



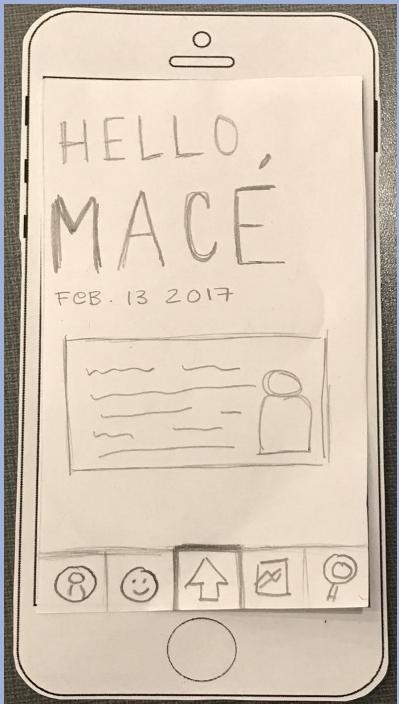
Becky Leslie ♦ Christine Ta ♦ Daniel Houtsma ♦ Forrest Sun

Motivation

According to the National Alliance on Mental Health:

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

Our Solution



Mobile App

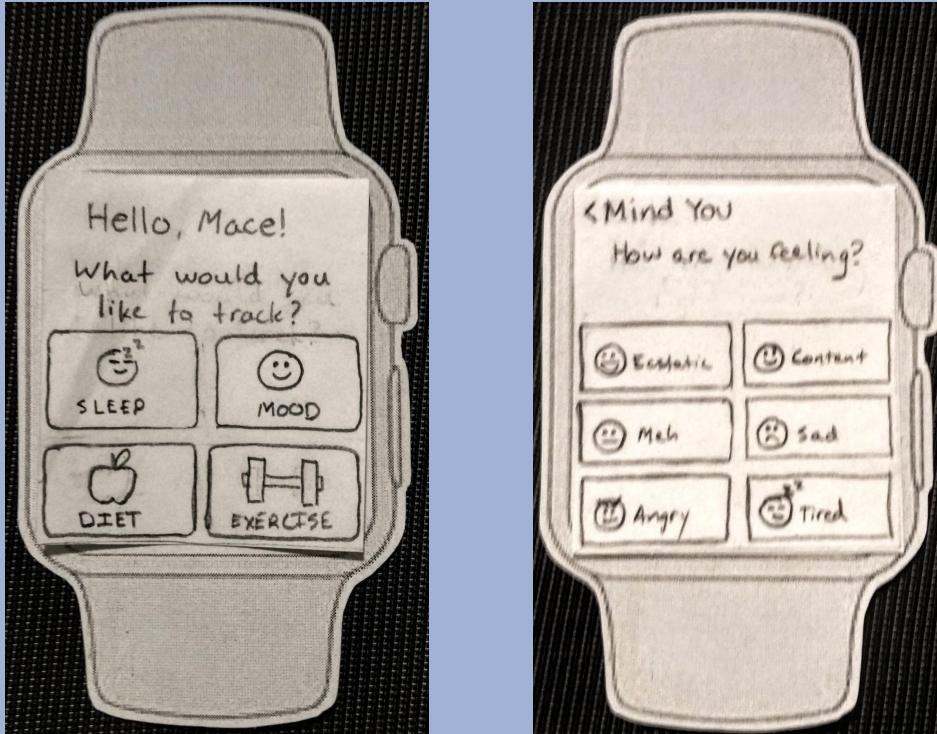


Watch App

Two primary tasks:

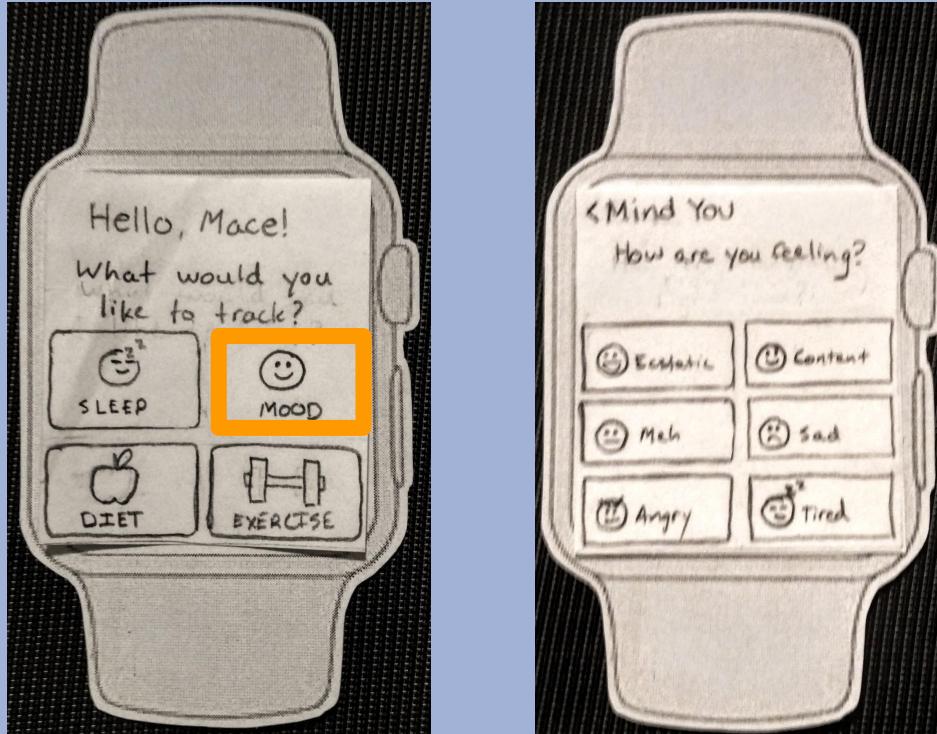
- Tracking
 - Supported on both platforms
- Finding a compatible therapist
 - Only supported on the mobile

Initial Paper Prototype



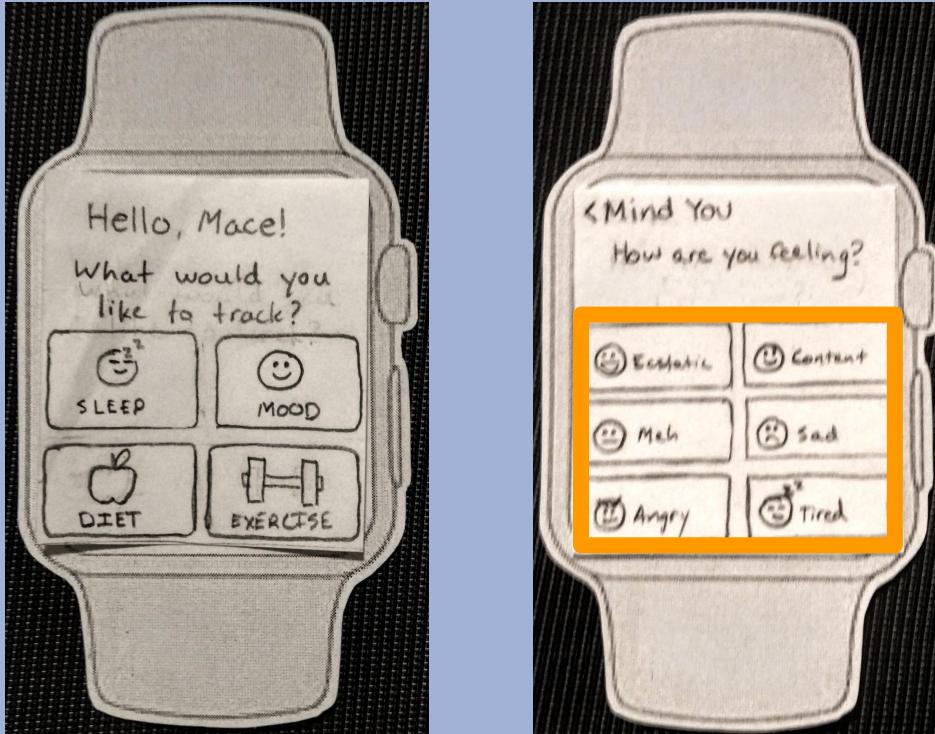
Mood Tracking on the Watch

Initial Paper Prototype



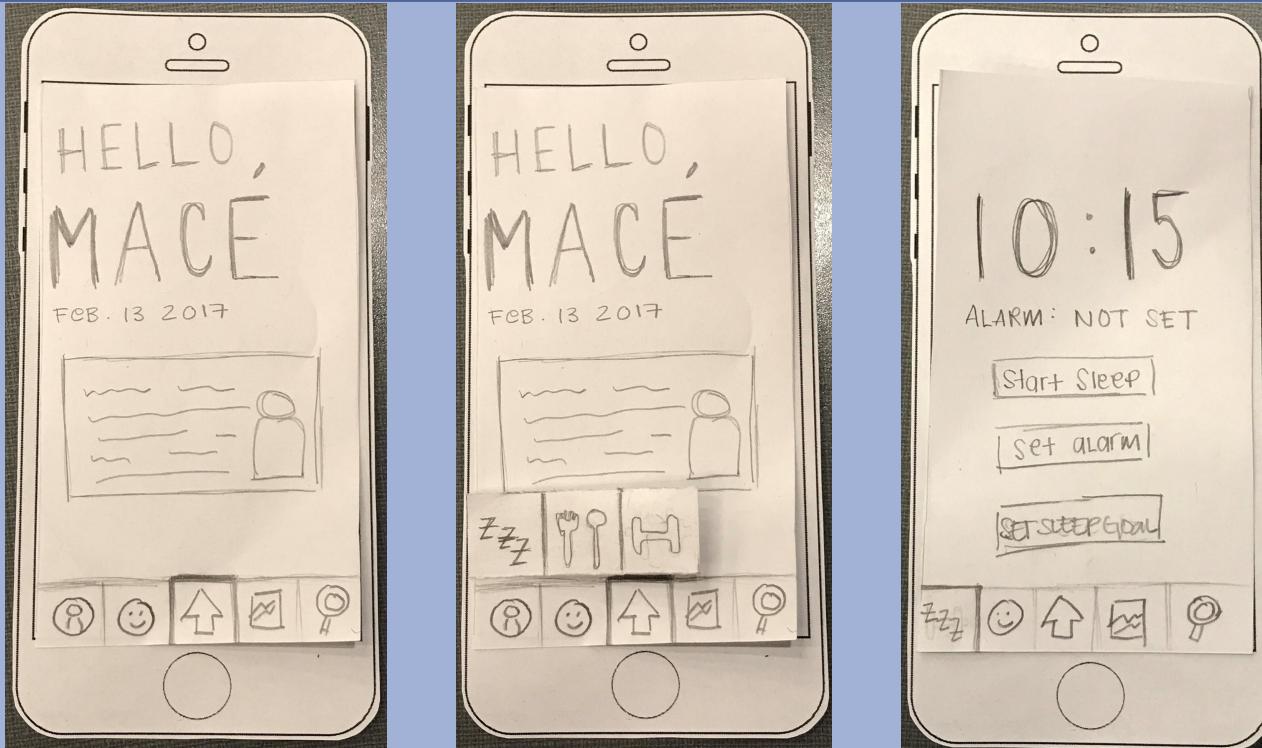
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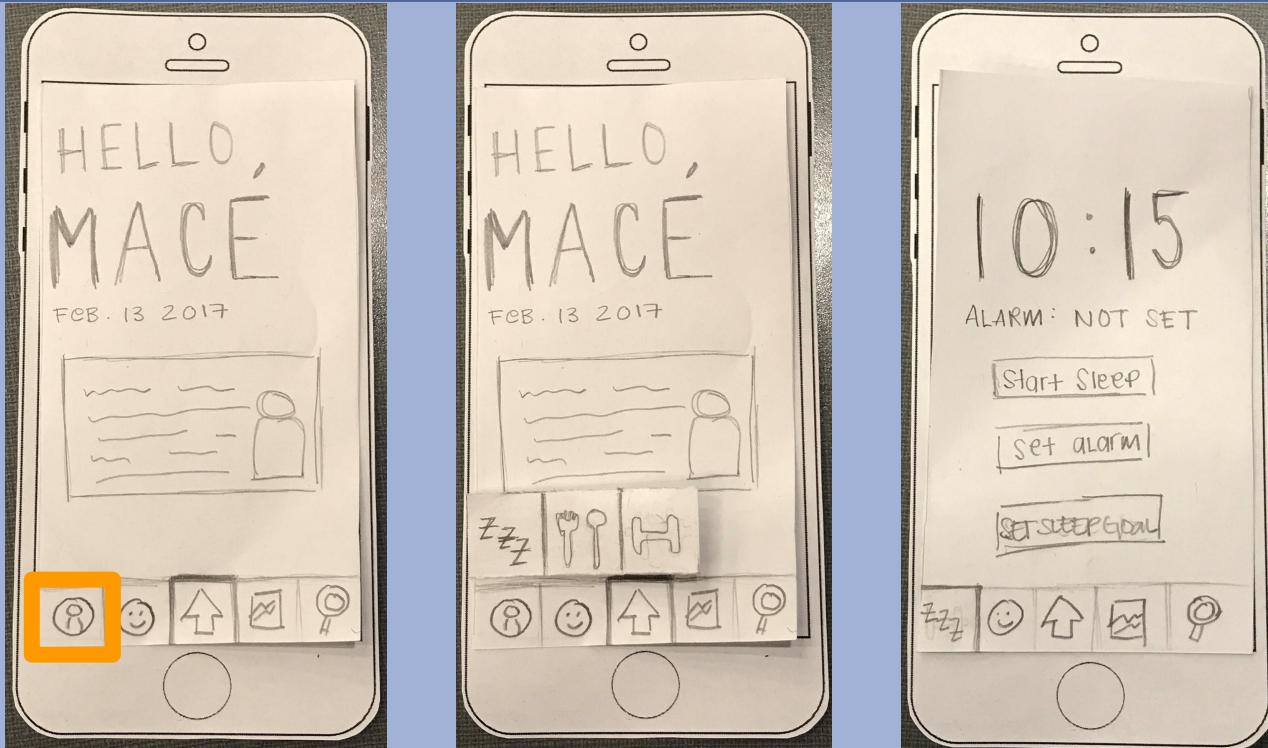
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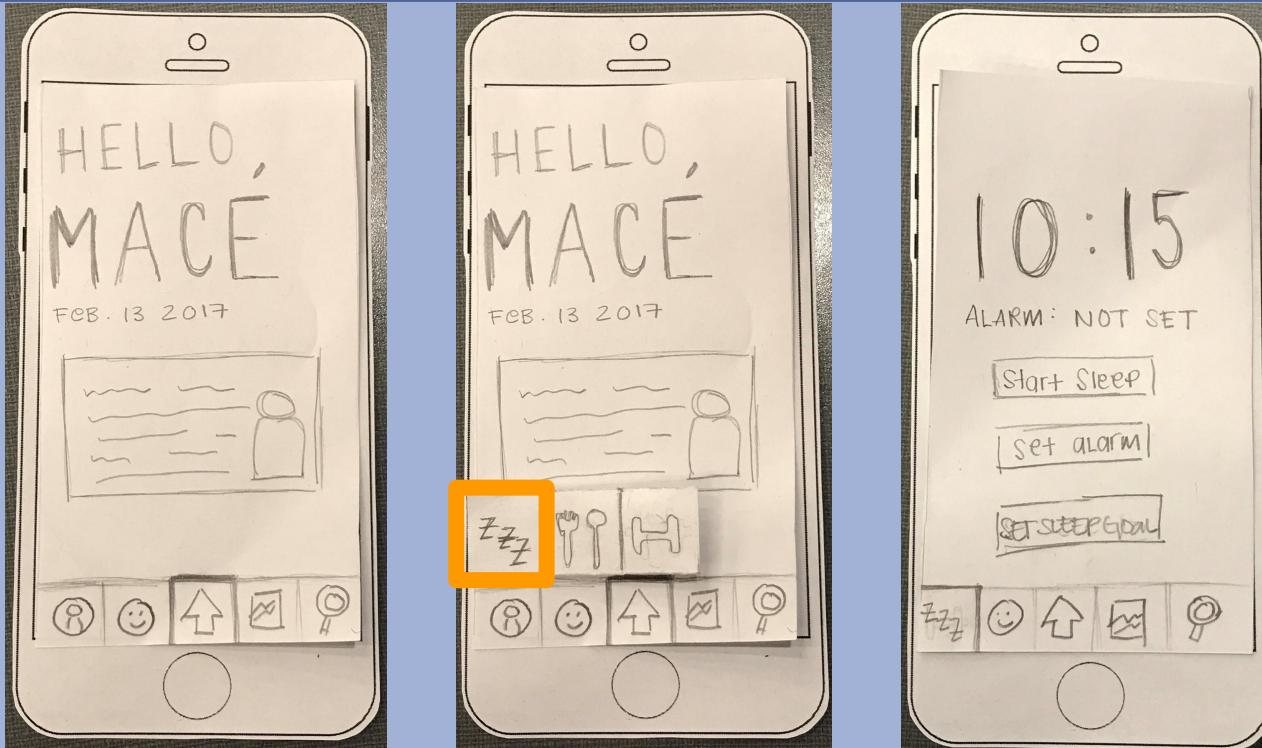
Sleep Tracking on the Phone

