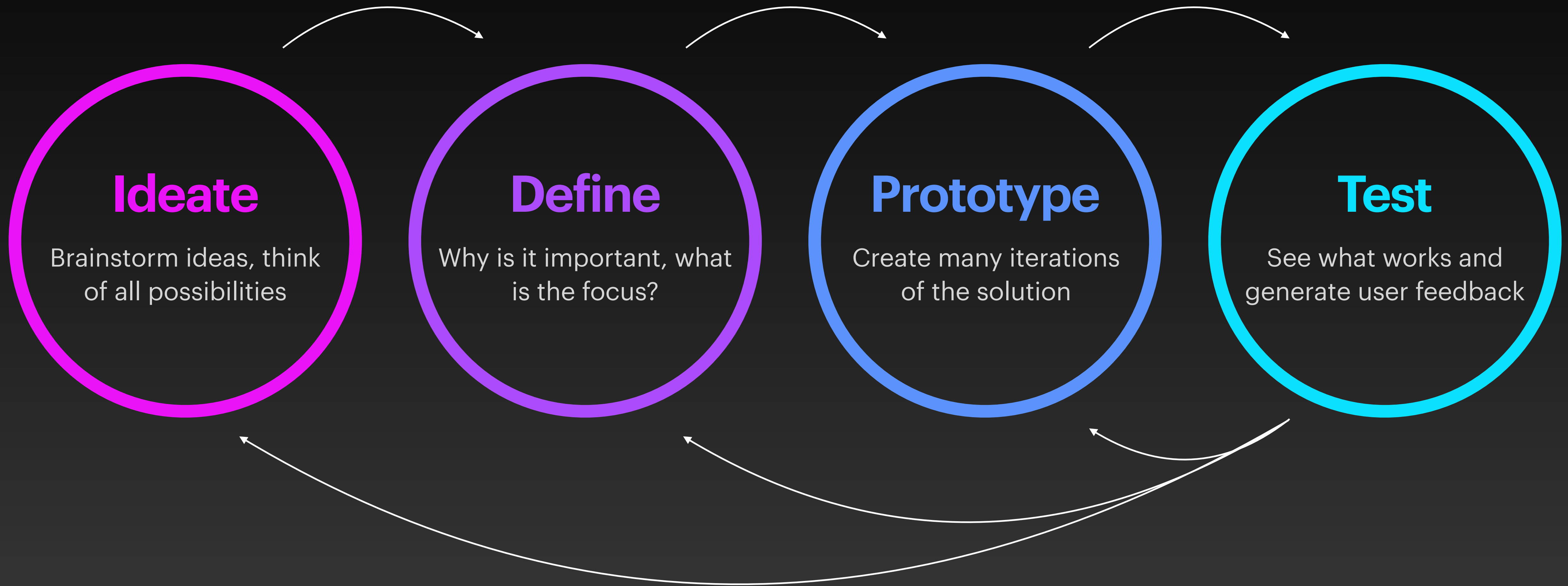


# iOS Design Lab

# First Semester

Human-Centered Design Process





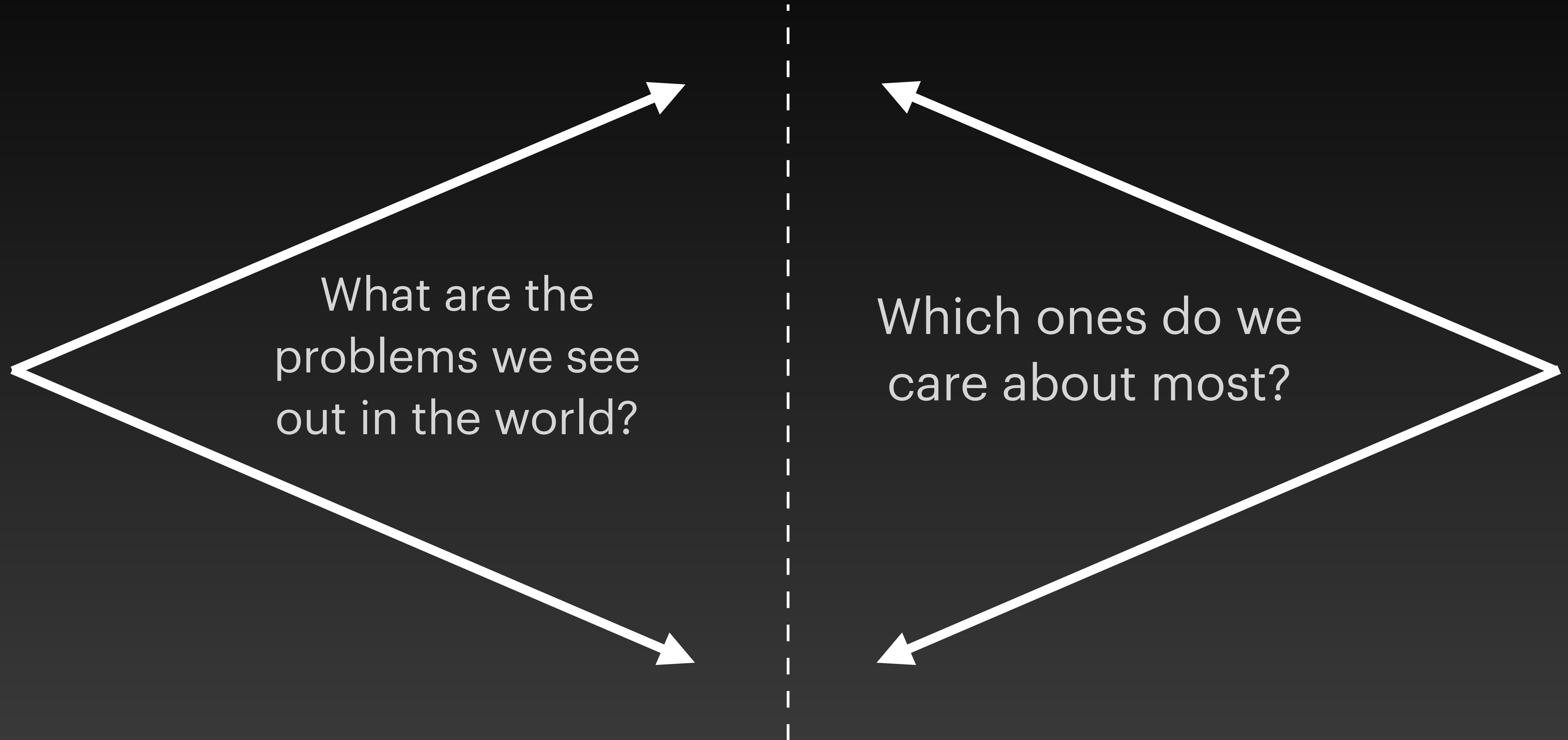
# Second Semester

“Find a problem and create a solution”



**Ideate**

# Divergent and Convergent Thinking









**Define**

# Choose a Problem Space

# Mental Health



**60%** of respondents felt  
“overwhelming” anxiety

**40%** experienced  
depression so severe they had  
difficulty functioning



# Researching the Landscape

What mental health challenges do college students face?

