



Faculty of
Computing

SECP1513

TECHNOLOGY AND INFORMATION SYSTEM

Design Thinking Project

“Raising ADHD Awareness in Malaysia through Digital Solutions”

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DESIGN THINKING VIDEO LINK

<https://youtu.be/kCPurVjhiV0>

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INTRODUCTION

Design thinking is an iterative methodology used to solve and tackle complex problems, requiring constant refinement and feedback from customers to achieve a goal (*What Is Design Thinking?*, 2025). For this design thinking, we have chosen to focus on solving a specific problem related to the ADHD community. Our main problem statement is: “**How can we raise ADHD awareness in Malaysia**”? In order to achieve this approach, we have followed the steps proposed in the design thinking methodology and created a mock-up website aimed to disseminate information about ADHD in Malaysia particularly.

DETAILED STEPS

EMPATHIZE

In the empathize phase, we focused on moving from abstract medical concepts to exploring the profound human dimension of a patient's life with ADHD. All project resources, including video content and social media platforms, were used to paint a clear picture showing how the patient experiences daily in ways that others don't see. We gather any problems related to ADHD to further analyze them in later stages of design thinking.

DEFINE

In the define stage, we analysed all the problems gathered about ADHD that we have found from many resources. At the same time, we group related problems together to make inferences based on that group of problems. We concluded that the cause of all these ADHD problems was limited awareness of ADHD by the general public, because ADHD patients are frequently misunderstood, leading to a social stigma and a lack of proper supports.

IDEATE

In the ideate stage, we brainstormed multiple ideas to produce a solution to combat the lack of ADHD awareness in Malaysia. The ideas are related and grouped to help identify the best solution for the problem. We chose our solution as to make a website that contains information of ADHD aiming to teach the public and reduce the social stigma associated with the ADHD community.

PROTOTYE

In the prototype phase, we have created sketches and used Canva to plan out the design and placement of interactive elements of each webpage of our website. Afterwards, we then move on to creating the actual website using Canva as our editing platform. Below are some of our website sketches before implementing it in our actual website.

TESTING

In the testing phase, we put out our website for the general public to view and gather their opinions regarding our website. We created a Google Form and share it to social media platforms consisting of UTM students and staff for them to fill up the survey and check out our website.

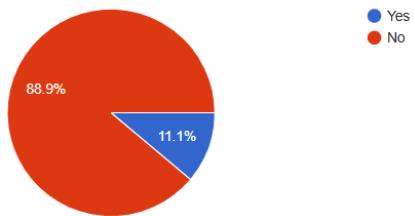
DETAILED DESCRIPTION

PROBLEM

The main problem that we have chosen in our design thinking project is the lack of awareness of ADHD in Malaysia. From the Google Forms survey, it can be seen that 88.9% of our respondents believe that the Malaysian government is not carrying out effective initiatives to raise the general public's awareness about ADHD. Therefore, the problem statement of our survey is: **“How can we raise awareness of ADHD in Malaysia”?**

Do you think the government is doing a decent job at raising awareness of ADHD in Malaysia? [Copy chart](#)

18 responses



SOLUTION

During our physical meeting, we have brainstormed and wrote down many potential solutions that can be used to raise the awareness of ADHD in Malaysia. We wrote down our ideas on a Canva whiteboard presentation using our laptops and recorded the entire process to be used as evidence. Almost all of the solutions we have thought of are similar to each other, and in the end our solution to solve this problem is to **develop a mockup website that disseminates information related to ADHD in Malaysia to promote awareness.**

TEAM WORKING

Once we have identified our main problem statement and the solution, we have started to delegate tasks to each member of the team to start developing our solution and create the report, slides presentation and video based on the topic we have narrowed down. We use Microsoft Excel to design the duty roster to coordinate and monitor each team member's task progress.

DESIGN THINKING ASSESSMENT

During empathize stage, we carefully studied the needs and challenges of ADHD individuals by gathering data from research articles and social media. This helped us understand the misunderstandings and stigma faced by ADHD individuals and by using this information, we maintained a user-centered approach in designing our website.

In define stage, we looked at all the collected data to find patterns and related problems. We focused on understanding the main problem, the lack of ADHD awareness in Malaysia. By clearly defining this problem, we could reframe it in a way that opened up new solutions, such as creating informative website to reduce stigma and educate the public.

In ideate stage, we brainstorm multiple ideas and linked them to find the most practical solution, choosing to create a mock-up website.