Initial Paper Prototype



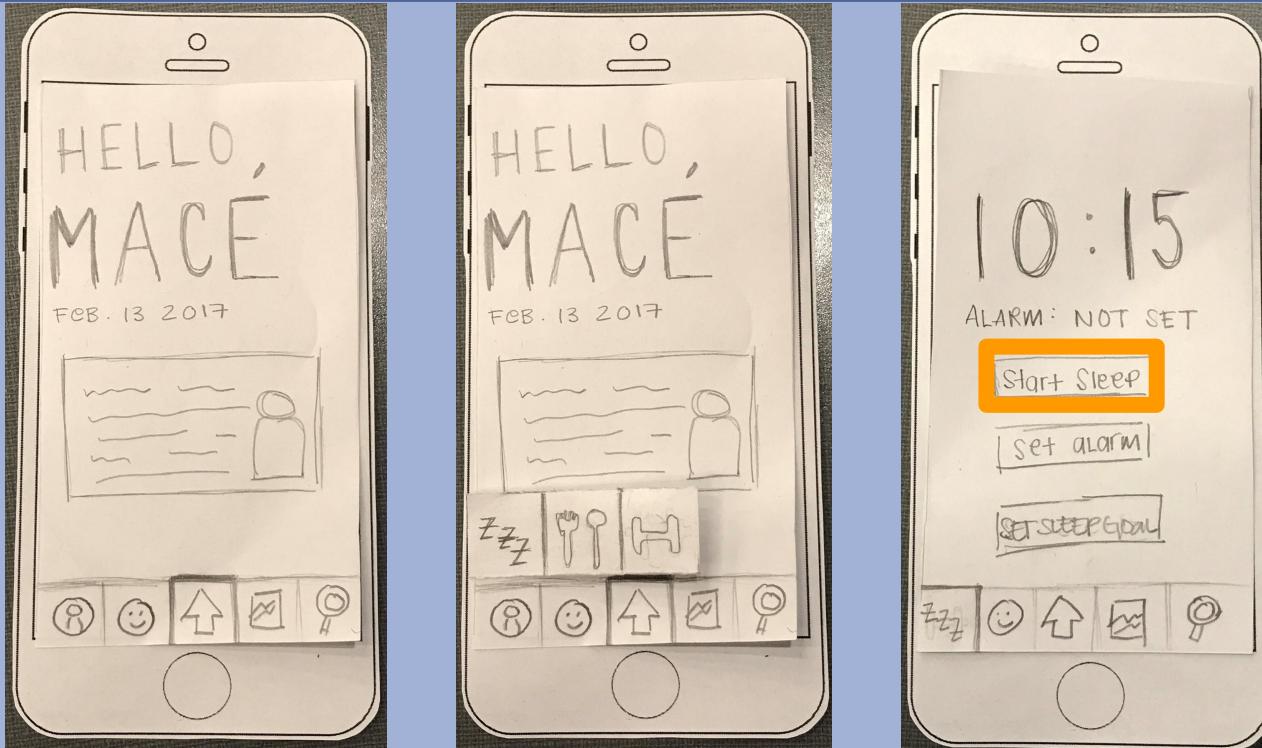
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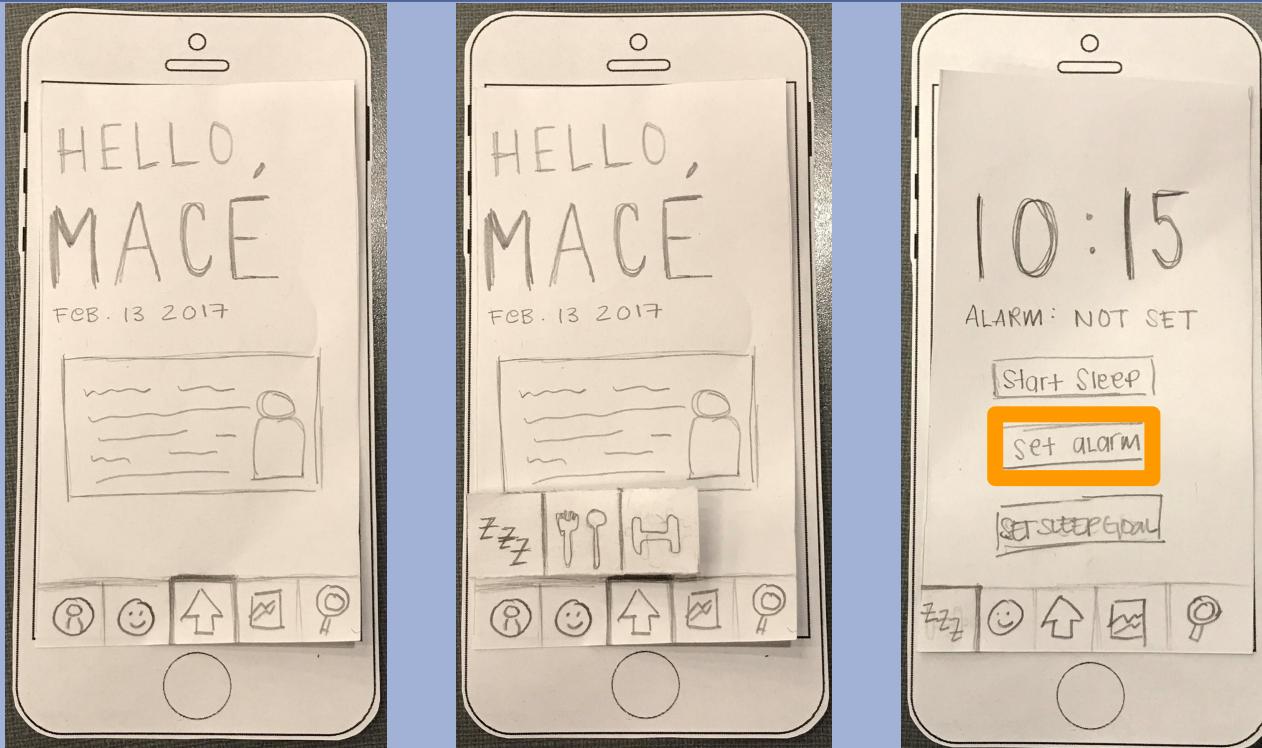
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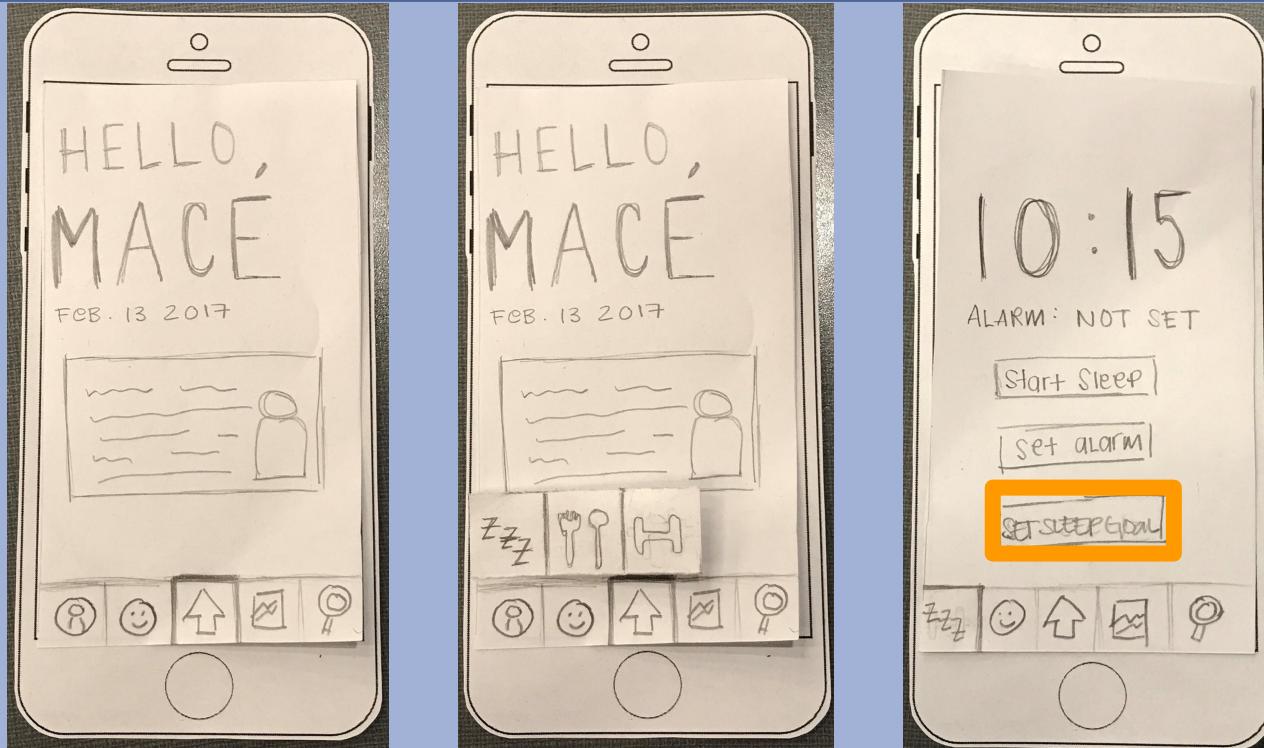
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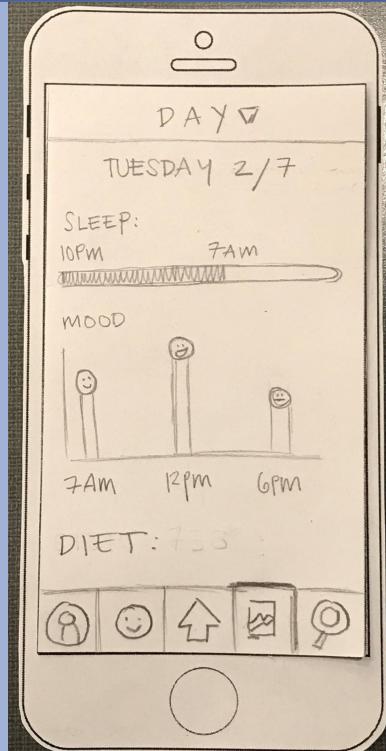
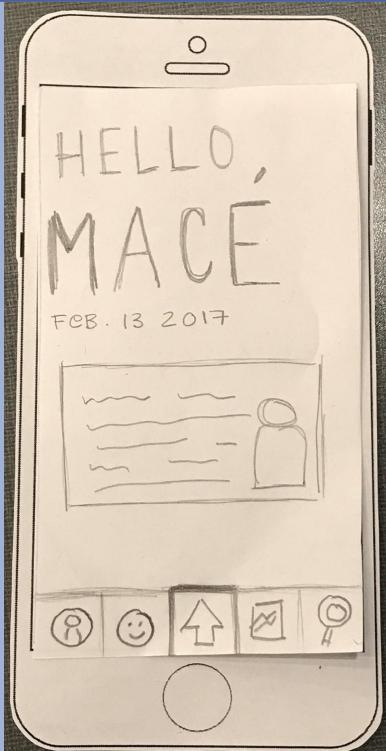
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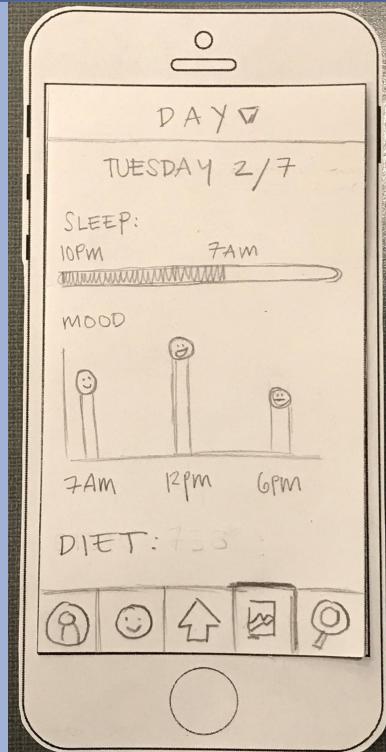
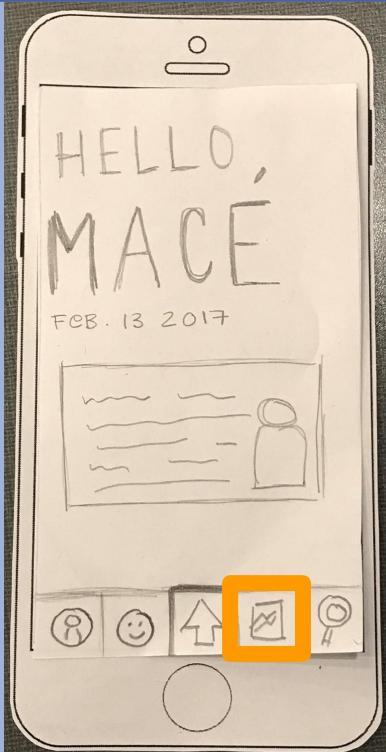
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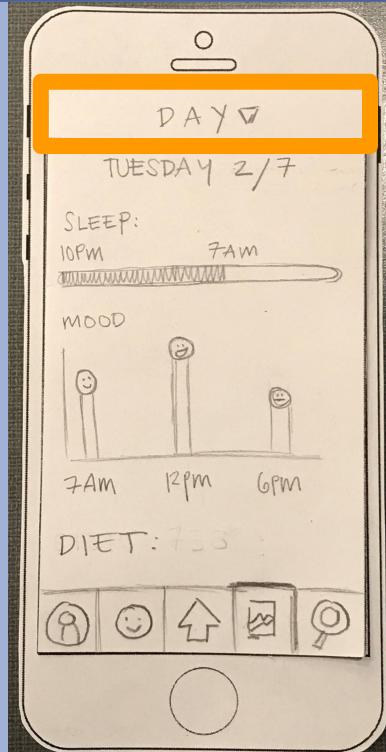
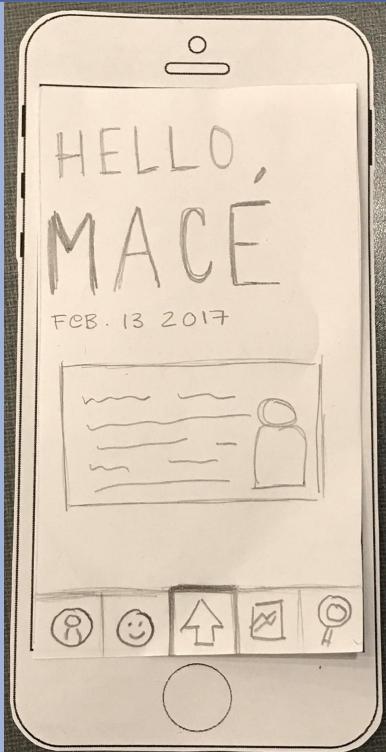
Viewing Data