**Anxiety**

**Stress**



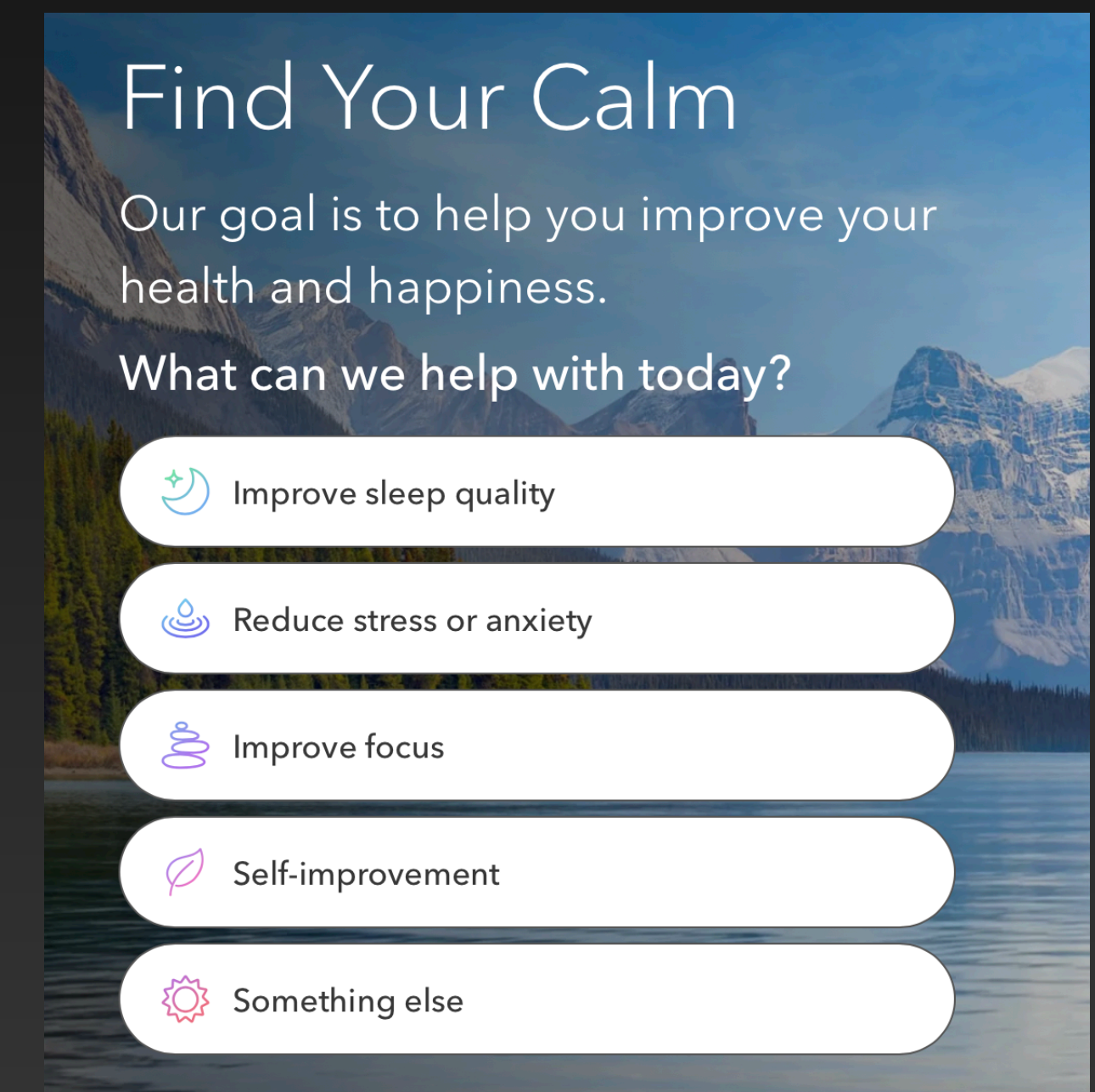
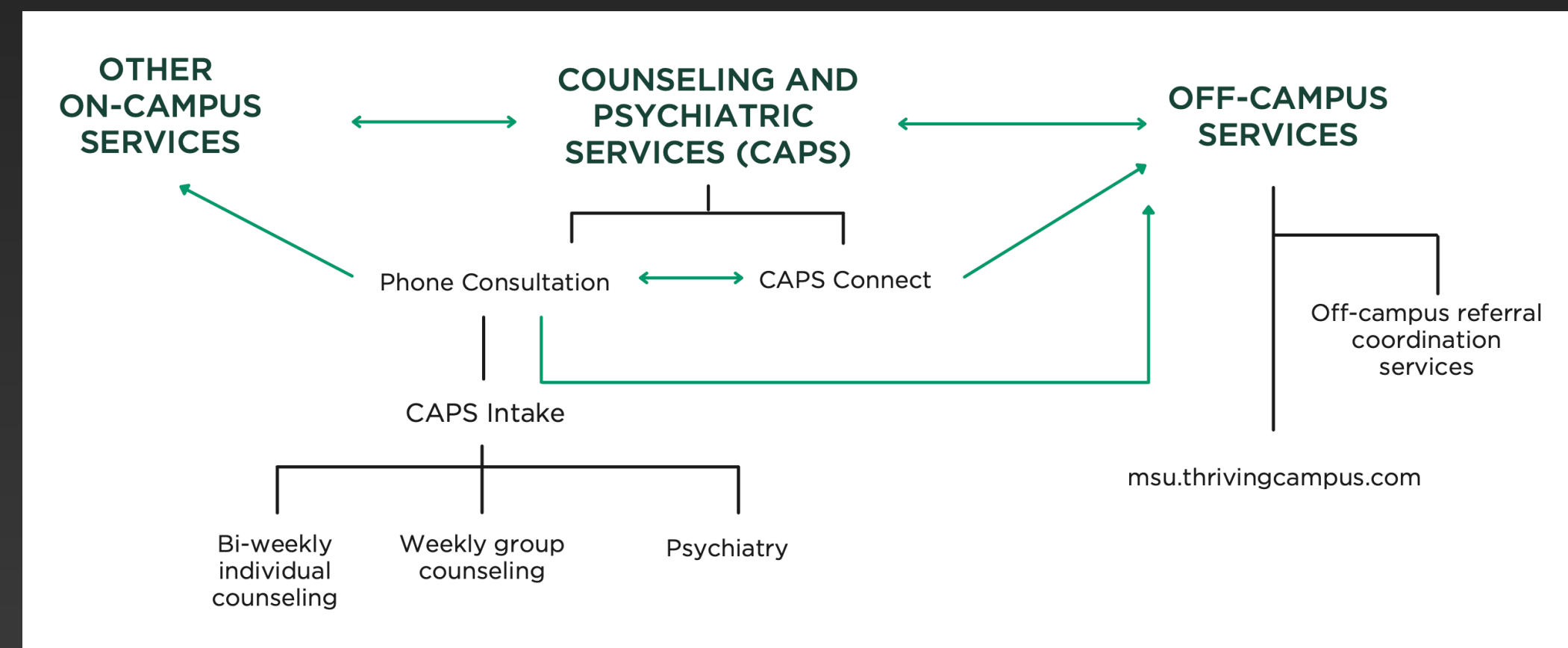
**Depression**





# Research the Landscape

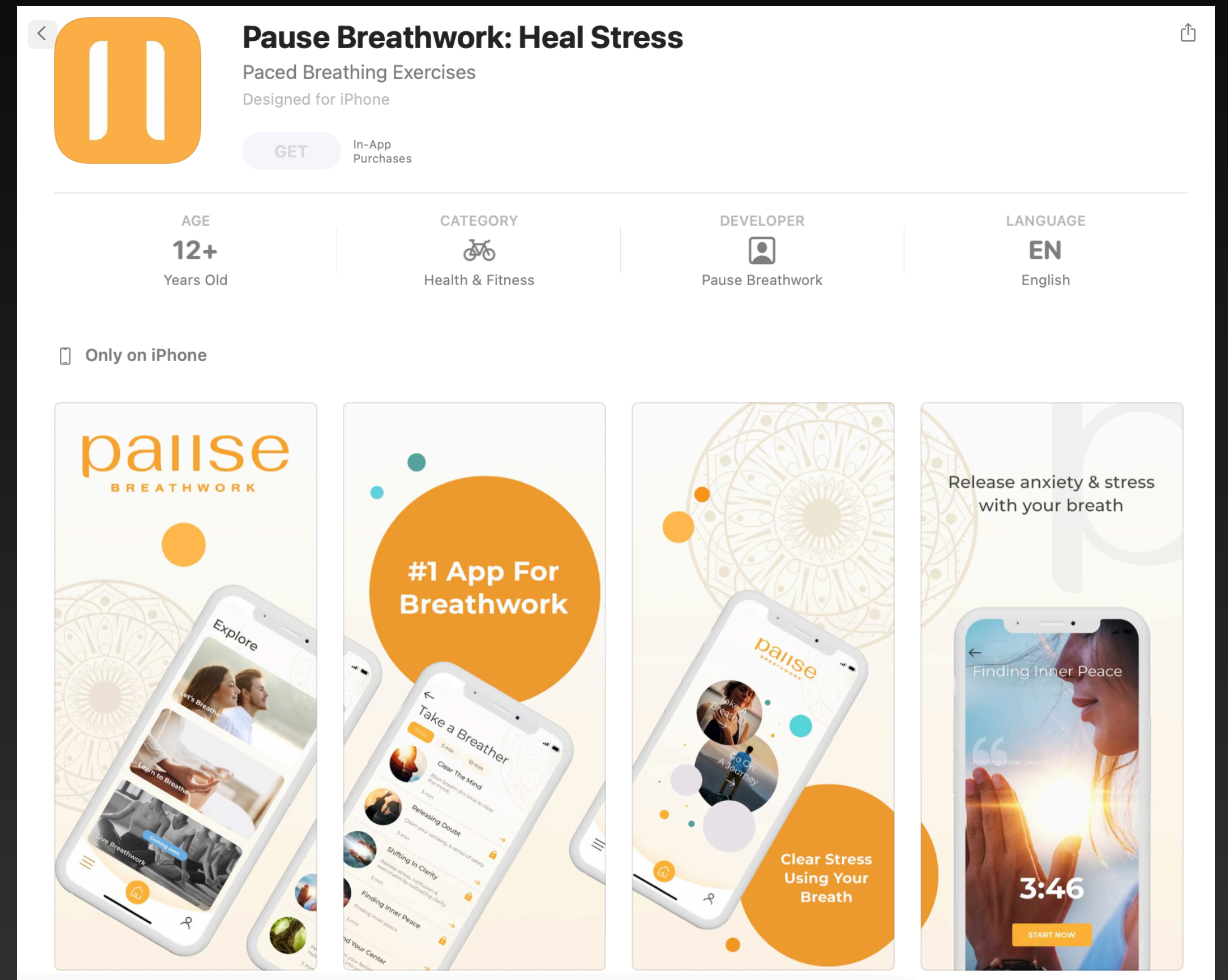
What resources are available to students? Where are the gaps?





