



# Joy Port

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## Background Introduction

- Demographic: Young adults with depression and anxiety
- Problem domain: Due to the competitive work environment in some developing countries young people who graduated from university are easy to get depressed, anxious and emotional. If we do not pay attention to the phenomenon it may develop to serious mental issue.
- Solution: Providing young adult a platform to let them post their mood anonymously. Let audience hear white noise to release their bad emotions.

## Research

- Literature research  
After reading some articles about depression and anxiety we know that white noise is a random signal having equal intensity at different frequencies. There are research shows that white noise can help people alleviate pressure. Besides, pouring out is also a good way to release bad emotion. However in the real word there are no chance for people to talk anything without consideration.

- User research  
Before we started designing the prototype we did some research such as interview, observation and culture probe. From the result we got that people are pleasure to listen to music when they feel depressed or anxious. We also find that people who always chat with their friends feel less depressed than others which also proved that pouring out is useful.

## Design process

Confirm the domain and the conceptual solution

Low-fid Prototype  
- Frame, Sketch;  
- Conceptual fea-

Mid-fid Prototype  
- Redesign the interface and UI according to the feedback in last evalua-

Evaluation  
- User testing;  
- Final prototype

Do research  
- literature research ;  
- user research(interview, ovservation,

Evaluation  
- Peer-critique;  
- Design Walkthrough think aloud

High-fid Prototype  
- UI design;  
- Collect sound and icon material

## Final product

Due to we did not get the feedback from people who are diagnose as psychological illness, we decided to implementing others two features of our conceptual solutions. In the final product user can post anything they want in the drift bottle and throw it into the ocean. Or they can choose a white noise to play and enjoy it.

