

# Sign-on Process:

Phases: Sign on	Step 1: Entrance	Step 2: Sign-in	Step 3: Selection and Configuration	Step 4: Viewing Information	Step 5: Selection
Goals	To View and interact with the Mental Note App	To set up an account / Sign in to the the app	Adjust and create settings that match their preferences and account information	View Profile to see entered information, settings and treatment session option	Selects the treatment option that they would like to pursue for the day
Activities	Open application	Signs in / Creates Account	Configures settings	Views Profile	Selects Treatment option
Emotions	Anticipation Hopeful Eager	Eager Excited	Thoughtful Reflecting Rushing Inpatient	Happy Excited Informative	Thoughtful Eager
Pain points	- App may take time to load on device?	- Takes too long to create account information - Doesn't remember passwords to linked accounts for logging in	- Too many option to choose from - Doesn't know all of the account/personal information - Takes too long to enter all the information and program the settings	- Doesn't know which treatment is best suited for them at that particular moment	- Doesn't fully know what tasks the selected treatment will require - Isn't fully educated on the effects of certain treatments
Opportunities	- How can we optimize the application to load quickly without being cumbersome, yet allowing for all features to be included?	- How can we expedite the sign in process? - Can we off linked accounts for longing in? - Can the doctors office set the account up for you?	- Can the doctors office set the account up for you? - Can we make the selections concise and easy to glance over?	- How can we briefly inform the patient of the use of different treatment options? - Can the doctor recommend treatment options?	- Can we give a brief overview of how this treatment will be useful?

# Journaling Process:

Phases: Journaling	Step 1: Entrance	Step 2: Selection	Step 3: Prompt Selection	Step 4: Recording	Step 5: Saving and Viewing
Goals	Views the home page for the journaling treatment and read about how it could be effective	Chooses to start a new entry	Selects a journaling prompt that they would like to respond and write about	To record one's response to the selected prompt for their session	Save the content that was entered and view previous entries
Activities	Views Journaling home page	Choses new entry	Selects entry prompt	Enters/records response (journaling session)	Saves content and views previous entries
Emotions	Eager Excited Anticipation	Positive Definitive	Excited Happy Overwhelmed	Selective Eager Mindful Thoughtful Reflective	Tired Relaxed Reflective Eager Overwhelmed
Pain points	<ul style="list-style-type: none"> <li>- Too much content squeezed into one page</li> <li>- Not knowing the goal of the page</li> </ul>	<ul style="list-style-type: none"> <li>- Wondering what the new entry will be</li> </ul>	<ul style="list-style-type: none"> <li>- Too much options and prompts to choose from</li> <li>- Not having a prompt that they want to write or respond to</li> </ul>	<ul style="list-style-type: none"> <li>- Not having clear direction on how to upload a written subject</li> <li>- Not having privacy to reflect and think</li> <li>- Not wanting to write/type everything</li> </ul>	<ul style="list-style-type: none"> <li>- Is there a saving limit of content?</li> <li>- Overwhelming amount of previous entries</li> <li>- Obsessively rereading old entries</li> </ul>
Opportunities	<ul style="list-style-type: none"> <li>- How can we keep the content informative yet concise?</li> <li>- How can we briefly educate and communicate the benefits of this treatment?</li> </ul>	<ul style="list-style-type: none"> <li>- How can we create a branch between the doctor's suggestions and the guiding the user?</li> </ul>	<ul style="list-style-type: none"> <li>- Can we filter the choices?</li> <li>- Can we sort them by topic?</li> <li>- Can we add a "free" field to type anything in?</li> </ul>	<ul style="list-style-type: none"> <li>- Add clear call to actions</li> <li>- Can we add a overlay or pop up that suggests going to a quiet or private space to do the entry?</li> <li>- Can we add a voice recording, audio transcription or live chat?</li> </ul>	<ul style="list-style-type: none"> <li>- Add an archives folder?</li> <li>- Locking the previous entries after a certain amount of time psses so the user cannot reread them, but the doctor can still access them?</li> </ul>

# Art Therapy Process:

Phases: Art Therapy	Step 1: Entrance	Step 2: Selection	Step 3: Recording	Step 5: Saving and Viewing
Goals	Views the home page for the art treatment and read about how it could be effective	Selects an art therapy project to work on	Creates a image/entry/etc and adds it to their library of entries	Save the content that was entered and view previous entries
Activities	View Art Therapy options	Selects form of treatment	Enters/records project (Art Project)	Saves content and views previous entries
Emotions	Eager Excited Anticipation Creative	Creative Curious Selective	Creative Eager Mindful Thoughtful	Relaxed Reflective Happy
Pain points	- Too much information explaining the function of the page	- Doesn't have a pre-made topic/project that the user want to use - Too many option to choose from	- Created a art entry but doesn't have a way to explain what they did in the process and what they were thinking	- Overwhelming amount of previous entries - Obsessively rereading old entries
Opportunities	- How can we concisely and accurately explain the strengths of this form of treatment?	- Are there templates that the user can build off of? - Is there a filter or categories that can section the areas off for easy of use?	- Add a section on write/type/record what you were thinking while you were working on the art? - Can the doctor submit prompt that they want the patient to answer regardless of the art?	- Is there a way to archive old entries? - Locking the previous entries after a certain amount of time psses so the user cannot reread them, but the doctor can still access them?

