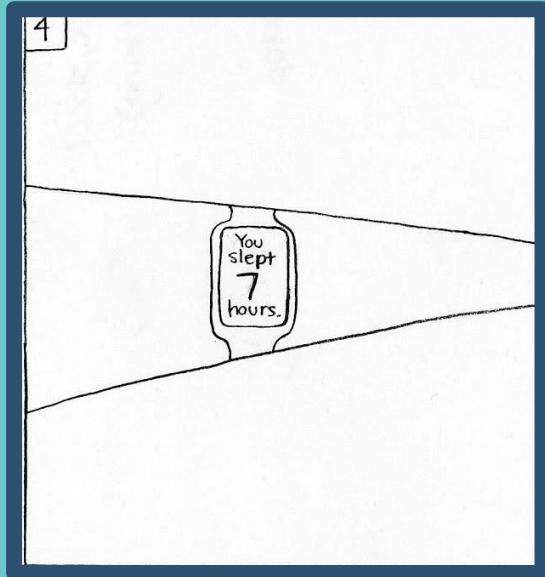
Jan sets an alarm and goes to sleep

# Storyboard 1: Tracking Sleep and Mood



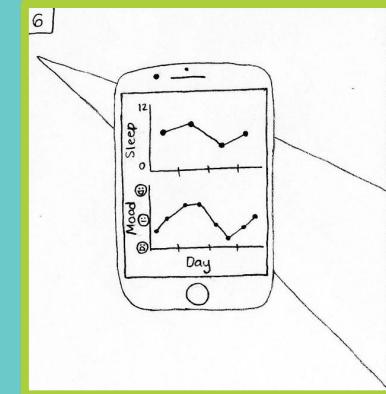
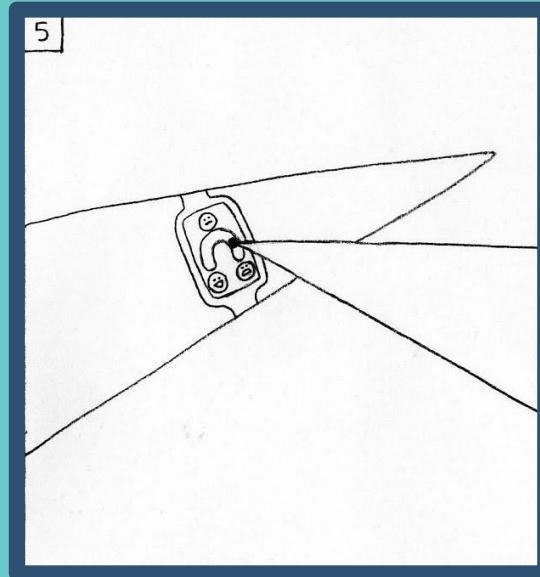
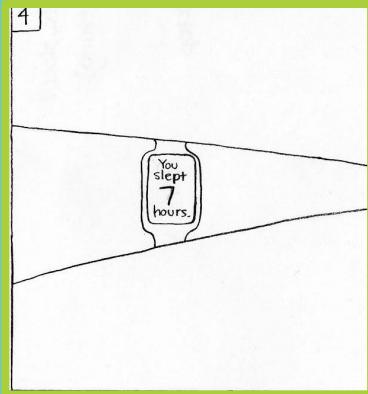
The watch tracks her movement and breathing while she sleeps

