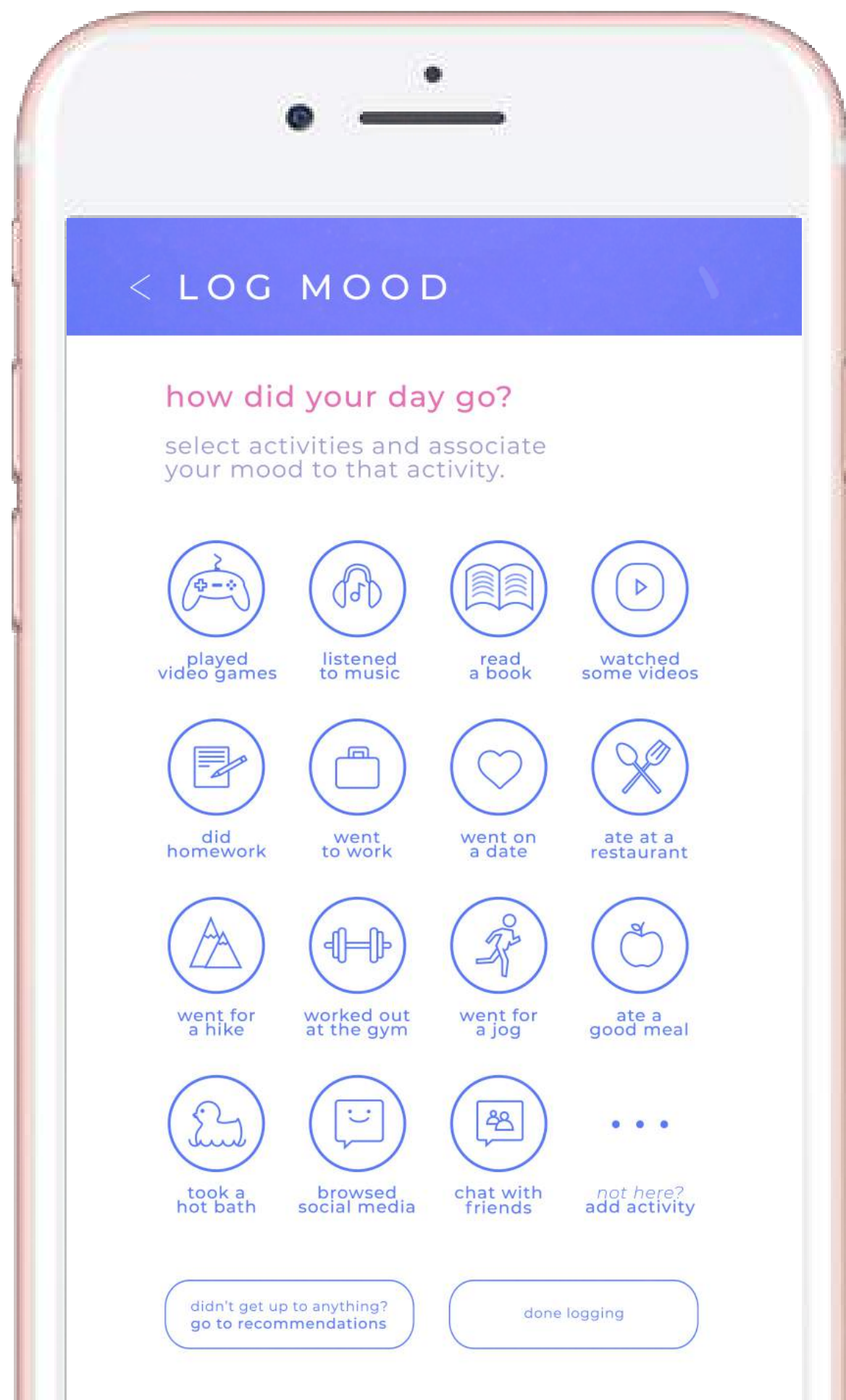




mahsa alavi | vicki dancau | alireza mogharrab | daniela valdes | ishpreet sekhon



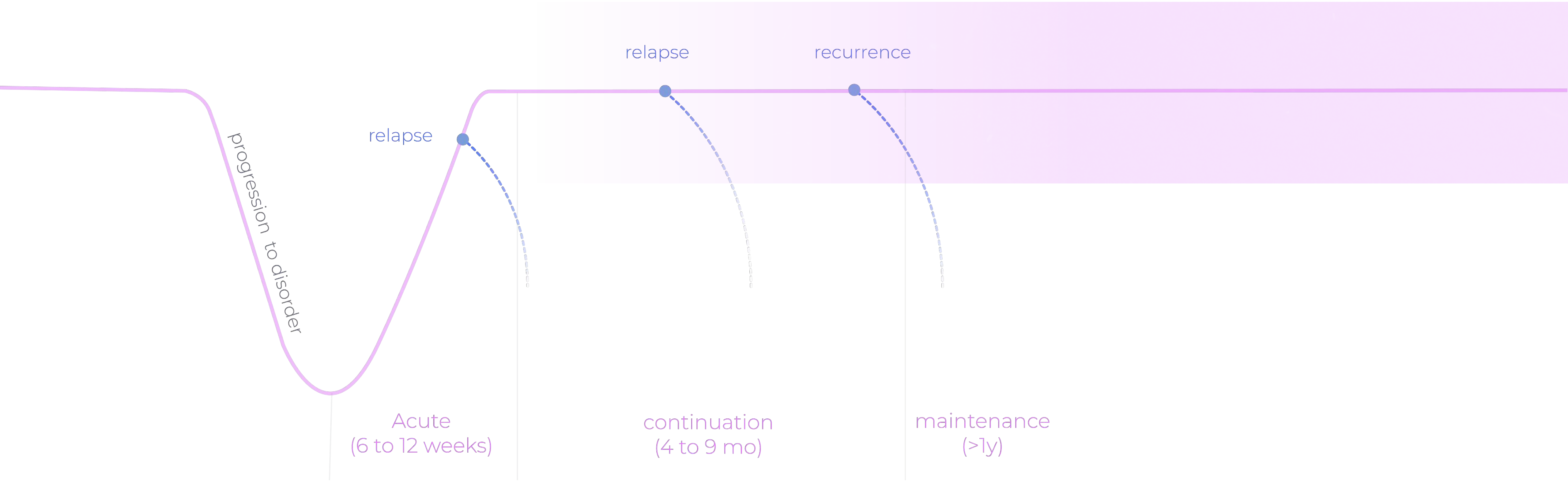
# MEND

---

- > mood tracking smartphone app
- > millennials
- > major depressive disorder
- > avoid potential relapse.

# MAJOR DEPRESSIVE DISORDER

Helping millennials to avoid relapse and recurrence of a major depressive episode on the way to recovery



# BUILDING HEALTHY COPING SKILLS

Canadian Mental Health Association in preventing relapse of depression



01

eating well

02

exercising  
regularly

03

getting  
enough sleep

04

relaxation skills

# persona

## Nicole Rose | 26

New Immigrant



Part time Retail



I want to keep my emotions under control and keep myself busy. I know I need to get out and do more with friends.

### goals

- keep her emotion under control
- find fun activities close to her
- maintain healthy lifestyle

### needs

- ignore her negative thoughts
- control her emotions
- be able to articulate how she feels

### pains

- difficult to find local events
- adjusting to new lifestyle
- lack of courage to stay healthy

### behaviours

- open to suggestions
- enjoy outdoor activities
- get motivated very easily



# persona

## Ryan Burns | 19

Economics Student | Part time Barista

“ I try to keep track of my daily activity, but it's so hard to focus and remember when so much is going on into your head.

