

# affective aWEARness

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# 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

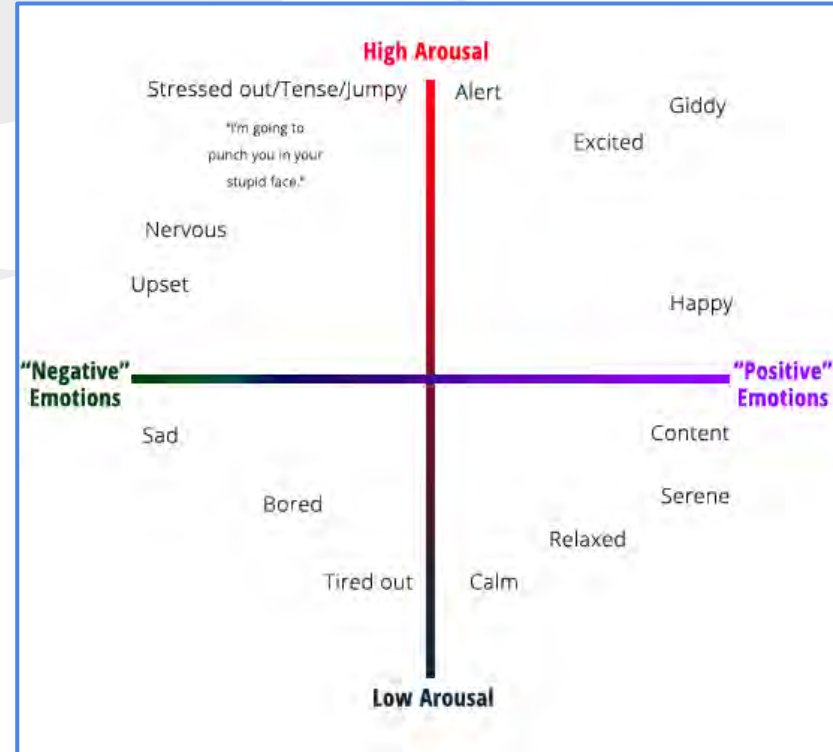
# Contextual Inquiry

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

Activity Check-In	Mood Check-In
Exercise	😊 Happy
Sleep	😬 Energized
Meditation	😬 Anxious
Drinking	0   +   +   +   +   5
<p>Drinking</p> <p>⊕</p> <p>S M T W T F S</p> <p>🍷</p>	<p>Insights</p> <p>Average mood before drinking</p> <p>😊 3 😬 3 😬 4</p> <p>Average mood after drinking</p> <p>😊 2 😬 1 😬 2</p> <p>History</p>
<p>Drinking</p> <p>✓</p> <p>Remind me to check in with my mood...</p> <p>Tomorrow morning</p>	<p>History</p> <p>S 😬 3 😬 3 😬 4</p> <p>M 🍷</p> <p>M 😬 2 😬 1 😬 2</p> <p>Send to Therapist</p>



# 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

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After Jane's wearable mood tracker senses low arousal and valence levels for a two week time period, her mental health professional is notified.



# Storyboard #2

Recognizing patterns and triggers

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# 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