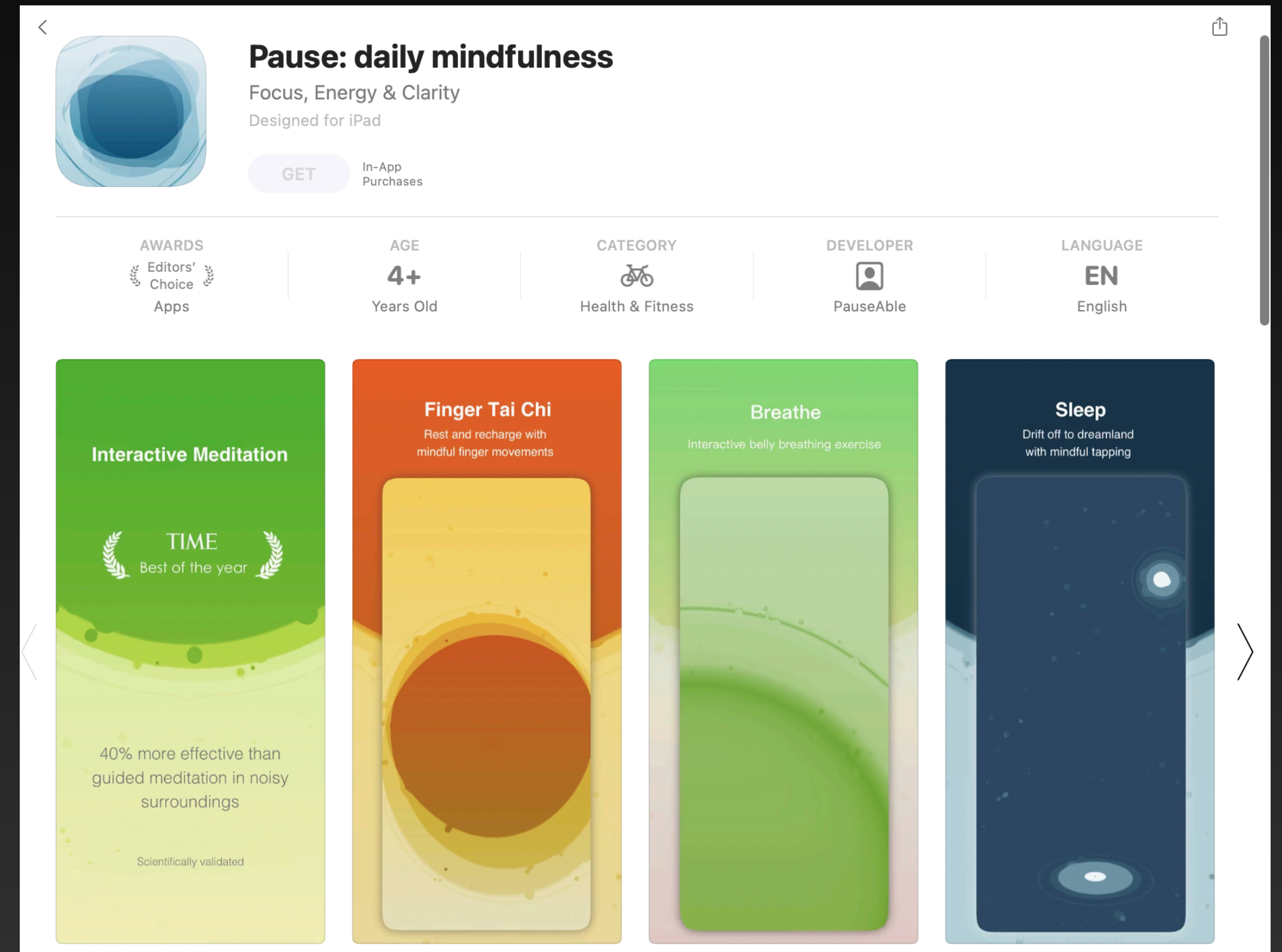
# Pause Breathwork

- Focuses on helping you breathe when you are stressed or need to calm down
- Helps with getting better sleep
- Does not connect to calendar



# Pause: daily mindfulness

- Based on Tai Chi and mindful practices
- Helps to regain focus and reduce stress
- Mindful finger movements make you calm down and regain focus



# Prototype



# The Sensory Room

# Process

- Immersive natural environment
- Nature sounds
- Projection Mapping



**Test**



# Testing Plan

Test Name: Recording Room

Deadline: Tues. March 22

Assigned To: Whole Team

Duration: 3 Min. Intervals

## Step 1: Hypothesis

We believe that...

Projectors and sound can be used to create an augmented environment that relaxes students.

## Step 2: Test

To verify that, we will...

Invite a group of people to the environment we create and have them immersed in the experience for 3 minute intervals.

## Step 3: Metric

And measure...

Heart rate data and survey responses from participants before, during, and after the test.

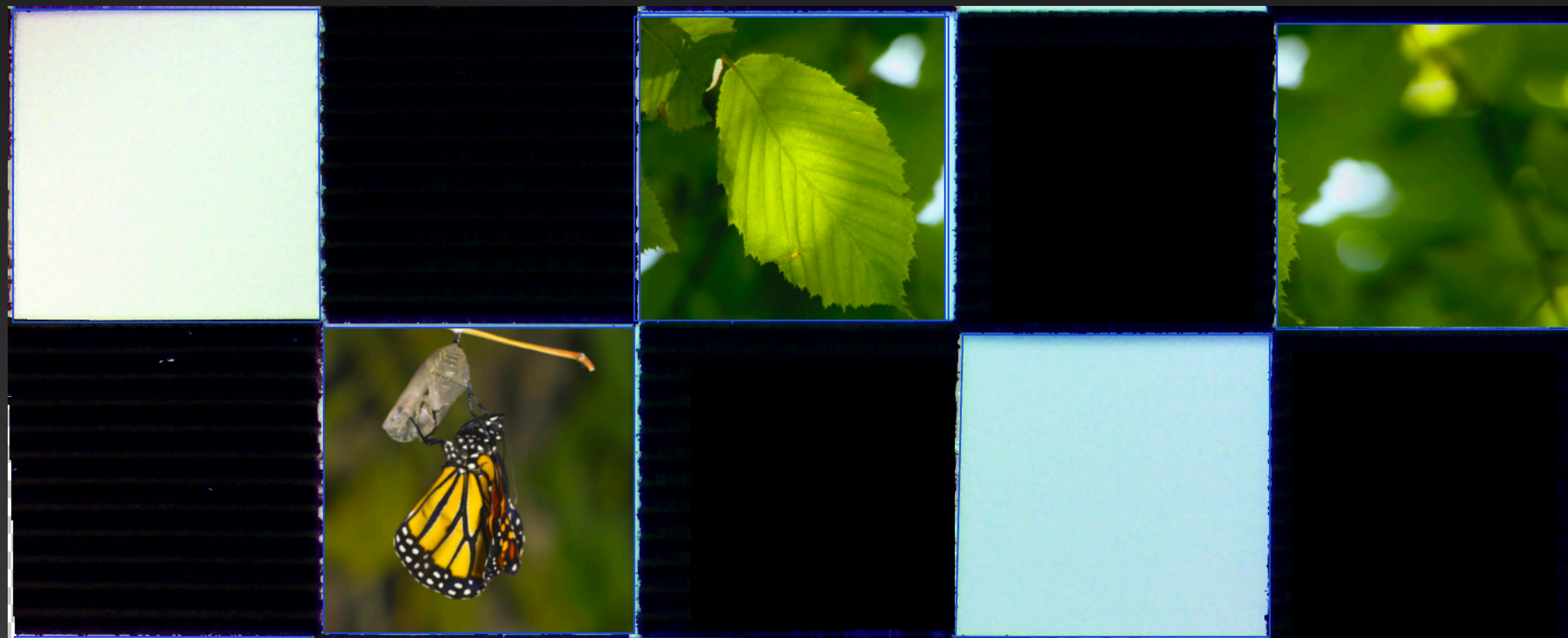
## Step 4: Criteria

We are right if...

Data and survey responses correlate with decreased stress levels during and after the test.

