

Breathe App

Brian Thompson

Project overview



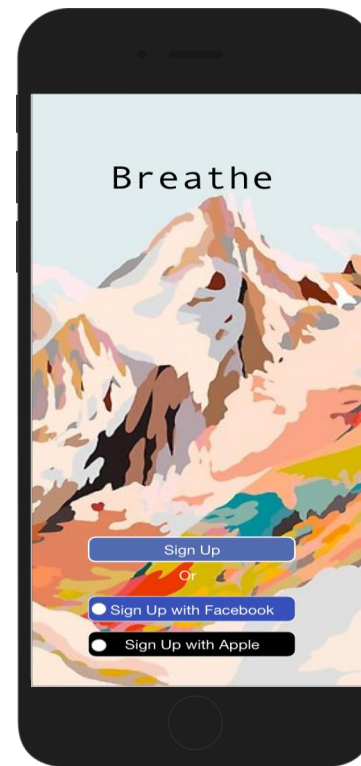
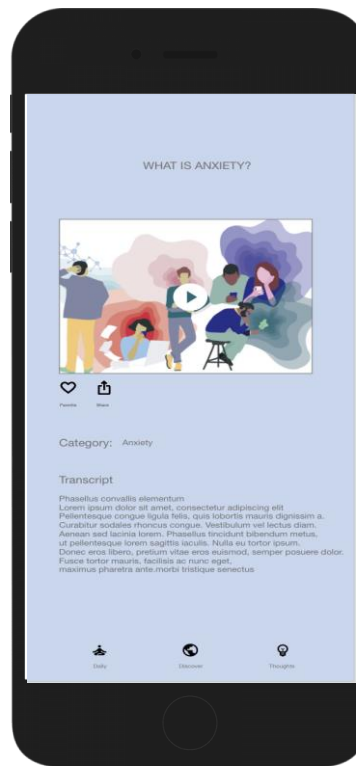
The product:

The Breathe app is designed for those that are in communities with limited resources that need mental health resources. The app features a professional mental health expert that guides the user every step of the way



Project duration:

January 2021- February 2021



Project overview



The problem:

In certain states that have a big minority population, these are communities that don't have many resources for mental health or don't even know where to start to get help.



The goal:

The goal of this app is to provide a free way for users to get mental health resources daily, and change their situation so that they can get better mentally.

Project overview



My role:

UX Designer and UX Researcher from start to finish.



Responsibilities:

Conduct interviews, paper and digital wireframing, low and high fidelity prototyping, conducting usability studies, accounting for accessibility, iterating on designs and responsive design

Understanding the user

- User research
- Personas
- Problem statements
- Competitive audit
- Ideation

User research: summary



The research included a unmoderated study, where participants completed the study remotely. 5 Participants were included in the study that included 2 females, 2 males, and one non-binary individual. The study lasted 30 minutes for each individual and were asked follow-up questions after the prompt they just finished on the main user flow, which was to complete the daily tasks from your selected guide and complete a journal.

Persona 1: Rachel

Problem statement:

Rachel is a full time student with anxiety and depression who needs mental health resources because she wants to be able to be herself.



Rachel

Age: 16-26

Education: High School

Hometown: Denver, Colorado

Family: 1 Brother, 2 Sisters

Occupation: Student

*“Everyday is a challenge, but somehow
somehow I manage to make it through”*

Goals

- Graduate high school and attend a four year college
- Get help for anxiety and depression

Frustrations

- Not sure where to go to get mental health resources
- Not sure what mental health resources are or what mental health looks like
- Afraid to ask for help of fear of being stigmatized

Rachel is a 18 year old that just finished high school and will be soon going off to college. She has episodes of anxiety frequently because of bullying and trauma she has experienced as a teenager. This makes her daily life challenging as she tries to mask these things so people don't notice.

Persona 2: **Dominic**

Problem statement:

Dominic is a welder and caregiver who needs resources for his mental health because he wants to combat his anxiety and depression.



