Mood Watcher: Interactive Visual Guide to Increasing Awareness of Mood Disorders

Ziyan Han

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Mood Watcher
Interactive Visual Guide to Increasing Awareness of Mood Disorders

Mood Watcher: Interactive Visual Guide to
Increasing Awareness of Mood Disorders
A Thesis submitted to the Faculty
of the College of Imaging Arts and Sciences
for the degree of
Master of Fine Arts in Visual Communication Design

Master of Fine Arts Degree
Visual Communication Design
School of Design
College of Imaging Arts and Sciences
Rochester Institute of Technology

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October 20, 2014
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Signature of Author  Date
Mood disorders are the extremely negative situations of mood that cause dysfunction in people’s lives. There are a number of guides currently on the market (E.g., mood disorder self-help books, websites...) to help people with this problem, but their content is usually not customized enough to deal with each user’s particular situation. In addition, the formats include content that is often text-dense and overwhelming. While there are great resources of personal mood disorder tests, suggested actions, and information about professional help, there is an opportunity to create a guide that connects these resources with a better designed format so that people can have greater understanding of their own mood situations and the scientific methods to cope with their mood disorder concerns.

The Mood Watcher thesis project investigates a mobile application prototype to help young adults to be aware of their mood disorder risks and methods to cope with them. The mood disorders involved in my research are anxiety disorder, depression, post-traumatic stress disorder, and bipolar disorder, which are common among young adults.

For the broader community, this project helps people to know their mood situations and cope with them in an easier, interactive and accessible way. In regard to the field of design, this project has explored user experience design of mobile applications for psychological health purposes, including the user interface design, the visualization of content, the development of functions, and the interaction.

Usability testing was conducted, which netted extremely positive results regarding the product and its objective to serve as a usable, helpful, and engaging tool to help people with their mood disorder concerns.

Blog ziyanthesis.tumblr.com

Key Words mood disorder, mobile app, user experience, user interface, interactive design, digital, psychology, mental health, suggested actions, customization
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Section 1

Introduction

1.0 Introduction

1.1 Problem Analysis

1.2 Problem Statement
Introduction

Bad moods affect people’s lives, work, and relationships with others. Mood disorders are the extremely negative situations of mood that cause dysfunction in people’s lives. Regular mood swings can be coped with by some self-help methods, but mood disorders need professional help. For those people who experience bad mood situations, what they need is to know their risks of getting mood disorders, and the actions they need to take. There are some guides currently on the market that could help them in this special situation: books (printed materials), online resources (including psychological health websites, online disorder questionnaires, and suggested actions) and mobile apps, but each of them have some unsolved problems. (See 1.1 Problem Analysis for details) Overall, the problems with the current products can be summarized as:

- It is difficult for users with mood disorder concerns to get information to help with their individual situations.
- The design of these products needs to be more user friendly and visually attractive.

By analyzing the advantages and drawbacks within each type of current product, I determined the mobile application to be the most suitable and potential solution for this issue. By collecting the target users’ needs and professional suggestions, and combining them with smartphone functions, I came up with four main functions of the mobile app: Disorder Test, Suggested Actions, Find a Therapist, and Action + Mood Recording. After the concept development, I started with the interface design, and then added interactions for it with coding exploration. The usability was tested through the overall process, and adjusts were made based on the usability test results. Finally, a fully interactive mobile application prototype was finished.

The project contains four stages: research, design, prototype, and evaluation. The design stage is the main focus. Through the interface design and the user experience design, this project intends to deliver high-level usability and a psychologically pleasing using experience for people with mood disorder concerns.
1.1 Problem Analysis

Problems within current products:

**Books**
- The updating of content is slow.
- Content is not customized for the situation of each reader.
- Most of the content is text-dense, which is not easy and attractive to read. Some books contain fillable forms for readers to record their situations, which requires more actions (for example, if they want to use a text form several times, they need to copy it or use an eraser to clear their filled parts).
- Lack of interaction.
- Hard to get treatment information.

**Websites**
- Content is not customized for each user.
- Disorder tests, suggested actions, and treatment information are separated in different sites or sections, which requires users to take more actions to get the information they need.
- As with books, content is usually text-dense, and the interface design needs to be more user-friendly.
- Content is informative, but is not convenient for practice and evaluation, which is important for recovering from mood issues. (For example, a person with concerns of depression got his to-do list from a website, but when he wants to practice them in his life, he needs to print the list or copy it to other devices himself.)
- Not convenient for off-line and mobile use.

**Mobile Apps**
There are several mobile apps for psychological health issues. Compared with books and websites, they have more pertinence, and are convenient for daily use without location limits, but there is still room to improve in these aspects:
- Functions: Most of the apps’ functions are similar to books, offering self-help and
self-treatment steps with more interactive fillable forms. Also, there is a lack of professional treatment information and customized content based on each user's individual situations.

- **Content:** Composition of content is still based on text and diagrams, which is not enjoyable and attractive to read.
- **Design:** Needs to be more user-friendly with more consideration of typography, icon designs, color coding, and interface layout.
I proposed to make a user-friendly and visualized interactive guide (mobile application) to help individuals with mood disorder concerns to learn more about their conditions and the next steps to take.

The reason why mobile application was chosen to build this project:

- More accessible to the target audience (young adults) who use smartphones on a regular basis
- Usable without location limits
- Built-in functions in the smartphone such as calling, texting, and sending emails have a lot of potential to allow the suggested actions to be taken immediately.

The final product should have these features to solve the problems mentioned above:

- High-level of usability and aesthetically pleasing user experience.
- Give individuals customized suggestions of actions to take based on their own screening test results.
- Offer treatment information such as psychologists and psychiatrists based on each user’s location.
Section 2

Research

2.0 Research

2.1 Research of Target Audience

2.2 Review of Literature
Research for this thesis is done in regard to these aspects:

- **Target audience**
  To get the best outcome for this project, I started by thinking about who needs this product most, and by analyzing the users of mobile applications, I finalized the target audience of this project, which is younger adults (18-35 years old) with concerns about mood issues, or those with the desire to maintain a healthy psychological status.
  Research was undertaken by interviewing the target audience and collecting online research about the target audience's preferences and needs for a mood health mobile application. (See “2.1 Research of Target Audience” for details.)

- **Psychological issues and suggested actions**
  The purpose of this element of the research is to collect the content of the mobile app. Research includes:
  - The most common mood disorders/issues in the target audience, then finalized which disorders to include in this project.
  - Causes and symptoms of the four selected mood disorders.
  - Collection of mood disorder test questionnaires and suggested actions.
    (See any items tagged “Research for: Content collection” in “2.2 Review of Literature” for the details of materials included in this part of research process)

- **Similar products**
  Research products with similar functions, and analyze their advantages and drawbacks as references.
  (See any items tagged “Research for: Similar product analysis” in “2.2 Review of Literature” for the details of materials included in this part of research)

By researching comprehensively in these aspects, I came to the conclusion that is shown in “Problem Analysis” in Section 1, and came up with the initial ideas about the product that is the focus of this thesis project.
2.1

Research of Target Audience

The target audience of this project is younger adults (18-35 years old) with concerns about mood issues, or those with the desire to maintain a healthy psychological status.