### goals

- keep track of his daily activity
- keep his emotions under control
- avoid negative thoughts

### needs

- daily schedule
- activity suggestions
- plan a healthy daily routine

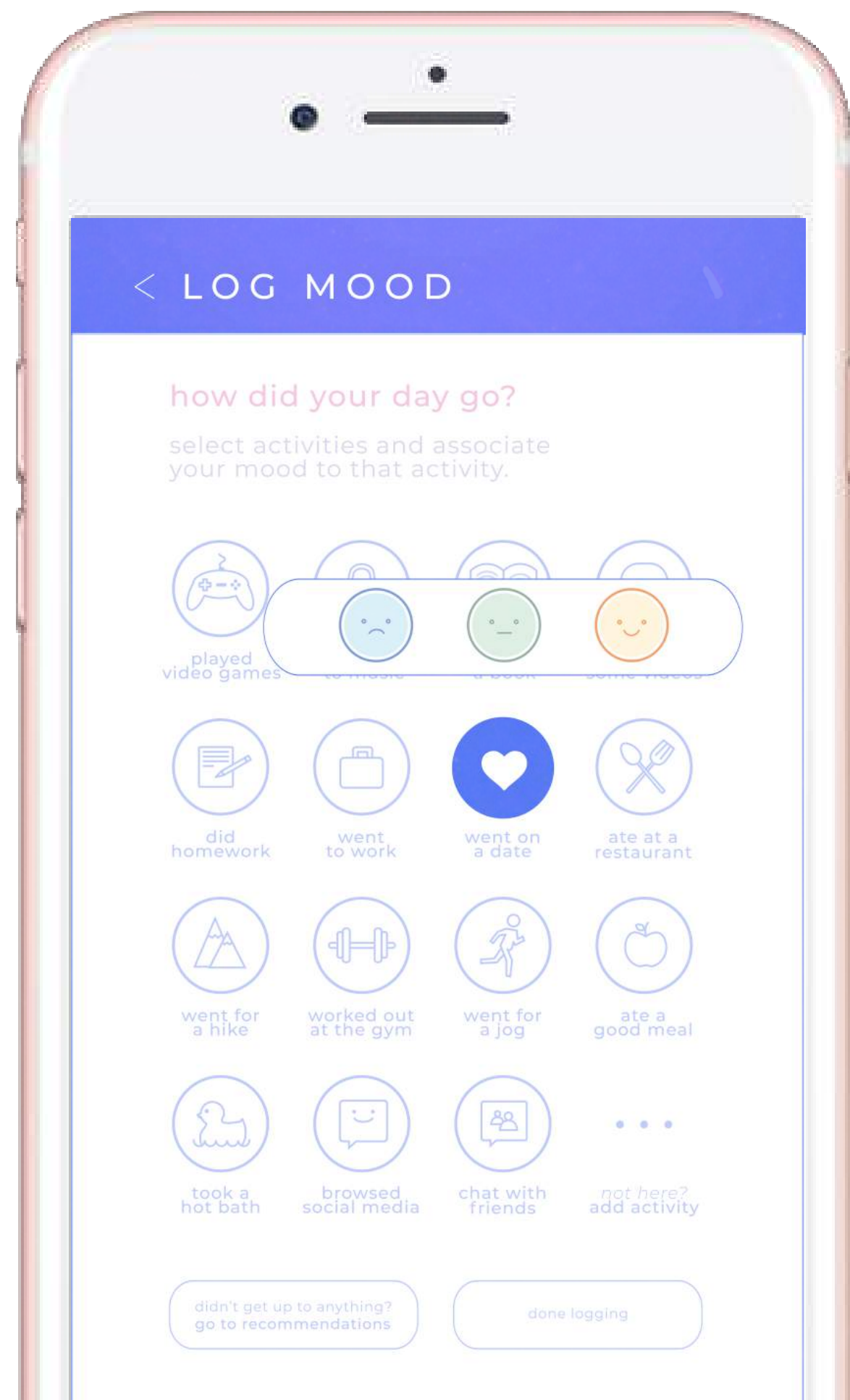
### pains

- difficult to share his feelings
- can not find an app that satisfy his needs
- can't figure out why he is feeling down

### behaviours

- everything should be organized
- very optimistic
- uses technology a lot

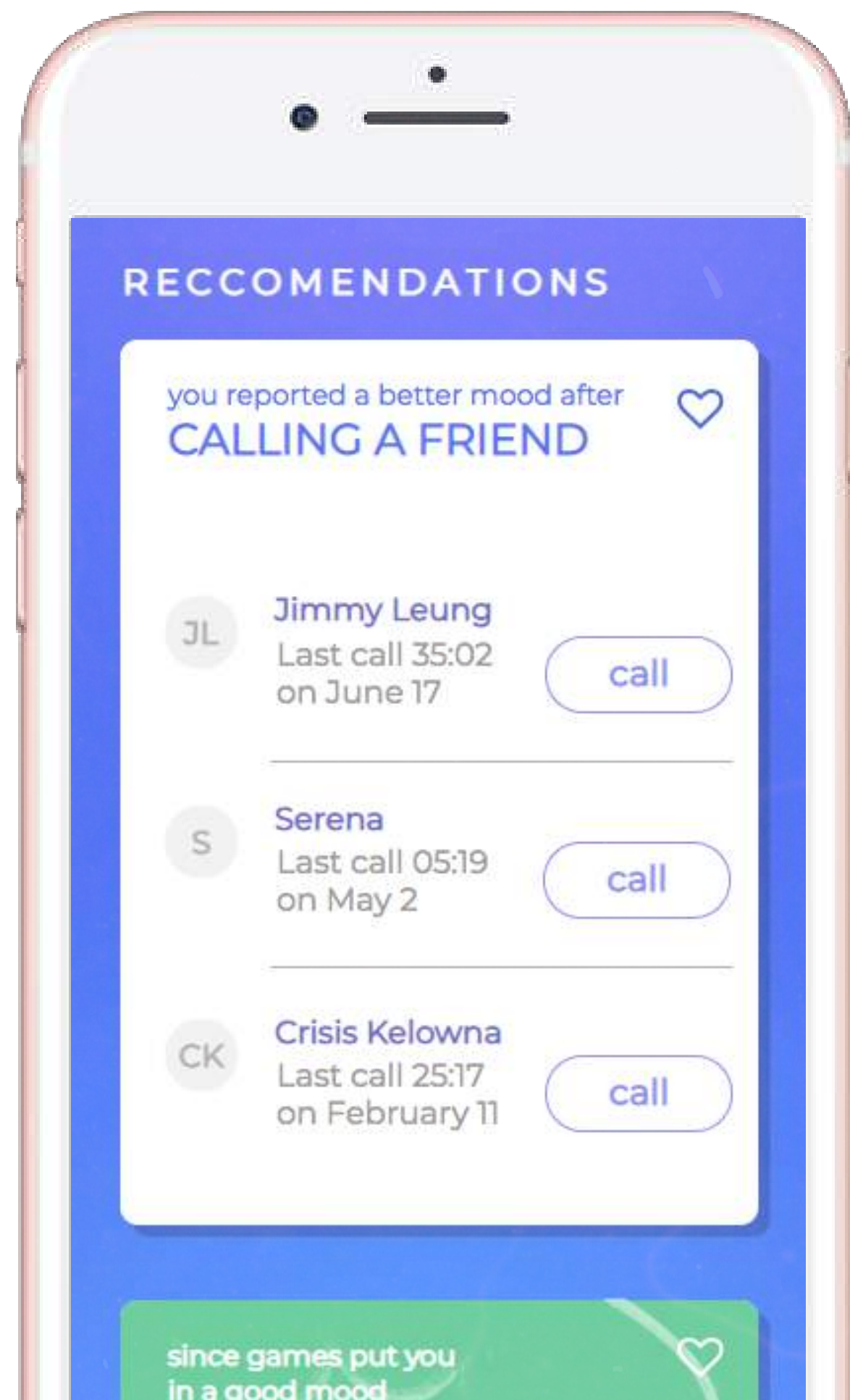




## MOOD LOGGING

---

Users log their activities and moods associated to each activity, allowing the app to provide productive recommendations.



## RECOMMENDATIONS

---

- > encourage self-care
- > sustaining a positive mindset
- > reaching out to loved ones
- > seeking professional help





so, things are tough at work? 



**plug into your hard-wired happiness**


enjoy this TED Talk From the author of Happiness at Work

a nearby event you may enjoy 



**GAME NIGHT AT CSSS**

tomorrow 5:30 PM  
SFU Burnaby Campus [see event](#)

you reported a better mood after **CALLING A FRIEND** 

**JL** Jimmy Leung  
Last call 35:02 on June 17 [call](#)

**S** Serena  
Last call 05:19 on May 2 [call](#)


**CK** Crisis Kelowna  
Last call 25:17 on February 11 [call](#)


since games put you in a good mood 



**GAME OF THE DAY**

 **Animal Crossing: Pocket Camp** [get](#)  
★★★★★

stay in touch 



**Beth**

it's been three weeks since you two last spoke - *let's catch up!*

[text](#) [call](#)

messy sleep schedule? tips for a good night's sleep 



**ESSENTIAL OIL DIFFUSER**

try some aromatherapy lavender oil is a must-have 

routine exercises to challenge yourself 



**PLAN A HIKE**


today in north vancouver 25 °C 


positive thinking for a healthy mind 




**WHAT ARE YOU MOST THANKFUL FOR?**


remember that you are loved. 