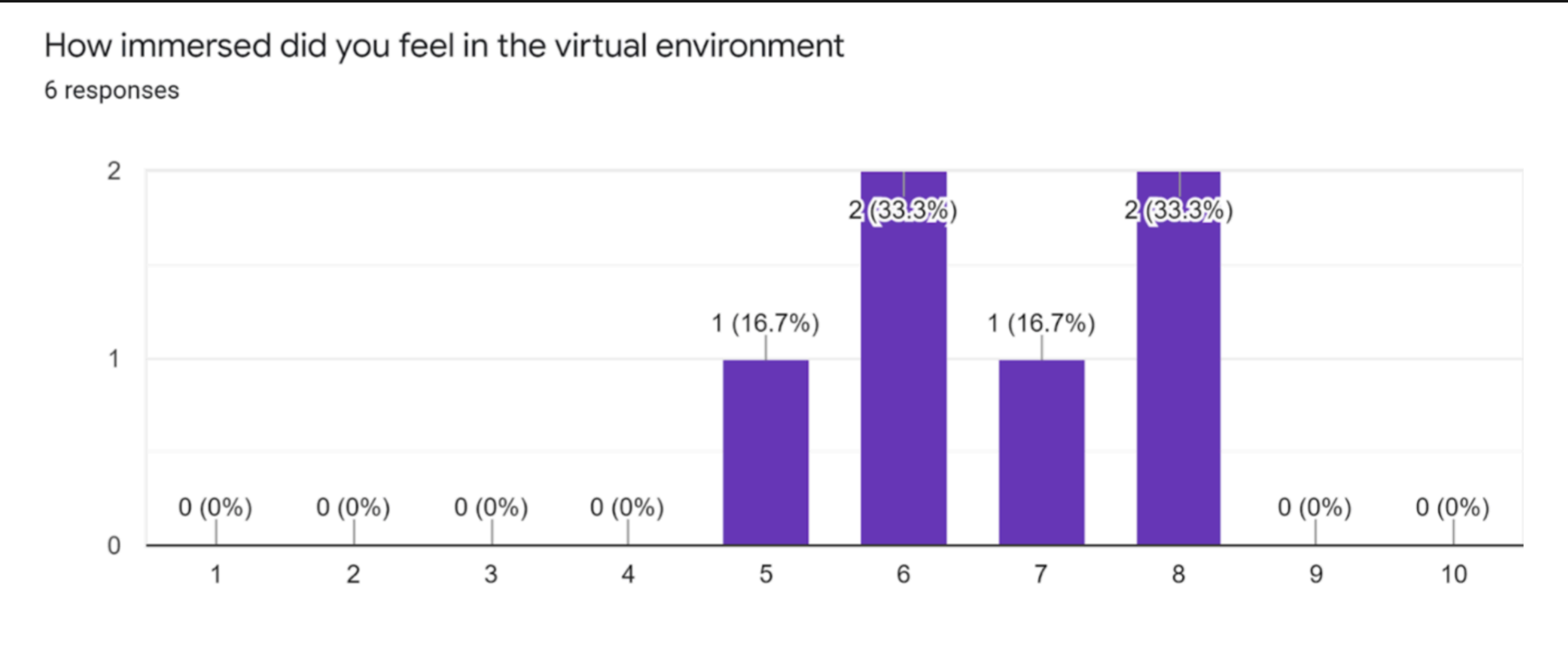
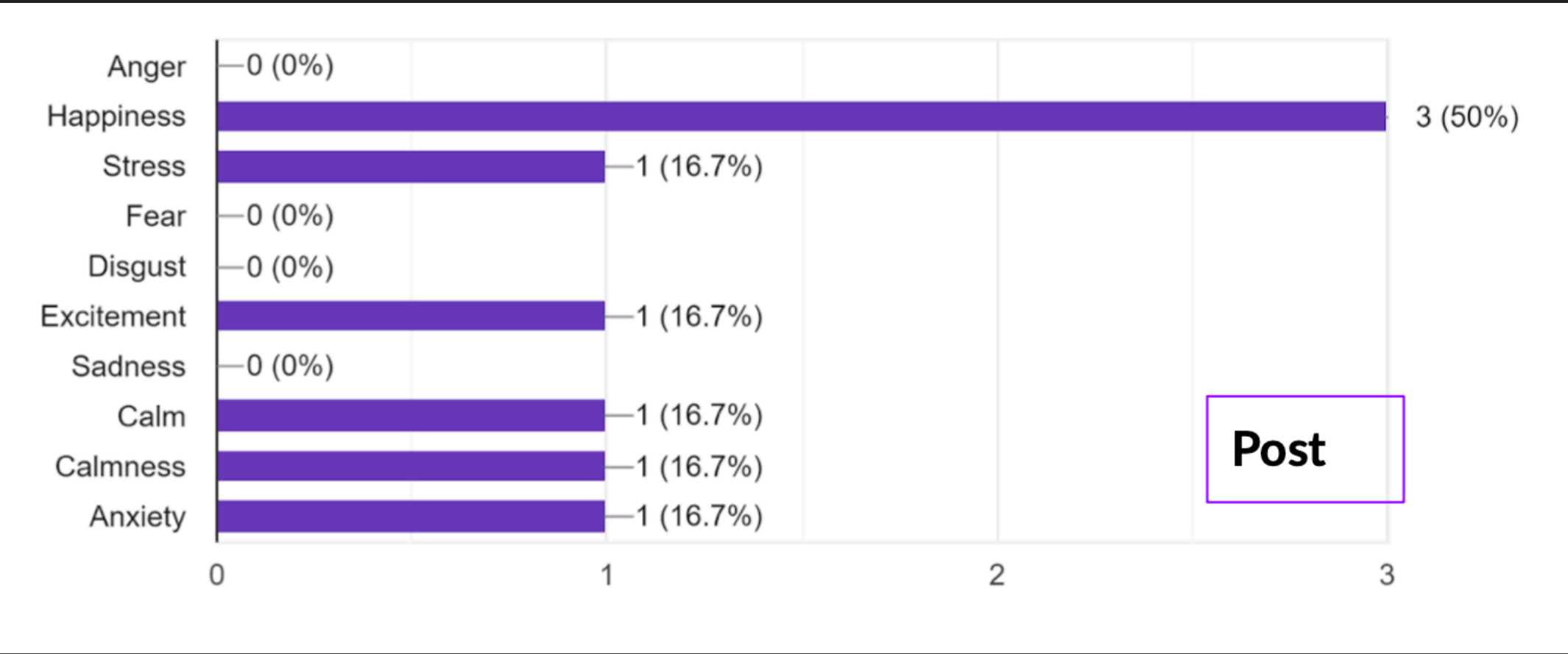
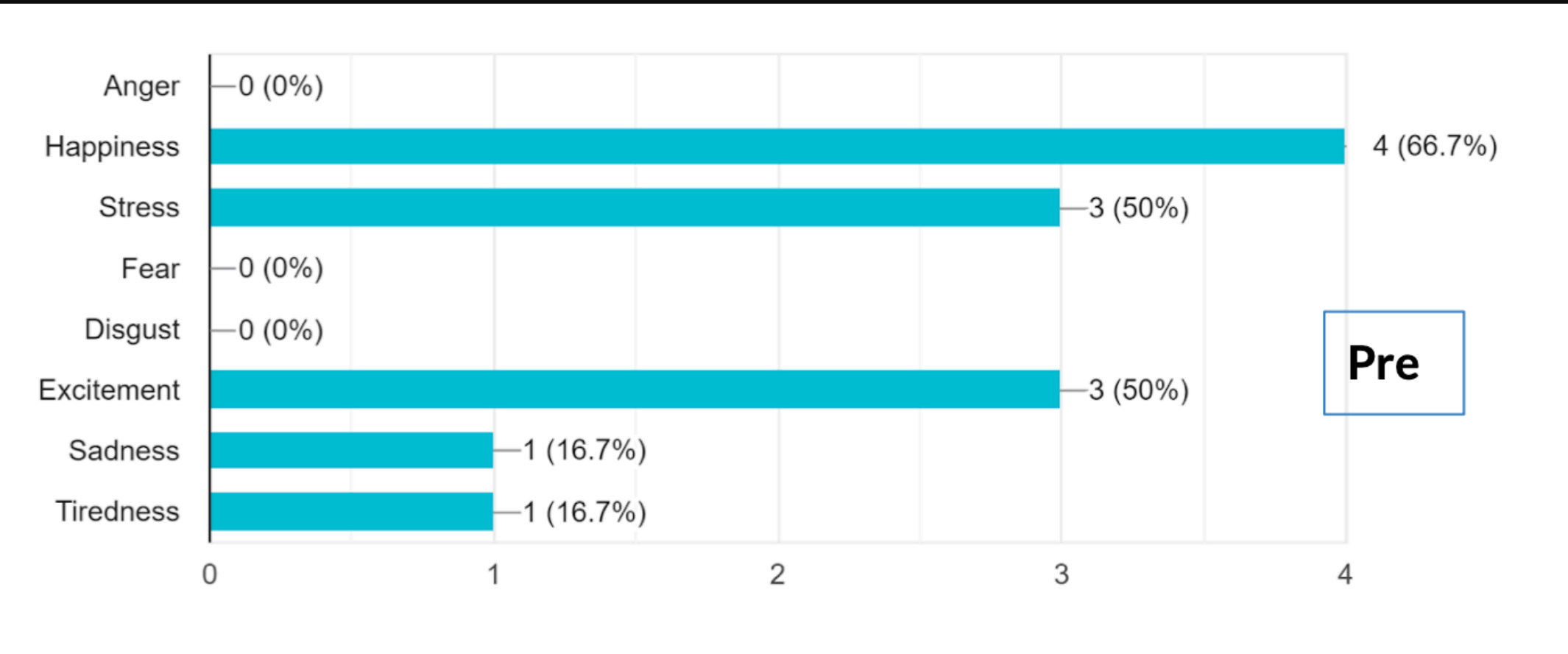