In the prototype stage, we create design sketches and check the layout and interactive parts using Canva. We then shared the website with UTM students using Google Form to gather feedbacks to evaluate the quality of our website.

Throughout the project, we worked closely together, assigning tasks using duty roster and coordinating progress using Microsoft Excel. We share our ideas through verbal discussion and text messages. By listening to each member and using their insights, we made sure to focus on the user while achieving the project goals.

DESIGN THINKING EVIDENCE

EMPATHIZE

In this phase, we have searched through the web to find information or examples related to low awareness about ADHD in Malaysia. We used Canva as a digital whiteboard for us to place down information that we have found. Below are some of the photos found and collected:



Anonymous participant
12 December at 10:26 ·

I'm at the end of my rope. My 15 yo son can't seem to handle high school level homework. Not the work but the handing it in and remembering to do it part. I've given every tool like planners, phone reminders, verbal reminders etc. He has said multiple times that he wants to try himself but when he does he just can't do it and starts to miss significant amounts of work. Now if I bring it up he shuts down and gets super frustrated and the. Self blames and says he's stressed out by me. But if I leave him alone he starts to fall apart. When I do look and he missing stuff he makes excuses or takes minimal action to correct. This cycles over and over. Now he says I'm expecting perfection and he's human. But I try to explain missing half you homework is not anywhere near a slip from perfection. I'm at a loss. If I bring it up it stresses him out if I hang back he falls apart and does have the persistence to review himself. Does anyone have advice I can't just let him handle things as he will end up failing classes. He's smart enough to do it. He just forgets to do it. But if I keep pushing it he's going to have a mental breakdown. HELP!!!

...

86

Source: Facebook

Does ADHD Make you staying away from people

75 Like 63 comments 1 share

View more comments

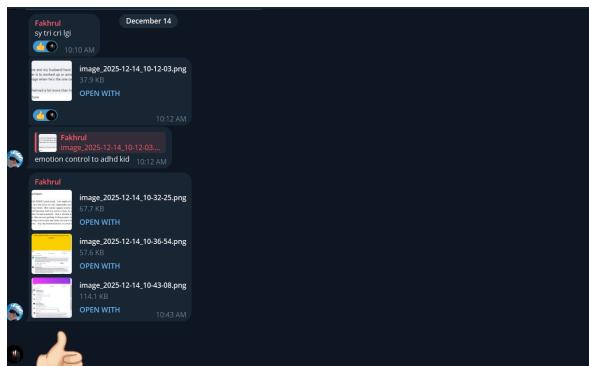
Anonymous participant 689
I hate people! Loud people, sniffing people. Throat clearing people. Shit driving people. People who talk too much! Kids making loud noises. People who push in. Just had to get that off my chest!

7h Like Reply Share 15

Tina Marie Felix
I avoid people like the plague but when I am around somebody even a complete stranger like in line at the grocery store, I'll just chat chat chat about things that they probably don't give a shit about. I don't know what that means but does anybody else do that?