self-care 



**HOW ABOUT A HOT BATH?**

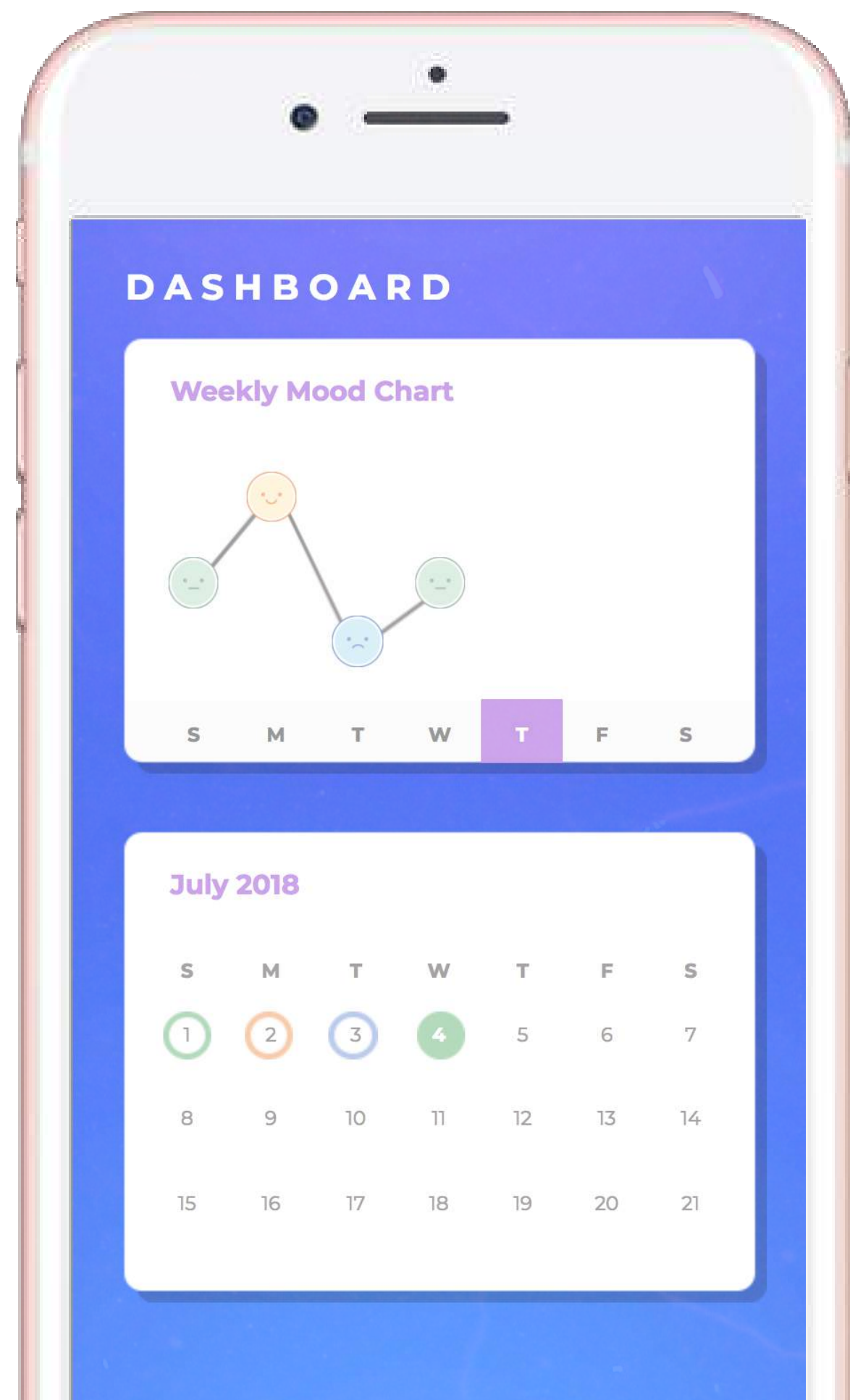
... and some scented candles? 

have some alone time, immerse yourself in a story 



**ALWAYS TIME FOR A GOOD BOOK**

what's your favorite novel?



# AVERAGE DAILY MOOD

- 
- + positive moods to activities
  - + healthy activities show in recommendations

# DASHBOARD

The screenshot shows a mobile app dashboard with a blue header and a bottom navigation bar. The main content area is divided into two sections. The top section, titled "Weekly Mood Chart", displays a line graph with five data points representing mood levels over a week. The x-axis is labeled with days of the week (S, M, T, W, T, F, S), with the current day (T) highlighted in purple. Below the graph is a "See More >" button. The bottom section, titled "Average Mood Count", shows three mood icons (sad, neutral, happy) with counts of 1, 2, and 1 respectively. The bottom navigation bar contains icons for home, heart, add, activity, and settings.