Name: Dominic

Age: 24-30

Education: Community College

Hometown: New Orleans, LA

Family: 1 Sister, 1 dog

Occupation: Welder

“My main goal is to provide for my family to make sure they have everything they need”

Goals

- Obtain a promotion to become a journeyman welder
- Get help with mental health
- Start a family

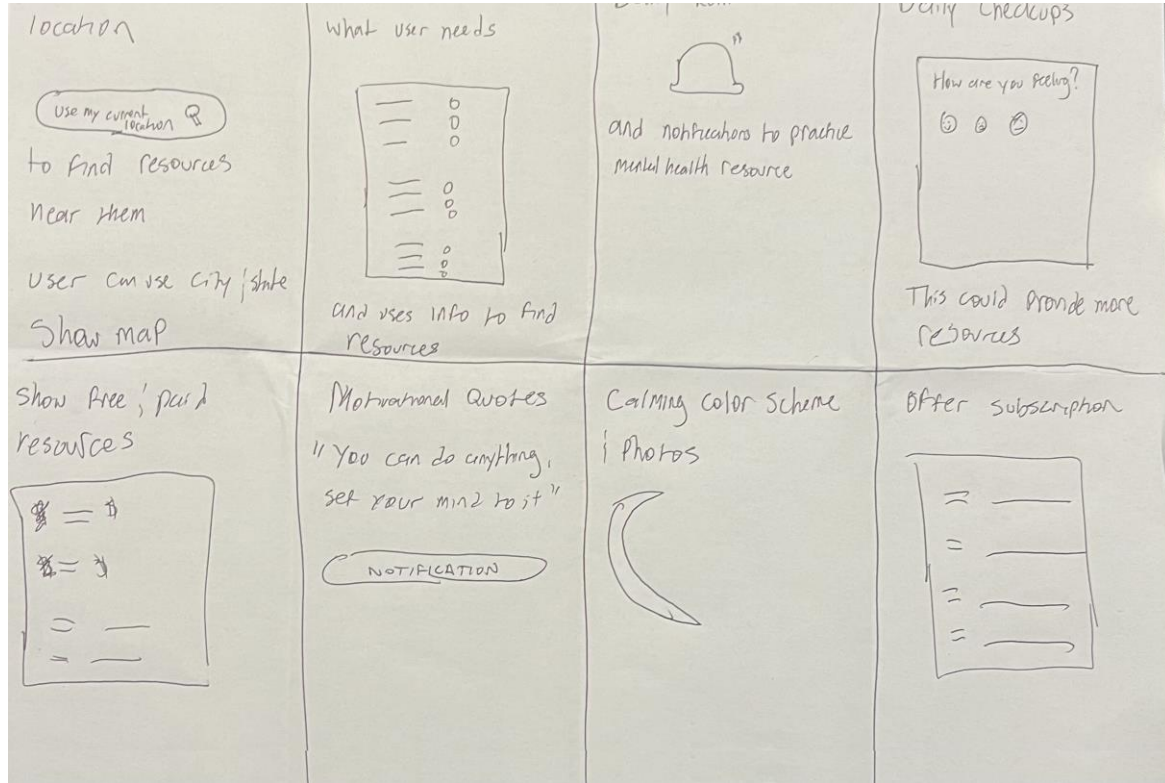
Frustrations

- Not sure where to go to get mental health resources
- Not sure what mental health resources are or what mental health looks like
- Afraid to ask for help of fear of being stigmatized

Dominic is a 25 year old welder that recently moved back to New Orleans. He has a lot on his plate as he is taking care of his immediate family while working full time. He wants to become a journeyman welder and work his way up in the ranks. With all of this going on, Dominic struggles with his mental health and has episodes of depression and anxiety from past traumas.

Ideation

This is a crazy 8's activity where I ideated on different possibilities that could be included in the Breathe App.



Digital wireframes

The goal of the wireframes included creating a experience that was intuitive for users to navigate through the app.