Initial Paper Prototype



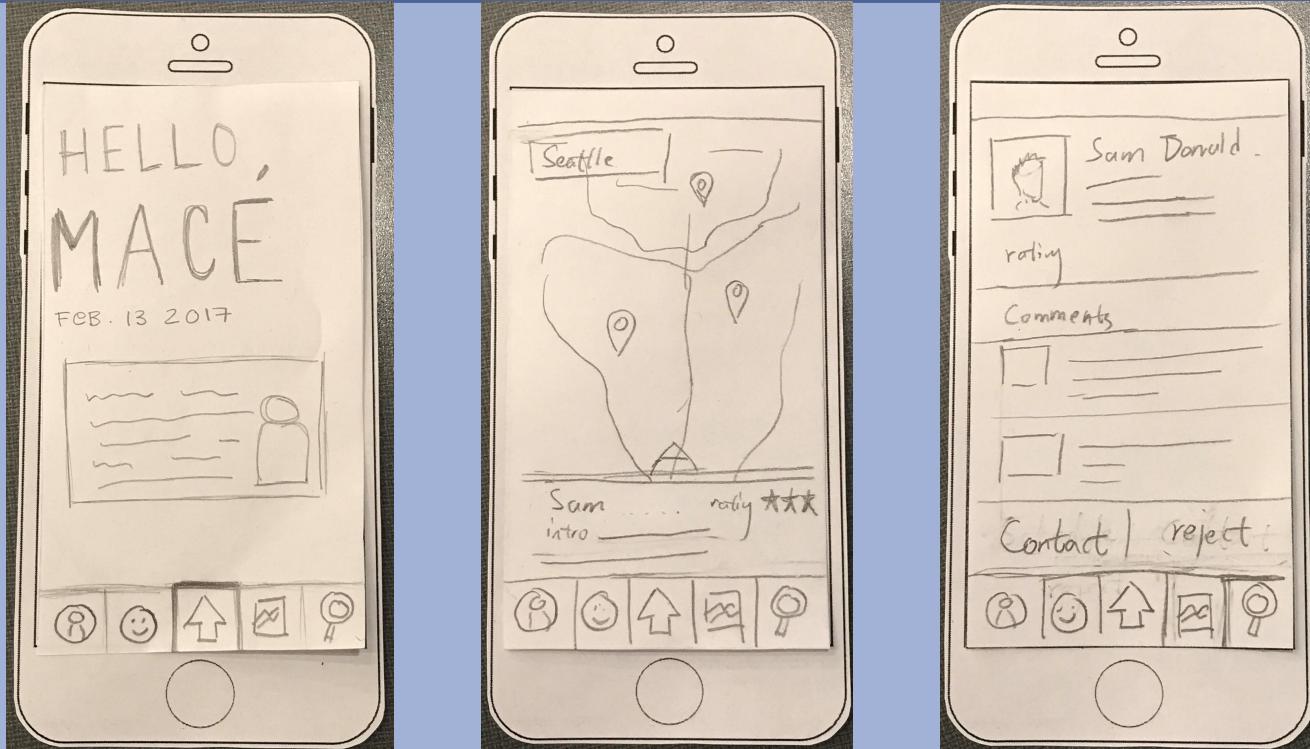
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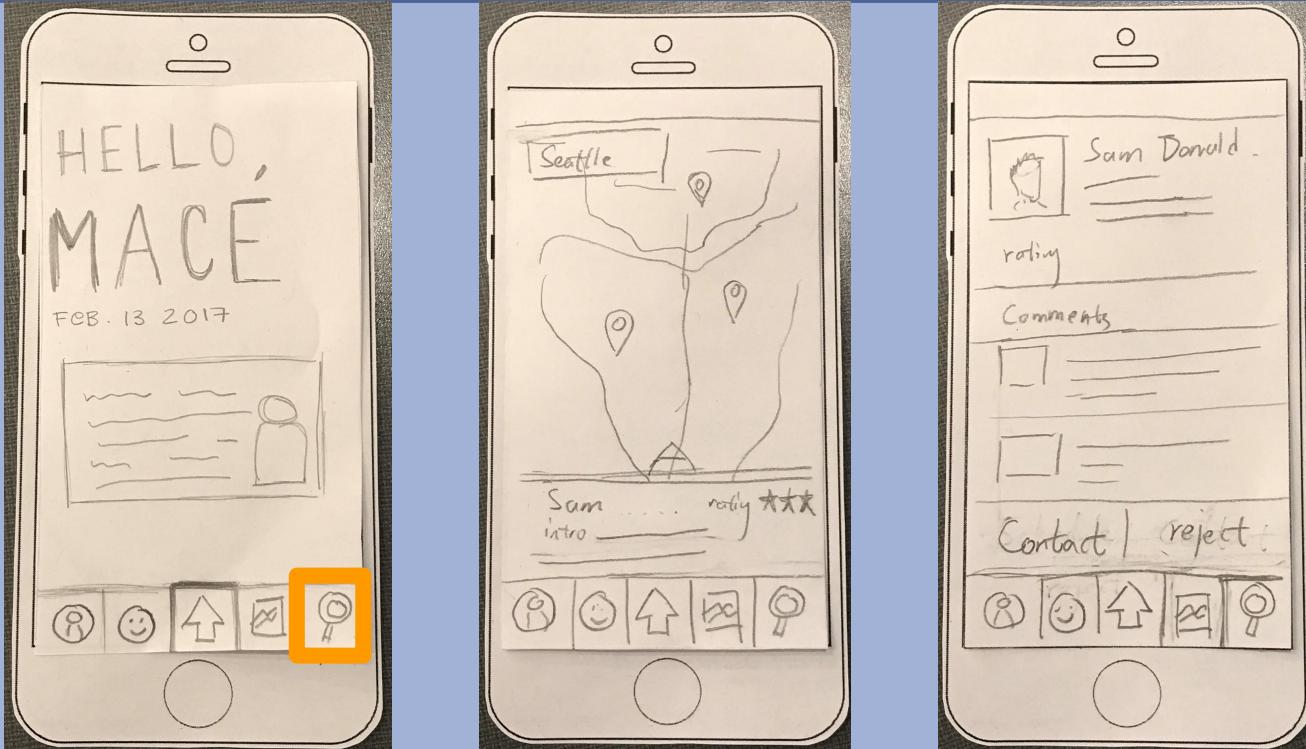
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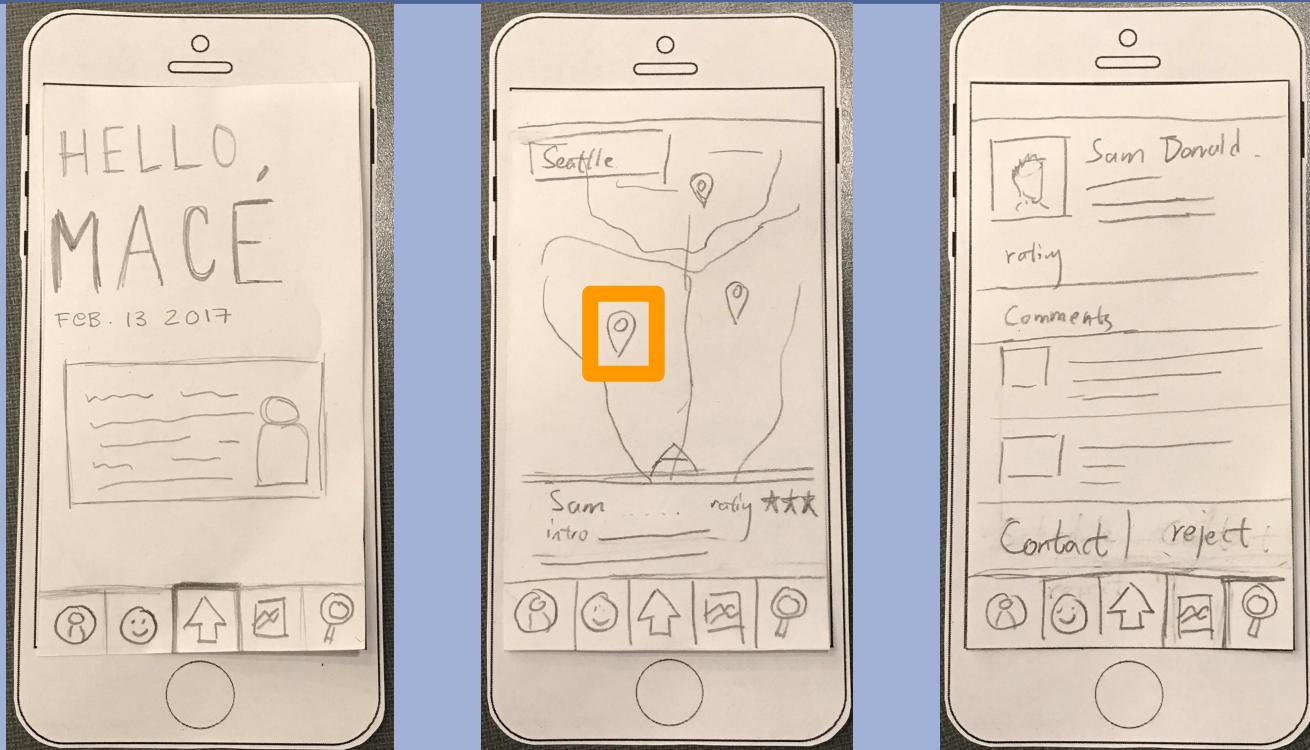
Finding a Compatible Therapist