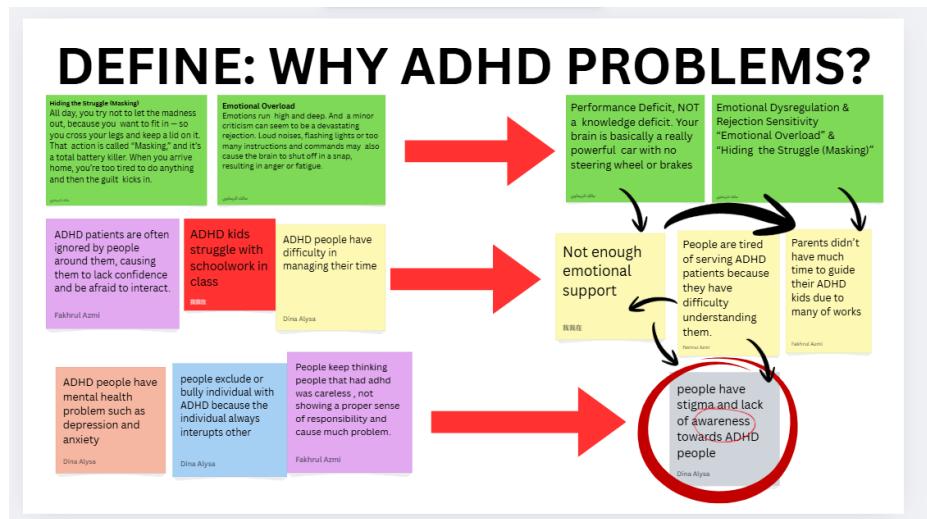
5h Like Reply Share

Source: Facebook



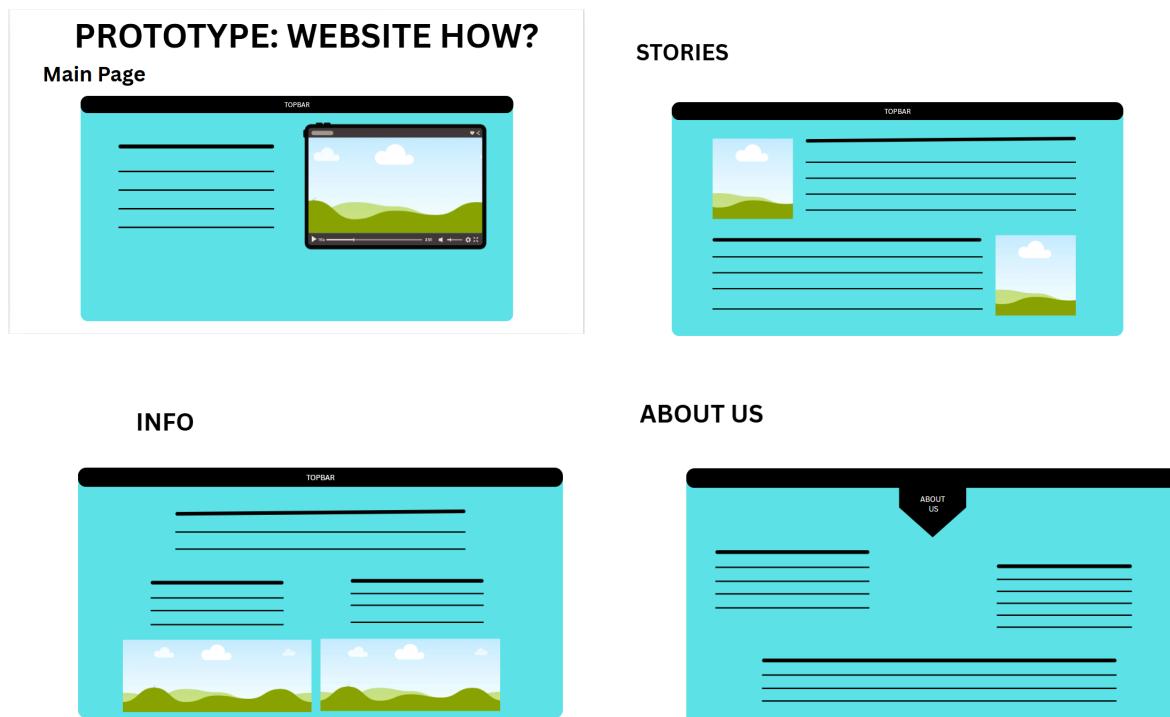
DEFINE

In this phase, just like in Empathize phase, we used Canva's digital whiteboard to group related problems together to narrow down to one main problem statement.



IDEATE

In this phase, we created diagrams for the placement of elements of our website using Canva before we start designing the actual website.



PROTOTYPE

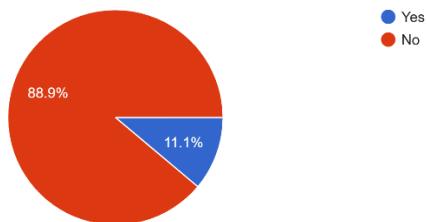
In this phase, we finally put everything together and create the actual website. The website can be found here.

<https://annkeeeee.my.canva.site/dag76qclphs>

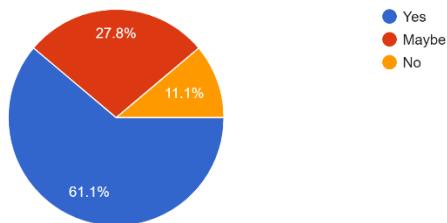
TEST

In this phase, we created a Google Form to be shared to social media platforms to gain opinions and feedbacks regarding the website. Shown below are the findings of the survey.