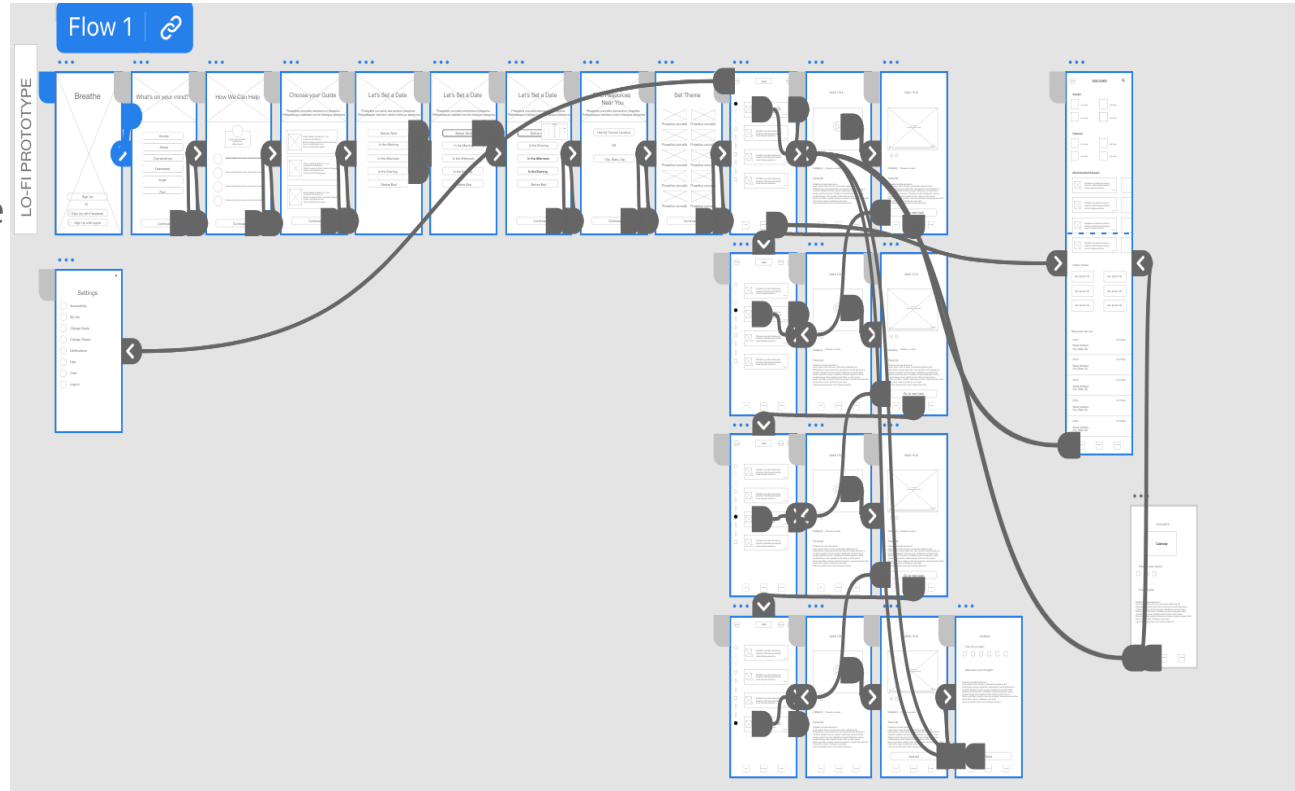
Description of the element and its benefit to the user



Description of the element and its benefit to the user

Low-fidelity prototype

Link to Low-fidelity prototype
[here](#)



Usability study: parameters



Study type:

Unmoderated usability study



Location:

United States, remote



Participants:

5 participants



Length:

30 minutes

Usability study: findings

Insert a one to two sentence introduction to the findings shared below.

1

Account Setup

Users wanted a more efficient way to create an account for the app.

2

Journal Progress

Users expressed interest in being able to see progression of their mental state from their journals.

3

Time Selection

Users had difficulty selecting the time for notifications to do the daily tasks.