Initial Paper Prototype



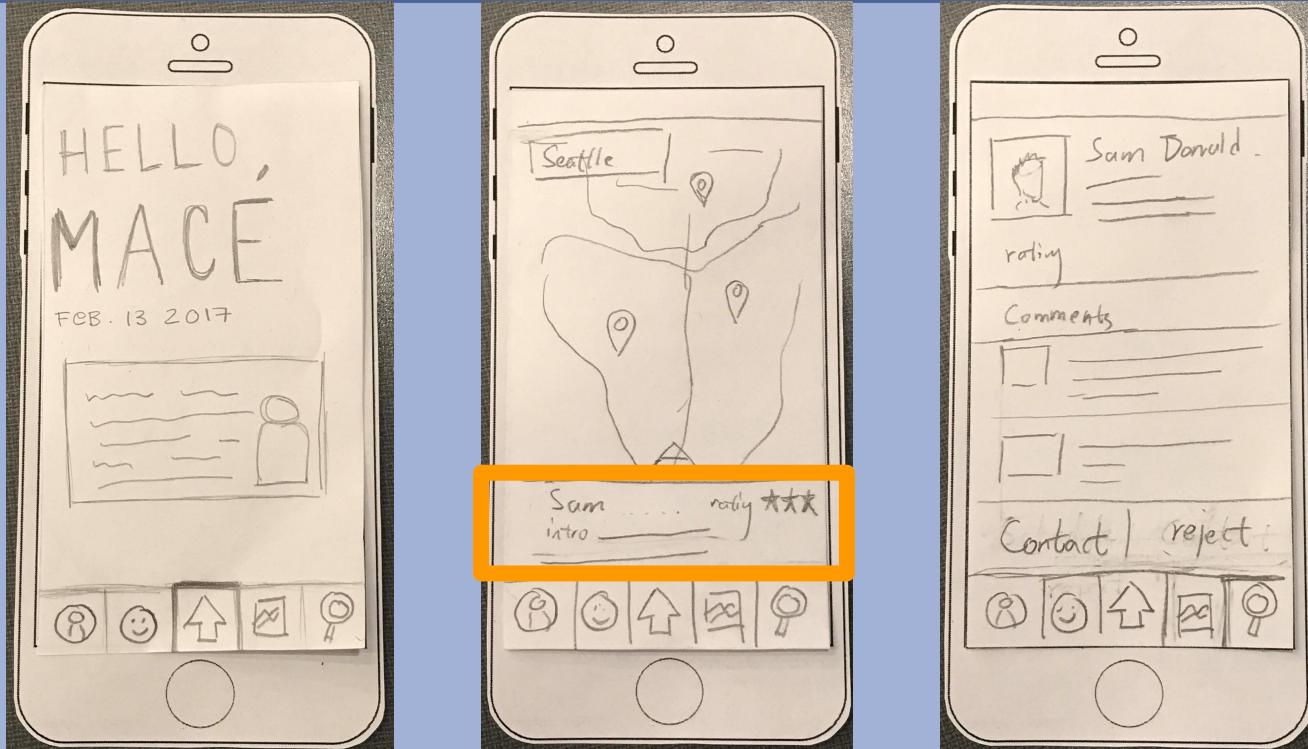
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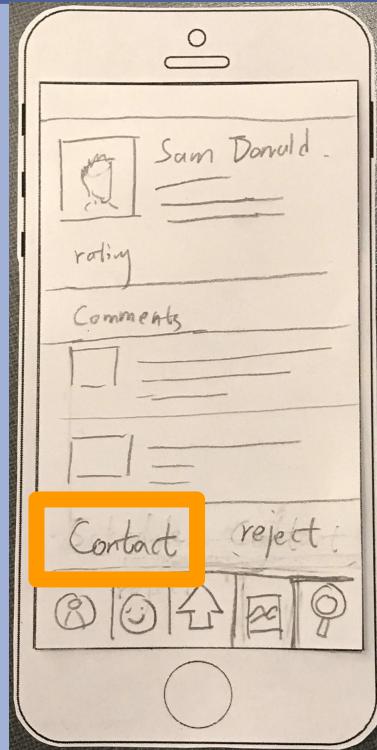
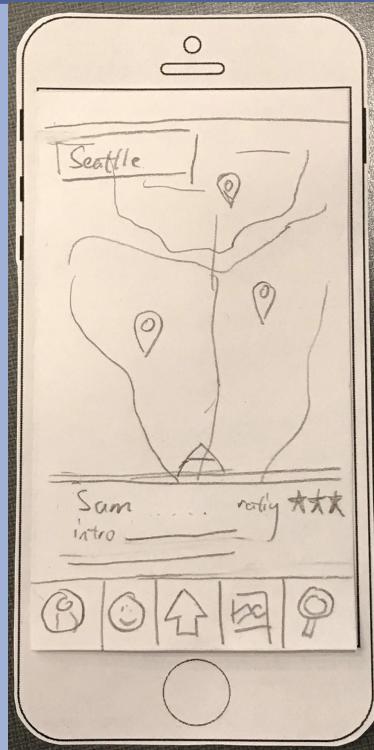
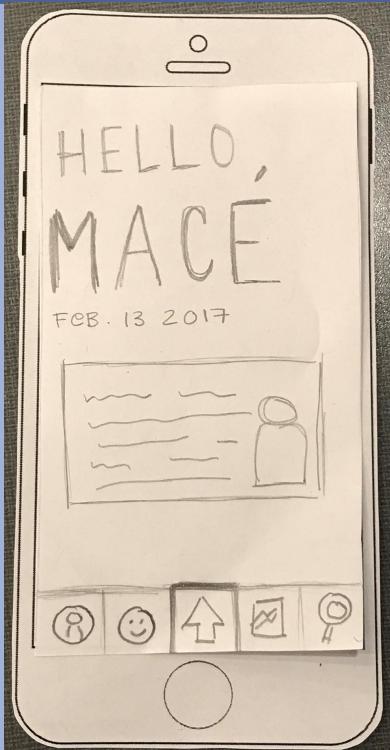
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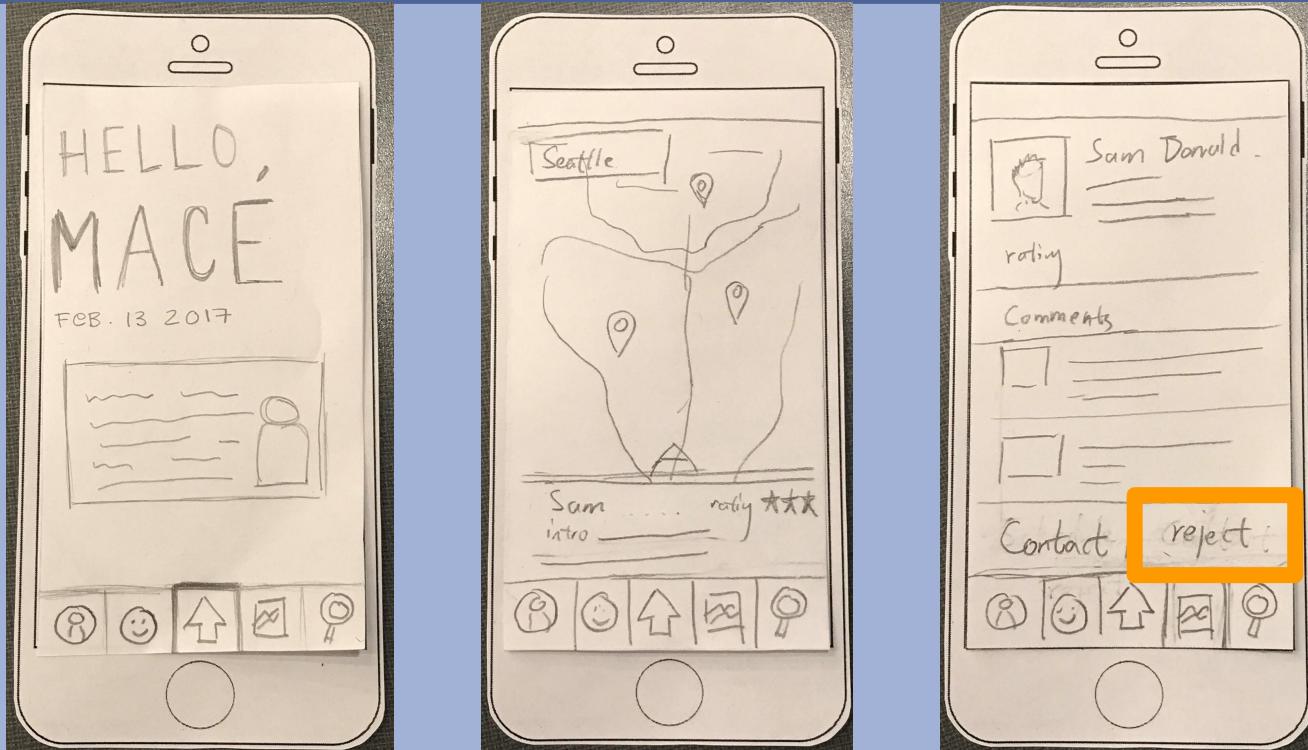
Finding a Compatible Therapist

Initial Paper Prototype



Finding a Compatible Therapist

Initial Paper Prototype



Finding a Compatible Therapist

Testing Process

- Two heuristic evaluations
- Three usability tests
- Design critique during section

Usability Testing Process

Participants

- One medical anthropology student
- Two CSE students

Usability Testing Process

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- One medical anthropology student
- Two CSE students

Process

- Introduction
- Tasks
- Debrief

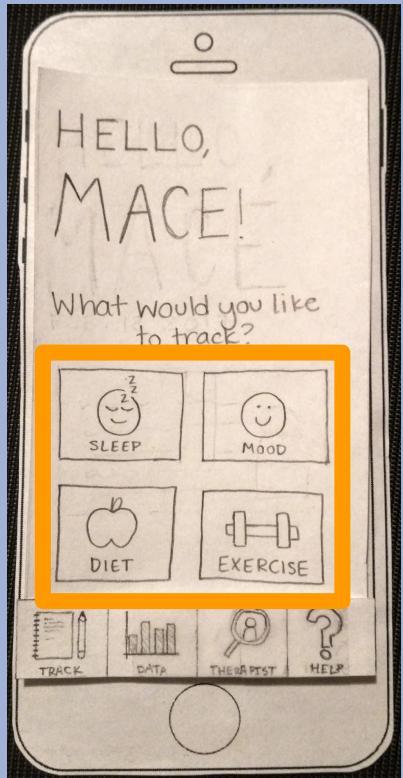
User Tasks

- Log mood, diet, and exercise on both devices
- Set an alarm and start tracking sleep
- View weekly data
- Access therapist finder

Usability Testing Results

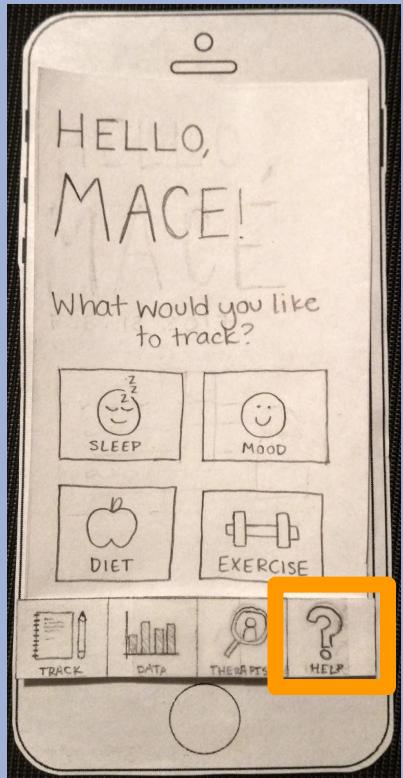
- Choose icons and labels appropriately
- Minimize the number of taps needed to navigate to a screen
- Eliminate unnecessary features
- Present therapist listings in multiple ways

Final Paper Prototype



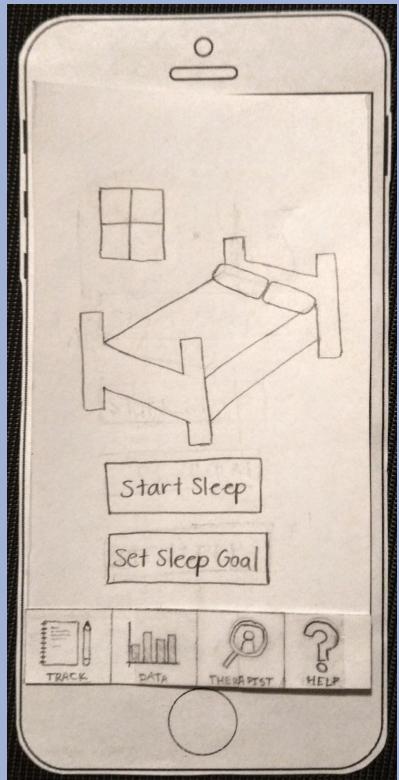
- Moved tracking buttons onto the page
- Added help button to the navigation bar