# Set Up

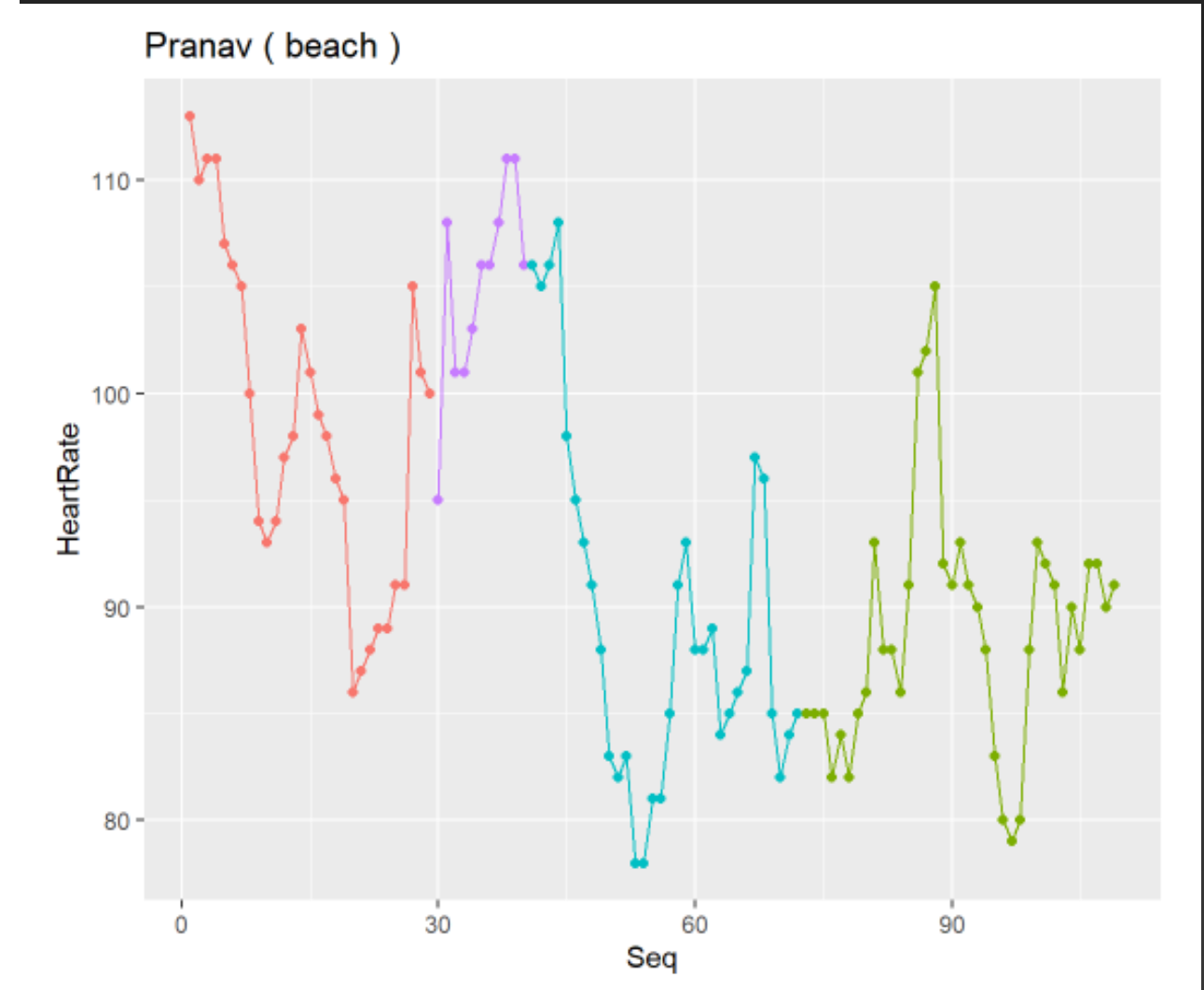
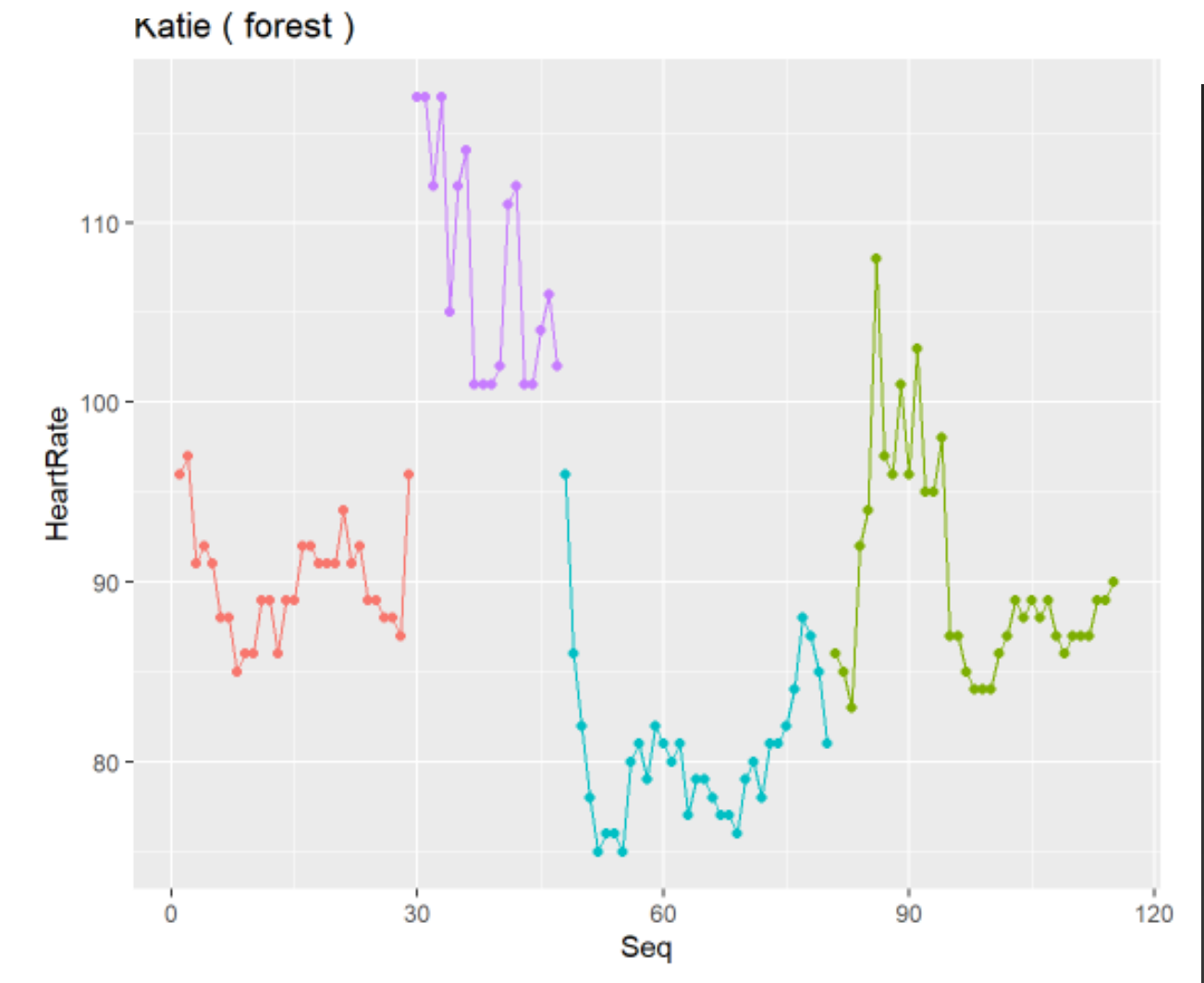
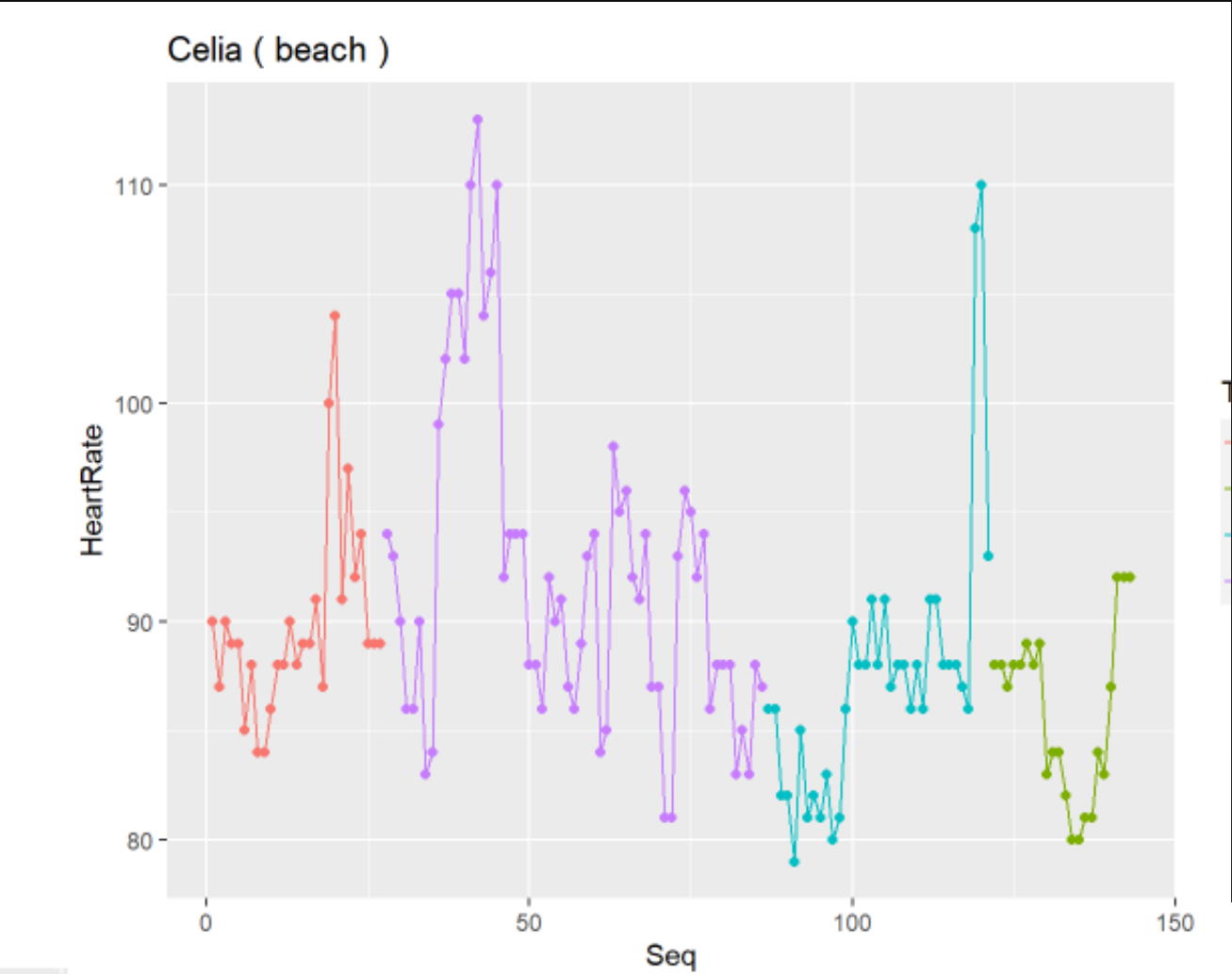
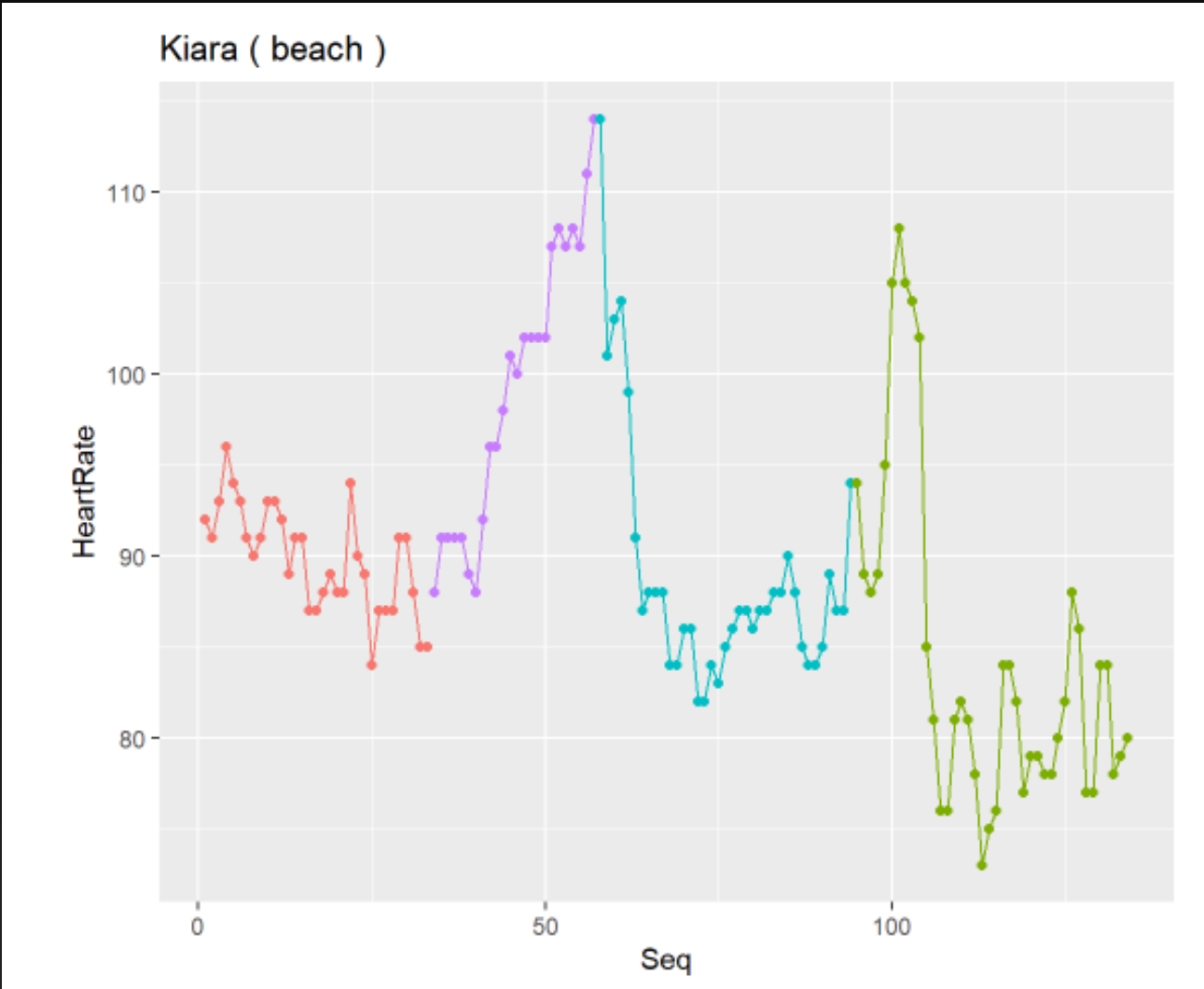