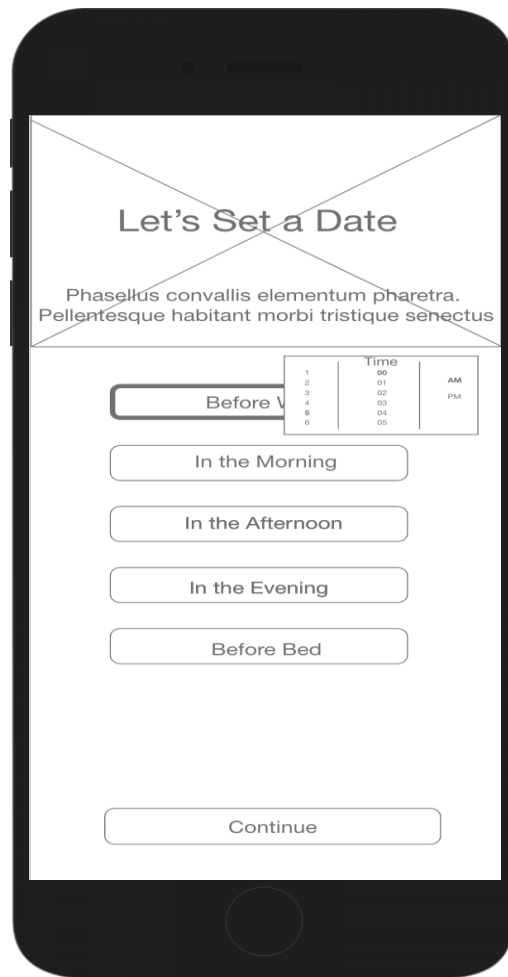
Refining the design

- Mockups
- High-fidelity prototype
- Accessibility

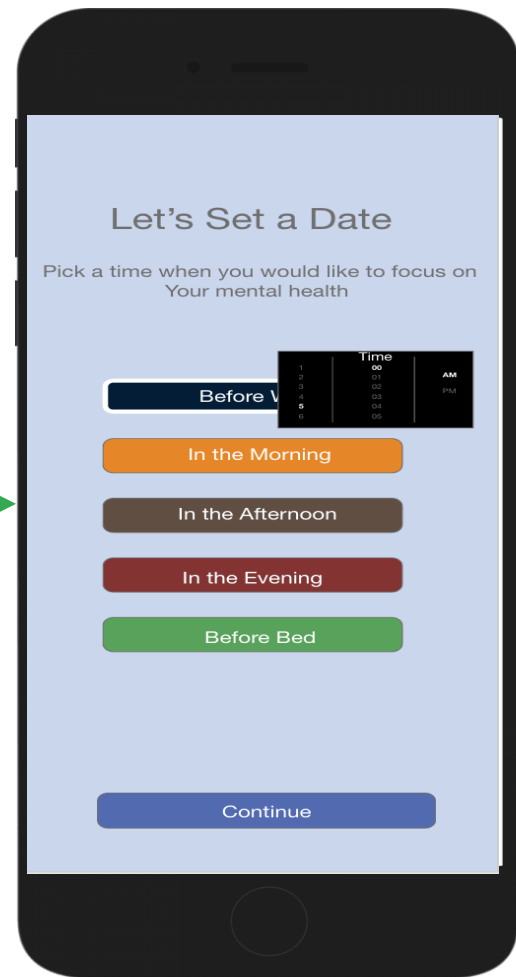
Mockups

The goal in iterating this wireframe was to add color and change the type face to make it clearer on how to select the time. It is similar to that of the apple clock app.