Research was taken by interviewing the target audience and collecting online research for getting their:

- Reading habits and preference in regard to texts and information about mood disorders
- Their needs when encountering mood issues
- Their preferred design style

See appendix for interview questions and answers.

Conclusion of target audience research:

- For reading habits and preference, most of the target audience prefers reading short pieces of text rather than long paragraphs of text. The amount of time they prefer to spend reading something online is 10-20 minutes.
- What they need most when encountering mood issues is support from their loved ones, the suggested actions to take, and accessible professional help.
- In regard to interactive design styles, most of them are looking for fresh-looking and uniquely designed interfaces; those with photography are more attractive to them than the ones with only flat graphics.
### 2.2 Review of Literature

**Mobile Applications**

**iSelfhelp–Mental Health Test/ Depression/ Insomnia**
Kubicek & Boye, iSelfhelp–Mental Health Test/ Anxiety/ Depression/ Insomnia, mobile application series, Updated in 02.20.2012

*Research for: Similar product analysis*

This series of applications offers self–tests of mental wellness and self–knowledge to deal with anxiety, depression, and insomnia. The users can choose to purchase different interactive knowledge reading materials based on their test results. The reading processes are divided into several steps as tasks for users to finish. The clear information and interactive structure of this app could be referenced in this thesis project. On the other hand, this series of apps ignores the importance of seeking professional help, which is crucial for some cases. Also, the “tasks” are mostly presented as text and diagrams, which are not visually engaging and not easy to understand. Overall, this series of apps is the interactive version of the self-help books, but the interaction and usability could be more improved.

**Digipill**
YUZA, Digipill, mobile application, Updated in 06.20.2014

*Research for: Similar product analysis*

Digipill is a very creative mobile application for mental health with a high level of usability and a well-designed interface. This application offers psychoacoustical audio for different purposes (e.g., concentration, deep sleep, motivation). Additional audio is sold as “virtual pills” in the “pill store.” All the interface elements and writing is based on the setting of the “pill store.” The design has successfully transferred the audio product into something visually easy to understand.
<table>
<thead>
<tr>
<th>Books and Articles</th>
<th>American Medical Association Family Medical Guide</th>
</tr>
</thead>
</table>

*Research for: Similar product analysis, Content collection*

Symptoms tests and suggested coping methods for some mental issues can be found in this book. Readers start at the self-test section of this book, and move through the test flow chart of symptoms. They can learn whether they are getting which kind of illness, and they can read through the details of this illness in a later section. The information is useful and the structure of this book is referenced in this thesis project.

<table>
<thead>
<tr>
<th>Books and Articles</th>
<th>Abnormal Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Deborah Beidel, Cynthia Bulik, Melinda Stanley, Abnormal Psychology, Printice Hall, 2010</td>
</tr>
</tbody>
</table>

*Research for: Content collection*

This is a textbook for college students in the psychology major. It includes brief and professional introductions of current psychology study methods and categorized mental disorders, including facts, symptoms, causes, and examples in real life.

<table>
<thead>
<tr>
<th>Books and Articles</th>
<th>The Anxiety and Phobia Workbook</th>
</tr>
</thead>
</table>

*Research for: Similar product analysis, Content collection*

A self-guidebook of anxiety, packed with the most effective skills for assessing and treating anxiety, this workbook can be used alone or as a supplement to therapy to help sufferers develop a full arsenal of skills for quieting worried thoughts and putting them back in control. The writing in this book is conversational and encouraging, which is helpful to the readers to build confidence to get over anxiety.
<table>
<thead>
<tr>
<th>Website</th>
<th>Helpguide.org</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Helpguide, Santa Monica, CA. updated in 10. 2014</td>
</tr>
<tr>
<td></td>
<td>&lt;helpguide.org&gt;</td>
</tr>
<tr>
<td></td>
<td><em>Research for: Similar product analysis, Content collection</em></td>
</tr>
<tr>
<td></td>
<td>Helpguide (helpguide.org) is a non-profit mental health website that provides over 250 articles on</td>
</tr>
<tr>
<td></td>
<td>mental health, relationships, parenting, aging well, nutrition, and other health topics. The founders</td>
</tr>
<tr>
<td></td>
<td>devote their entire site to practical, motivating content that is easy to look at, easy to understand,</td>
</tr>
<tr>
<td></td>
<td>and focused on information that everyone can use to help themselves and others. All of the content is</td>
</tr>
<tr>
<td></td>
<td>free and openly available.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Anxiety &amp; Panic Disorders Health Center</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WebMD, Anxiety &amp; Panic Disorders Health Center, section on the website, updated in 10. 2014</td>
</tr>
<tr>
<td></td>
<td>&lt;www.webmd.com/anxiety-panic/default.htm&gt;</td>
</tr>
<tr>
<td></td>
<td><em>Research for: Similar product analysis, Content collection</em></td>
</tr>
<tr>
<td></td>
<td>A website section introducing information about Anxiety disorders, including facts, types, symptoms,</td>
</tr>
<tr>
<td></td>
<td>treatment, and strategies for living with and managing anxiety disorders.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What's My M3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M3 Information, updated in 10. 2014</td>
</tr>
<tr>
<td></td>
<td>&lt;whatsmym3.com&gt;</td>
</tr>
<tr>
<td></td>
<td><em>Research for: Similar product analysis, Content collection</em></td>
</tr>
<tr>
<td></td>
<td>This website is based on the/an “M3” screening test, which is a questionnaire including 30 questions for</td>
</tr>
<tr>
<td></td>
<td>four major mood disorders: Depression, Bipolar Disorder, Anxiety Disorder, and Post-traumatic Stress</td>
</tr>
<tr>
<td></td>
<td>Disorder. After taking the questionnaire, a report is generated showing the user’s risks of the four</td>
</tr>
<tr>
<td></td>
<td>disorders, and the next steps to take. Compared with classic questionnaires for each of the disorders,</td>
</tr>
<tr>
<td></td>
<td>the M3 questionnaire is less accurate, but more convenient to use. It iss a good tool for screening.</td>
</tr>
<tr>
<td></td>
<td>The questionnaire used in my thesis project is the M3 questionnaire.</td>
</tr>
</tbody>
</table>
Psych Central

Psychological health website, founded by Dr. John Grohol, updated in 10. 2014
<psychcentral.com>

Research for: Similar product analysis, Content collection
A comprehensive website that provide information about major psychological disorders. The information includes quizzes, blogs, drugs, research, and information about finding help. Also, they attempted to build a community for its users, with several forums for different psychological topics. The navigation of this website is very clear and usable.

<table>
<thead>
<tr>
<th>Public Campaigns and Design Projects</th>
<th>Posters for mental disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smith, Patrick. Posters for mental disorders, posted by Patrick Smith on adaptcreative.co.uk, 08, 2010 &lt;www.adaptcreative.co.uk/2010/08/mentaldisorder-posters&gt;</td>
<td></td>
</tr>
</tbody>
</table>

Research for: Design Inspiration
Raising awareness about mental illness is an important part of erasing the stigma attached to these disorders. Graphic designer Patrick Smith created minimalist posters that perfectly illustrate a number of mental disorders in flawless style. He presents them in terms that are easy to interpret visually. His intention when creating these posters was to offer them as part of a mental health awareness program. The design style and methodology in this project is referenced in this thesis project to illustrate the features of selected mental disorders.