# Survey Results



# Heart Rate Results





# What We Learned

- Heart rate data yielded nonsignificant indications of lowered stress levels
- Some participants reported feeling more stressed or scared
- Limitations of a physical space
- Lack of novelty
- Apple ecosystem?



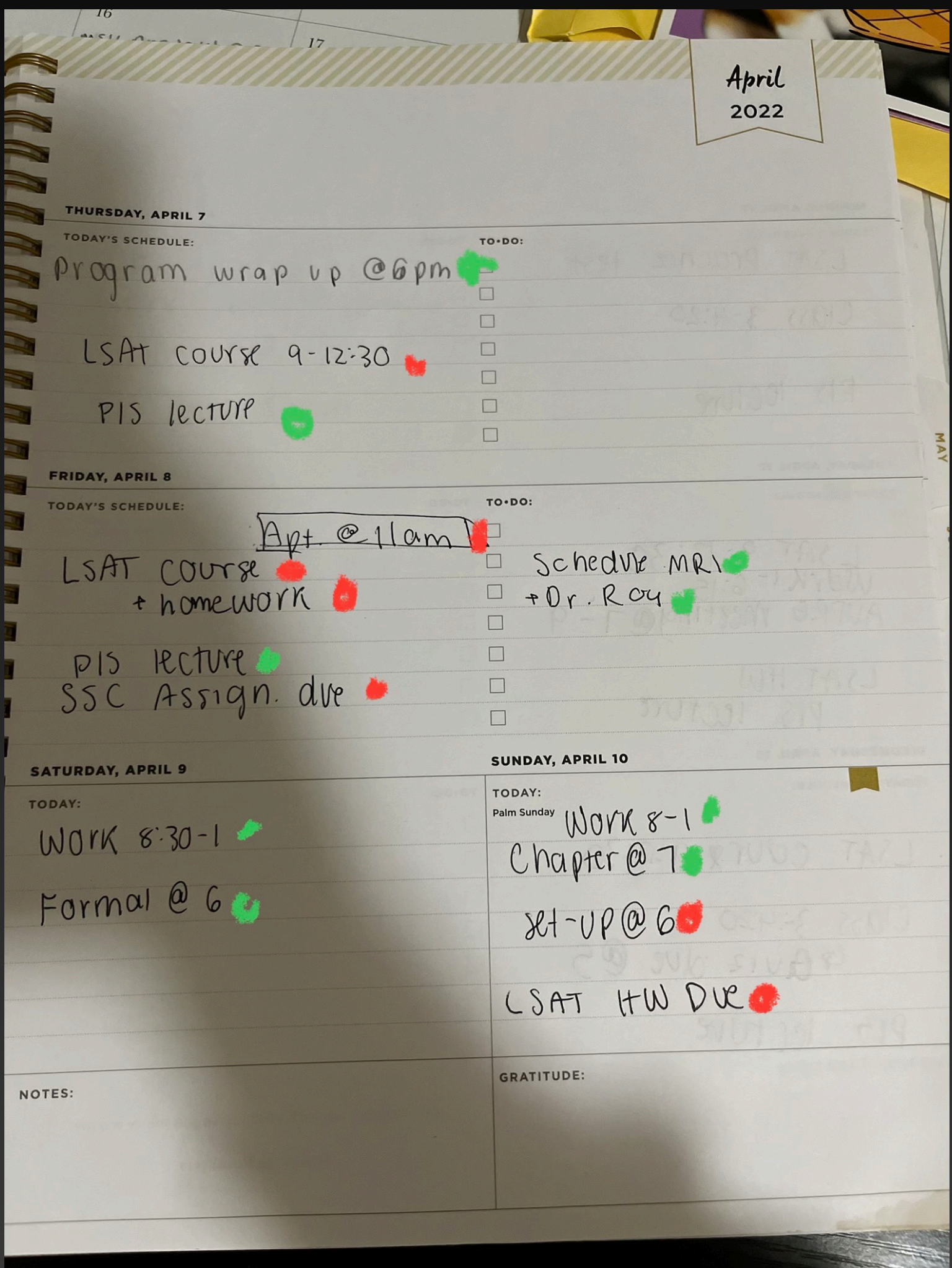
**Prototype (round two)**

# Pause App

## First Prototype



# Text Automations



- ♥
- 👍
- 👎
- HA HA
- !!
- ?

Hey just a reminder you have to start on your PSY extra credit coming up in 1 hour. You deserve to take some time to destress in preparation. Here are some suggestions:

- Journal for 5 mins about what you're feeling right now
- Pray/Meditate
- Video:

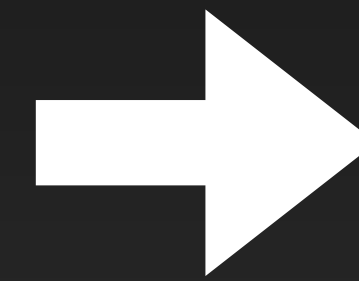
- Reply
- Copy
- Translate
- More...



# What We Learned

## Initial Research

- Timing of texts was sometimes off
- Participants preferred short activities and especially liked breathing exercises
- Participants referred back to texts or remembered tips later on when they were stressed
- Our target audience is more specific



## Stressed?



Are you stressed often?



Do you add important events in a digital calendar?



Are you interested in starting to incorporate short distressing techniques into your schedule?



Scan This!