User can change the time frame

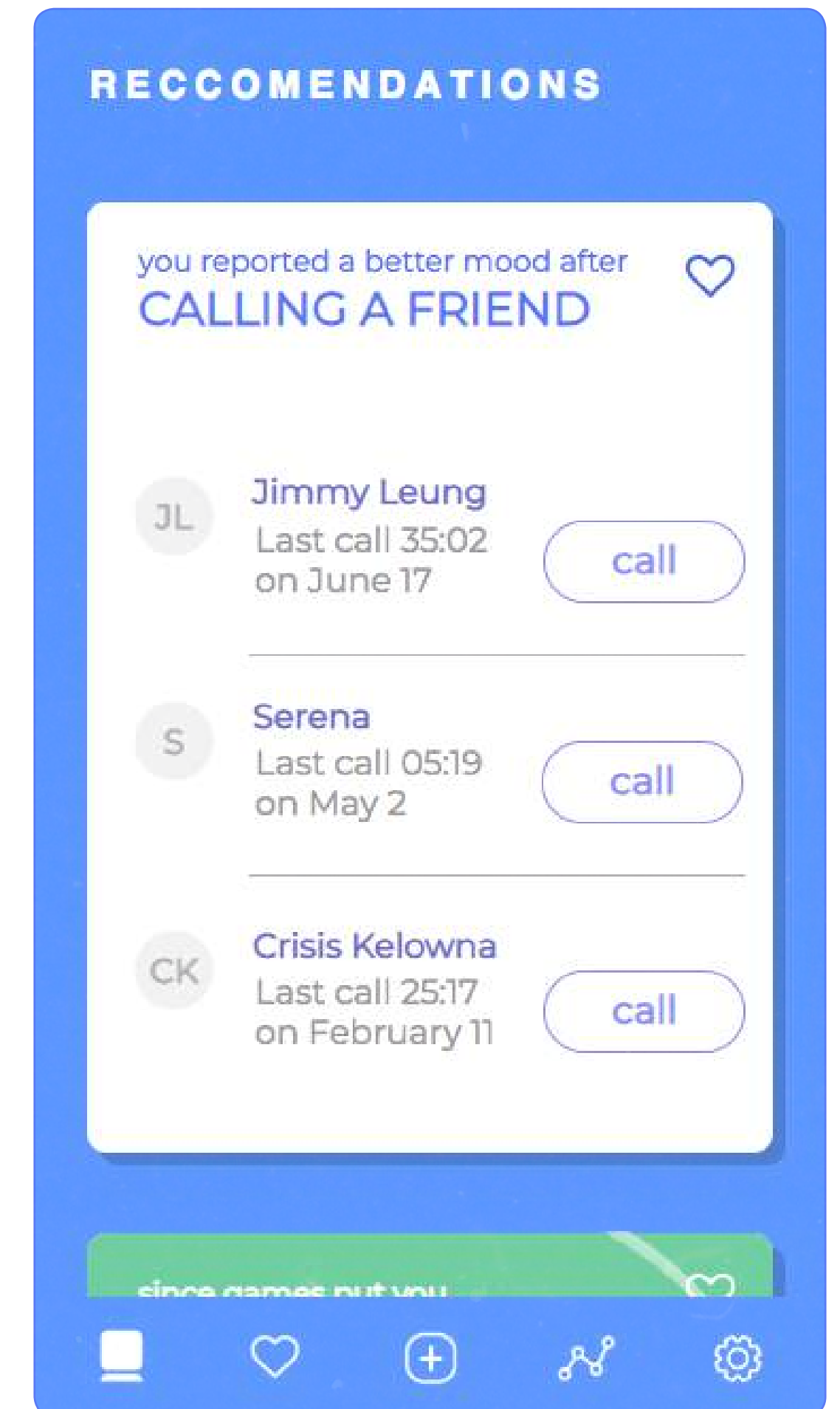
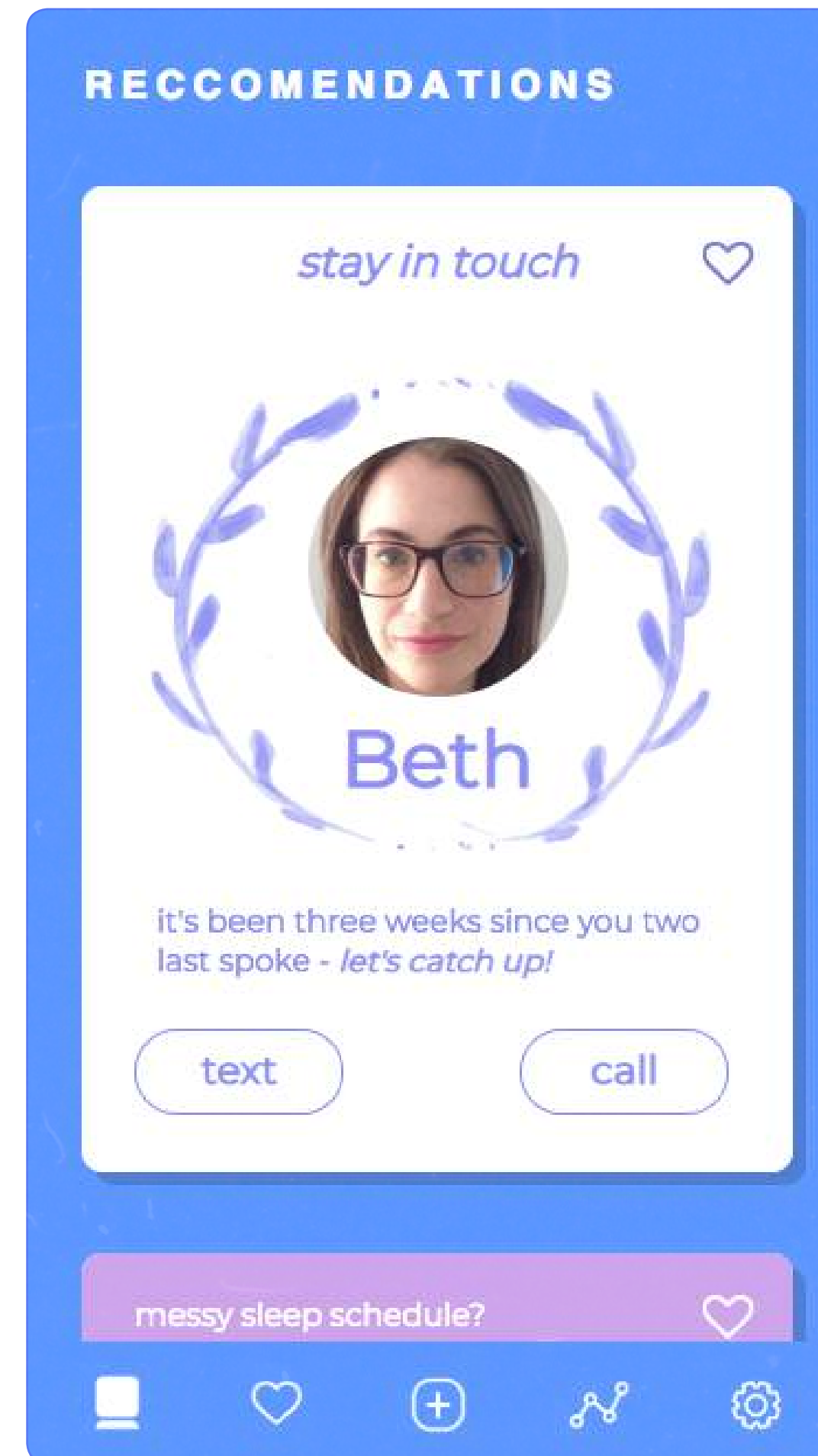
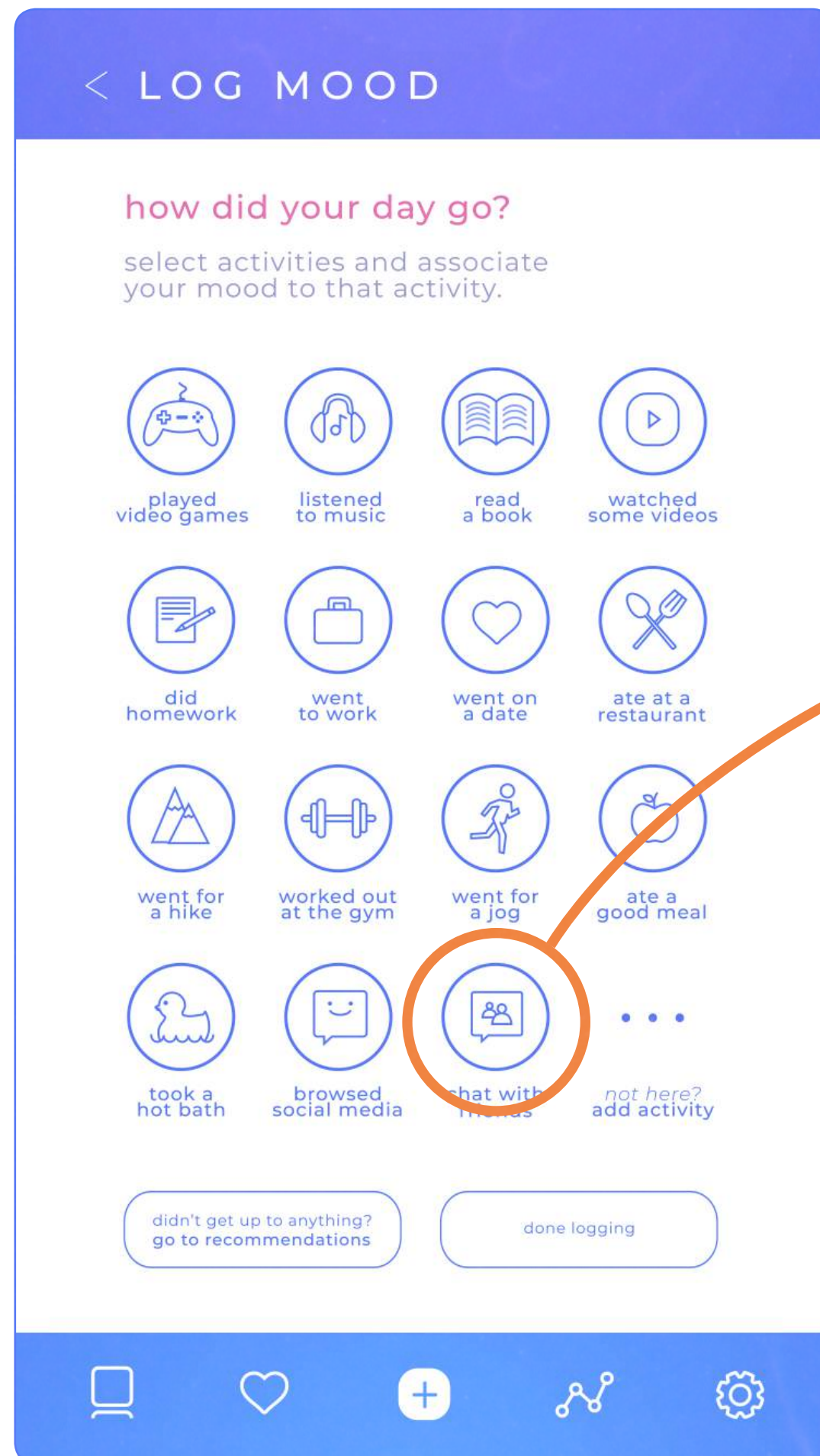
The number of times that moods are repeated within the selected time frame

The screenshot shows a mobile app dashboard with a blue header and a bottom navigation bar. The main content area is divided into two sections. The top section, titled "Activity Count", displays eight activity icons with counts: played video games (5), listened to music (12), read a book (1), watched some videos (9), did homework (7), went to work (4), went on a date (2), and ate at a restaurant (2). The bottom section, titled "Often Together", displays four activity icons: chat with friends, played video games, ate a good meal, and went on a date. The bottom navigation bar contains icons for home, heart, add, activity, and settings.