Not Myself Today

Blok Design, Not Myself Today Campaign, Publicity Campaign, 06. 2012 <behance.net/gallery/Not-Myself-Today-Installation/4212285>

Research for: Design Inspiration
This is an event in a month-long campaign to improve the awareness of mental health in Canada. Critical to its success was to create an experience that would draw people into a conversation, encouraging a new, more open relationship with their
feelings, and inspiring them to pledge their support of mental disorders. The design agency came up with this solution: a wall constructed out of mood pins strategically located in a heavily traveled intersection in the heart of Toronto. The bold rainbow of colors acted as a lightning rod, drawing people in, while the simple act of selecting their mood sparked dialogue, released stories, and inspired hundreds of pledges of support. The interaction between the installation and audience helped the campaign achieve its goal to increase people’s awareness of mental health. The simplicity of typography and colors communicated the information effectively. This design methodology is referenced in this thesis.
3.0 Process

3.1 Ideation of App's Functions
3.2 User Flow
3.3 Wireframes
3.4 Color
3.5 Font
3.6 Icons
3.7 Navigation and User Guidance
3.8 Interface Design
3.9 Name and App Icon Design
3.10 Prototyping
3.11 Technical Issues and Trouble Shooting
3.12 Promotional Items
3.0 Process

Process Overview
The figure below shows the overall process of this thesis project.

- Research
- Setting of functions
- Collecting contents
- Interface design
- Interaction/Prototyping
- Usability Test and Refinement
- Promotional Design

Timeline

Fall 2013 Semester     Spring 2014 Semester

Research

Setting of Functions
Collecting Contents

Interface Design

Interaction/Prototyping

Usability Test and Refinement

Finish/
Promotional Design

Figure 1
3.1 Ideation of App’s Functions

Figure 2 shows the concept of how I set the functions of the mobile application. By combining the people's needs when facing mood issues with professional suggestions and the advantages of mobile devices, I came up with four main functions.

People’s needs/Professional Suggestions
- Know if they have a disorder
- Therapist
- Actions to take
- Record mood changes
- Support from others

Advantages of Mobile Devices
- Use anywhere
- Private
- Location-based searching
- Call functions in the phone, like texting

The four functions are:

- **Disorder Test**
  Short screening test of four common mood disorders

- **Things to Do**
  A list of recommended actions based on test result

- **Find a Therapist**
  Look for local therapists based on user’s location

- **Timeline**
  Automatically record user’s test results, actions taken and mood changes for future reference
### User Flow

The main structure of this application is designed to go through four functions: Disorder Test, Things to Do, Find a Therapist and Timeline.

Figure 3 is the flow chart used in the final prototype.
Changing of Flow Chart

In the beginning, the flow chart I came up with (Figure 4) is quite different from the one used in the final prototype. In this earlier version of workflow, there are four disorder tests for users to take and there are four to-do lists after each test.

While doing more research on the psychological issues, I learned that mood disorders usually do not present alone. Many mood disorder patients have multiple disorders, and the suggested actions for the four disorders have a lot of overlap, so I started looking for a questionnaire that could test for these four mood disorders. I found the M3 questionnaire, which is an ideal screening test for the four disorders. I tagged each suggested actions with their helps for different disorder(s) to make them into a small database so the corresponding suggested actions will pop out on the app for different test results. Thus, the four functions of the mobile app became clearer, which also provided users a better navigation.
3.3 Wireframes

When sketching the wireframes, I took several popular mobile apps with similar function or display forms as references.

Figure 5
Sketches of wireframes
Changing of Wireframes

Because of the changing of user flow settings, different digital wireframes were made to visualize each user flow.

Initial wireframes:
Changed wireframes:

- Other Concerns?
  - Having other concerns?
  - Back

- New screener question
  - Do you feel worried?
  - Yes
  - No
  - Back

- End

- Welcome Screens
  - Often feel sad or depressed?
  - Take a Test

- Disorder Test (Introduction)
  - Disorder Test
  - Lorem ipsum dolor sit amet, consectetur adipiscing elit.

- Disorder Test
  - Most of the time
  - Often
  - Sometimes
  - Rarely
  - Not at all
3.4

Color

The choosing of a color palette was based on the app’s functions and contents. Four divergent, saturated colors were used for four disorders and four functions, and low-saturated dark and light colors were used for text, buttons, and background.

![Final Color Palette](image)

figure 6

Final Color Palette
When doing the interface design, the ideal typeface I was looking for has these features:

- Friendly
- Legible
- Rich weight variation (from thin to bold to differentiate the content hierarchy)
- Fresh and modern

To fit these requirements, I narrowed the typeface choices to sans serif and slab serif fonts, then I selected several typefaces to try out on the selected colors with the same content that will be used in the app.

I decided to use Museo Sans Rounded 300 and 700 as the main body text and the button text typefaces respectively. In addition to the features mentioned above, Museo Sans Rounded has slight rounded corners and edges, which make it welcoming, elegant, and friendly.
3.6

**Icons**

After completing the wireframe and color setting, the icon set was the next step to design. When designing the icons, I designed them group by group, putting them together to make them systematic. Icons were designed from the basic shape to the color, then I put the icons on the interface to see if they worked well with the interface, and then I went back to refine the shapes.

The first group of icon is for the interface of each function, where each icon stands for an action or a title of the content. So I translated the actions and contents to common objects in life. Some common usage of icons in current mobile applications are also referenced in the icon design of this thesis project.

![Icon Design Process](image)
Figure 9
Icons for Each Function
The second group of icons is needed for the different moods in the self-recording function in the “Timeline” section. The mood icons are designed with colors. Compared with the interface icons above, the mood icons are designed with more abstract and figurative shapes related to people’s feelings.

![Picture of mood icons]

**Figure 10**
Icons for Different Moods
3.7 Navigation and User Guidance

To keep enough space for the content, I decided to use a side-bar menu as the navigation. Thus, the interface is filled with content, and the users can jump into each section wherever they are.

Along with the navigation bar, the users are also led by the “dialog note” (Figure 12) in each section. At the end of each section, there is a dialog note that tells the users the next steps. With the conversational note, the note tells users what they need to do and why they need to do so.

Figure 11
Menu: Closed and Open
It’s important to keep your activities and feelings recorded. Let’s see what you did on your timeline.

