Wishing Well

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Presentation Overview

Problem

Research

Sketches

Design
### Key terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Mental wellness</td>
<td>Self-driven, differs from mental health</td>
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<tr>
<td>Checking in</td>
<td>Monitoring personal and peer mental wellness</td>
</tr>
<tr>
<td>Reaching out</td>
<td>Asking for extra support from people around you</td>
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Problem - motivating conscious reflection & interaction

- **Reflection:**
  - Difficult to perform conscious self reflection on a regular basis

- **Interaction:**
  - Difficult to check in with friends in a meaningful way through social media
Design Research

- 2 interviews with mental health counselors
- Survey with 50 respondents
- 3 diary study participants
Diary Study

- 3 participants
- 3 days
- 4 entries each day
- Self-designed entries based on what that participant cared about in relation to mental wellness
Themes from Research

Social Relationships

Awareness

Personal Differences
6 Tasks

- Building a habit of checking in on yourself
- Determining what is important to you for a check-in
- Checking in with yourself
- Checking in on your friends
- Sharing feelings with a support system
- Reaching out for help
Design Sketch 1 - Self Journaling app

Create Your Journal
Select a question:
- Rate how you currently feel
- Describe your feelings with 3-words
- ...

Set a Reminder
Remind me
Daily
Every

Check-in
New Entry
Previous Entries:
- Monday 9:00 pm
- Monday 3:00 pm

Complete an Entry
Time:
Q:

Determining what is important
Building a habit
Checking in with yourself
Design Sketch 2 - Wearable

Welcome!
Set reminders
Find your buddy

Self-Check Reminders
Remind me
Daily
Every 4 hours

Building a habit
Design Sketch 2 - Wearable

Checking in on friends

Checking in with yourself

How are you feeling?

why?

Mood Factors
Checking in on friends
Design Sketch 3 - Social App

Checking in with yourself
Design Sketch 3 - Social App

Reaching out for help
**Chosen Design**

- Social design
  - Support system of a small group of close friends
- Promotes actions people already do but want to do more
- Purposeful support of your close friends
Selected Storyboards & Tasks: Creating Content

1. Today was a good day! I think I’ll write about it!

2. Branden's Entries
   + Add Entry
   Previous Entries

3. What are you looking forward to?

4. Branden's Entries
   ⇤ Add Entry
   Previous Entries
   Feb 4, 11:14 pm
   Feb 2, 10:30 pm
   Jan 30, 11:20 am
   Jan 29, 9:30 pm

Save
Selected Storyboards & Tasks: Interacting With Content
Selected Storyboards & Tasks: Interacting With Content

4

Caitlin

Feeling: Still sad about this new city.
Two days ago
PINK

5

Alice wants to know how you are doing!

6

Alice

Hi, I'm pretty sad
Summar y

• Socially creating and interacting with content related to personal mental wellness
• Considering mental wellness more often and in a structured way
• Supporting mutually beneficial social interactions
• Creating structure to support actions wanted more in real life
Regular care

Honesty & vulnerability

Positive & healthy relationships