# Storyboard 1: Tracking Sleep and Mood



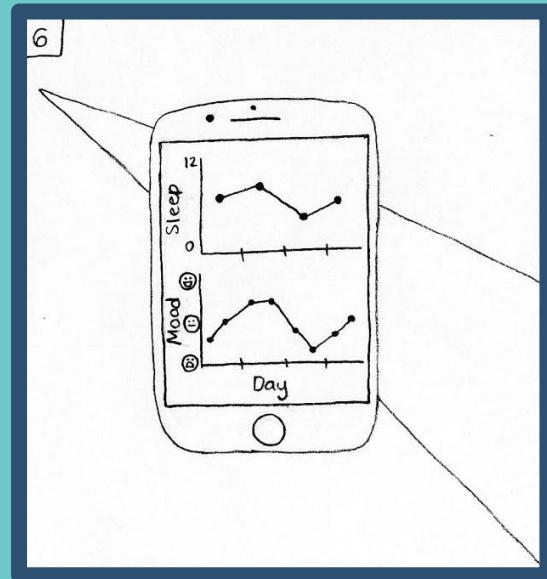
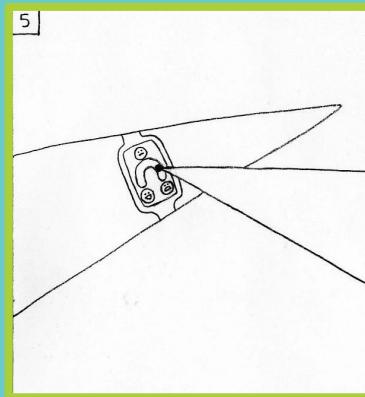
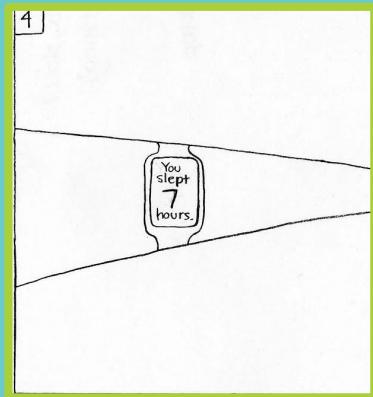
Jan's alarm rings and the watch  
tells her how long she slept

# Storyboard 1: Tracking Sleep and Mood



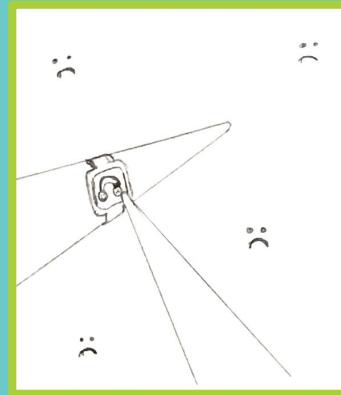
Jan tracks her mood on her  
watch throughout the day

# Storyboard 1: Tracking Sleep and Mood



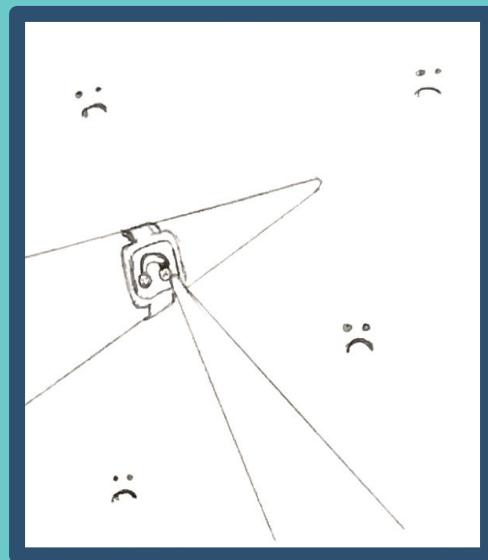
After several days of tracking, Jan views graphs of her data on the app

# Storyboard 2: Finding a Compatible Therapist



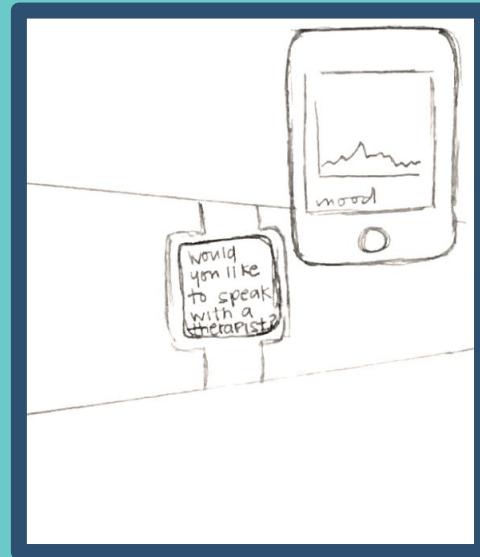
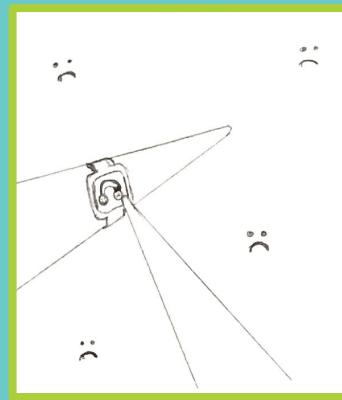
Mace fills out a questionnaire upon installation of the app