See my timeline

Figure 12
Dialog Note in the End of Each Section
Initial Interface Design

Before finalizing the app’s function, user flow, and wireframes, a series of interfaces were designed based on the initial thoughts of user flow and wireframes. (See “Changing of Flow Chart” and “Changing of Wireframes” in 3.2 and 3.3 respectively for the flow chart and wireframes for this initial interface.) After doing user tests on this version of the interface, I got feedback including “unique, conversational” but “not systematic” and “need clearer navigation to use.” After doing more research on the subject, the user flow, wireframes, and interface were changed into the final version on the next page. (For more detailed reasons of changing the user flow, see “Changing of Flow Chart” in 3.3.)
Final Interface Design

Section 1: Welcome Screens

This is the first series of screens the user would see after he or she logs in or signs up. In order to lead the users take the disorder test section. Flipping animation is used in this section to make the visual effects more engaging.

User Process

1. Welcome screens appear and ask user’s feelings and tell them the disorders related to the feelings (symptoms). User swipes to go into the next screen.
2. Once the user sees a symptom they might have, they press the “take a test” button in the last slide.

Refinement

In the original design, the “Take a Test” button was on each welcome screen, and therefore some users did not go through the four screens to get all the symptoms to get enough information. So I removed the action button from the first three screens to let the user go through four screens, and then choose to take a test for the four disorders.

Figure 13
Welcome Screens V1 1-2
Figure 14
Welcome Screens V1 3-4

Figure 15
Welcome Screens V2 3-4
Section 2: Disorder Test

The disorder test is the first step for the users to use when using the app. Other sections’ content will be based on the user’s test result. The disorder test questionnaire has four parts of questions for the four disorders. Each part has been color-coded for the disorder, and the time period has been mentioned specifically in the head title of each question.

After taking the questionnaire, the user will get the test result. The result has an overall score and four scores for the risks of each disorder. All the scores are showed in proper visual elements.

User Process
1. Introduction screen pop out and user presses “go” button to start the test;
2. User answers 29 multiple choice questions one by one;
3. Once the user finishes the questions, the overall score come out;
4. User presses the down arrow button, then the user’s risks of getting four disorders appear.
Figure 18
Disorder Test:
Part 2 for Anxiety

Figure 19
Disorder Test:
Test Result – Overall Score

Figure 20
Disorder Test:
Test Result – Score for Each Disorder
Section 3: Things to Do

After the disorder test, the user will be led into the second section, Things to Do, which is the suggested action list based on the user’s test results. According to the nature of the contents, I divided the actions into “Do’s” and “Don’ts” to make the list clearer, and users can switch between the two sections.

To take the advantage of the mobile device, I made an action button for each to-do list item, which allow users to take immediate actions. For example, one of the actions is “connect to others,” and there is a button for “connect” in the list item. When the user presses the button, the contact screen will pop up and ask the user to choose a way to connect with others (Figure 22). Also, lock-screen wallpaper can be generated to remind users to take actions (Figure 23).

User Process
1. User browses the Do’s and Don’ts list
2. User can press the action button to complete an action immediately
3. User presses the check button once he/she finishes an action in the Do’s list, and a chart will appear to show how many more actions are left in a plan (e.g., “finished 1 of 30 days”)
Figure 21
Things to Do
Do’s and Don’ts

Figure 22
Things to Do
Connect Action Screen

Figure 22
Things to Do
Lockscreen Wallpaper
Section 4: Therapist

If the user’s test result is shows them as at “middle or high risk(s)” of one or more disorder(s), “Find a therapist” will be at the top of the action list. And the action button will lead the user to go into the “Therapist” section. This section is designed to have a database of all the registered professionals (including psychologists and psychiatrists) that could help with any of the four disorders, each of them tagged with their specialties. When the user gets into this section, the therapists who can help with the user’s mood issues will be displayed on the list according to the distance and the pertinence. The professional’s name, title, and which disorders he or she treats are displayed briefly with the contact buttons. When the user presses the therapist’s “card” on the list, the therapist’s profile page pops up. Under a bigger picture of the professional, the certifications, specialties, treatment philosophy, and insurance carriers are displayed vertically with the icons for each term. The name and the contact buttons are overlapped on the picture; when the user press the contact button, they can see the detailed contact information, and can choose to either save the contact or contact them immediately.

User Process

1. User browses the therapist list
2. When the user presses the therapist’s “card” if he/she is interested in a therapist on the list, the therapist’s profile page pops up.
Figure 24
Local Therapist List

Figure 25
Therapist Profile
Section 5: Timeline

The timeline function is designed to record the user’s actions, disorder test results, and mood changes. The recording is an important part of self-coping and professional treatment. It helps the users to be aware of the triggers of mood changes, and helps the professionals to analyze the situation of the user and develop better treatment plans.

When the user launches into the timeline, the timeline shows the user’s disorder test results and actions taken under the picture and name of the user (picture is asked to be taken or chosen when the user launches the app for the first time). In addition to automatic recording of disorder test results and actions taken, the user can record moments and feelings by themselves by pressing the “write” button, which asks the user to choose their mood at this moment (Figure 27), then asks for the presumed cause of the mood status, finally displaying the moment on the timeline. Except for the basic “timeline” view (Figure 26), the user can view the mood changes through the “chart statistics” view (Figure 29, 30), which shows the mood changes by statistical bar chart, with different colors standing for different moods. The user can therefore get an idea of how their mood changes by time, and see if it is vacillating or remaining steady.

User Process

1. User browses their timeline
2. If the user would like to record a feeling, he/she can press the “write” button
3. A screen with different moods will appear, allowing the user choose their mood, and then the user needs to write down the reason caused their moods in the next screen
4. Once the user has finished writing, a new record forms automatically
Figure 26
Main Timeline

Figure 27
Timeline: Writing – Choose the Mood
3.9

**Naming and App Icon Design**

After finishing the interface design, I started naming the app and designing the app’s icon. The name and the icon should reflect the scope of the app and be systematic with the design style of the interface. I started with several name ideas based on the keywords of “feel” and “mood”:

<table>
<thead>
<tr>
<th>Names Based on “Feel”</th>
<th>Names Based on “Mood”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feell / Feelwell – Feel + Well</td>
<td>Mood Watcher</td>
</tr>
<tr>
<td>Feeal – feel + heal</td>
<td>Moodle: Handle + Mood</td>
</tr>
<tr>
<td>Feelness</td>
<td>Moodie</td>
</tr>
<tr>
<td>feel matters</td>
<td></td>
</tr>
<tr>
<td>iFeel</td>
<td></td>
</tr>
</tbody>
</table>

After collecting feedbacks from people grown up in different cultures, “Mood Watcher” was selected as the clearest name and the easiest to understand.

The design of the app icon is based on the color themes and the content of the app. The heart shape shows that the app is about psychological health, and the four colors stand for the four functions and four disorders focused on in the app. The flat design style and the drop shadow work systematically with the design style of the app’s content.
Figure 31
App Icon (final version)

Figure 32
App Icon: Drawing Process

Figure 33
App Icon: On the Screen
3.10

Prototyping

Because a fully functional native mobile application requires advanced programming skills and the collection of the data that are outside the scope of Visual Communication Design studies, I had two options to show the final product: the demo animation and the interactive prototype. Although building the demo animation takes less time and could be done without the limit of coding skills, building an interactive prototype could produce more study results of user interactions, meaning that I could get more accurate usability test results to make refinements. So the final product of this thesis project is an interactive prototype created with HTML5, CSS, and JavaScript in Edge Animate and Dreamweaver.

