# Milestone 2: Design Alternatives

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**Ideal System Walkthrough**

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The main focus of this app is to bridge the lack of communication between the therapist and their patient during the times between sessions. This app will act as the medium to help fully express the words that are being stuck inside the patient's head and influencing their negative behavior. After conducting surveys on what people like about the contemporary therapy practices and doing research about current therapy apps on the market, the research team concluded that providing the means to record one's emotions, journal their day, analyzing their health style, and giving them a space to meditate and vent is the most efficient functionalities to implement

The research team believes that daily interaction with the app is vital, so sending notifications to query the user's day and state of mind will be the best form of motivation for them to keep visiting the app. After clicking the notification, the app will greet the user and give a brief compliment followed by some form of rating for their current emotion. Depending on the mood or rating inputted, the user will be redirected to a screen where they can journal how they feel or go through some form of calming methods such as meditating or venting to an AI chatbot. In the end, all of the information will then be packaged and sent to the therapist they registered under.

If the user were to open the app manually, they will also be complimented upon opening and taken straight to the main screen, which will show options such as a tab to input information about their day's health choices or unwind some thoughts that are weighing them down. They will also have the option to enter the meditation interface or set an appointment with the therapist.

**Design Alternatives for Journaling Functionality**

*Design Iteration 1:*

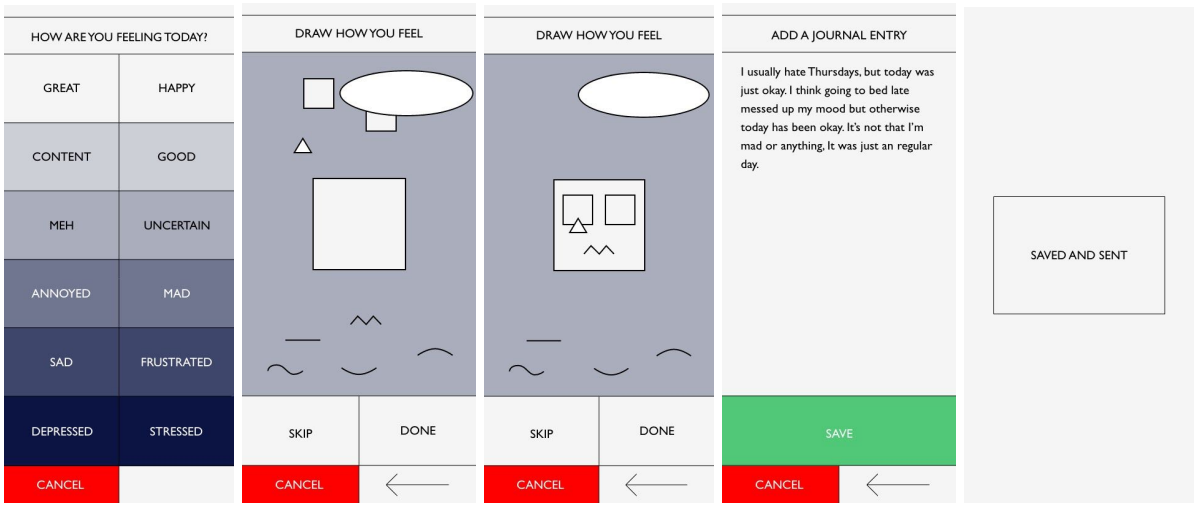

This design highlights the idea of stroking toward the younger crowd that are more intuned with using emojis in their basic conversation. This, as a result, will allow for more engagement with the user while keeping the subject more light-hearted. A strength to this approach is that it automatically attaches the emotional state of the user with a journal entry in a seamless fashion that can easily be sent to the therapist. A weakness of this approach is that there is a significant amount of distaste toward emojis with the older population who will not like this approach.

In terms of the overall design, it follows the ideas of proximity and similarity by grouping the emojis in columns of four and using the easily relatable ones. The second screen feels uniform by categorizing content into two distinct parts: the background containing the header and footer, with a foreground view displaying the main content of the screen, the journaling option. The journaling option alone is broken into uniform sections, title, journal, and share. Each of these features goes hand-in-hand when it comes to getting the user to successfully document their emotions. Screen two successfully utilizes Gestalt's law of similarity by grouping the like elements such as the title, journal and share features, while also considering the law of proximity with all the different sharing options.