Final Paper Prototype



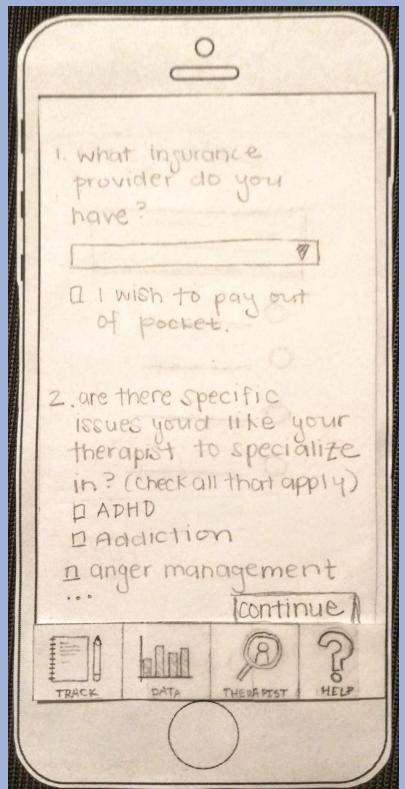
- Moved tracking buttons onto the page
- Added help button to the navigation bar

Final Paper Prototype



- Removed alarm function

Final Paper Prototype



- Clarified the questionnaire
- Added a therapist listview

Digital Mockup



Mood Tracking on the Watch

Digital Mockup



Mood Tracking on the Watch

Digital Mockup



Mood Tracking on the Watch

Digital Mockup



Diet Tracking on the Watch

Digital Mockup



Diet Tracking on the Watch

Digital Mockup



Diet Tracking on the Watch

Digital Mockup



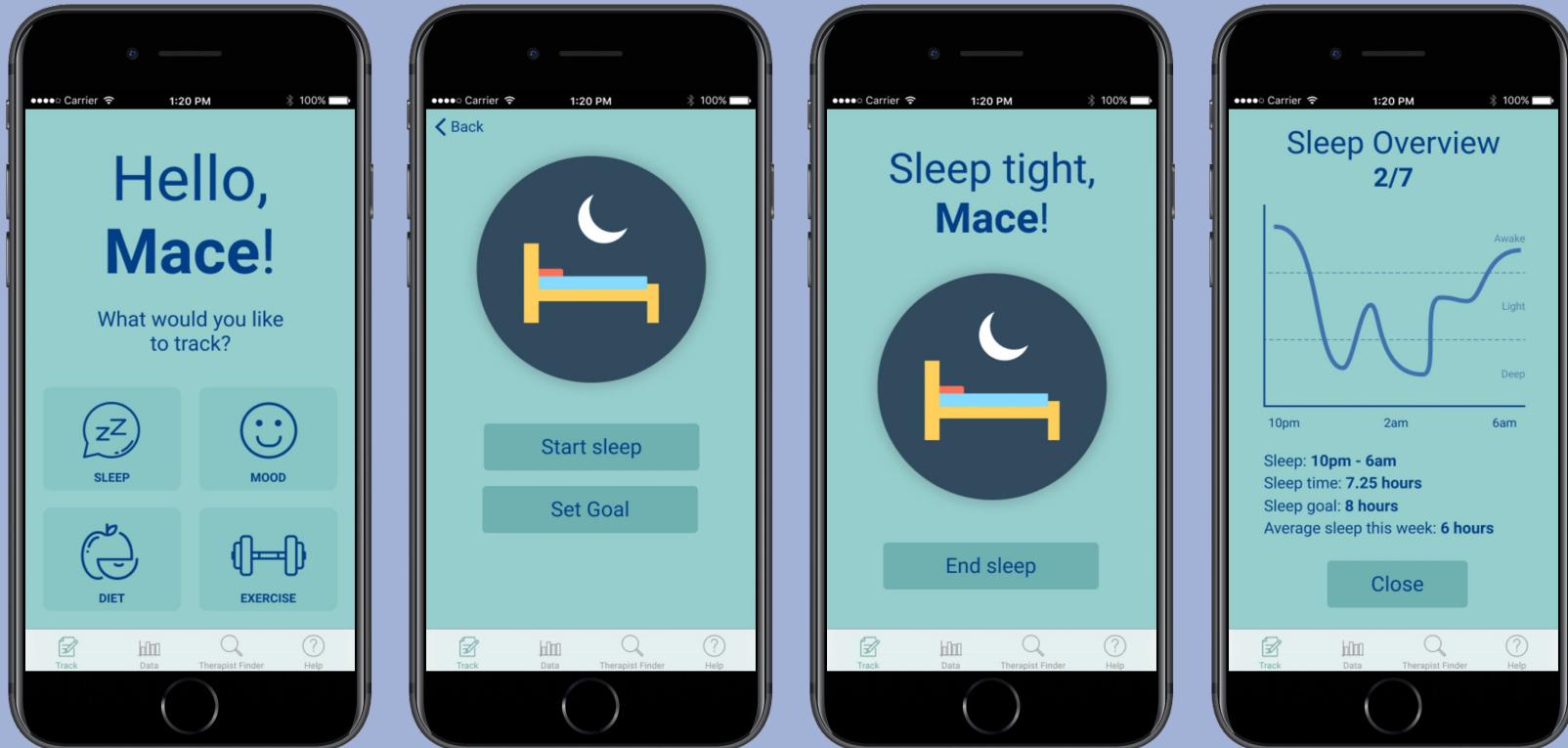
Diet Tracking on the Watch

Digital Mockup



Diet Tracking on the Watch

Digital Mockup



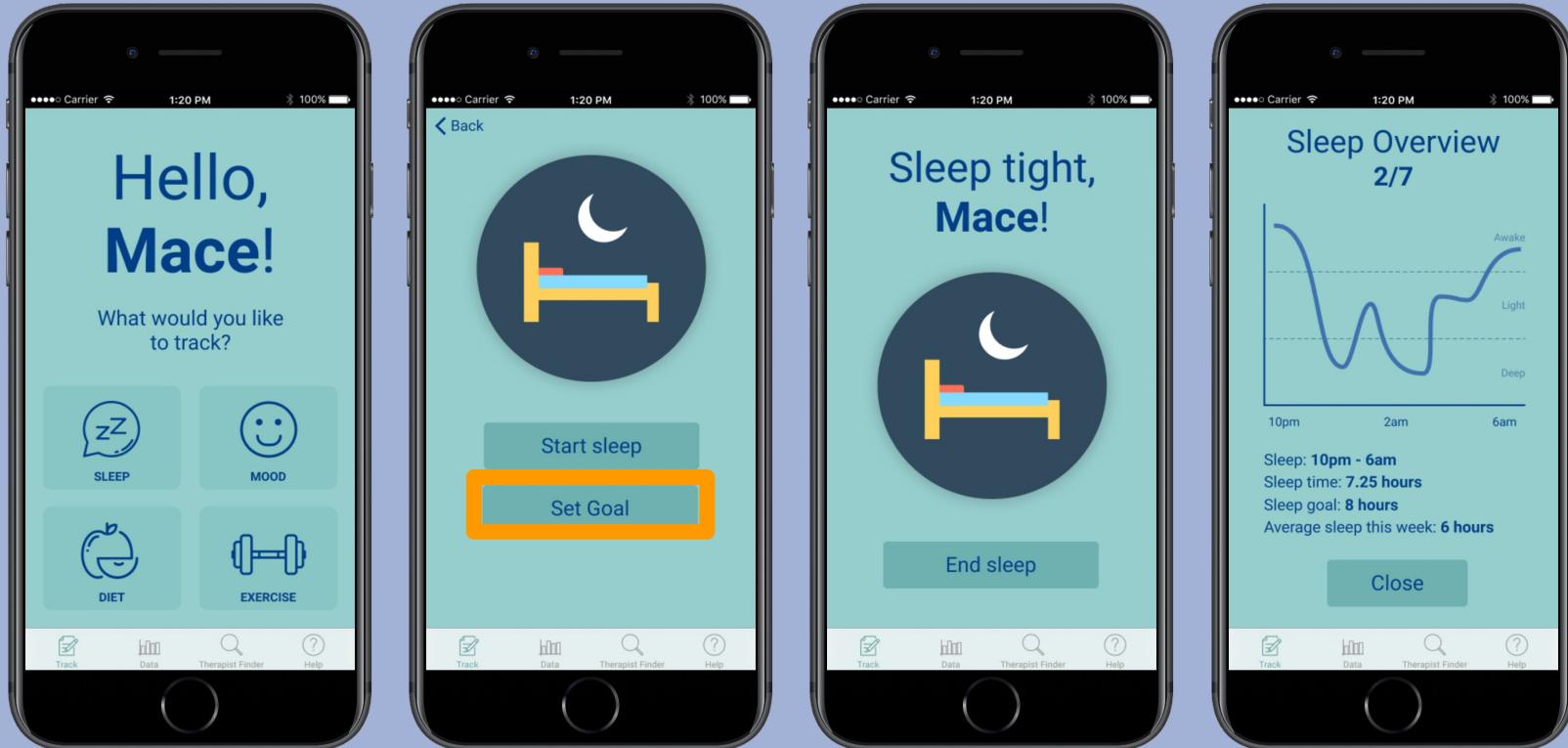