Selection of Programs

The process of interactive prototyping started after the completion of the interface design. Choosing the program(s) to build the prototype was the first step. I tried Axure, Flash, HTML+JQuery, and Edge Animate at first. Each of them has advantages and drawbacks. I finally chose Edge Animate combined with HTML5, CSS, Javascript, and JQuery Mobile Mark-up to build the prototype. Here are my considerations:

• Possibilities of Animation

Animation is the key to making the user experience enjoyable and attractive, which is one of the objectives of this project. Compared with Axure, Edge Animate and Flash offer more possibility to build vivid interactive animations. Javascript also could build animations without preset limits, but it requires more programming skills out of the scope of visual communication design studies.

• Time Efficiency

The learning of new coding language takes time, but the more it is related to my known skills, the less time it takes. I needed to control the time consuming aspects and make it fit within my schedule. Before building this prototype, I had knowledge of After Effects and the basics of HTML/CSS. Edge Animate has a lot of common features with After Effects, so it was faster to learn than Flash and Axure.
• **Structures and Logics**

The design of navigation requires a fixed menu to let users jump between any sections, but it is difficult to make a fixed element in Edge Animate. Also, the disorder test part requires the scoring logic to calculate the test results, which could not be done in Edge Animate itself. Javascript and Jquery Mobile (a coding library used in HTML like Jquery but specifically for mobile development) could do the scoring and build a fixed-side menu easily, so they were used in this project.

• **Combination of Programs**

This project requires the collaboration of different programs, so they needed to work with each other with good compatibility. In the newest version of Edge Animate, an Edge project could be embedded into an HTML file directly; this feature makes Edge Animate and other chosen tools perfect programs to use for this thesis project.
Prototyping Process

The figure below shows the process of how I built interactive prototype from design files. The final product is one HTML file with Edge Animate files embedded, each section containing one or more “pages,” connected with inside anchors. The final HTML file was built in Dreamweaver with HTML/CSS and JQuery Mobile mark-up languages. The “page” is the primary unit of interaction in jQuery Mobile and is used to group content into logical views that can be animated in and out of view with page transitions. An HTML document could be built with multiple “pages” inside it and the framework transitioned between these local views with no need to request content from the server.

The final page structure can be seen in Figure 35.
Figure 35
Prototype Page Structure
Technical Issues and Trouble Shooting

There are a lot of technical issues that occur in the process of prototyping, but most of them are solved with coding and redesign. Here are some major technical issues I met in the prototyping process, and their solutions.

- **Hiding the Status Bar of Browser**

Since the prototype was built in web language, it needed to be opened in a web browser. The top and bottom status bar of the browser conflicts with the full-screen design, so it was necessary to hide the status bar. By searching the Internet, I got the solution for this issue: using the meta name tag at the “head” part of the HTML file:

```
<meta name="apple-mobile-web-app-capable" content="yes">
<meta name="apple-mobile-web-app-status-bar-style" content="black-translucent">
```

Then, the app needed to be added to the home screen, and by opening the app from the home screen, the status bar will be hidden successfully.
• **Embedding Edge Animate Composition into HTML**

The default file generated by Edge Animate is HTML, but my objective is to embed the Edge Animate Animation into an HTML file, so it has both the interactive animation and the fixed menu built with HTML and JQuery Mobile. Edge Animate can make a package of the composition as an oam file, but only the newest version of Dreamweaver CC has the function to embed the oam file. After I updated Dreamweaver, I managed to embed the Edge Animate Composition into the HTML file (See Figure 35).
To combine this thesis project with my previous study of visual communication design, several items were created to promote the app from a branding standpoint.

- **Slogan**
  "Keep your mood healthy."
  The promotional design needed a slogan, since the app is about coping with mood issues. "Keep your mood healthy" is a brief, clear and suitable slogan for the product.

- **Video**
  <vimeo.com/95352671>
  A video of the using of the app. Since the prototype was made, video shooting is a better way to show the app’s function and animation than the demo animation. The video is divided by each section and ends with the logo and slogan.

- **Bookmarks**
  Bookmarks could be distributed in promotional campaigns. I put the mood icons on bookmarks to make people pay attention to their moods. The app’s name and download access was printed on the backside of the bookmark.

![Figure 38](image)

**Figure 38**
Bookmarks of Different Mood
- **Promotional website**
  
  `<zkh3375.cias.rit.edu/web-promo/web-promo.html>`

  Building a promotional website is a good way to promote an app. I used scroll animation and centered design to make the app’s features more appealing. Each function is described by one short sentence in one section, and the demo animations are showed with the phone screens on the website.
Figure 38
Promotional Website Design
Section 4

Summary

4.0 Summary

4.1 Usability Testing

4.2 Refinements
Summary

To know the app’s usability and refine it, usability tests were done in small groups during the design and prototyping process, and refinements were made continuously. After finishing the interactive prototype, a usability test was done in a large group of target audience members, and more refinements were made based on the usability test results.

Usability Testing

Location: Imagine RIT Festival at CGD Lab in Booth Building, Wallace Library, RIT.
Time & Sessions:
Session 1: 10:00 am to 1:30 pm on May 8, 2014
Session 2: 1:00 pm to 3:00 pm on May 12, 2014
Participants: 20 young adults, male and female, Aged 18–30?
Participants Occupation: Students and professionals
Device: iPhone 5

Process

1. Approached target audience.
2. Introduced myself and the thesis project briefly.
3. Hand users the device. (iPhone 5)
4. Explained the purpose, task, and process of the testing.
5. Sat down with one user at a time and watched his or her interacting with the app.
6. Interviewed the participant.

Task

Imagine you have a concern of depression (or anxiety/bipolar disorder), browse the Mood Watcher app and use it to get the information you need to know about your concerns.

Task completion time: 4–7 minutes
Testing participants were informed that the application they were testing was a prototype not a fully functional live product.

Interview questions

1. Do you think there’s a need for this app? (if not, why?)
   17 participants agreed with this statement. “Yes. I love this idea. It would be useful to me.” 3 participants expressed “Yes. Some people would need it.”

2. Do you find it easy to use?
   13 said yes. 3 said yes if the loading time was less. 4 said there were some functions not obvious enough to get their attention.

3. Do you think you get what you want to know about your concerns?
   All the participants said yes, the app covered all the basic points about the mood disorder concerns. 9 expressed that they like the instant action function best.

4. Do you like the overall look and feel of it?
   19 said yes.

5. Are you willing to recommend it to others?
   18 said yes.

6. Any questions or comments?
   “It would be great if I could share my test results and actions with someone.”
   “Some buttons are small, hard to press.”

Testing Summary

To sum up, the test results are very positive. 95% of the participants felt the app was useful and helpful; 100% felt the app helped with their life; 70% said the app was easy to navigate and use; 96% found the app visually attractive; 85% expressed their willingness to recommend the app to the others. Still, some of the visual elements in the content are not interpretive enough to convey their functions, and the usability still could be improved.