# Music Therapy Process:

Phases: Music Therapy	Step 1: Entrance	Step 2: Browsing	Step 3: Selection	Step 4: Responding	Step 5: Saving and Viewing
Goals	Views the home page for the music treatment and read about how it could be effective	Browses through the library of saved music	To choose a song to listen to and reflect upon	Records an entry that can serve as a response for the doctor to view	Save the content that was entered and view previous entries
Activities	Views music home page	Looks at library of music	Selects song to listen to	Journals a response to the song(s)	Saves content and views previous entries
Emotions	Eager Excited Anticipation Positive Energetic	Questioning Curious	Selective Positive Happy Relaxed	Selective Eager Mindful Thoughtful Reflective	Relaxed Reflective Eager Overwhelmed
Pain points	- Too much content squeezed into one page - Not knowing the goal of the page	- How did the music get here? - How can I customize the selections - Too many options	- How can the selection be saved or marked as a favorite - Where can I have privacy to listen and reflect	- How will the doctor know my thoughts that are associated with the song - I don't want to write everything down after listening	- Is there a saving limit of content? - Overwhelming amount of previous entries
Opportunities	- How can we briefly educate and communicate the benefits of this form of treatment?	- Is there a link to youtube/internet/itunes? - Add a thumbs up/down button to save songs and lists?	- Create playlists and thumb up/down buttons? - Add a pop-up / overlay to suggest moving to a quiet and private place?	- Can the doctor submit prompt that they want the patient to answer regardless of the song? - Audio/Voice Rec/transcription for entries?	- Archive old entries? - set up a calendar system?

# Exercise Log Process:

Phases: Exercise log	Step 1: Entrance	Step 2: Choosing	Step 3: Selection	Step 4: Recording	Step 5: Saving and Viewing
Goals	Views the home page for the exercise records and read about how it could be effective	Opts to select a new day for an entry	Selects the day that the workout to place on	Records the activity(s), details and duration into the app	Save the content that was entered and view previous entries
Activities	Views exercise home page	Chooses to enter new entry	Selects Date	Selects activity and duration	Saves content and views previous entries
Emotions	Eager Excited Anticipation Energetic	Positive Definitive	Happy Selective Reflective	Happy Thoughtful Reflective	Tired Reflective Eager Excited Overwhelmed
Pain points	<ul style="list-style-type: none"> <li>- Too much content squeezed into one page</li> <li>- Not knowing which direction to take on the page</li> <li>- Finding a clear call to action</li> </ul>	<ul style="list-style-type: none"> <li>- Having to create a new entry everytime they are active</li> <li>- Being held accountable to recording the information</li> </ul>	<ul style="list-style-type: none"> <li>- Not remembering what day they did what workout</li> </ul>	<ul style="list-style-type: none"> <li>- Not remember all of the detail of the workout</li> <li>- Having multiple days of entries to record</li> <li>- Having to record information each time there is a workout</li> </ul>	<ul style="list-style-type: none"> <li>- Overwhelming amount of previous entries</li> <li>- Too tired after workout to enter all the information</li> </ul>
Opportunities	<ul style="list-style-type: none"> <li>- Clear call to action?</li> <li>- Concise and informative content to explain strengths and use?</li> </ul>	<ul style="list-style-type: none"> <li>- Can we sync with Apple Health?</li> <li>- How can we make it fun to be accountable?</li> </ul>	<ul style="list-style-type: none"> <li>- Push notifications that remind you to do a daily entry?</li> <li>- Calendar that you can plan workouts in advanced?</li> </ul>	<ul style="list-style-type: none"> <li>- Calendar Program to plan out workouts?</li> <li>- Schedule the workout to prompt push notifications?</li> </ul>	<ul style="list-style-type: none"> <li>- Archived old entries?</li> <li>- Multi push notifications?</li> </ul>

# Meditation Log Process:

Phases: Meditation Log	Step 1: Entrance	Step 2: Browsing	Step 3: Selection	Step 4: Listening	Step 5: Recording	Step 6: Saving and Viewing
Goals	Views the home page for the meditation treatment and read about how it could be effective	Browses through the library of meditation recordings	Chooses a recording to listen to	Listens to the recording and reflects in response	To record one's response to the selected prompt for their session	Save the content that was entered and view previous entries
Activities	Views meditation home page	Looks through library of recordings	Selects recording	Listens to recording	Records entry as response to the session	Views new entry with previous entry
Emotions	Eager Excited Anticipation	Thoughtful Selective	Definitive Selective Happy	Thinking Reflective Calm Meditative	Mindful Thoughtful Reflective	Calm Relaxed Reflective
Pain points	- Too much to read on the page about the explanation	- How can I customize the selections	- I don't know which recording is the most applicable to listen to in a state of need	- I can't find a quiet place to reflect	- I don't want to write everything down after listening - I don't know what to write about or what to say as a reflection	- Is there a saving limit of content? - Overwhelming amount of previous entries
Opportunities	- How can we briefly educate and communicate the benefits of this form of treatment?	- Is there a link to youtube/internet/itunes?	- Doctor suggestions listed in the app? - Categorized sections to meditations that relate to certain topics or areas?	- Add a pop-up / overlay to suggest moving to a quiet and private place?	- Audio/Voice Rec/transcription for entries? - Prompts to respond to?	- Archive content after a certain amount of time? - Set up a calendar system?