# Storyboard 2: Finding a Compatible Therapist



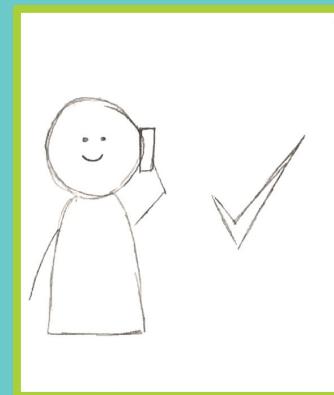
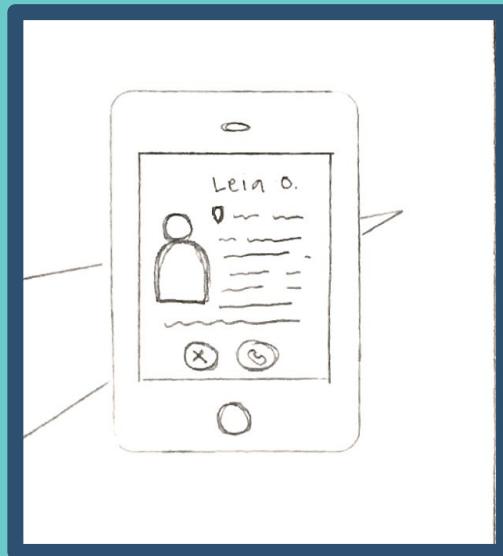
Mace has been tracking his mood and it has been consistently low

# Storyboard 2: Finding a Compatible Therapist



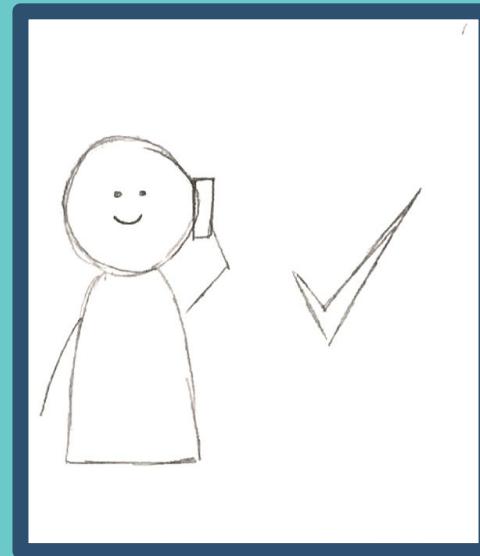
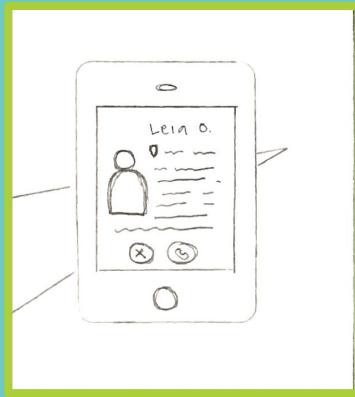
The watch suggests finding a therapist

# Storyboard 2: Finding a Compatible Therapist



Mace views a suggested therapist on the app

# Storyboard 2: Finding a Compatible Therapist



He accepts the therapist match and gives them a call

# Summary

- Mental illness is pervasive
- The most common treatment is no treatment at all
- People can manage their mental health
- Different responses to various treatments

**Thanks for listening!**

# **Resources**

If you happen to be experiencing any mental health problems, feel free to contact any of these resources:

**UW Hall Health Center  
Mental Health Clinic**  
**(206) 543-5030**

**UW Counseling Center**  
**(206) 543-1240**

**Let's Talk**  
[uw.edu/counseling/lets-talk/](http://uw.edu/counseling/lets-talk/)

**Crisis Clinic**  
**(866) 427-4747**