Sleep Tracking on the Mobile

Digital Mockup



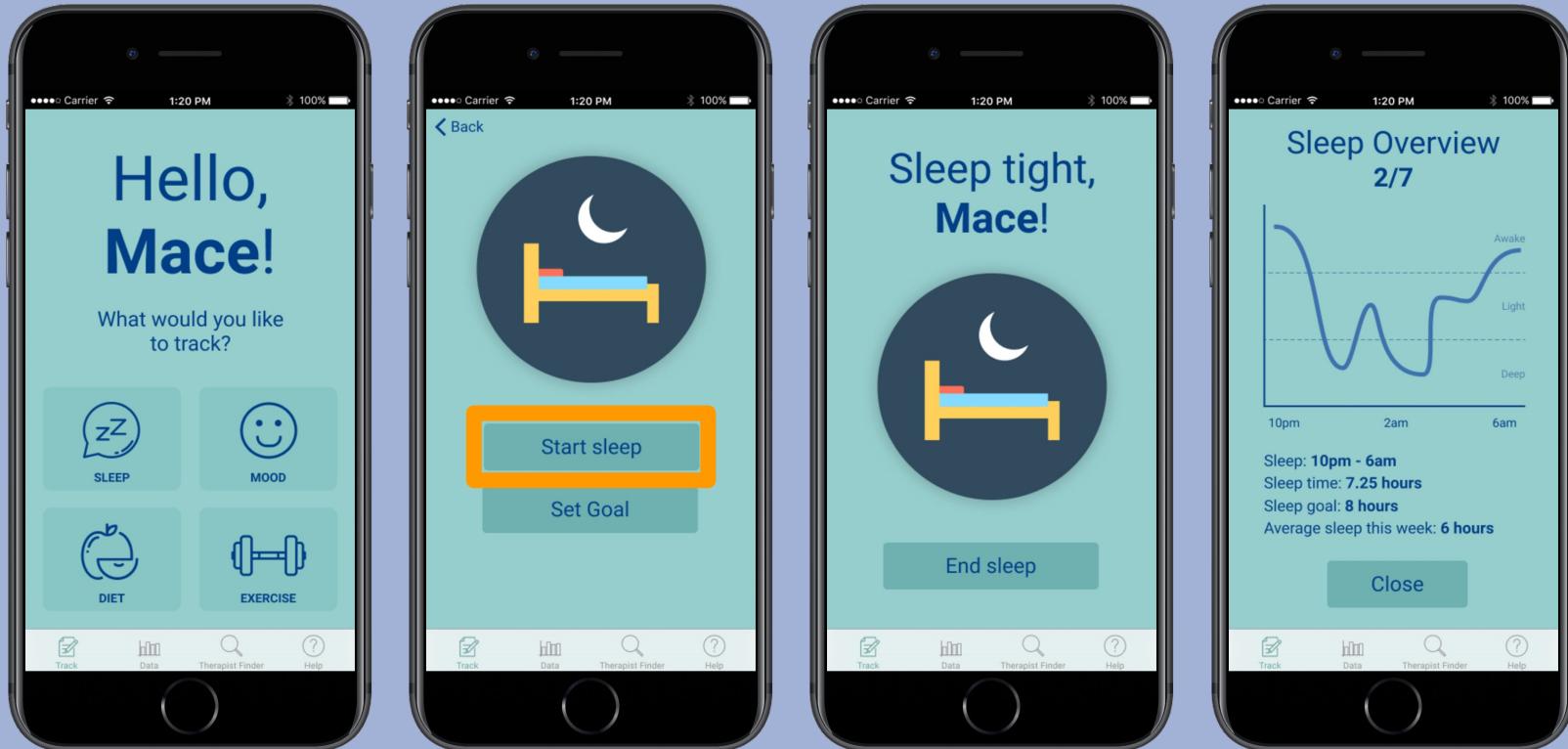
Sleep Tracking on the Mobile

Digital Mockup



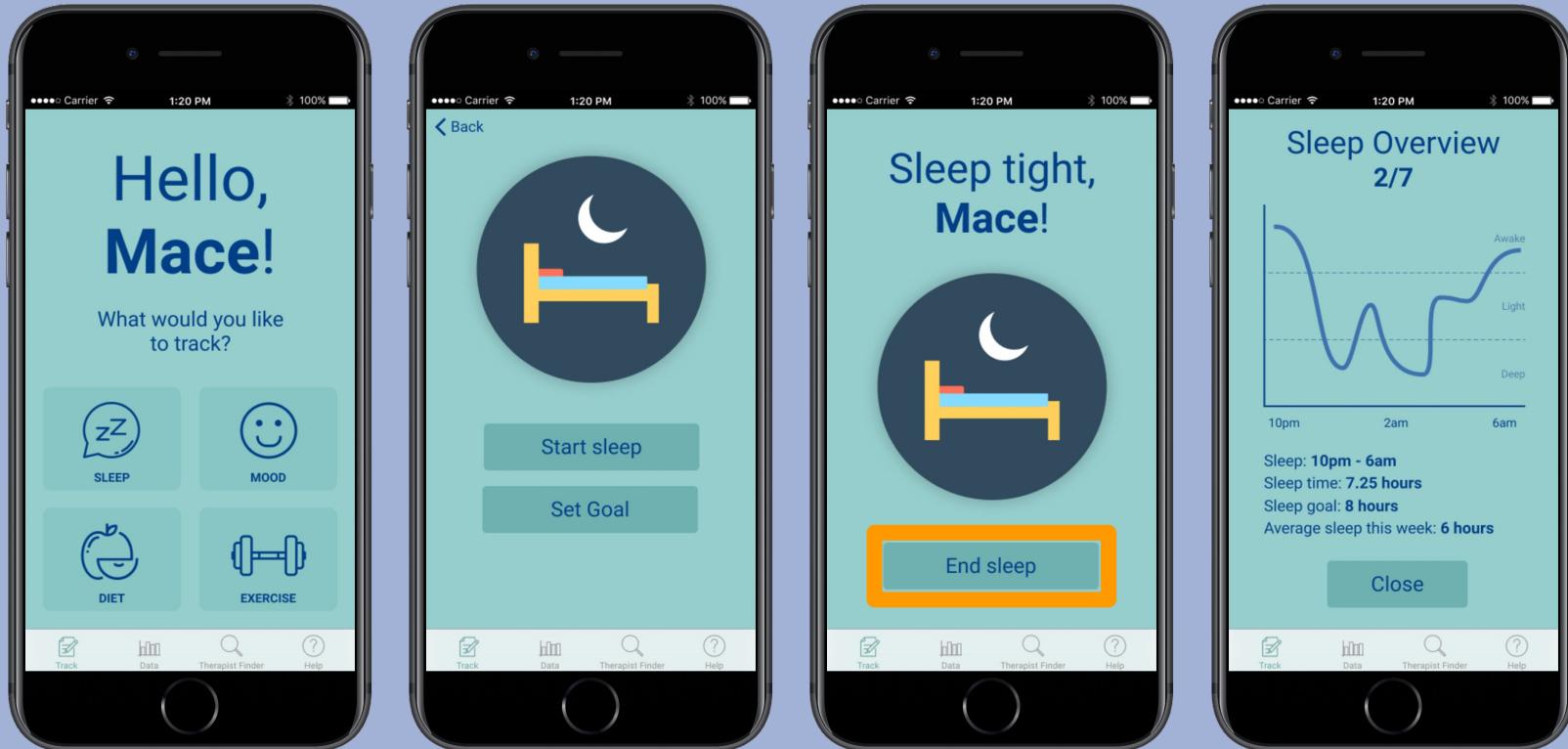
Sleep Tracking on the Mobile

Digital Mockup



Sleep Tracking on the Mobile

Digital Mockup



Sleep Tracking on the Mobile

Digital Mockup



Sleep Tracking on the Mobile

Digital Mockup



Viewing Data

Digital Mockup



Viewing Data

Digital Mockup



Viewing Data

Digital Mockup



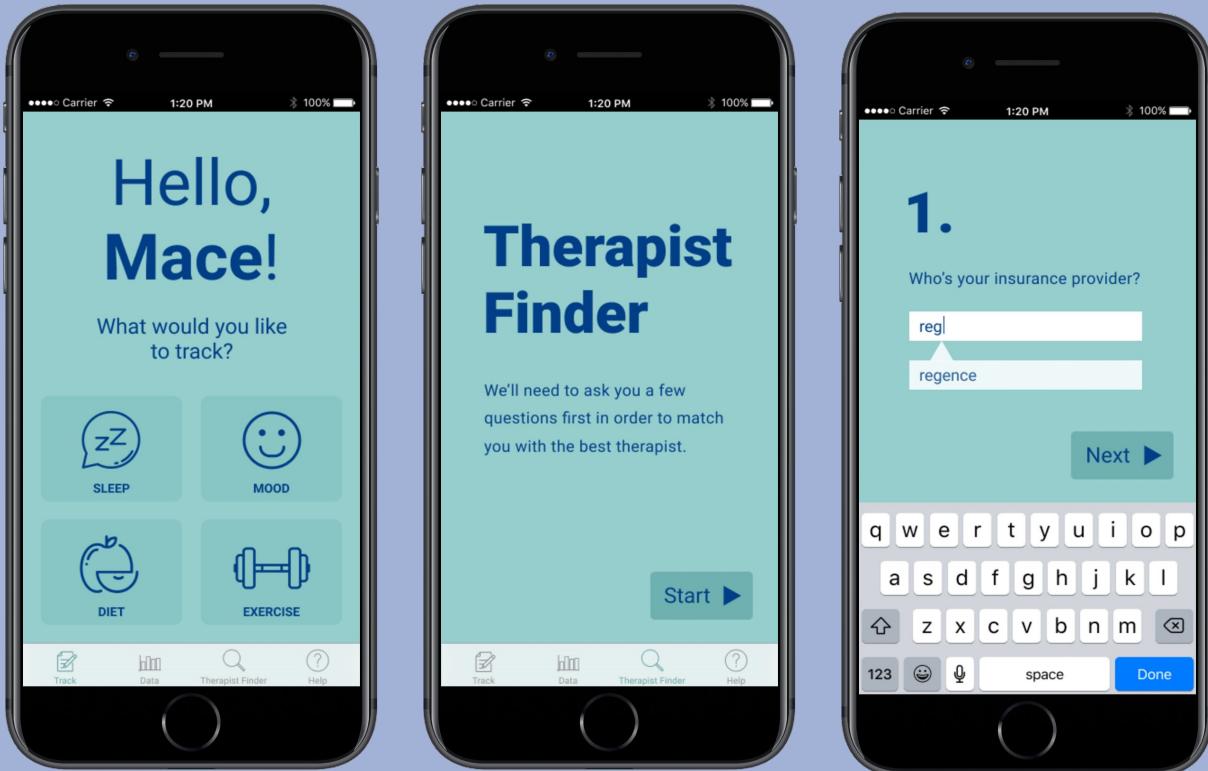
Viewing Data

Digital Mockup



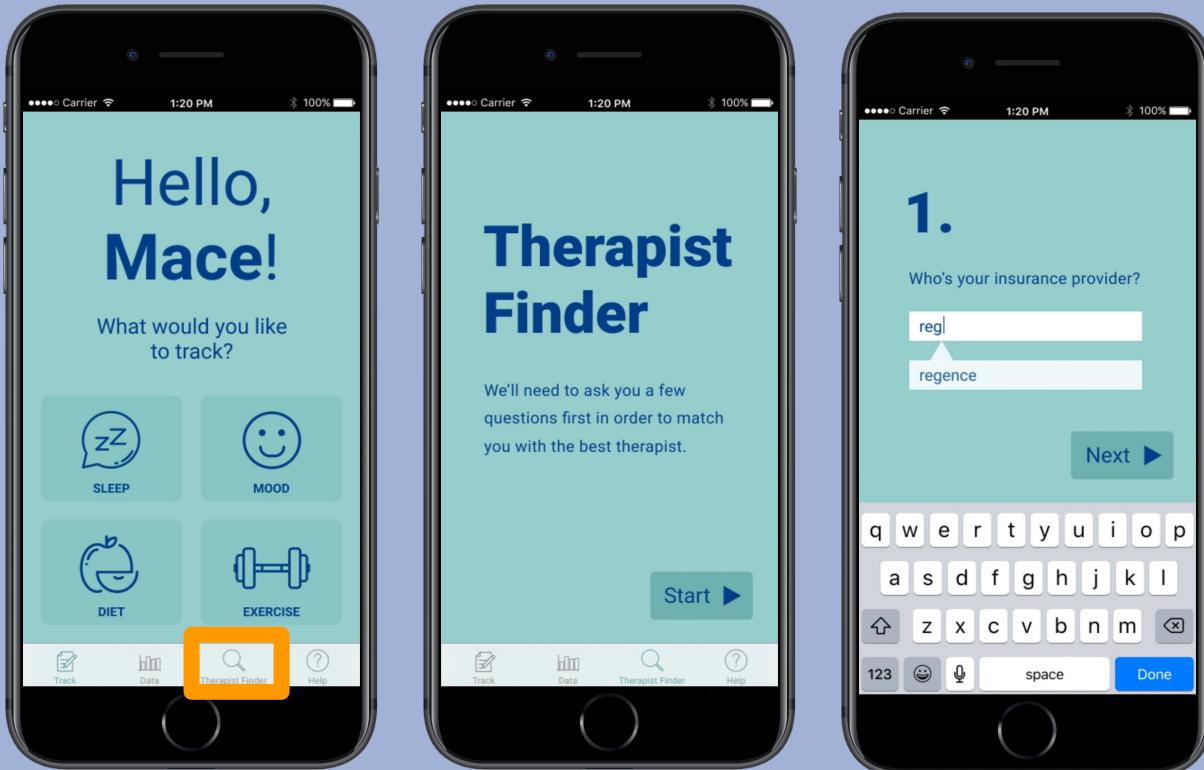
Viewing Data

Digital Mockup



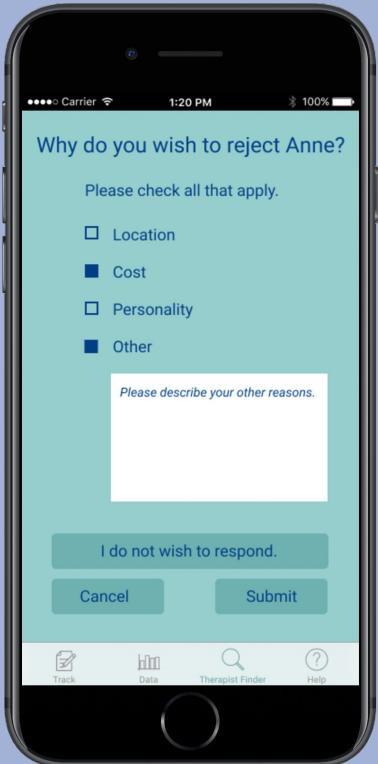
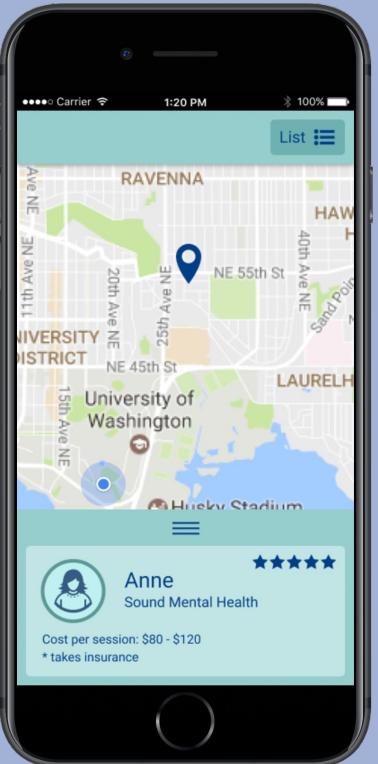
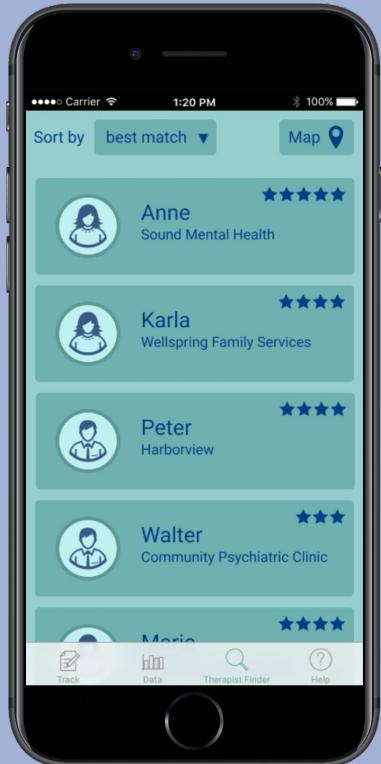
Finding a Compatible Therapist

