AWEARNESS
A MOOD TRACKING WEARABLE + MOBILE APPLICATION

**TRACK MOOD**
biophysiological sensors
detect heart rate + galvanic skin response

**FIND PATTERNS**
calendar integration identify mood trends, triggers, and patterns

**SEEK HELP**
crisis intervention automatically notify therapist if depressed mood persists

### PASSIVE TRACKING
Detecting changes in routine and behavior is critical to intervention and self-management.

### FIGHTING DEPRESSION
Depression often manifests as fatigue, lack of energy, lack of motivation, and feelings of helplessness and hopelessness.

How can we help those struggling to help themselves?

**DESIGN PROCESS**
1. First paper prototype
2. Post heuristic evaluation
3. Post usability tests
4. Final paper prototype