Finally, the third screen is a simple pop-up to the user indicating that their Journaling action has been successfully shared with the doctor on file. The header here serves as the main message of

the screen, while the center of the screen uses icons to interpret the same header. In addition, the user's eyes may focus to the center of the screen as they are using the application, accidentally causing them not to read the header message, so the center figure will serve the same purpose.

*Design Iteration 2:*




This is a more unique and interactive design that first assesses one's mental state by directly asking the user. The use of a grid system helps to give a sense of structure and the color palette shows from a great mood to a less than ideal mood. Following that screen will be a small task that the user can choose to partake in. This asks the user to design a picture of whatever comes to mind of how they feel using randomly generated objects that get put onto the screen. The research team has found that drawing is a good medium to get the user to show the state of their mind while also showing the smaller nuisances of the human mind that a trained therapist can analyze further. In the end, the user can write out like a normal journal and it will be saved and sent to a therapist.

The simple design and monochromatic color pattern allow for easy and calming journaling for users to experience either happy, sad or stressed emotions. The design features symmetry and common fate as the moods list descend from brighter to darker moods and colors. That same color moves onto the second portion where the user draws out their current state. Finally, the user writes down their thoughts in a journal and the data is sent to their healthcare provider.

A weakness of this design is that the concept will get old after the first couple of tries since users are lazy, so the research team came up with the idea of cycling through various types of activities

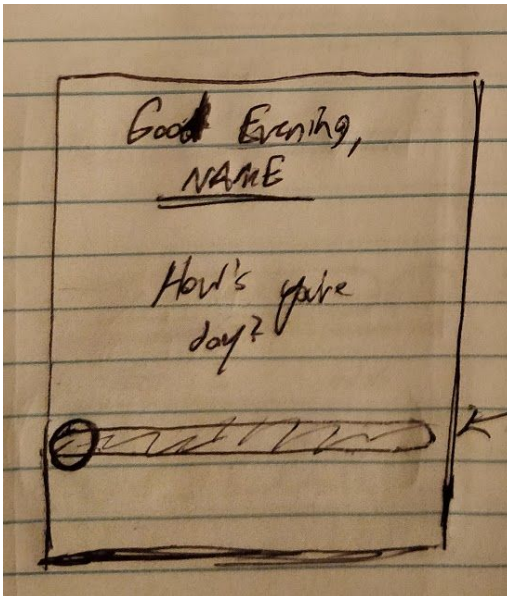
such as using the one found in design iteration 1 and others that the research team comes up with to assess the user's emotions while engaging their attention. Some great strengths are that this design is heavily based on the idea of symmetry and simplicity.