Please note scanning this will only be used to gauge audience interest for an MSU's IOS Design Lab project

 IOS Design Lab

# Pause App

## Second Prototype



# Process

- Created in Glide
- Focus on notifications and calendar integration
- Keep the interactions short and simple
- Customization is important



# Style Guide

## Pause App



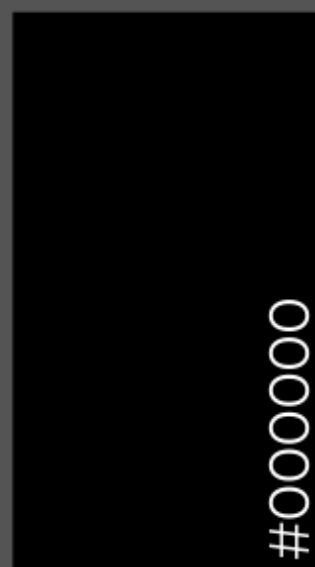
#66B269



#B9CEFO



#FFFFFF



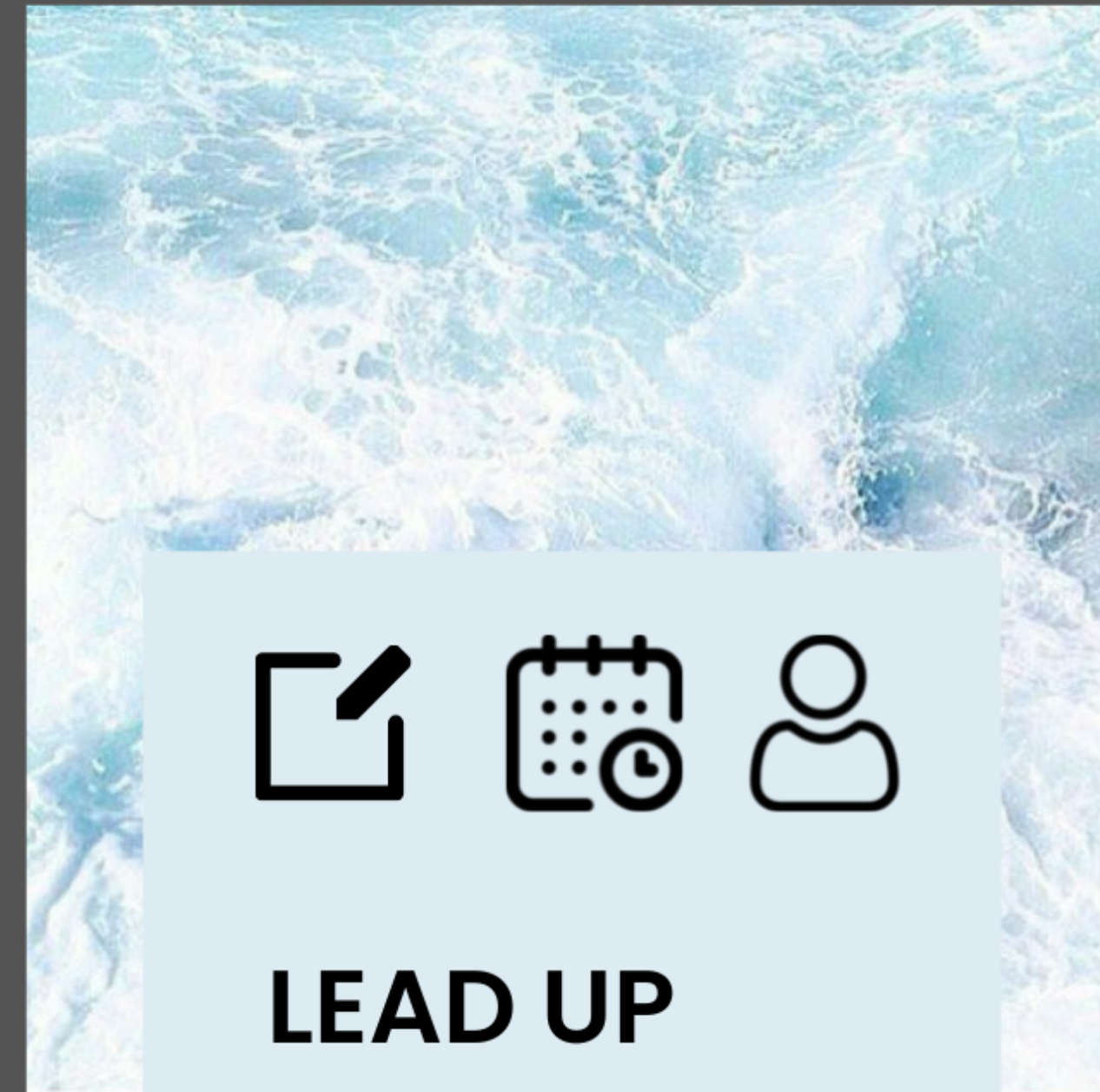
#000000



#304A73



#4984E3

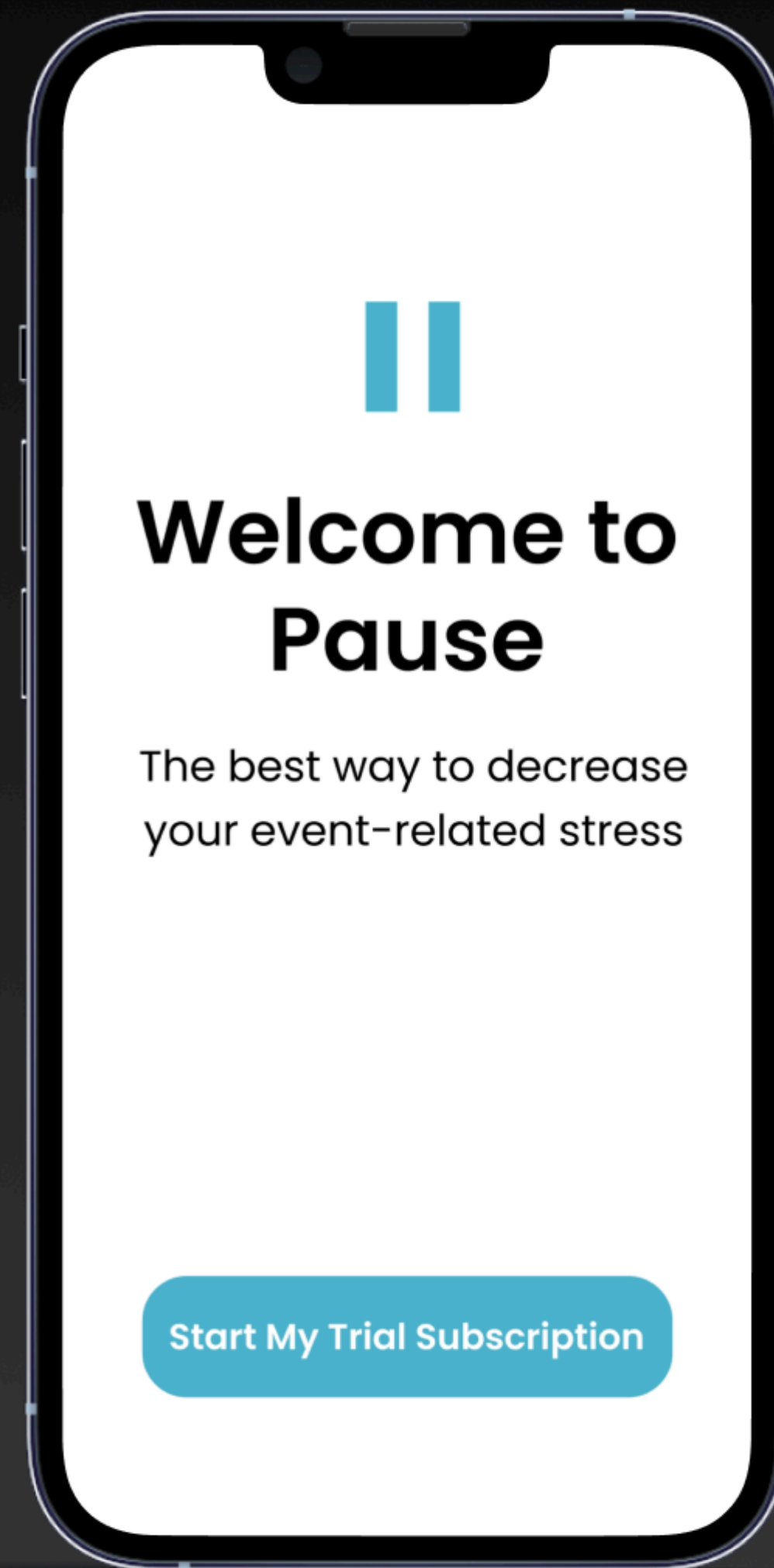


**LEAD UP**

Event