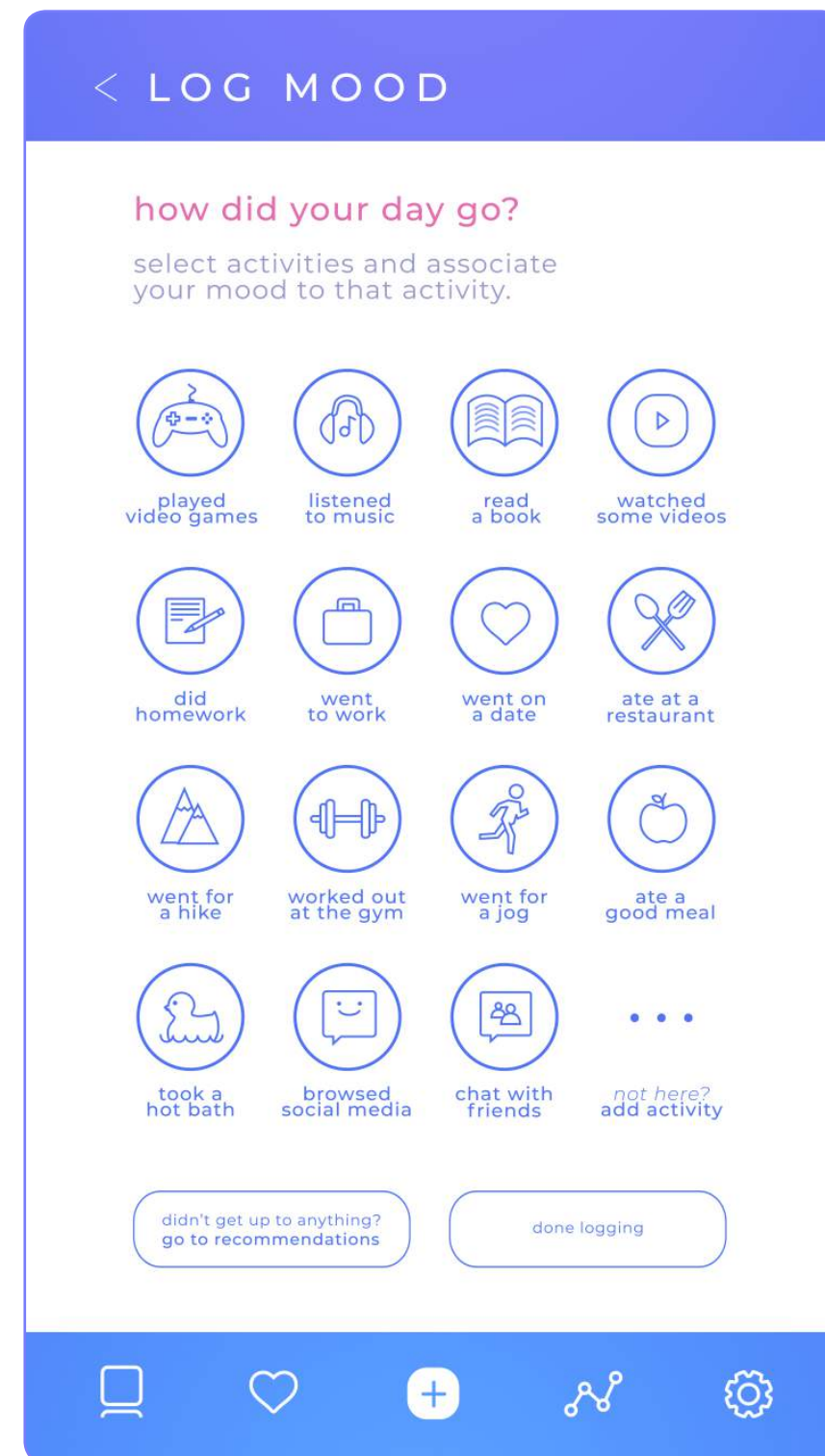
User can tap to select a mood and see the activities that are associated with the most

The screenshot shows a mobile app calendar with a blue header and a bottom navigation bar. The main content area is titled "CALENDAR" and has a tab bar with "daily", "weekly", "monthly", and "yearly" options, with "weekly" selected. The calendar displays a weekly view of dates from May 27 to August 11, 2018. The bottom navigation bar contains icons for home, heart, add, activity, and settings.