Digital Mockup



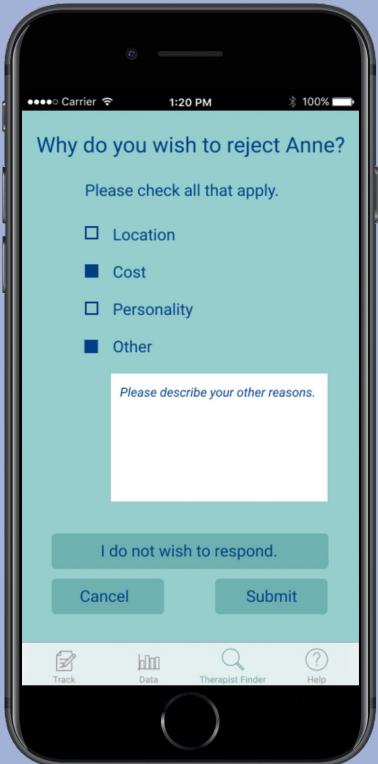
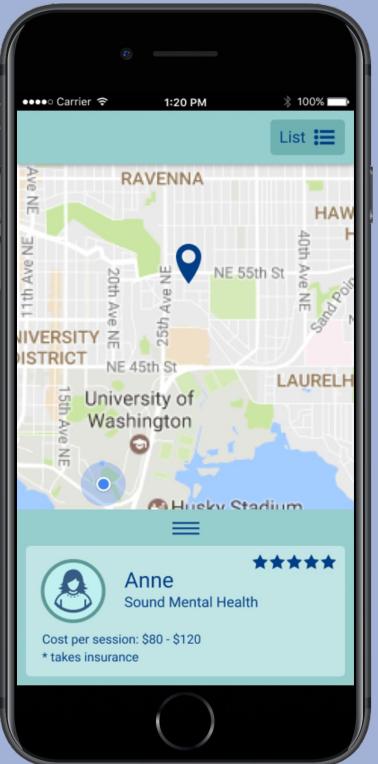
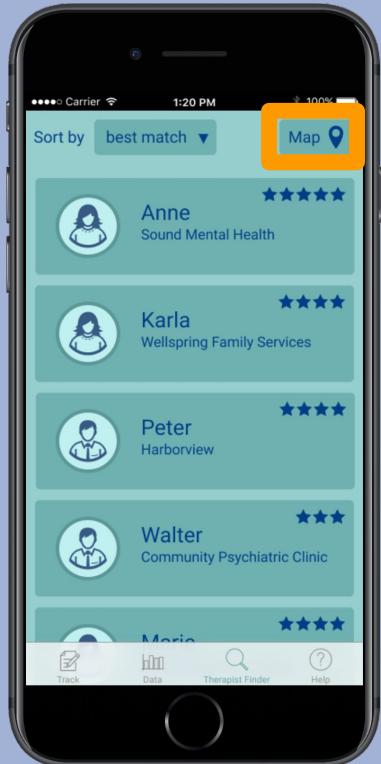
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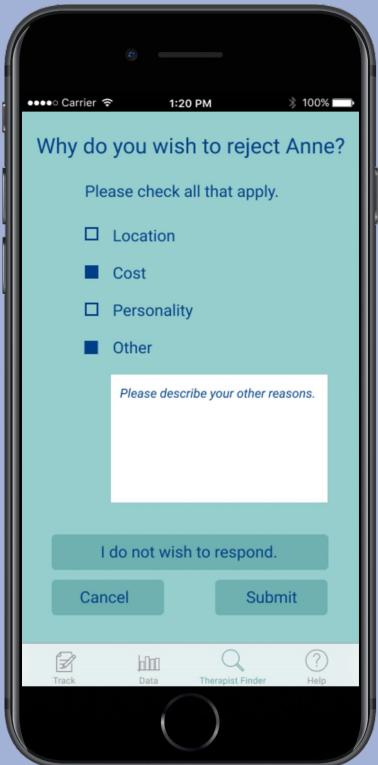
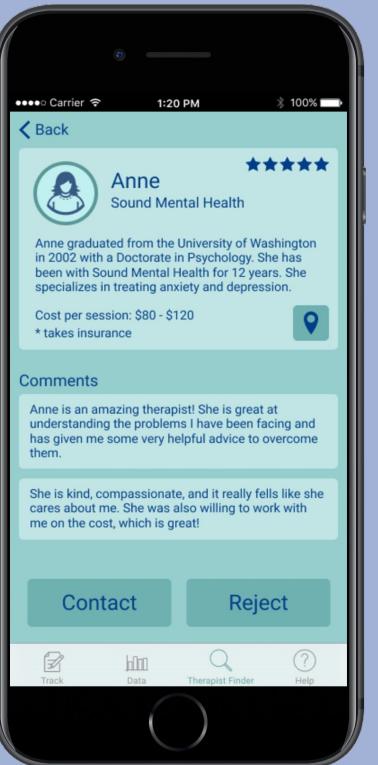
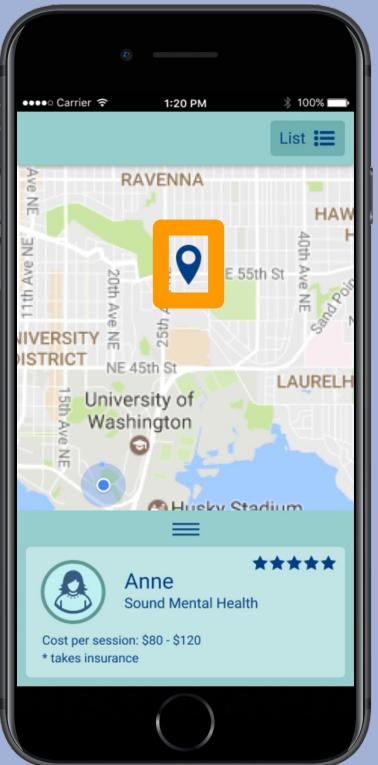
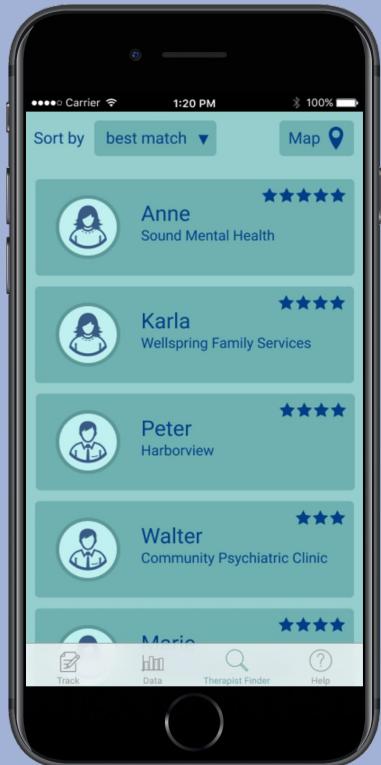
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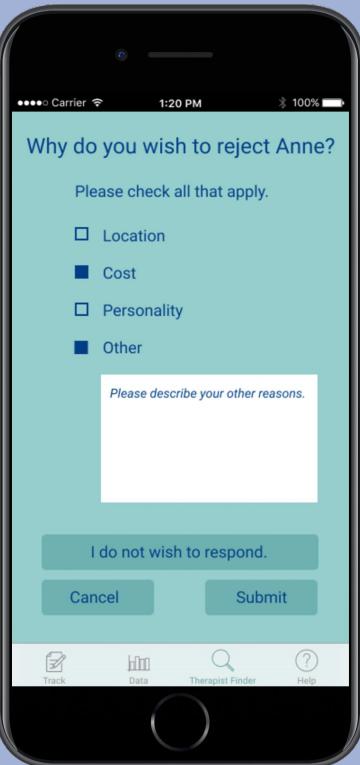
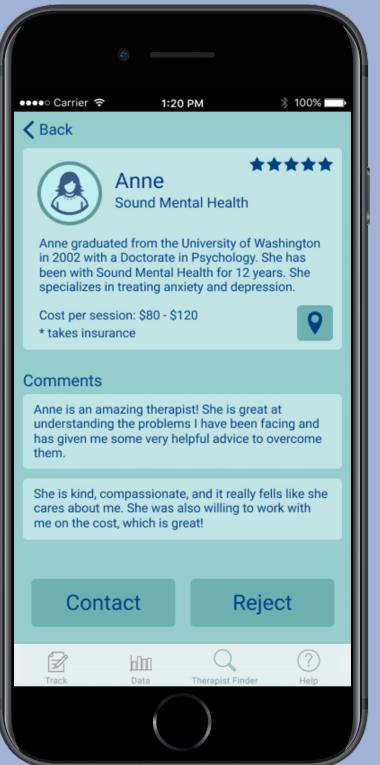
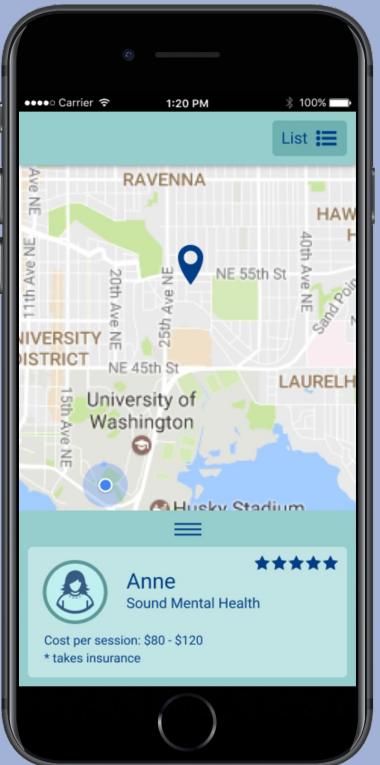
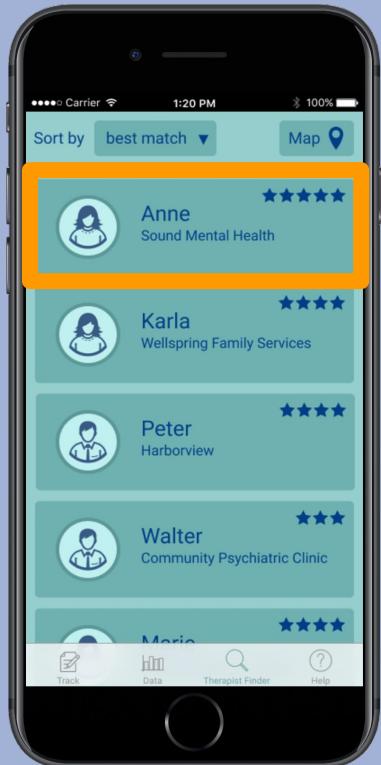
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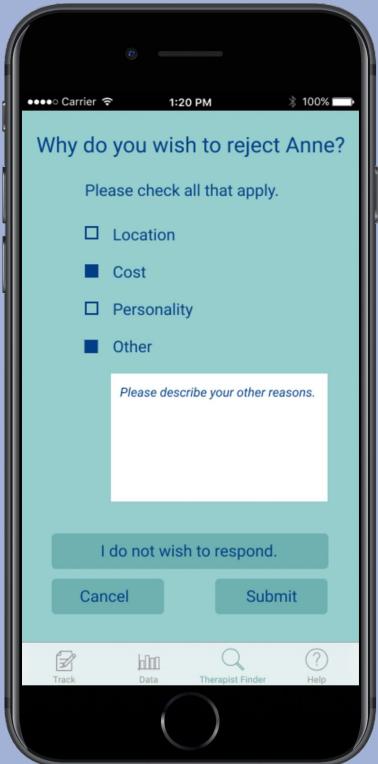
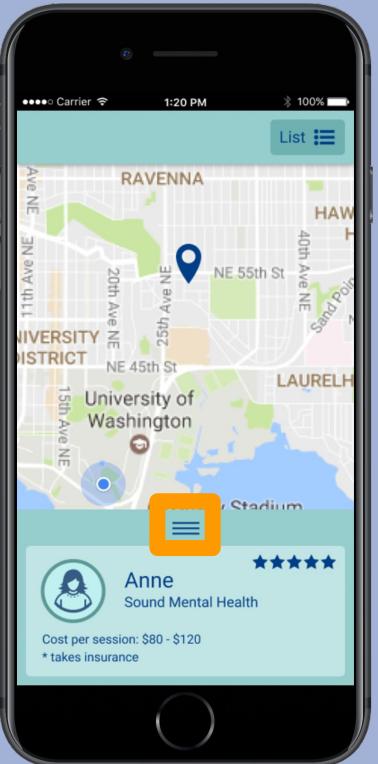
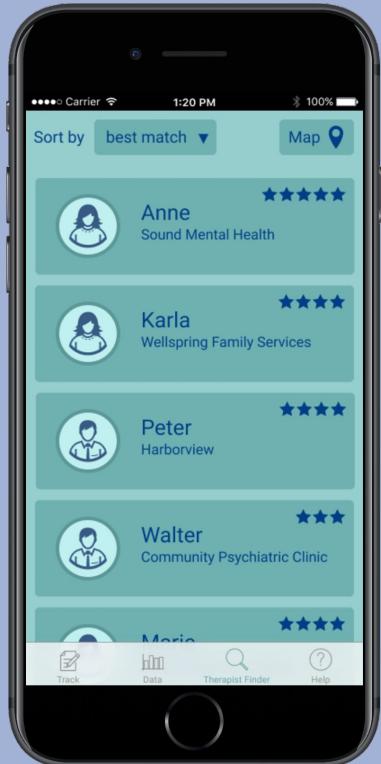
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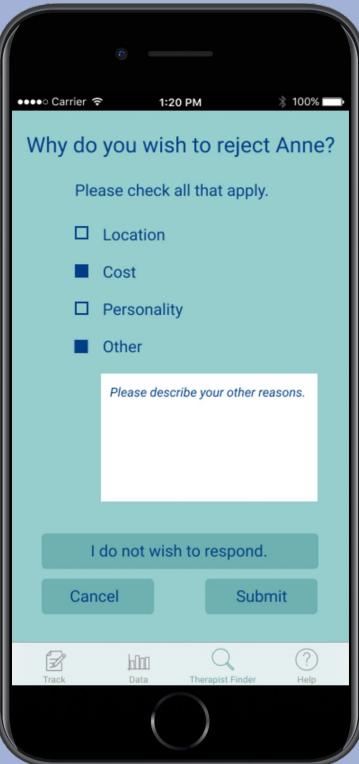
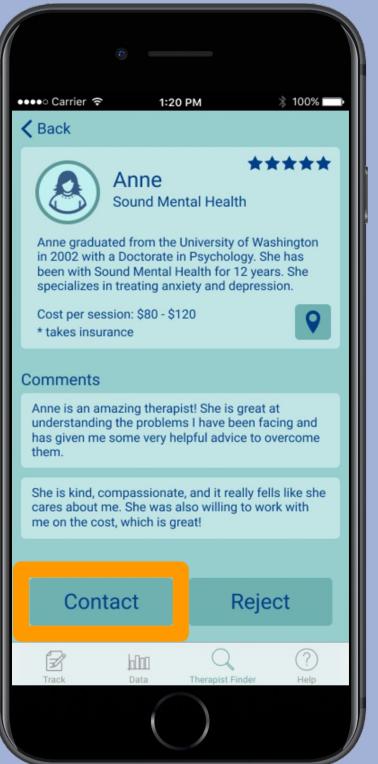
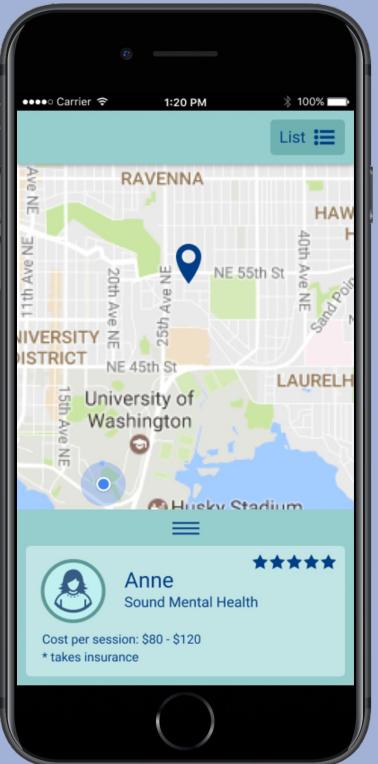
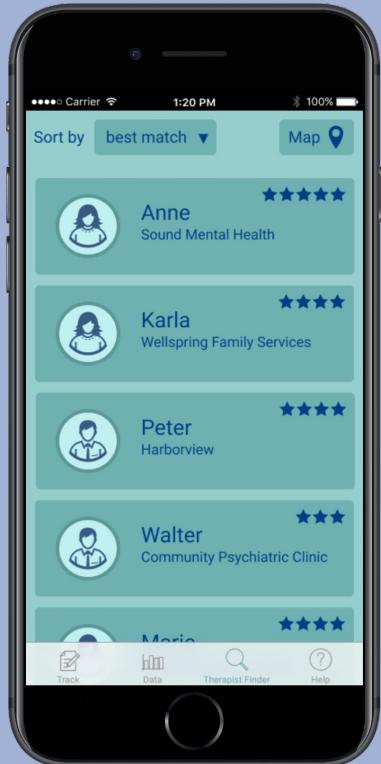