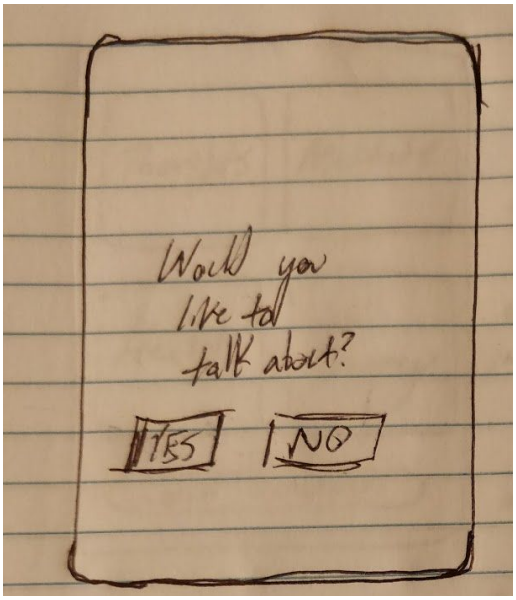
*Design Iteration 3:*

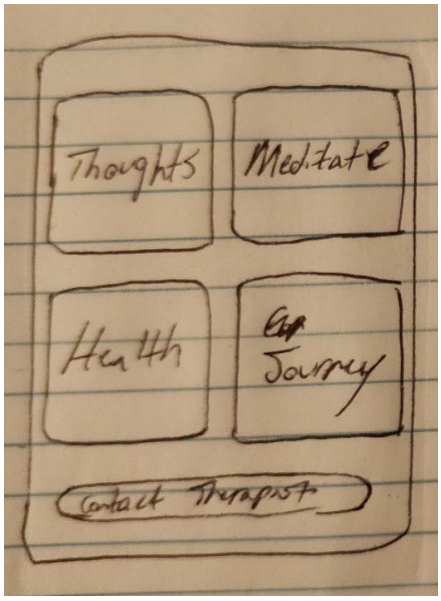

This design uses the best aspects of the previous implementations to make the final design for the journal. The user can now make a list of all emotional states instead of committing to a single mood. A screen displaying emojis to better assist in their input will then be presented. Screen three is the journal entry screen, which will be sent to the therapist upon completion. This design choice is streamlined as much as possible so the user can easily do this every day without wasting too much time on the app to the point that they resent it.

This design utilizes the grid format for the emojis and for the first screen. It also falls under the idea of proximity and similarity since everything that is near each other feels right correctly grouped next to each other. The third screen was simplified even further to highlight only the important aspects to make it more intuitive so explicit instructions could be removed. A weakness of this design is the lack of variation and the blandness of it all. In some parts, certain elements are different dimensions and some color choices need to be made to steer users to the content rather than away from it. However, functionality is presented clearly.

**Sketches**



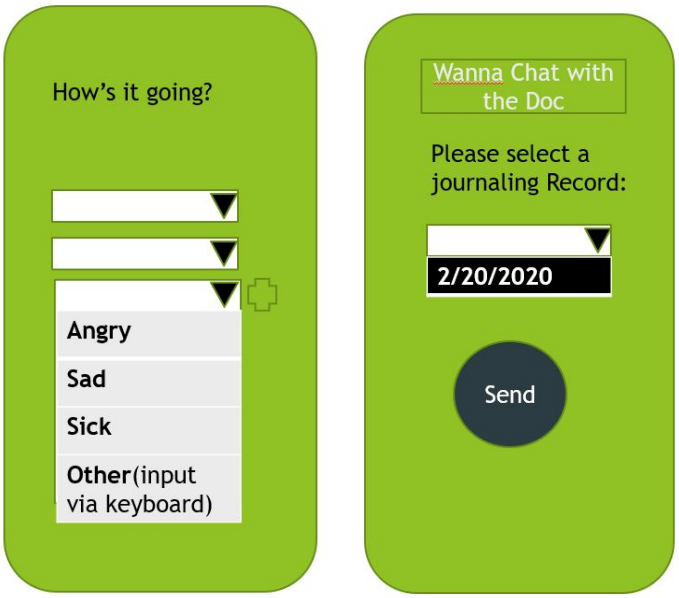




These were the early designs of what the main interface will look like and the overall atmosphere of the app. The driving idea within the research team was to make a calming and welcoming app that a user would not begin to resent to open, but as an aid in their journey to mental wellness. The first screen was an early idea of how to rate one's day, which was later expanded on in many different iterations of the design. The second screen was to help define the welcoming atmosphere to enable the user to have complete control of how to use the app rather than just being an information sucking app that does not actually care about how the user feels. The last screen simply displays all the ideas the research team had into large groups, which then would branch to smaller subsections that the research team is still fleshing out.

**Storyboards**

*Daily Notification and Login Iteration 1:*


These screens showcase the lock screen notification, which will redirect to the login screen of the app and ask the user to login. The research team plans on syncing data with Facebook or Google so the user can just stay logged in rather than having to log in every time since that would be annoying.

