Wishing Well

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Presentation Overview

Problem

Research

Sketches

Design
Key terms

Mental wellness  Self-driven, differs from mental health

Checking in  Monitoring personal and peer mental wellness

Reaching out  Asking for extra support from people around you
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
- Diary study
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

- **Determine what is important**
- **Building a habit**
- **Checking in with yourself**
Design Sketch 1 - Self Journaling App

Checking in on friends
**Design Sketch 2 - Wearable**

**Building a habit**

- **Welcome!**
  - Set reminders >
  - Find your buddy >

- **Self-Check Reminders**
  - Remind me:
    - Daily [✓]
    - Every [14] hours
Design Sketch 2 - Wearable

Checking in with yourself

Self Check

Buddy Check

Buddy’s Mood Factors

Checking in on friends

How are you feeling?

why?

Mood Factors
Design Sketch 3 - Social App

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

4

Caitlin

Feeling: Still sad about this new city.
Two days ago
PING
AP updates

5

Alice wants to know how you are doing.

6

Hi, I'm pretty sad.
Summary

- 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
Wishing Well

Regular care

Honesty & vulnerability

Positive & healthy relationships