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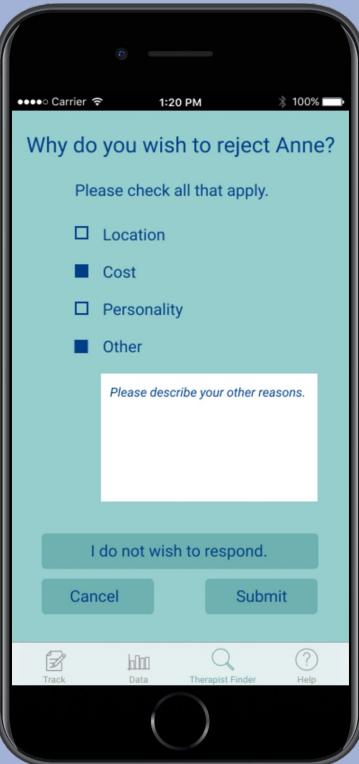
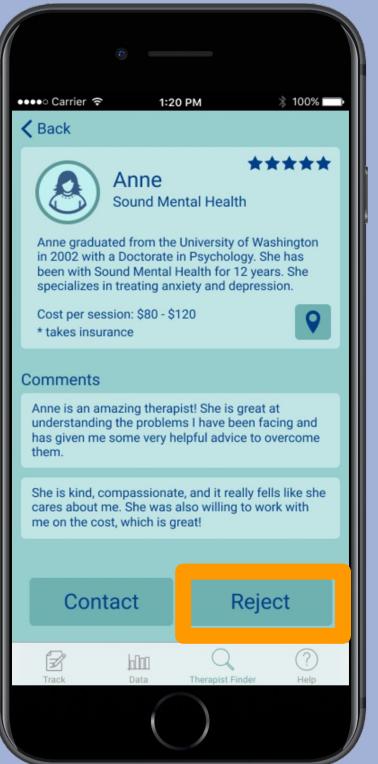
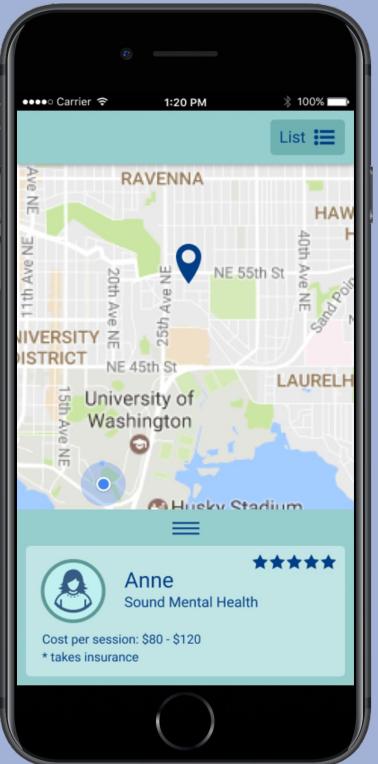
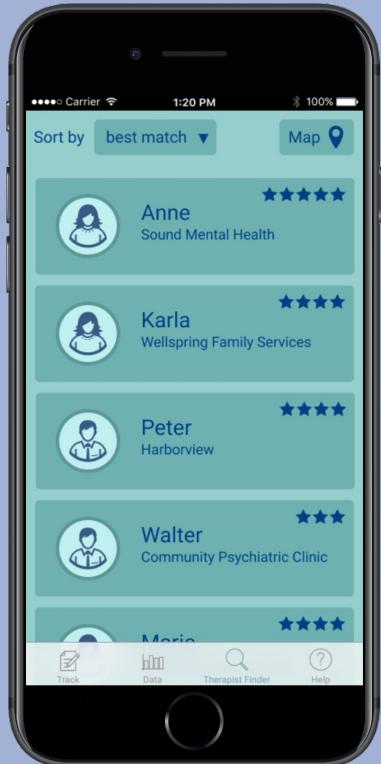
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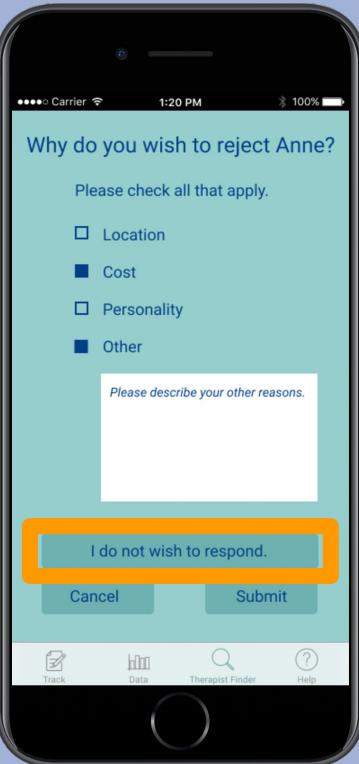
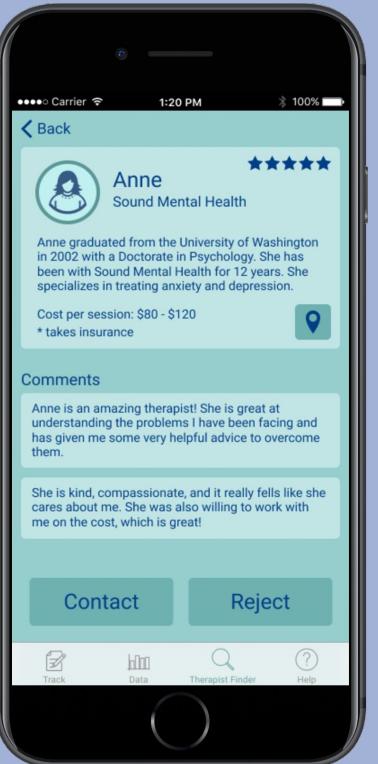
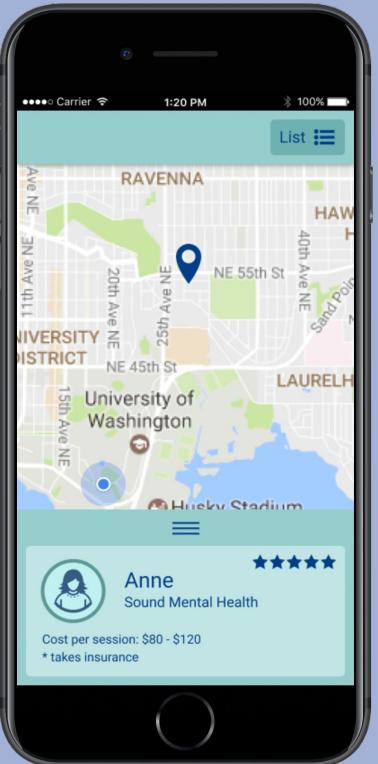
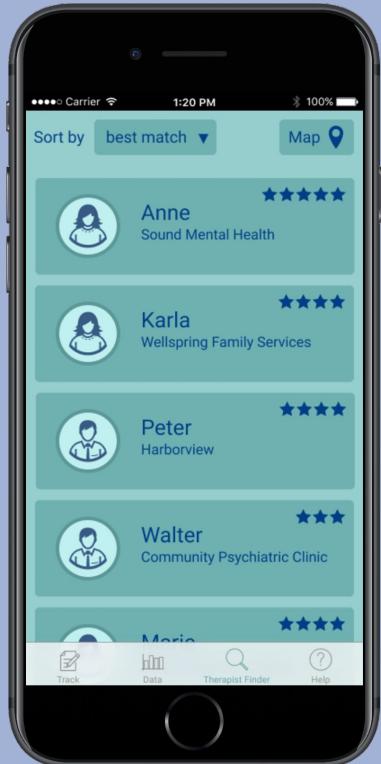
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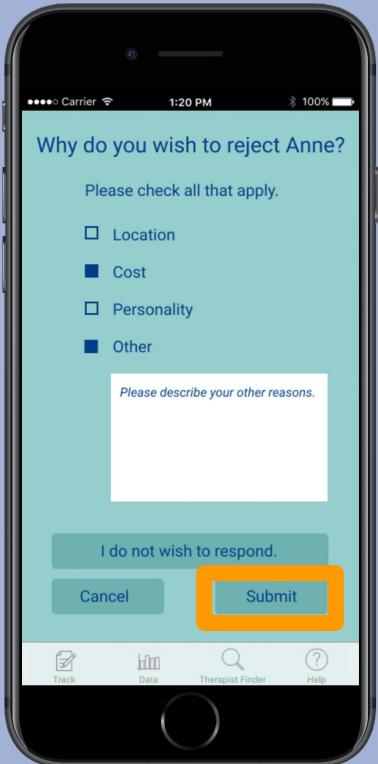
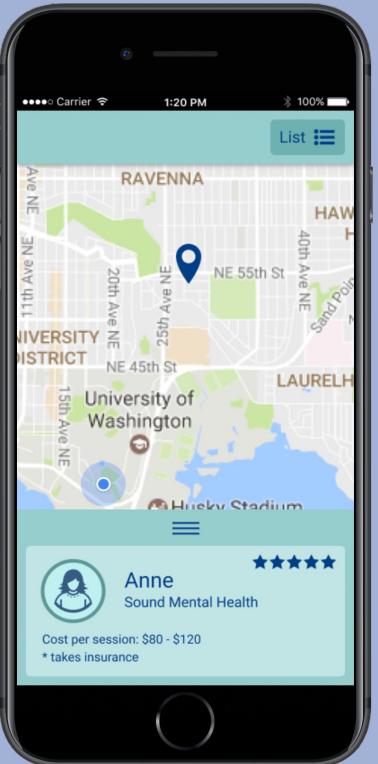
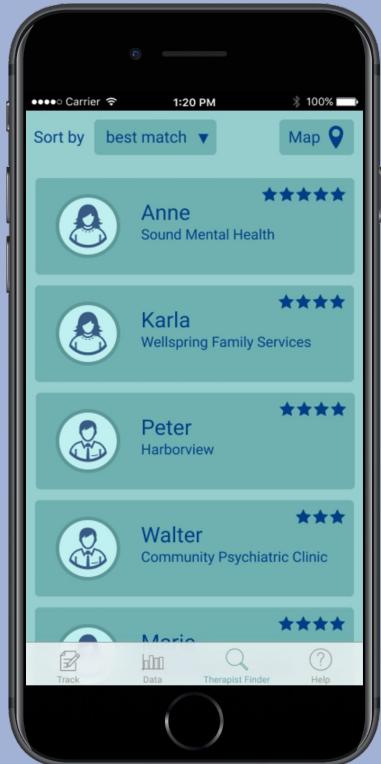
Finding a Compatible Therapist

Digital Mockup



Finding a Compatible Therapist

Digital Mockup



Finding a Compatible Therapist

Summary

- Consistency across multiple devices is important
- Keep an open mind to new ideas throughout the entire design process

Thank you!

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/

Crisis Clinic
(866) 427-4747