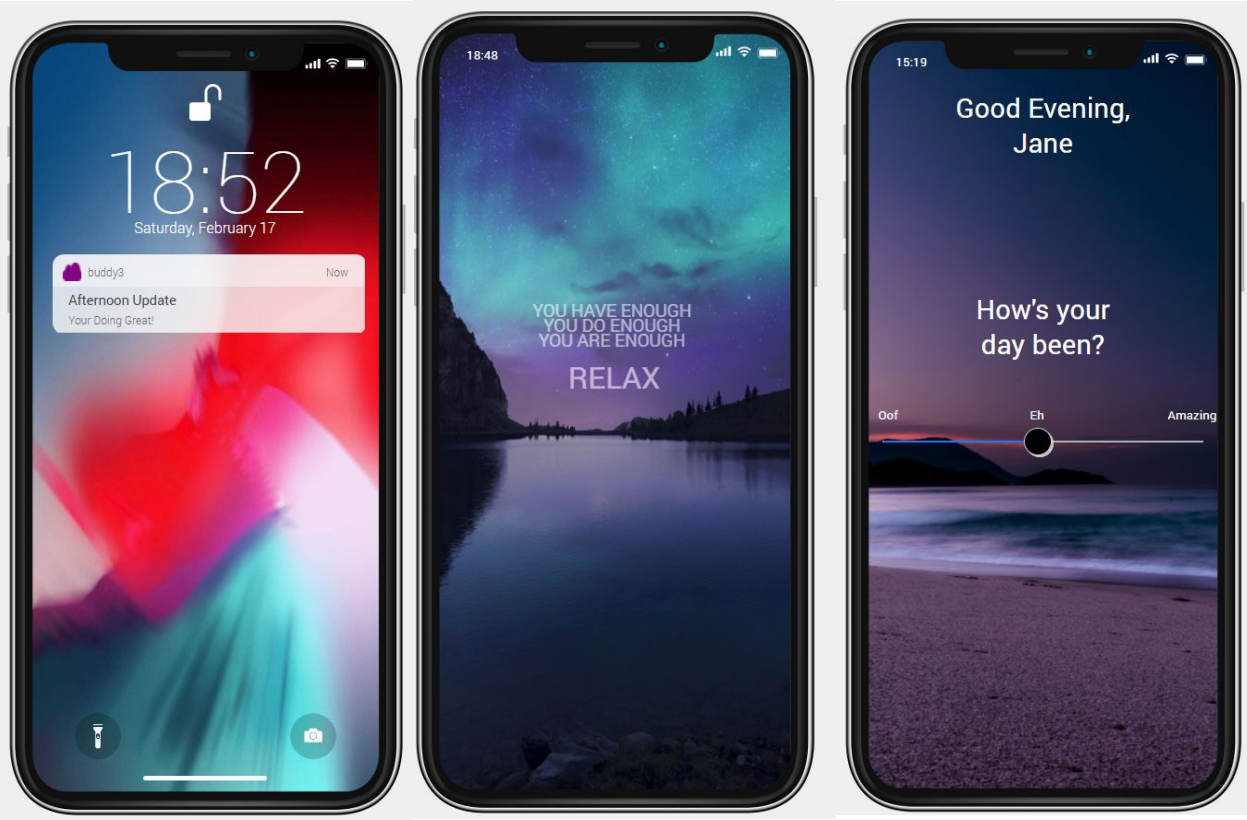



These two screens will then show to ask the user their current emotional state and then to create a journal. The law of similarity is used here since like items are grouped today's in this case by using the dropdown menu options. Users will be able to send their data to their respected health care professional simply by selecting from a dropdown menu their journaling records. There will be a button to send their info to their doctor.

