affective aWEARness

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Mallika Mathur: User Research
Lauren Rakusin: Hardware Design
Overall Problem

1. Tracking mood is inconvenient and requires frequent entries in order to be accurate
2. People with mood disorders often lack motivation to track mood
3. Mental health professionals need accurate mood data to treat patients
4. People with mood disorders want to know what factors affect their mood
Contextual Inquiry

Participants:
1. Aspiring Mood Tracker
2. Experienced Mood Tracker
3. Mental Health Professional
Our three inquiries showed us:

1. People valued the insights acquired from a mood journal.
2. People thought journaling was a hassle.
3. People were interested in what triggers their mood.
4. People want to share information with a mental health professional.
Tasks

- Record mood reflections
- Discover triggers and warning signs
- Discover wellness strategies
- Planning for health
- Quick mood check-ins
- Aid your health professional
Design Sketch: #1
Design Sketch: #2
Design Sketch: #3

<table>
<thead>
<tr>
<th>Activity Check-In</th>
<th>Mood Check-In</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>😊 Happy</td>
</tr>
<tr>
<td>Sleep</td>
<td>☹️ Energized</td>
</tr>
<tr>
<td>Meditation</td>
<td>😞 Anxious</td>
</tr>
<tr>
<td>Drinking</td>
<td>🌮 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drinking Insights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average mood before drinking: 😊 3 😊 3 😊 4</td>
</tr>
<tr>
<td>Average mood after drinking: 😖 2 😖 1 😖</td>
</tr>
<tr>
<td>History</td>
</tr>
</tbody>
</table>

- Drinking +
- Drinking 🔴
- Reminder me to check in with my mood:
  - Supplies: 🌮
  - Send to Therapy
Selected Design and Tasks

Design:
App + Wearable Mood Tracker + Calendar

Tasks:
1. recognizing patterns and triggers
2. identifying persistent and worrisome moods
Storyboard #1

Identifying persistent and worrisome moods
After Jane’s wearable mood tracker senses low arousal and valence levels for a two-week time period, her mental health professional is notified.

Jane sees a therapist because she has a family history of depression.
Storyboard #2

Recognizing patterns and triggers
AFFECTIVE AWARENESS

JOHN ALLEN • VIKTOR FARKAS • MALLIKA MATHUR • LAUREN RAKUSIN
Summary:

Our app + wearable = automated mood tracking
Integration with existing calendar or journal = correlations between activities and moods
Insights page shows triggers of mood that our app has detected
Data automatically sent to health professional