4.2 Refinements

Based on the test results, I rearranged the position of some buttons, and increased the size of the interactive elements. In the future, I would like to add the share function in this app.
Figure 39
Refinements Made Based on Test Results
Conclusion

5.0 Conclusion
The development of Mood Watcher was a great learning experience. Based upon initial responses to the project, it has potential to continue on after this thesis with the possibility for real mobile app development and publication. Several changes could be made in order to improve the thesis version of the project.

**Learnings**

Cross-disciplinary research, collection of content, creation of functions, information architecture, design, prototyping, and usability tests. This not only refined my design, prototyping, and project management skills, but allowed for a deep exploration of using design skills to increase people's happiness and quality of life.

A deeper understanding of user experience design was discovered during the development of the project. In order to create a mobile application that offers an enjoyable and helpful user experience, testing was performed and changes were made throughout the process to improve the usability.

**Future Considerations**

This project has a lot of potential to be developed into a real mobile app. It could build a platform for the average person to have more access to psychological professionals and vice versa. A more developed database of the action list could be built to give more targeted suggestions to the users. In addition, a series of apps for more psychological issues or disorders could be developed in the same methodology and design pattern that was used in this project.

This thesis project is, and will be always be posted and promoted online as a mobile app develop proposal with the promotional designs, and I will be looking forward to having it developed into a real mobile app. In the meantime, I will continue refining the design and the prototype to improve the usability.
Conclusion

This thesis project is designed to increase people’s awareness of their psychological health situation and what to do before being diagnosed. Visual communication skills such as UI/UX design, typography, color coding, and icon design were used to improve user experience. From the usability test results, I believe that I have achieved these goals.

The significance of this project is to fill the gap in current products, and solve problems of both logic and visual communication skills. The project is useful to the general public, and it has the model significance to the future UX design for mental/psychological health subjects.
Appendix

A1 Original Thesis Proposal
A2 Target Audience Interview Questions
A3 Blank Usability Test Questionnaire
A4 Coding Example
A5 Suggested Actions List
A6 Process Imagery
A7 Acknowledgements
The following pages include the thesis proposal that was submitted for approval in November 2013.
Interactive Visual Guide to Increasing Awareness of Mental Disorders

Zyuan Han
MFA Visual Communication Design
School of Design
Rochester Institute of Technology
Thesis Proposal For Master of Fine Arts

MFA Visual Communication Design | School of Design
Rochester Institute of Technology

Thesis Committee Members

Chief Advisor:
Maria Schewppe, Professor
School of Design | Visual Communication Design

Chief Advisor Signature Date

Associate Advisor:
Chris Jackson, Associate Professor
School of Design | Visual Communication Design

Associate Advisor Signature Date

Associate Advisor:
Lorrie Frear, Associate Professor
School of Design | Visual Communication Design

Associate Advisor Signature Date

Associate Advisor:
Lindsay Schenkel, Associate Professor
College of Liberal Arts | Department of Psychology

Associate Advisor Signature Date

MFA Thesis Candidate:
Ziyun Han

Candidate Signature Date
Abstract

This project will investigate mobile application design to help young adults to be aware of some common mental disorders and to cope with them. The mental disorders involved in my research are anxiety disorder, depression, substance use disorder, and bipolar disorder, which are common among young adults.

To the broader community, this project will help young people understand and cope with their common mental disorders in an easier, interactive and accessible way. To the field of design, this project will explore user experience design of mobile application and the visualization of mental health guidance.
Problem Statement

Mental disorders are health conditions involving changes in thinking, mood, and/or behavior. They are associated with distress or impaired functioning. When they are more severe, they are called mental illnesses. [Wikipedia: Mental Disorder, last modified in October 2013]

Mental disorders have negative effects on people’s daily lives, especially for young people who are not certain about their futures and who have many challenges in school or in their career. Their mental disorders need to be recognized and they need to get help as early as possible. However, sometimes mental disorders are ignored and misunderstood.

Currently, there are some projects (including books, websites and mobile apps) done for awareness and help of mental issues, but their problems are listed below:
- Screening test and coping methods separated. Users need to take more actions to get useful information.
- Users can not get professional treatment information.
- Content is not always reliable.
- Designs are not user friendly. Especially for the young generation who prefer reading pictures to texts, and prefer reading smaller pieces of text to long paragraphs.

To solve these problems, my solution is to build a new mobile application with these features:
- User friendly design and visualized information
- Professionally validated content
- Giving suggestions of what to do based on test results
- Offering treatment informations based on location
Review of Literature

Design for Emotion

Design for Emotion is an essential guide to product design success that places emotion squarely in the middle of design practice where it belongs. This book addresses the basic questions around designing emotional experiences: why, what, when, where and how do we design for emotion? With extensive real-world examples to help illustrate how emotion and personality are communicated through design, Design for Emotion isn’t just another book on design theory - it’s an eminently practical guide to applying and eliciting emotion in design. The emotional design theories in this book could be applied on this thesis project.

Not Myself Today Campaign

This is an event in a month-long campaign to improve mental health in Canada. It is a high-impact installation to engage people and encourage pledges. Critical to its success was the creation of experience that would draw people into a conversation, encouraging a new, more open relationship with their feelings, and inspiring them to pledge their support. Their solution: a wall constructed out of mood pins strategically located in a heavily traveled intersection in the heart of Toronto. The bold rainbow of colors acted as a lightning rod, drawing people in, while the simple act of selecting their mood sparked dialogue, released stories and inspired hundreds of pledges of support.

The interaction between the installation and audience made the campaign archive its goal to increase people’s awareness of mental health. The simplicity of typography and colors communicate the information effectively. This design methodology could be referenced in this thesis.
Review of Literature

Posters for mental disorders
Smith, Patrick. Posters for mental disorders, posted by Patrick Smith on adaptcreative.co.uk, 08, 2010 http://www.adaptcreative.co.uk/2010/08/mental-disorder-posters

Raising awareness of mental illnesses is an important part of erasing the stigma attached to these disorders. Graphic designer Patrick Smith created minimalist posters that perfectly illustrate a number of mental disorders in flawless style. He presents them in terms that are easy to interpret visually. His intention when creating these posters was to offer them as part of a mental health awareness program. The design style and methodology in this project could be referenced in this thesis project to illustrate the features of selected mental disorders.

iSetlhlp—Mental Health Test/ Depression/ Insomnia
Kubicke & Boye, iSetlhlp—Mental Health Test/ Anxiety/ Depression/ Insomnia, mobile app series, Updated in 02.20.2012

This series of app offers self-tests of mental wellness and self-knowledgement to deal with anxiety, depression and insomnia, the users can choose to purchase different knowledge and reading materials based on their test results. The reading processes are divided by several step as tasks for users to finish. The clear information and interactive structure in this app could be referenced in my project.

Ommwriter

A writing software/mobile app offering user a concentrated, relaxing and enjoyable writing experience. It has two main functions: 1. Offering a writing pad with simple color or photographic background on full screen without any disturbing. 2. Playing quiet music while writing. With the background, the clean layout and the quiet sound of music, it takes the writer into an
Review of Literature

atmosphere where they could hear the voice from their heart and deep memory out of the noisy world. This project integrates visual design and hearing experience perfectly to offer enjoyable writing experience, the atmosphere building is the philosophy of this project.