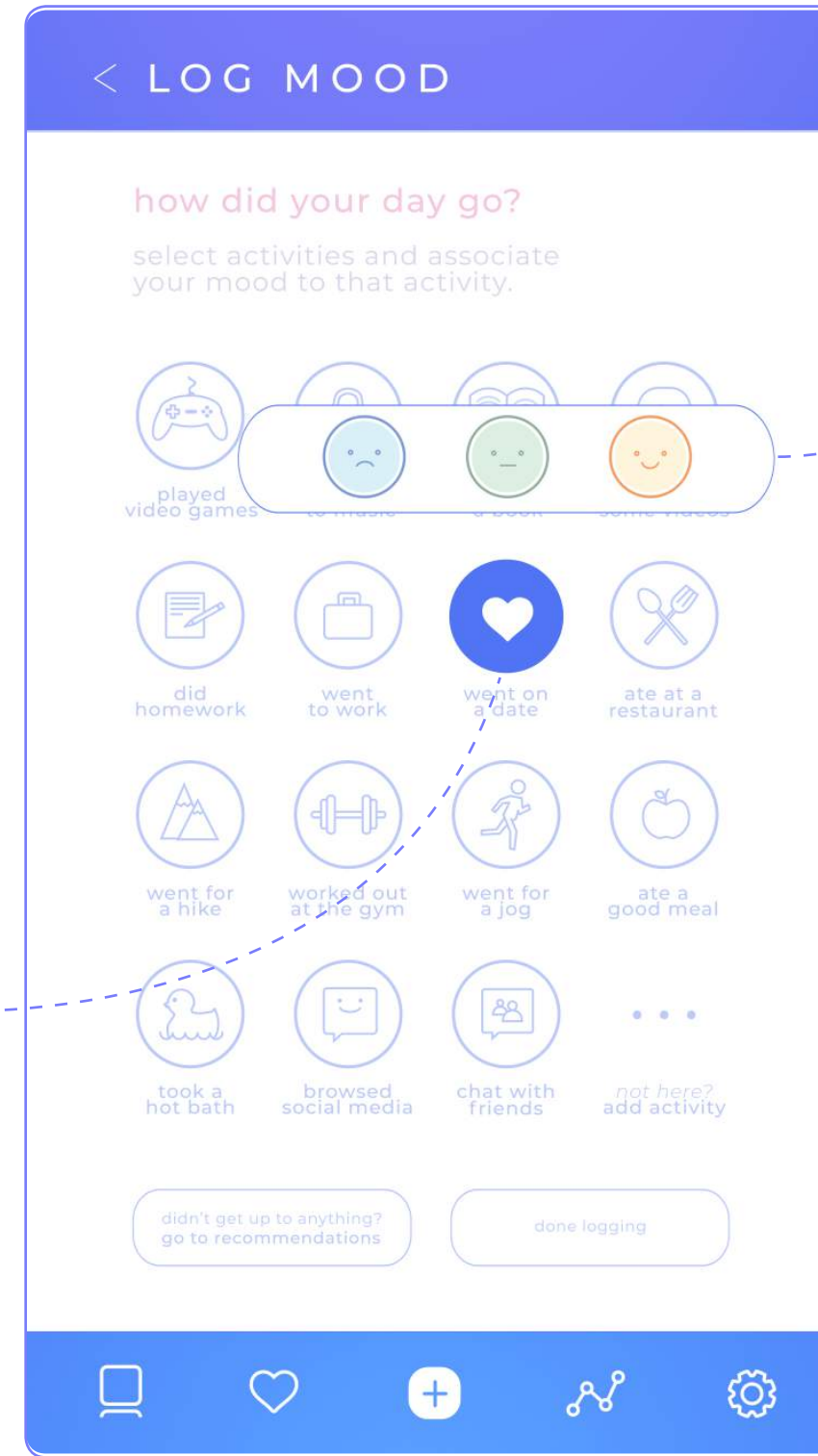
# RECOMMENDATION SCREENS



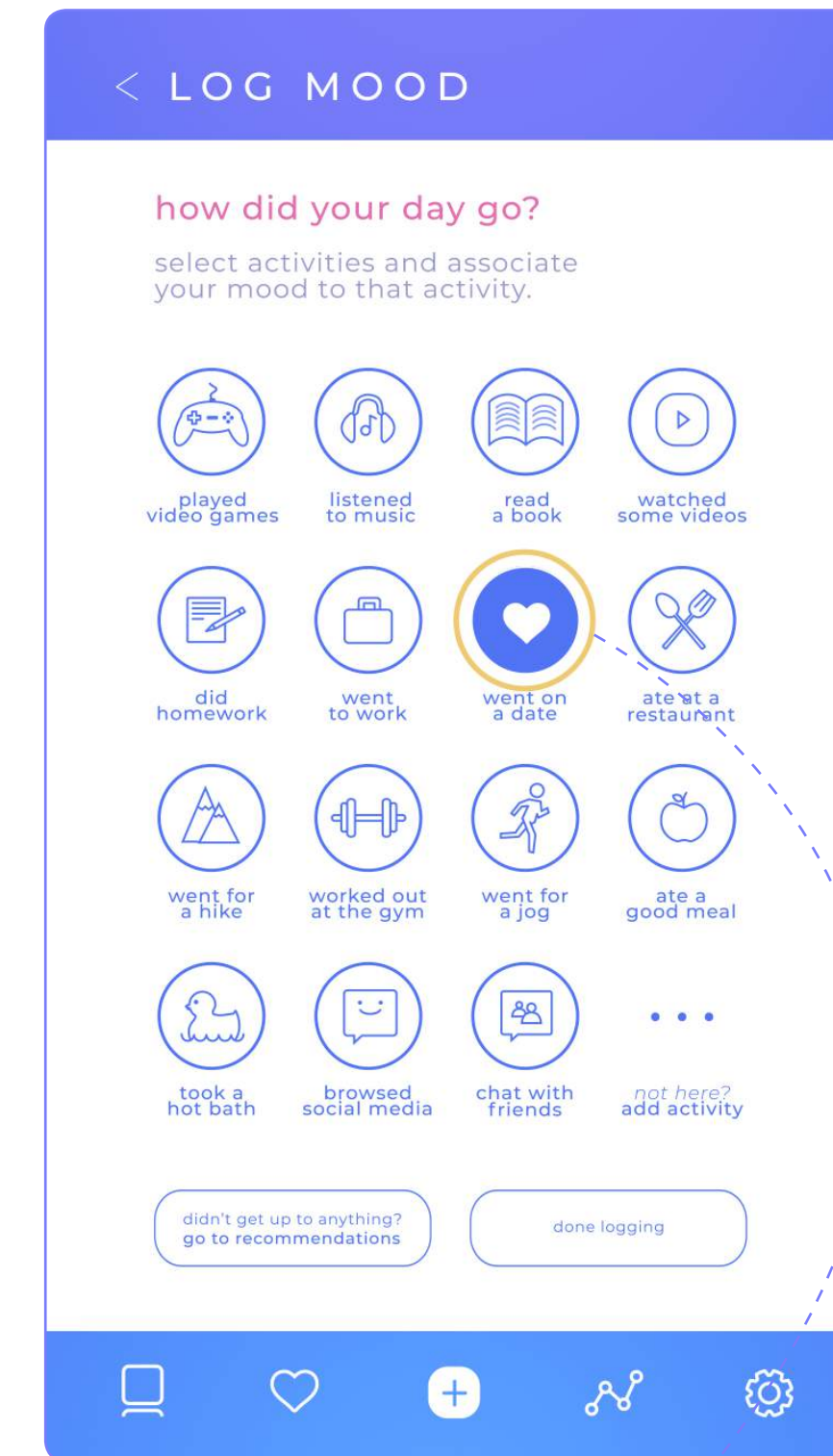
# MOOD LOGGING



User long-presses an activity



A pop-up menu shows 3 different moods user can choose from

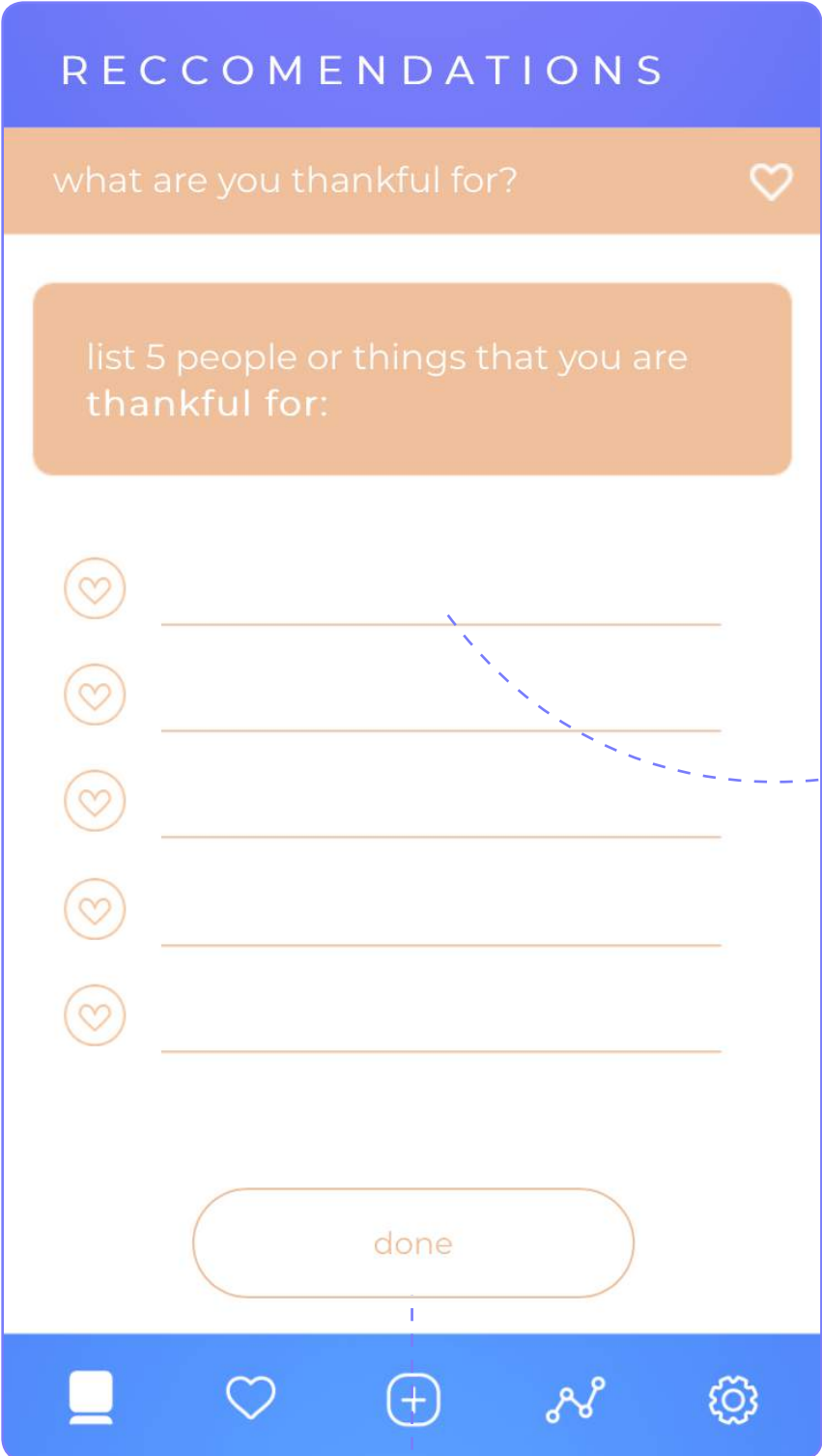


The mood color provides feedback to the user

# RECOMMENDATIONS

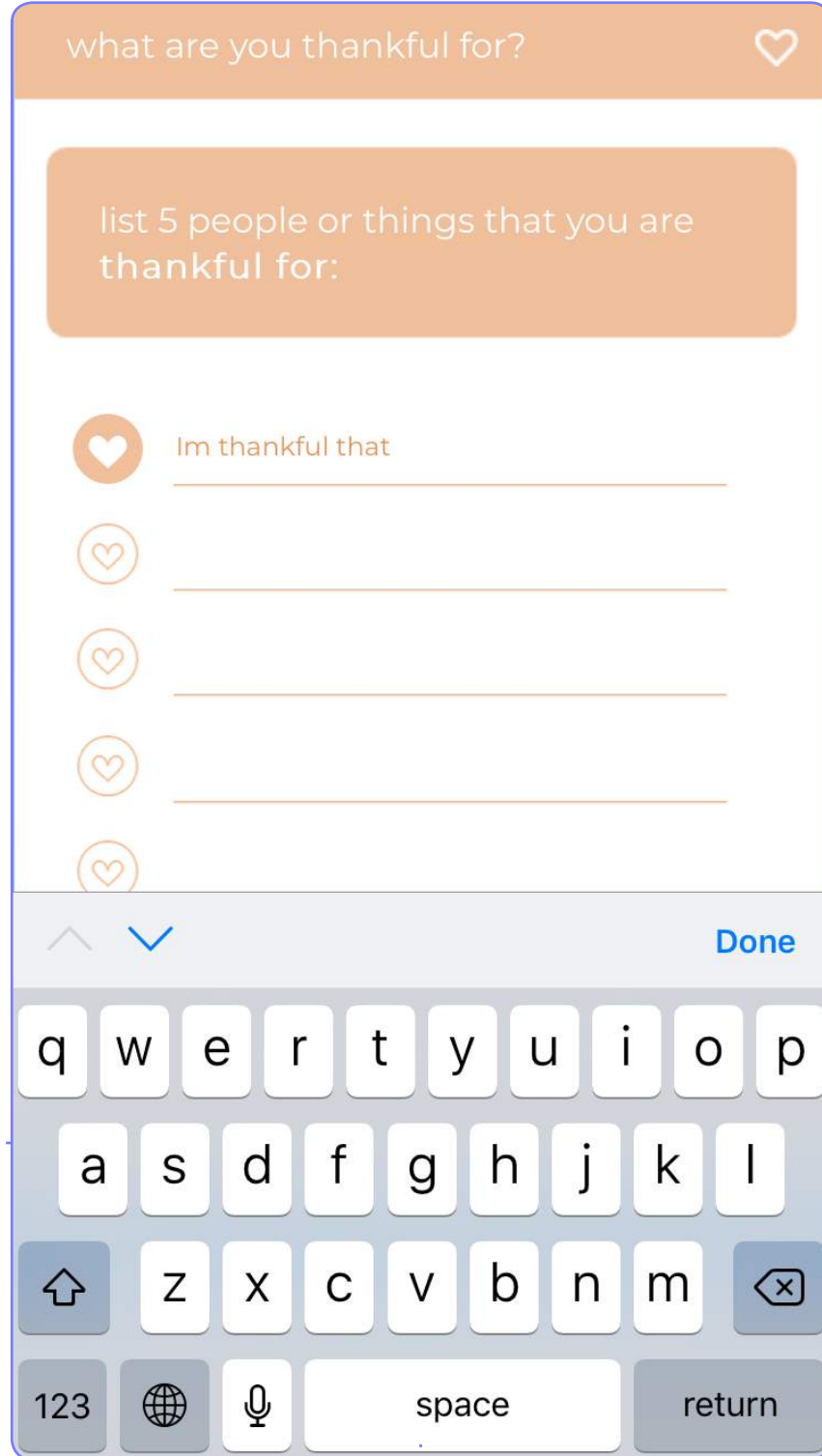


User taps on the card to see more details



User taps on the list

Once finished typing user presses "done"



