

1. Building a habit of checking in with self or journaling/documenting regularly

One of the counselors we interviewed emphasized the importance of routine and awareness in maintaining mental health. Before our diary study prompt, none of our participants had been maintaining daily written checks for themselves, although they did report that they thought about their mental wellness often to always. We asked all of our participants to complete diary entries at four specific times of the day, and we noted that we would text them reminders to complete the entries if we hadn't received their entries by a certain time. We found that our participants built a (short-term) habit of checking in on themselves, which was impressive for only doing this study for 3 days. Building this habit is a task that our application will enable.

2. Determining what is important for checking on self/journaling

Both of the counselors we interviewed emphasized the importance of awareness when recognizing your feelings and thoughts in order to inform better decisions and recognize patterns. In our survey, we asked participants to tell us their definition of mental wellness. We received varying responses centered around different aspects of life, from school to work to family. We allowed each participant some space to do open journaling for themselves. We found that each participant would track different things from their day, in addition to tracking them in different forms. Each person had a different emphasis and indicator of wellness that they determined individually. Therefore, one task our application will support is determining and/or setting what you want to journal.

3. Completing a check in with yourself

Each participant chose to check in with themselves in different ways; a few chose to type and email them to us while another chose to hand write the entries and send us pictures. This task was completed in a variety of locations including home, school, and while commuting. The motivation was to track the things that each individual found important to their wellness, in order to potentially inform about patterns, habits, and associations in their daily lives that were affecting their wellness. We found that it also increased awareness in some of our participants, which was emphasized by one of the counselors we interviewed. Therefore, one important task is somehow recording your state and feelings to "check in" on yourself, which is an existing task.

4. Checking in on friends and their wellness

A common theme found during our research was reaching out to friends and the varying motivations behind this. Some mentioned that they benefitted from reaching out to friends and felt good about it when they did. Another mentioned that how much she interacted with friends was a good indicator of how "well" she was. Most of these instances were initiated by a friend of a participant - they reached out and then our

participants were able to respond. Checking in on friends is important and beneficial for the friend, but also appears to be beneficial for the initiator as well. This is an existing task, but would be helpful to still support.

5. Sharing feelings with a support system

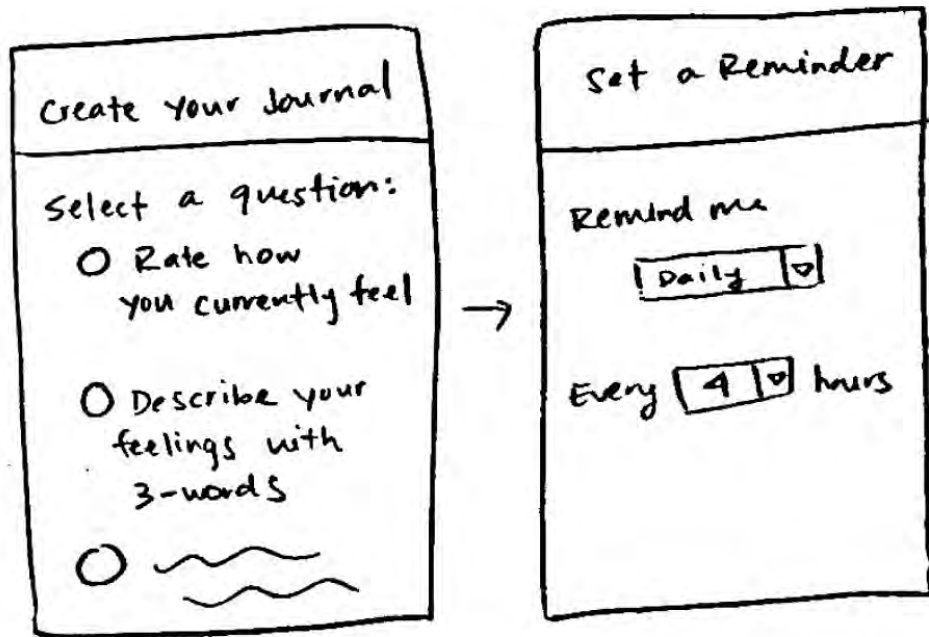
Sharing feelings with people within a support system can be very different than checking in on friends or reaching out for help. This was often seen in our participants' entries. One participant mentioned "being with friends always helps." Another mentioned that he appreciates when friends simply notice that he is in need of support, and sharing feelings can allow friends to notice when someone is down. Sometimes this task can be more passive and present in everyday life, rather than a deliberate ask for help. A support system provides an outlet for expression. One task people should be able to do on our application is to communicate feelings with a support system.