In this thesis project’s design, an atmosphere of relaxing and quiet is also needed, and the sound is also a very important element to assist the process of self-help and awareness of mental health issues.

Subject
Research on information about mental disorders involved in my thesis project.

Abnormal Psychology
Deborah Beidel, Cynthia Bulik and Melinda Stanley, Abnormal Psychology, Printice Hall, 2010

Brief and professional introduction of categorized mental disorders, including facts, symptoms, causes, and examples in real life.

American Medical Association Family Medical Guide

Symptoms test and suggested coping methods of some mental issues could be found in this book. Readers started at self-test section of this book, through the test flow chart of symptoms, they will know whether they are getting which kind of illness, and they can read through the details of this illness in later section. The information is useful and the structure of this book could be referenced in my thesis project.

The Anxiety and Phobia Workbook

A self-guidebook of anxiety, packed with the most effective skills for assessing and treating anxiety, this workbook can be used alone or as a supplement to therapy to help sufferers develop a full arsenal of skills for quieting worried thoughts and putting them back in control.
Review of Literature

Mental and Emotional Health

Helpguide is a non-profit organization founded by professionals. This section listed some common mental issues to help people understand them and introduce basic ways to cope with them.

Anxiety & Panic Disorders Health Center

A website introducing knowledge of Anxiety disorder, including facts, types, symptoms, treatment, living and managing of anxiety disorder.

Technique
Technique support to finish my project.

How to Create iPad Apps in InDesign CS6

Tutorial to create iPad apps in InDesign, this technique might be used to build the mobile app in this thesis project.

Thesis Proposal
Design Ideation

Using Process and Interface Sketches

- From text to living suggestions, all in 1.
- More visual than verbal content, dynamic graphics will be used to help understand the content.
- Treatment service information provided based on location.
Design Ideation

Flow Chart of Using Process

Design Concepts:
- From text to living suggestions, all in 1.
- More visual than verbal content, dynamic graphics will be used to help understand the content.
- Treatment service information provided based on location.

Choose your mood → Test

See what to do (Visualize the guide) → Get your result

See Professional Services Around
Methodological Design

Design Approach

1. Research design of existing projects, design and the chosen mental disorders, focus on symptoms, tests, treatments and symptom management.
2. Make an information flow chart of the mobile app.
3. Finalize the content.
4. Design the visual elements and layout.
5. Programming to make the design interactive.
6. Collect feedbacks.
7. Design the branding and promotion items.
8. Publish the application, and distribute via social media.

Project Design

The project will be a mobile application. The visual elements will be basically in 2D. The programming languages will be HTML, CSS and Java.

Target Audience

The target audience for this project would be young adults between 18-25. The mental disorders researched in this project are common in this age range.

Anticipated hardware/software components

- Adobe Illustrator
- Adobe Photoshop
- Adobe InDesign
- Adobe Dreamweaver
- Adobe Edge Animate
- Adobe PhoneGap Build
- Adobe Edge Reflow
- Adobe After Effects
- MacBook, iPad, iPhone

Thesis Proposal
Deliverables

Interactive
Published mobile app

Print
Promotional materials for the interactive product for project's target audience (young adults) in Imagine RIT and thesis show: posters, cards, other ads
Implementation Strategies

This thesis project requires understanding of chosen mental disorders, and a solid knowledge of graphic and interactive design. I have received a large amount of training in graphic design, I can handle the skills in interactive design, and with the help of professionals in psychology field, I have done deep research on my subject. So I have the technical and research foundation to design and develop this thesis project.

For the developing and testing of the mobile app, I will use Adobe Illustrator, Photoshop and InDesign to design the look of the app first, then I will use HTML/ CSS/Java to develop it, and use Adobe PhoneGap Build to test it on local devices. Then the app will be launched on a website on the Internet. People can use it anywhere with an internet connection, so the test could be taken both locally and remotely once the app is launched.

The project’s breadth and scope will cross the fields of psychology and visual communication design, which requires more strategies and skills to manage the visual translation in two academic fields. I will use the design as a tool to translate the complex psychological concepts into simple visualized informations while keep the veracity and accuracy of the psychological contents.
Dissemination

Online Publishing
The final product will be published online so that everyone can use it. The link of my final products will be disseminated via Internet outlets such as Facebook, Twitter, Google+, Tumblr, and Behance.

Submission
- iXDA – Interactive Design Awards
- IMA – Interactive Media Awards
- dARTboard
- Young Glory
- Aces in Love
- Adobe Design Achievement Awards
- AIGA annual student design competition
- Imagine RIT
Evaluation Plan

Before the completion of the interactive product, the effectiveness of the mobile app will be evaluated with a concept test. It will require a small group of participants within the target audience. Flowchart and digital sketches will be shown on the mobile devices to the participants, and questionnaires will be given with specified questions for their feedback and their expectations for this project.

After the completion of the first mobile application draft, the app will be loaded on local devices. Since the app will be built in HTML, CSS and Java, I will use Adobe PhoneGap Build to load the app. The participants will test it on local devices provided by me, then a second version of the questionnaire will be given with specified questions regarding the user experience. Revisions will be made based on the feedback of this test. Then the app will be launched on a website on the Internet. Test participants will have access to it with an Internet connection, so testing could be taken remotely once the app is launched. A third version of the questionnaire will be given to a larger group of participants in different locations to get feedback.

The second and third analysis of feedback will be important. Feedback will continue to be collected via online questionnaires and other contacts, I will make further adjusts based on the feedback.
### Pragmatic Considerations

Budget for this thesis project:

<table>
<thead>
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<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adobe Creative Cloud Suite</td>
<td>$160</td>
</tr>
<tr>
<td>$20 per month</td>
<td></td>
</tr>
<tr>
<td>Web Hosting</td>
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<td>Undetermined Competition Fees</td>
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</tr>
<tr>
<td>Total</td>
<td>$322</td>
</tr>
</tbody>
</table>
Timeline

Thesis Timeline
by Dylan Lin

Mood Watcher

Thesi...
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YUZA, Digipill (Version 1.1.3), iPhone app, Updated in 04.30.2013
Target Audience Interview Questions

Below are the questions for interviewees who have mood disorder(s)

Amount of interviewed target audience: 15

Interview conclusion: see “2.1 Research of Target Audience”

• What is your occupation?

• What do you need when find yourself feel depressed, anxious or stressed?
  • Support from friends or family
  • Get some ideas about how to deal with it
  • Professional help from psychologist/psychiatrist
  • Activity/entertainment to get relaxed
  • To achieve something and get appreciated by others
  • Other (What are they?)

• How many psychological disorders have you been diagnosed with?

• Do you think you have other disorder(s) other than what has been diagnosed?

• Do you like to communicate with other people with similar psychological issues?

• How do you like to communicate with them? (If all the options below are available technically.)

• Do you like collecting information about the disorder(s) you have?

• Where do you like to collect the information?