User starts typing using the phone native keyboard



## USER TESTING

---

- > to discover how our app meets the user's expectations
- > to determine if the application recommends a task that the user wants to do

# METHODS

---

01

think aloud  
testing

02

usability  
testing

03

interviews

5 x users;  
19-30yrs

experienced themselves /  
outside experience with loved ones



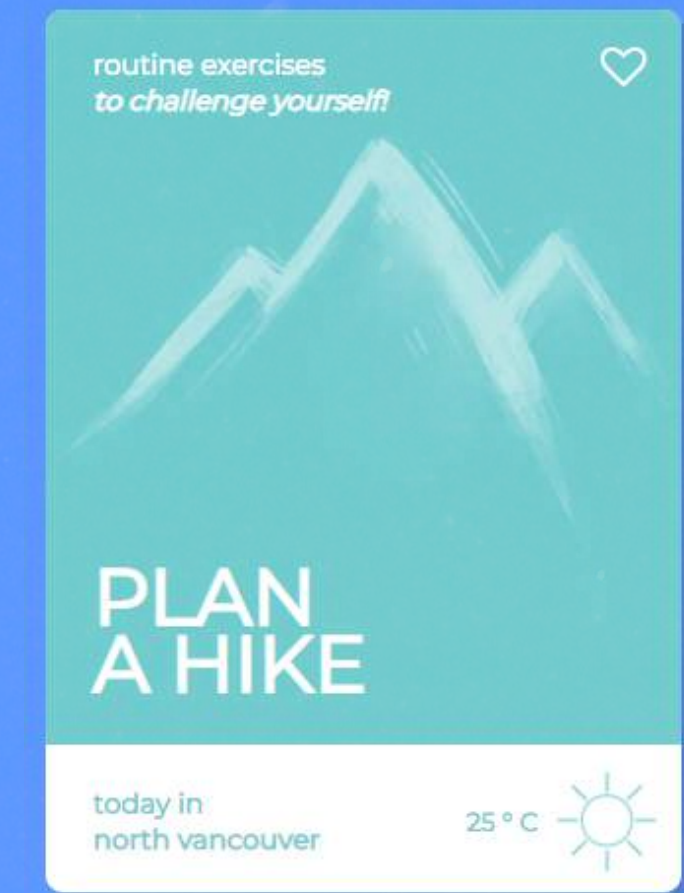
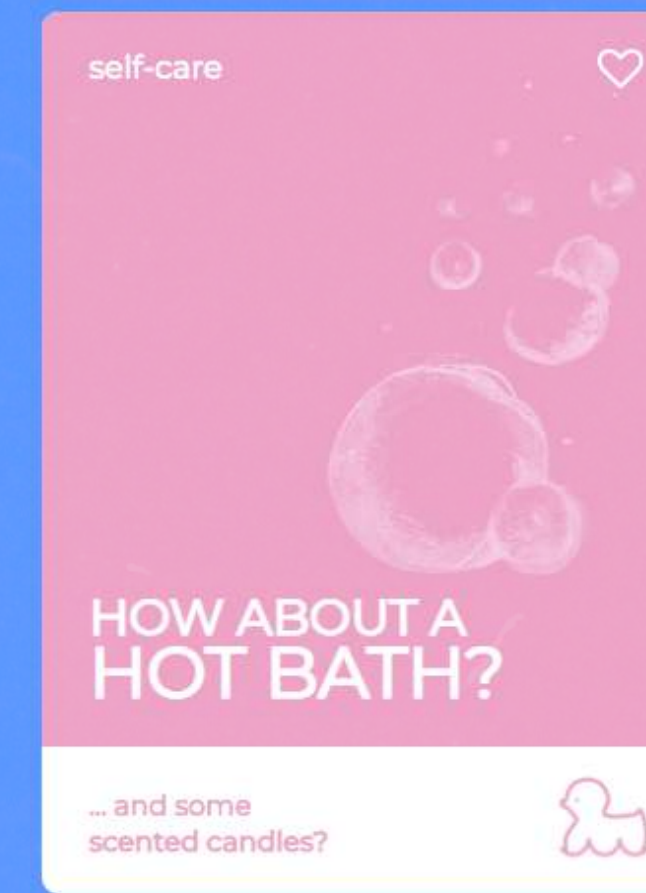
# 1ST ITERATION

“I wonder why it suggested things like salad? Or lavender?”

(Participant 5)

“Cards are interesting but add something to it that interest the user to open it.”

(Participant 4)



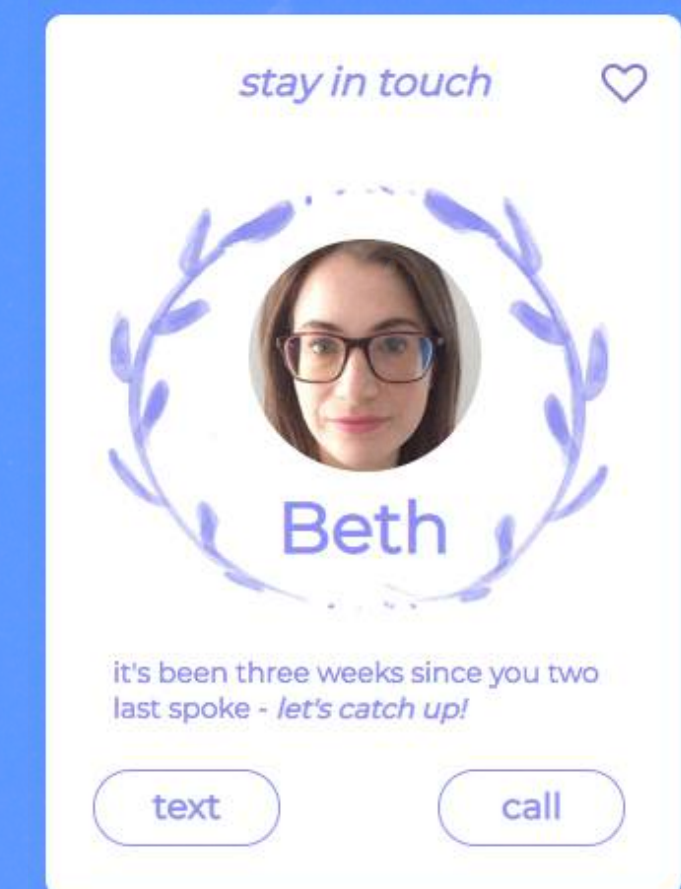
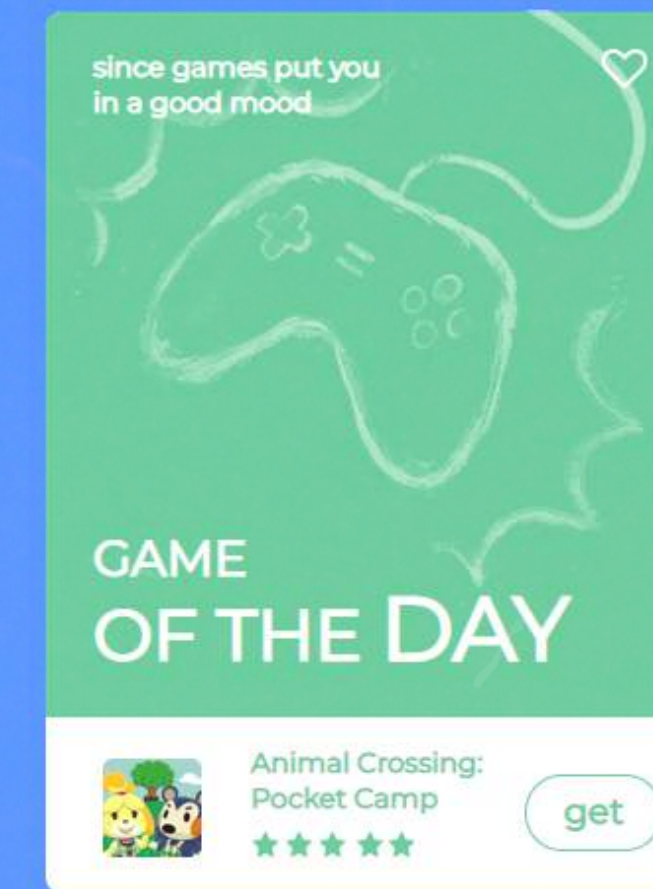
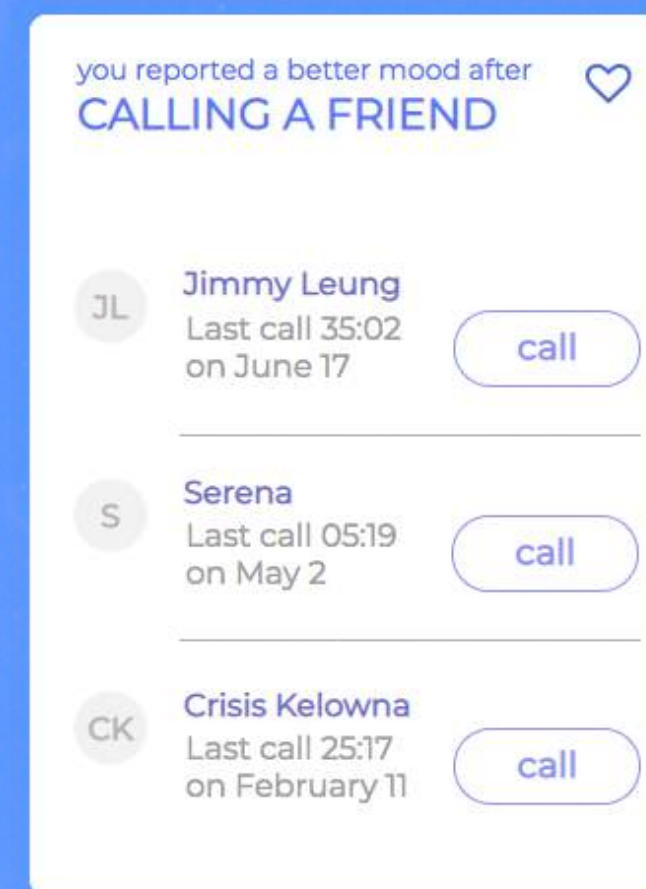
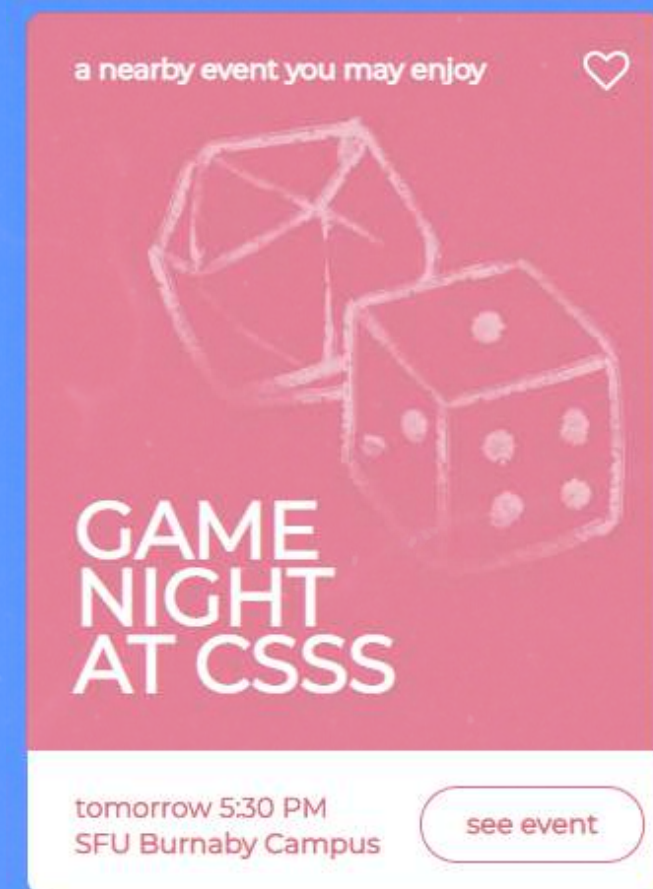
# 2ND ITERATION