6. Reaching out for help

During our interviews with the counselors and diary study participants, we heard that having a support system and relationships are very important. We found that being able to reach out to close friends and family for help in hard times is a critical part of supporting mental wellness, so although this is an existing task, our application should support this task in a way that is safe and accessible to people who may be afraid to ask for help.

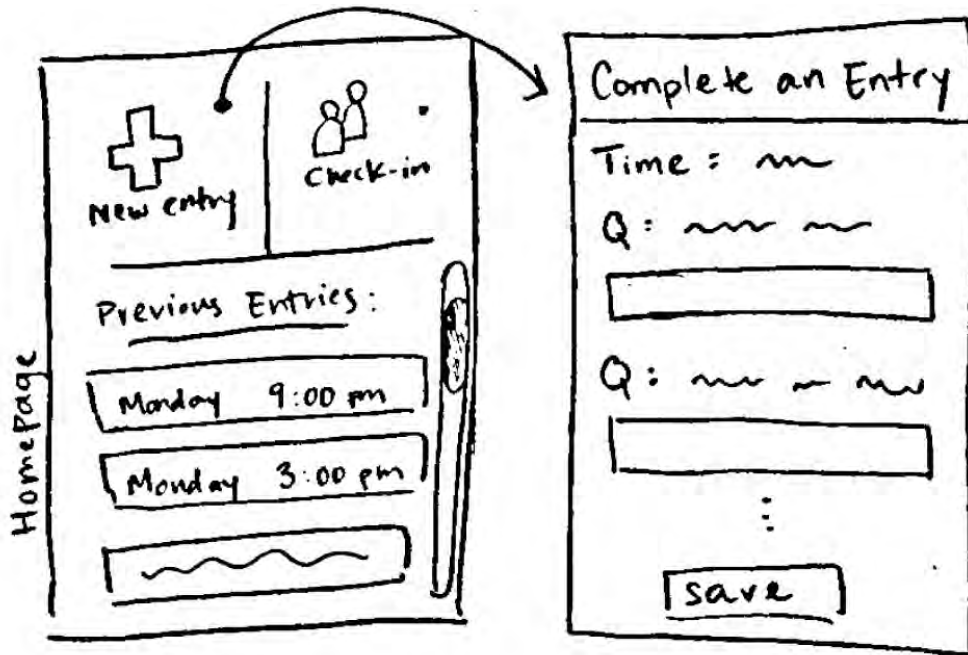
Design 1: Self-Journaling App

This phone application focuses on determining a structure to journal entries and building the habit of journaling. You have the option of selecting the questions they want to answer in your journals in addition to creating your own questions. These questions can also be changed later. You can set notification times to remind yourself to create a journal entry. In order to further motivate the habit of journaling, you can also check in on friends and send reminders to journal if they are late on writing entries.



