

Project X Planning Document

Project Description:

Topic: Interactive Mobile App for Mental Health Support

Objective: The goal of this project is to design and develop an interactive mobile app aimed at providing mental health support. The app will offer features such as mood tracking, guided meditations, cognitive behavioral therapy (CBT) exercises, and a supportive community forum. The primary objective is to create a user-friendly and engaging platform that helps users manage their mental health effectively.

Rationale: Mental health is a critical issue, and there is a growing need for accessible support tools. This project was chosen to address the gap in interactive and personalized mental health resources. By leveraging interactive design and iterative development, the project aims to create an app that adapts to user needs and provides a valuable resource for mental well-being.

Research Question:

Primary Research Question: How can an interactive mobile app effectively support users in managing their mental health through personalized and engaging features?

Methods:

1. **User Research:** Conduct surveys and interviews with potential users to understand their needs, preferences, and pain points in managing mental health.
2. **Competitive Analysis:** Analyze existing mental health apps to identify strengths, weaknesses, and opportunities for improvement.
3. **Prototyping and Testing:** Develop low-fidelity wireframes and high-fidelity prototypes and conduct iterative testing sessions with users to refine the app's design and functionality.
4. **Feedback Loops:** Implement regular feedback loops to gather user insights throughout the development process and make continuous improvements.

Planning:

Week 1-2:

- Define project scope and objectives.
- Conduct initial user research through surveys and interviews.
- Perform a competitive analysis of existing mental health apps.

Week 3-4:

- Analyze user research data and competitive analysis results.
- Create user personas and user journey maps.
- Develop low-fidelity wireframes for the app.

Week 5-6:

- Conduct usability testing with low-fidelity wireframes.
- Gather feedback and iterate on the wireframes.
- Begin high-fidelity prototype development.

Week 7-8:

- Conduct usability testing with high-fidelity prototypes.
- Gather and analyze feedback.
- Refine the app design based on user feedback.

Week 9-10:

- Finalize app design and functionality.
- Prepare for app development (coding phase).
- Create a detailed project report and presentation.

Coach:

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This project plan outlines a comprehensive approach to designing and developing an interactive mobile app for mental health support. By focusing on iterative design and development, the project aims to create a user-centered app that effectively meets the needs of its users.