“I like to see more suggestions about going to the gym and seeing friends.”

(Participant 3)

“I would use the app if it’s actually functional!! I use apps to control what I eat and this is also good to control my mood.”

(Participant 4)



# ONBOARDING

Would you like to setup mend?

This will allow mend to give you more personal suggestions and let you set your preferences. You can also add these later by going to settings.

setup

skip

## LINK ACCOUNTS

This will help mend give you suggestions for things to do by analyzing your feed from the linked account. This analysis is solely for your suggestions. The information is private and not accessible by any other device or service.



next

## PREFERENCES

### PERMISSIONS

Link contacts for suggestions



Allow location service for suggestions



### NOTIFICATIONS

Relapse trigger detected



New mood pattern detected



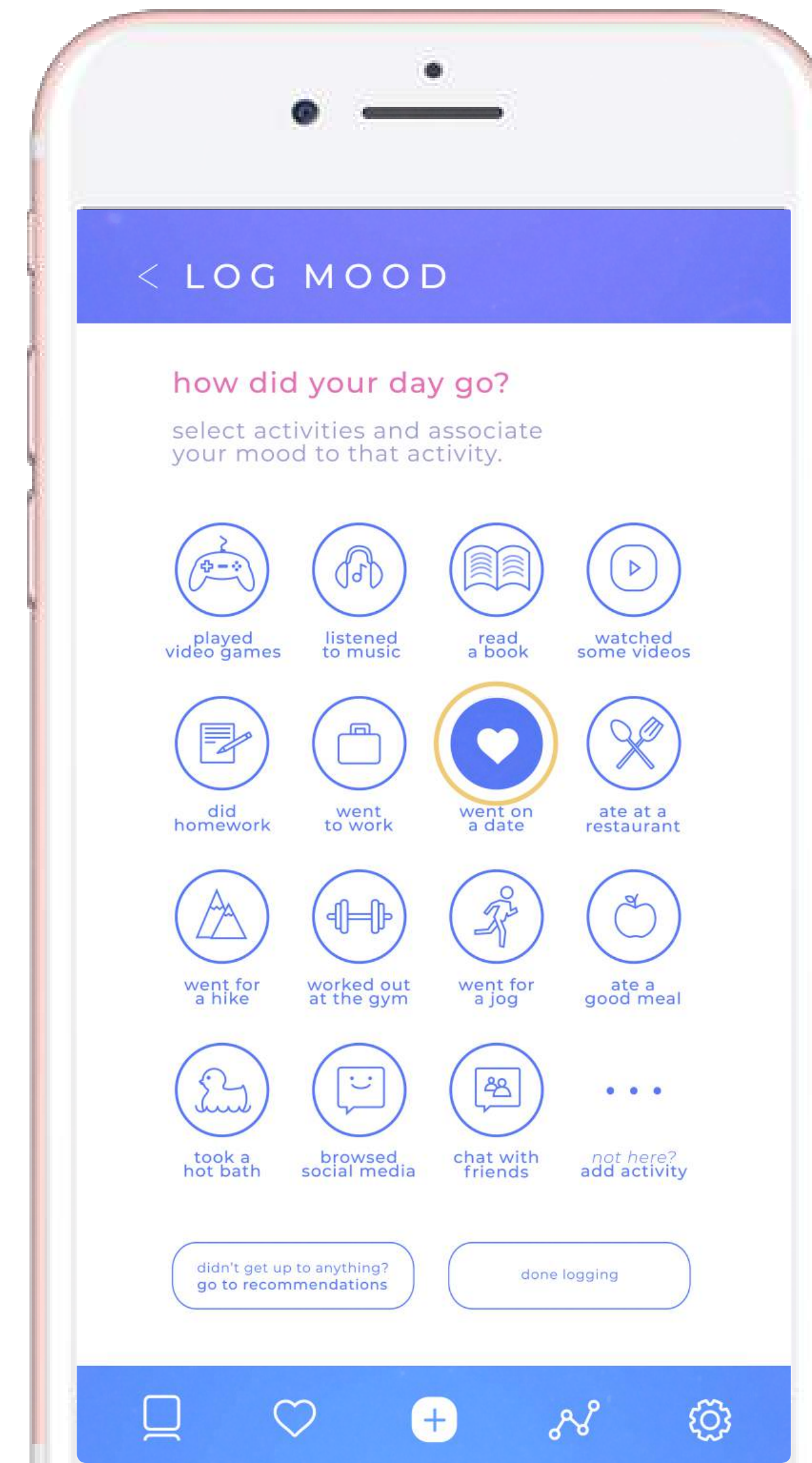
New actionable item



done !

# MICRO INTERACTION

- > long press
- > drag to corresponding mood



<https://www.youtube.com/watch?v=1B9L1aKmew>

# MICRO INTERACTION

- > swipe gesture
- > favorite or remove recommendation



<https://www.youtube.com/watch?v=cwMP3SEIexM>  
<https://www.youtube.com/watch?v=9sEt4f16SNs>

# REFERENCES

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Treatment outcomes in major depression. Adapted from: Kupfer DJ. J Clin Psychiatry 1991;52(suppl 5):28-34

Guideline retrieved from <http://www.heretohelp.bc.ca/sites/default/files/preventing-relapse-of-depression.pdf>

Cover image retrieved from <https://unsplash.com/photos/4ybSIAAgZQY>