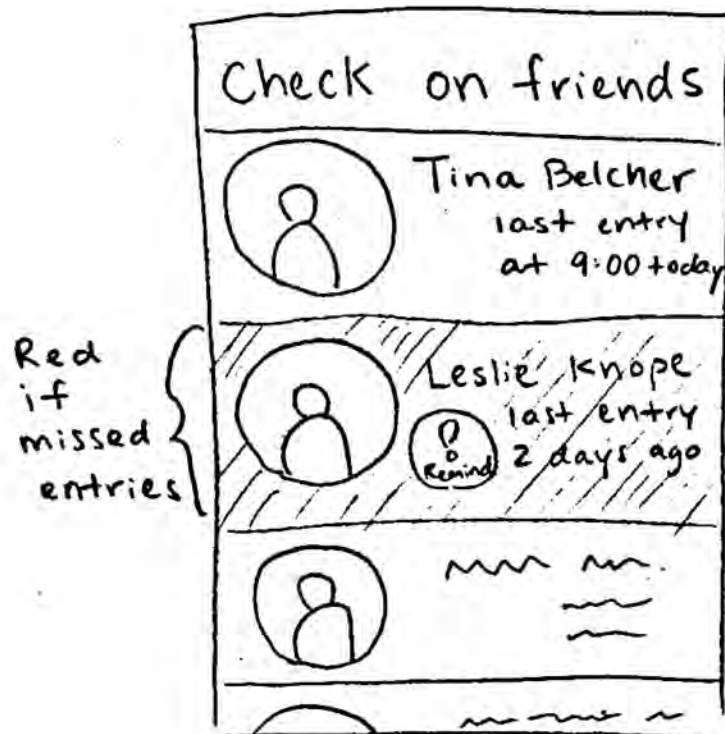
Task #1: This application helps with building the habit of journaling about your own mental wellness by having the option of setting regular reminders to create journal entries. You are prompted to the "Set a Reminder" screen during the initial setup of the journal, and have the option to go back to this page to update reminders. In addition, reminders may also be received from friends if you are late on entries (illustrated in the figure below).

Task #2: You can determine a personalized structure of the journal entries when you are prompted to the "Create your Journal" screen during the initial setup of the journal, and have the option to go back to this page to update the structure. Any number of questions can be selected as part of the journal, and additional new questions can be created too.



Task #3: To complete a journal entry, you can simply open the application to land on the homepage and press the “New Entry” option to create a new journal entry. From there, you fill in the text boxes on the “Complete an Entry” page and press “save” to create and entry. These entries can viewed by selecting them from the homepage.

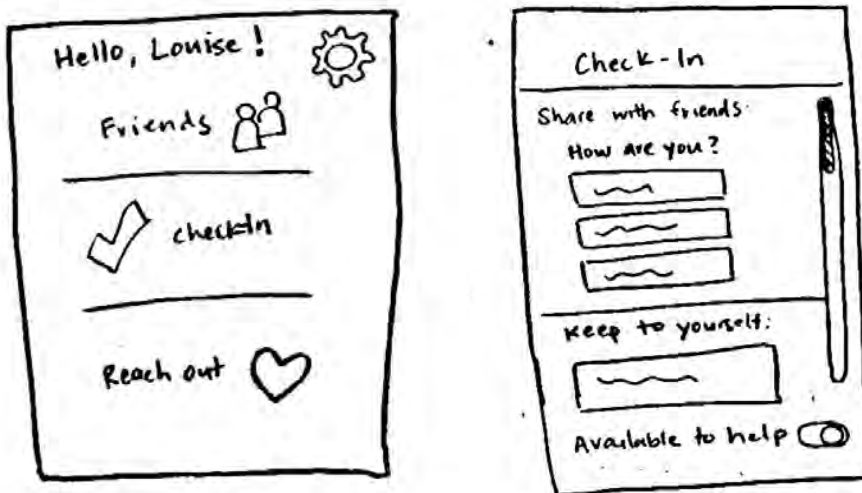
Task #4: To check-up on friends, open the application to land on the homepage and press the “Check-In” button. From there, you see a list of friends on the “Check on Friends” page and the time of each person’s latest entry. If a friend is late to writing his or her next entry, you can send a quick reminder by pressing “Remind”.