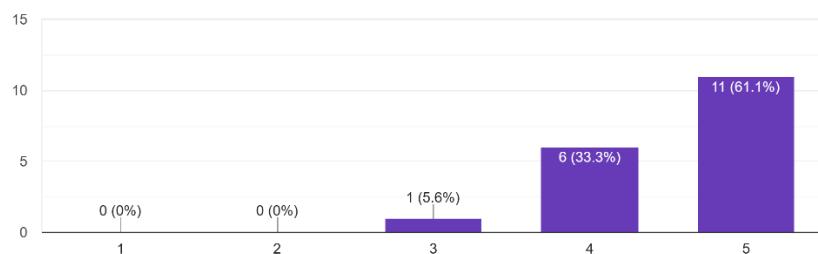
Do you think the government is doing a decent job at raising awareness of ADHD in Malaysia?
18 responses



Do you think creating a website aimed at raising ADHD awareness in Malaysia is effective?
18 responses

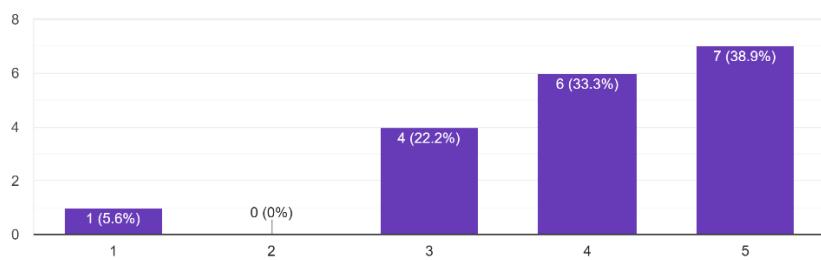


On a scale of 1 - 5, how would you rate the website overall?
18 responses



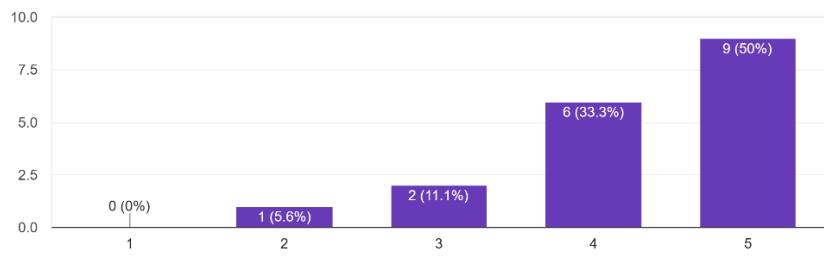
On a scale of 1 - 5, to what extend do you agree that this website can raise ADHD awareness in Malaysia?

18 responses



On a scale of 1 - 5, to what extend do you agree that this website will be used by the general public to gain information about ADHD?

18 responses



REFLECTIONS

WONG LI HONG

My dream is to hopefully shape the computing world of Malaysia one day with high impact after I graduate from UTM. This design thinking project has given me an insightful knowledge about identifying and solving problems systematically which will be useful for me in my future career where I will have to tackle problems related to network security and have to use this methodology to address the problems. To ensure I have full understanding of this methodology, I will spend my free time trying to apply this principle in real-life problems and collaborate with other people to fully prepare myself with project management skills.

NUR DINA ALYSA BINTI MOHD. NOR AZHAR

My goal is to improve my coding and critical thinking skill so that I can aim for top company after graduating from UTM. Design thinking impacts my goal by strengthening my problem-solving and critical thinking skills, which are essential for improving my coding ability and preparing me to enter a top company. To improve my potential in the industry, I will practice coding consistently, work on projects, and improve my problem-solving and critical thinking so I am better prepared for the industry.

MALEK ALRIHAWI

My goal is to become a technology professional so that I can create innovative solutions by employing the methods and tools that are practical today. The Design Thinking project has been a good lesson to me as well, that it's not the technical skills alone. I will apply this method when I work in the future and build professional also comfortable to operate systems. So to maximize my performance, I will utilize the logic and order of programming as a tool to efficiently think systematically about future problems.

NIK MUHAMMAD FAKHRUL AZMI BIN NIK AZLAN

My goal is to become a professional who can create practical and natural user solutions. Design thinking and awareness of ADHD help me understand different user needed and define problems more clearly. To improve my potential in the industry, I plan to improve my strength ,my technical skills, communication, and self management through various practice and learning.

APPENDICES

DUTY ROSTER (TASK FOR EACH MEMBER)

Tasks for each member can be found here.

REFERENCES

What is Design Thinking? (2025, November 26). The Interaction Design Foundation.

https://www.interaction-design.org/literature/topics/design-thinking?srsltid=AfmBOopDtykhTQhA4xv1HhZvk7xes4r2eihJV-2bu_d_WOmr4_6IFYoo