• How long do you think you can focus on reading something?
Below are questions for interviewees who don’t have mood disorder(s)

Amount of interviewed target audience: 34

Interview conclusion: see “2.1 Research of Target Audience”

• What is your occupation?

• What do you need when you find yourself feeling more depressed or anxious than usual?
  • Support from friends or family
  • Get some ideas of how to deal with it
  • Professional helps from psychologist / psychiatrist
  • Activity / entertainment to get relaxed
  • To achieve something and get appreciated by others
  • Other (What are they?)

• Do you like collecting information about psychological health?

• How long do you think you can focus on reading something?
A3

Coding Sample

"Timeline" Section coding samples

HTML Sample:

```
<!-- Start of page "timeline" -->
<div data-role="page" data-theme='a' id="timeline">
  <!--start of side bar-->  
  <div data-role="panel" class="side-menu" id="side-menu-t">
    <div class="menu-content menu-content-t">
      <div class="shadow-menu" id="shadow-menu-t"><img src="images-add/test/shadow-menu.png"></div>
      <div class="menu-option menu-option01"><a href="#page1"><img src="images-add/test/side-icon1.png"></a></div>
      <div class="menu-option menu-option02"><a href="#todo"><img src="images-add/test/side-icon2.png"></a></div>
      <div class="menu-option menu-option03"><a href="#therapist"><img src="images-add/test/side-icon3.png"></a></div>
      <div class="menu-option menu-option04"><a href="#timeline"><img src="images-add/test/side-icon4.png"></a></div>
    </div>
  </div>
  <!--end of side bar-->
  <div class="fixed t-header" id="header-t" data-role="header">
    <div class="home-btn"><a href="#side-menu-t" class="ui-btn ui-btn-left ui-...
```

Mood Watcher Appendix 82
CSS Sample (In addition to JQuery Mobile library CSS file)

@charset "UTF-8";
/* CSS Document */
{
    margin:0;
    padding:0;
}

.ui-page { -webkit-backface-visibility: hidden; } .ui-header{
    height:72px;
}

#header-t{
    background-color:rgba(255,255,255,.3);
    border:none;
}

#header-t h1{
    font-size:24px;
    text-shadow:#333;
}

.header-img{
    padding-top:27px;
    display:block;
    width:120px;
    margin-left:auto;
    margin-right:auto;
}

.header-img img{
    width:120px;
    height:auto;
}

h2{
    color:#525969;
}

.home-btn{
    height:22px;
    float:right;
}

.home-btn-t{
    height:44px;
}

.home-btn img{
    width:20px;
    height:auto;
}
Mood Watcher Appendix 86

/*trying to overlab*/
.loadbar{
    z-index:-2;
    left:0;
    padding-left:0;
}

.bar-each{
    margin-bottom:17px;
}

/*Side bar menu styles*/

.side-menu{
    height:100%;
}

#side-menu-t{
    height:568px;
}

.menu-content{
    height:100%;
    width:100%;
    position: absolute;
    left:0px;
    top: 0px;
    bottom: 0px;
    margin-left:auto;
    margin-right:auto;
    float:right;
    z-index:-1;
}

.menu-content-t{
    height:41%;
}

.menu-content-to{
    height:568px;
}

.menu-content-th{
    height:568px;
}

.menu-content .menu-option{
    height:25%;
    width:auto;
}

.menu-option img{
    margin-left:auto;
    margin-right:auto;
    display:block;
    width:133px;
    height:auto;
}
The list following is the suggested actions list used in the “Things to Do” Section of the Mood Watcher mobile app prototype.

<table>
<thead>
<tr>
<th>Suggested Actions</th>
<th>Help with Depression</th>
<th>Help with Anxiety</th>
<th>Help with Bipolar</th>
<th>Help with PTSD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact the National Suicide Prevention Hotline if you still have strong thoughts of suiide.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Find a therapist to help you</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Get regular exercise</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Talk about your feelings to people you love and trust</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Aim for 8 hours of sleep everyday</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Practice relaxation techniques and use them whenever you feel anxious.</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Get at least 15 minutes of sunlight everyday to boost your mood.</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Avoid consuming too much sugar</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Get some useful vitamins and supplements</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Activity</td>
<td>Score</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>-------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Develop and stick to a daily schedule.</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoid or minimize napping.</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make your leisure time a priority.</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keep taking part in activities that you enjoy or used to enjoy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoid consuming alcohol and drugs.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Avoid use of caffeine, Nicotine and stimulant drugs.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Try to identify the triggers that have led to mania, stress or depression. And avoid these triggers in your life.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
This section includes process images taken throughout the project.
## Bibliography

<table>
<thead>
<tr>
<th>Books and Articles</th>
<th>Abnormal Psychology</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>The Anxiety and Phobia Workbook</th>
<th>Edmund J. Bourne, Oakland, CA, 2011</th>
</tr>
</thead>
</table>

|---------------------------------------------------------|---------------------------------------------------------------------------------------|

<table>
<thead>
<tr>
<th>The Depression Cure</th>
<th>The 6-Step Program to Beat Depression without Drugs</th>
<th>Stephen S. Ilardi, PhD, Da Capo Press, 2010</th>
</tr>
</thead>
</table>

|--------------------|-----------------------------------------------------------------|

<table>
<thead>
<tr>
<th>Online Resources</th>
<th>M3 Mood and Anxiety Disorder Test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M3 Information, updated in 10. 2014</td>
</tr>
<tr>
<td></td>
<td>&lt;whatsmym3.com&gt;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helpguide.org</th>
<th>Helpguide, Santa Monica, CA. updated in 10. 2014</th>
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<tr>
<td></td>
<td>&lt;www.helpguide.org&gt;</td>
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</table>

<table>
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<tr>
<th>Anxiety &amp; Panic Disorders Health Center</th>
<th>WebMD. Anxiety &amp; Panic Disorders Health Center, section on website, updated in 10. 2014</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>&lt;www.webmd.com/anxiety-panic/default.htm&gt;</td>
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</table>

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<tr>
<th>Psych Central</th>
<th>Psychological health website, founded by Dr. John Grohol, updated in 10. 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt;psychcentral.com&gt;</td>
</tr>
</tbody>
</table>
JQuery Mobile: A Touch-Optimized Web Framework
The JQuery Foundation, updated in 10. 2014
<www.jquerymobile.com>

<table>
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<tr>
<th>Inspirations</th>
<th>Digipill</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>YUZA, Digipill, mobile application, updated in 06.20.2014</td>
</tr>
</tbody>
</table>

**iSelfhelp–Mental Health Test/ Depression/ Insomnia**
Kubicek & Boye, iSelfhelp–Mental Health Test/ Anxiety/ Depression/ Insomnia, mobile application series, updated in 02.20.2012

**Posters for mental disorders**
Smith, Patrick. Posters for mental disorders, posted by Patrick Smith on adaptcreative.co.uk, 08, 2010
<www.adaptcreative.co.uk/2010/08/mentaldisorder-posters>

**Not Myself Today**
Blok Design, Not Myself Today Campaign, Publicity Campaign, 2012
<behance.net/gallery/Not-Myself-Today-Installation/4212285>

**Ommwriter**