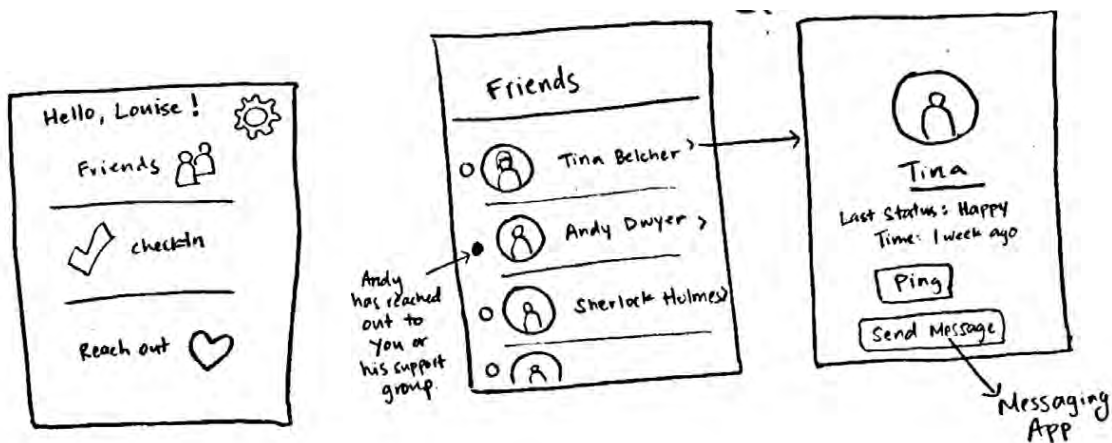
Design 2: Social App

This phone application focuses on the social aspect of maintaining mental wellness. A lot of these tasks are things that people already do, but ones that people would want more of in their daily lives. It allows someone to support and be supported by a group of people in a healthy way.

Task #3: You can select the “Check-in” option from the homepage which redirects you to the check-in page. You then fill out the information that you want to share with friends, and the information just for yourself. You can then select whether you are in a good spot to help others or not, in order to maintain your wellness as best as possible.

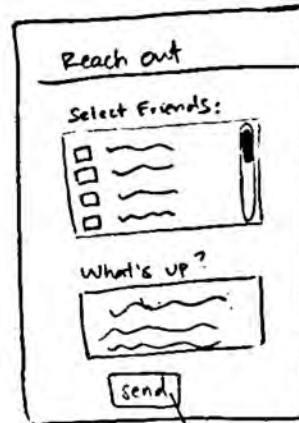
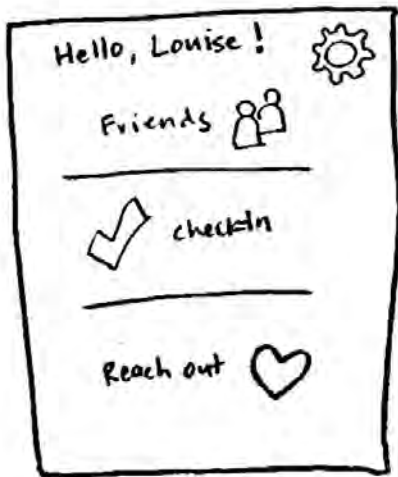


Task #4: You can check in on friends by looking at your friend list and selecting a friend to see how they are doing, and when they last posted a check-in. If a check-in has not been performed in a while, you can “ping” them to send a reminder and see how they are doing.



Task #5: After completing a self check-in, your chosen support system can see the public parts of the check-in just as you can see others (in task 4).