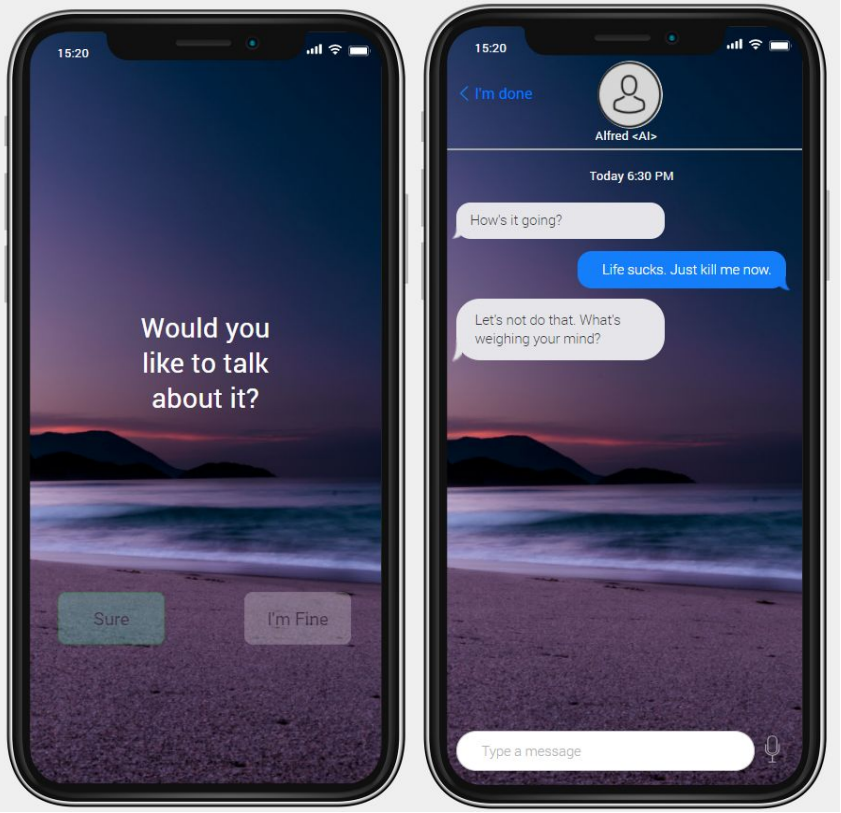
In summation, this design was a bit too simplistic for the research team, but it gave them a foundation to build off of. In addition, the color was a bit disenchanting for the user and overall was not really welcoming in terms of style and most of the Gestalt principles.

*Daily Notification Iteration 2:*

This storyboard was created to highlight the process of how the app will interact with the user each day. The fundamental idea that the research group had with the app is to bring a sense of comfort and calmness to the users since its primary demographic are people who are suffering from some sort of mental illness.

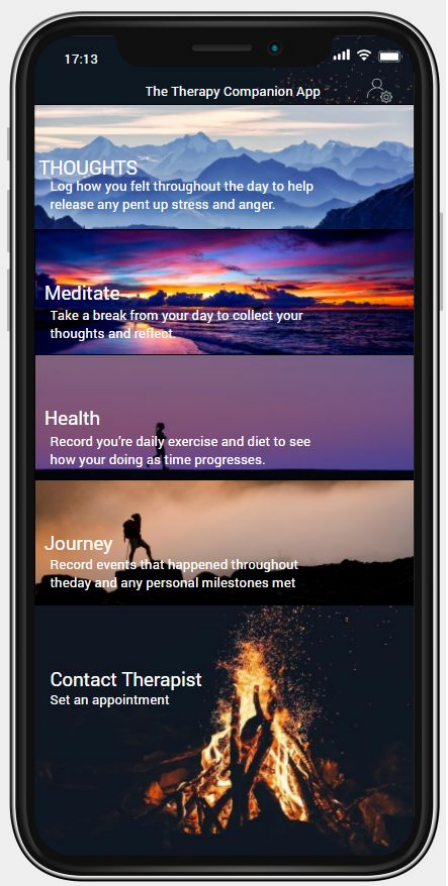



The typical user would access the app via the daily reminder notification shown on-screen one. The app will then launch and immediately show a screen with a wallpaper that uses calming colors while fading in a compliment to the user and fading out to the rating system of their day. The specific rating system will be different each time to keep the app feeling original with some of the ideas used in the iterations designs discussed in the previous section.