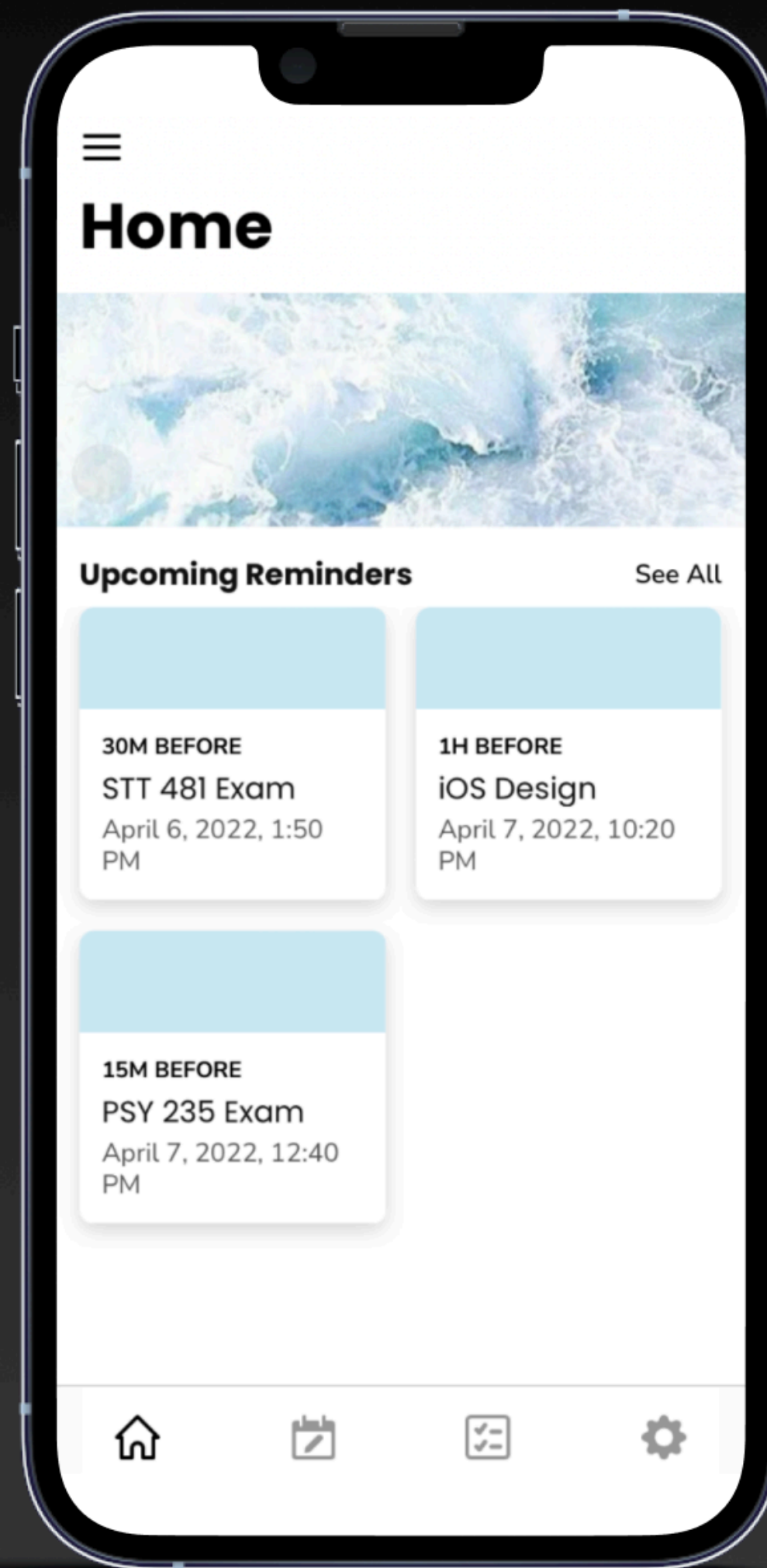
Date & time

# Onboarding

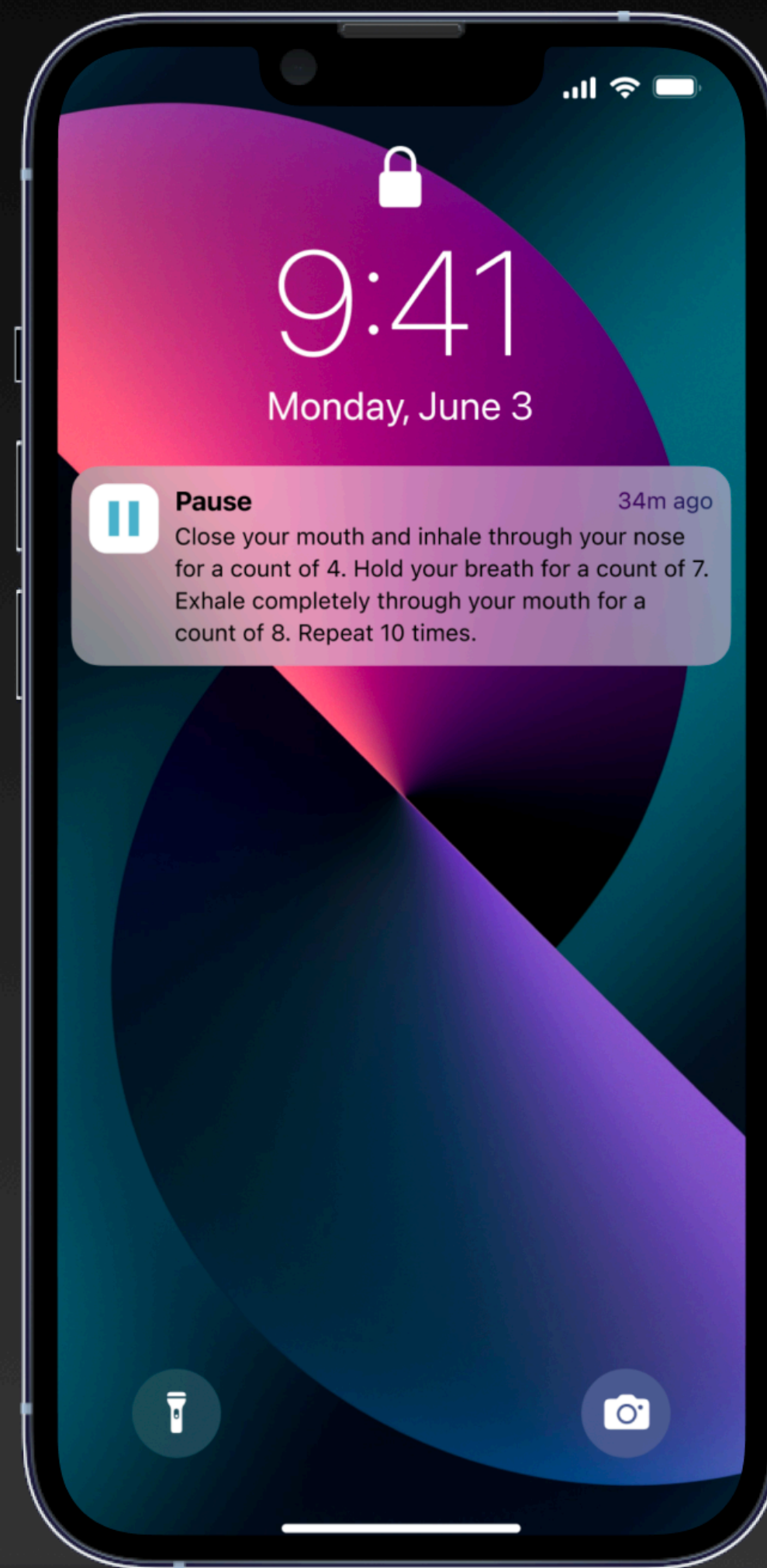




# Glide App



# Notifications

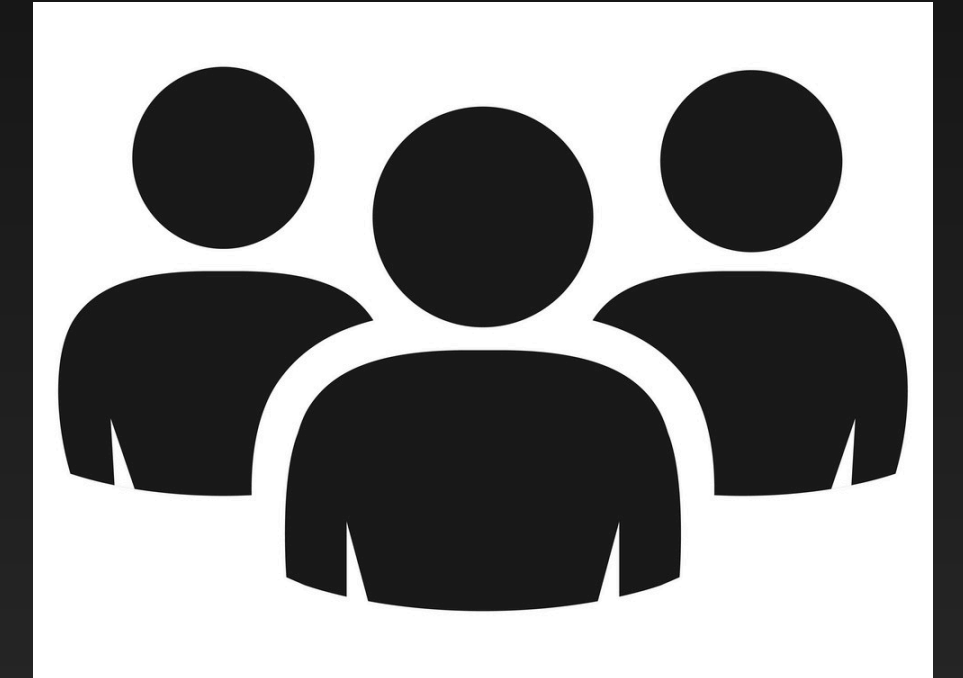


**Test**



# What We Learned

- We were working with a specific subset of college students
- Easy integration was key
- People love defaults
- Short and sweet
- Delaying reminder notifications





# Thank You!



Ian Green, Aman Thamminana, Emma Riddering, Kate Schleusener  
Brooke Lakian, Lindsey Fredrick, Sydney Estes, Hannah O'Malley, Heather Noonan