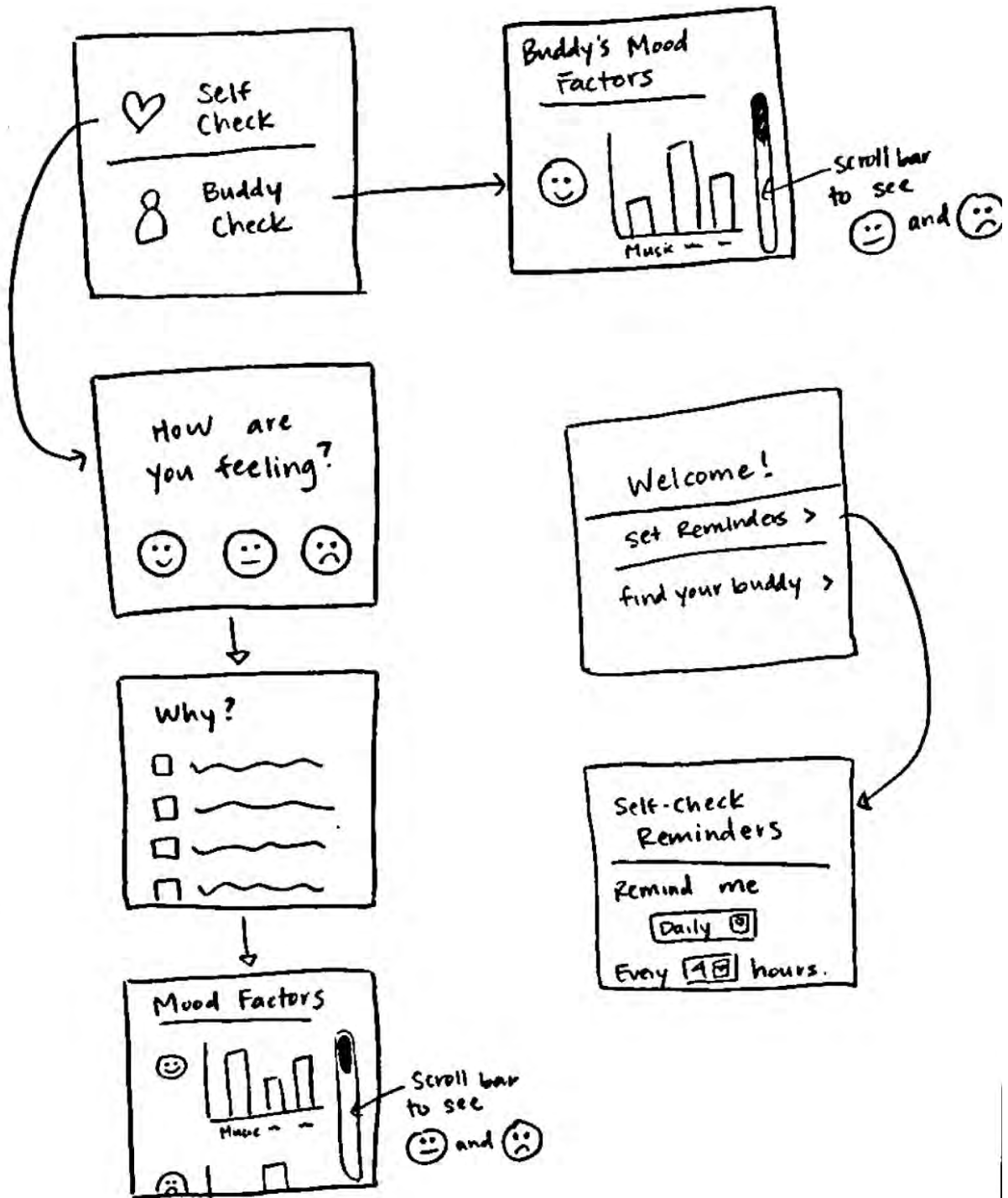
Task #6: You select the "Reach out" option from the homepage. You can then select the friends you want to get help from and also send a message that indicates what you need.



notifies friends, lights indicator on friends page

Design #3: Wearable

This watch application focuses on determining the factors involved in your mood and sharing these factors with a chosen individual. This application would help aggregate the input data to help you reflect on themselves and habits or factors that may improve your mood. This allows friends to get a brief snapshot of how you have been over a certain time period.



Task #1: To build a habit, select how often you would like to be reminded to complete a self check. When you are reminded, you complete a short series of questions. By keeping the actions simple, you are encouraged to complete this check to build a habit of short mental reflections throughout the day.

Task #2: To determine what is important in self checks, view the mood factors graph for yourself. This will display a bar graph of how much each factor (maybe music, exercise, family, etc) affects your mood positively or negatively, which helps inform the user of what to pay attention to during a self check.

Task #3: To complete a check in with yourself, open the app on your watch and select "Self Check". This will then prompt you to the "How are you feeling" screen and then the "Why?" screen where you select factors that may be affecting your mood. This information will then be logged and the overall chart for things that affect your mood will be displayed on the final screen.

Task #4: To check in on a friend, open the app on your watch and select "Buddy Check". You will then be able to see how your friend is doing and see his or her mood factor graph.