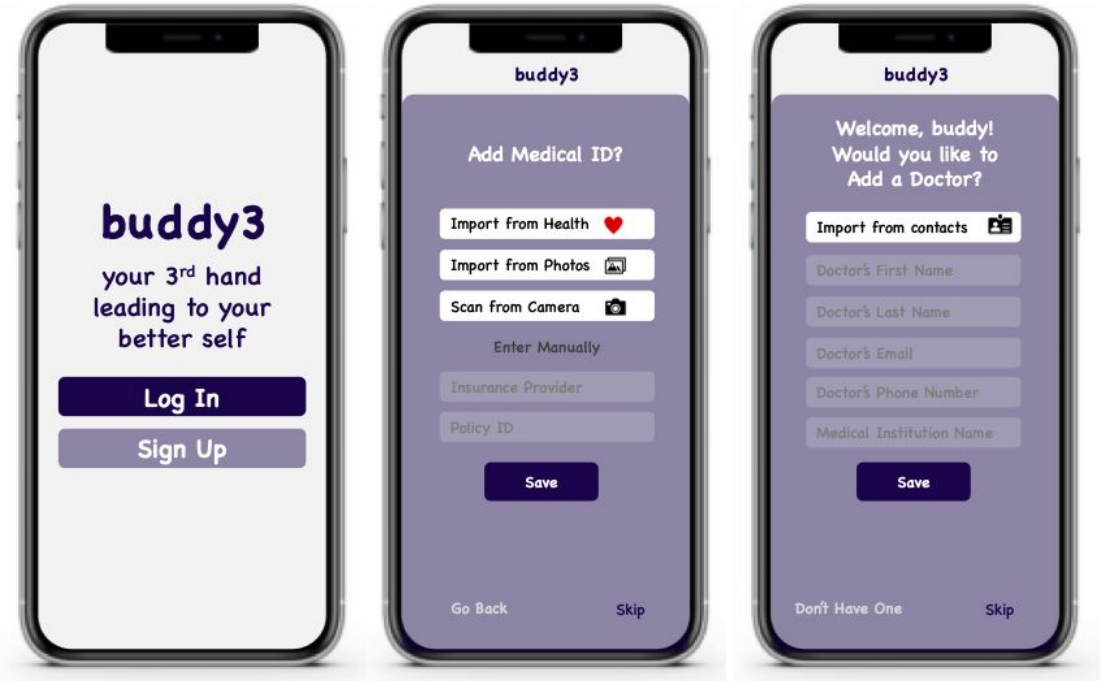



Depending on the response, the app will judge whether or not it should auto send the user to the journal screen or ask if they would want to talk about their day in more detail. Alternatively, the user could use the chatbot functionality where they could simply talk to a therapy bot that will simply try to hold a light-hearted conversation to cheer them up by acting like a normal person who would care about the user. The user's inputs will be recorded depending if the AI detects any significant information that was inputted by the user.

This screen is one idea of what the main menu of the app will look like. It shows four major categories: thoughts, mediate, health, and journey. Thoughts will simply redirect them to different emotions obtaining methods such as the picture drawing activity, the emoji choosing, journal any thoughts, and interact with the AI chatbot. Meditate will allow them to view inspirational quotes, listen to soothing music or inspirational speeches, and play an instructional video on a short meditation session. Health can be linked with the user's Fitbit (or Apple Watch) while also allowing them to manually input the number of hours slept, the quality of diet for the day, and the amount of exercise done. The Journey tab allows them to create goals and regularly check off major milestones in trying to achieve them. The last option is contacting the therapist to set the next appointment.



*Creating an Account Iteration 1:*




When one initially opens up the app for the first time, they will be shown the login screen where they can login or sign up. A part of the process of creating an account is asking the user to import any medical documents if a therapist recommended the app, in this way, the therapist can receive all data that is extracted. This all uses a grid structure and simplicity to make the app look appealing and easy to use. The only weakness of this design is probably adding a tutorial or a walk through of the app's functionality before forcing the user to sign up for the app so they know what they are getting into if they independently downloaded it for personal improvement.

**Final Design Consideration**

As of right now, the final design will comprise primarily of the aspects of design 3 found in 'Design Alternatives of Journaling Functionality' section for obtaining the user's moods and emotions. In regard to overall aesthetic design and notification, daily notification iteration 2 will be used since it best shows how the rest of the app will be designed and the human interaction aspect of the app outside of the journal related activities. Lastly, the design layout made in 'Creating an account' section will be used when registering new users since it follows the design principles the best. All of the designs do the best in fulfilling all the functionalities required while also trying to satisfy the different laws of visual design to make it appealing to the eye.