Before usability study



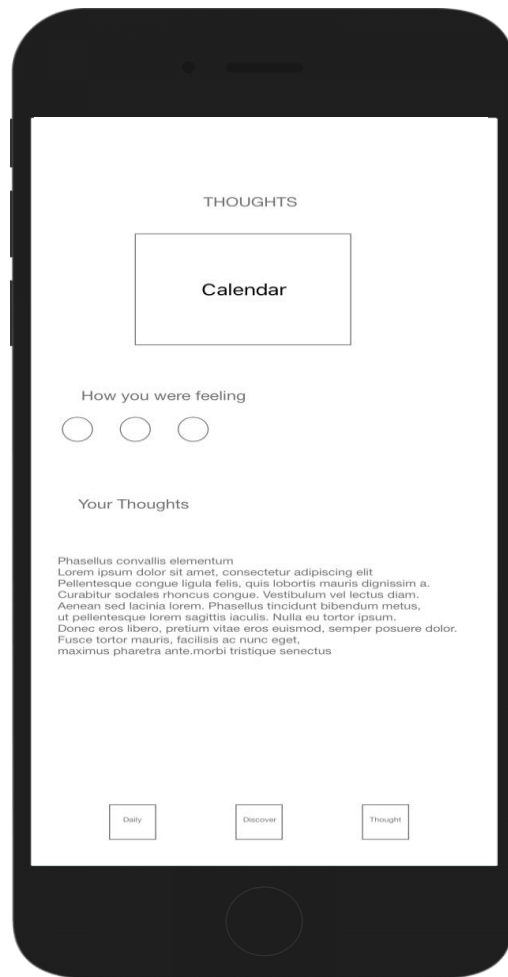
After usability study



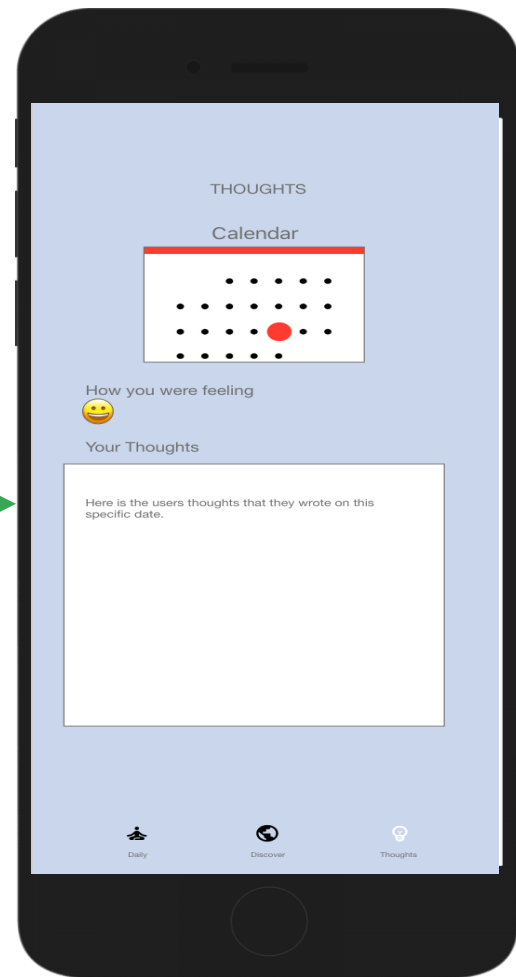
Mockups

[The goal was to add an actual calendar the user can select any day from any month that they wrote a journal on and can look back at what they wrote and how they felt that day.

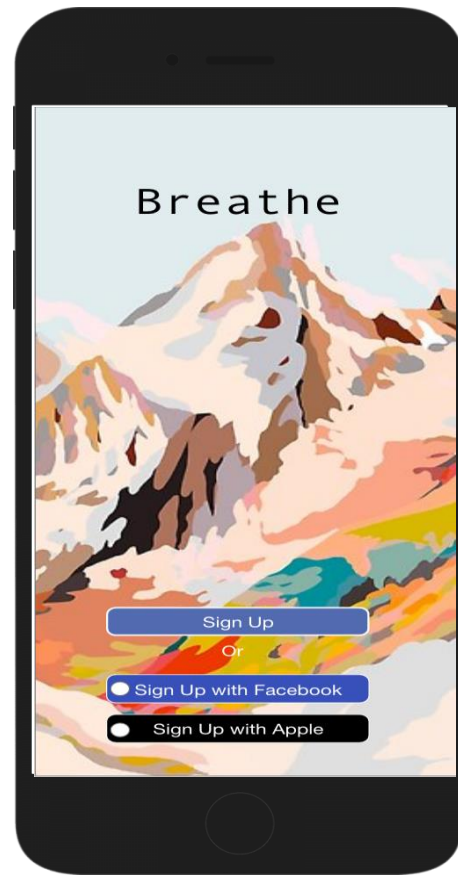
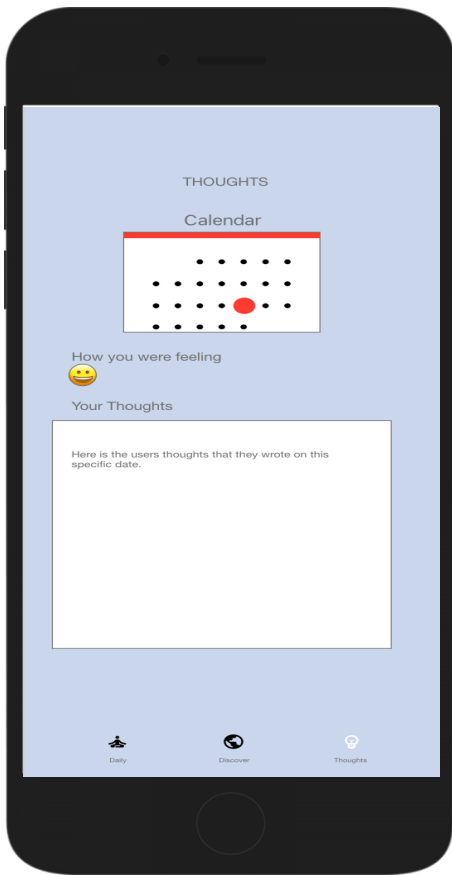
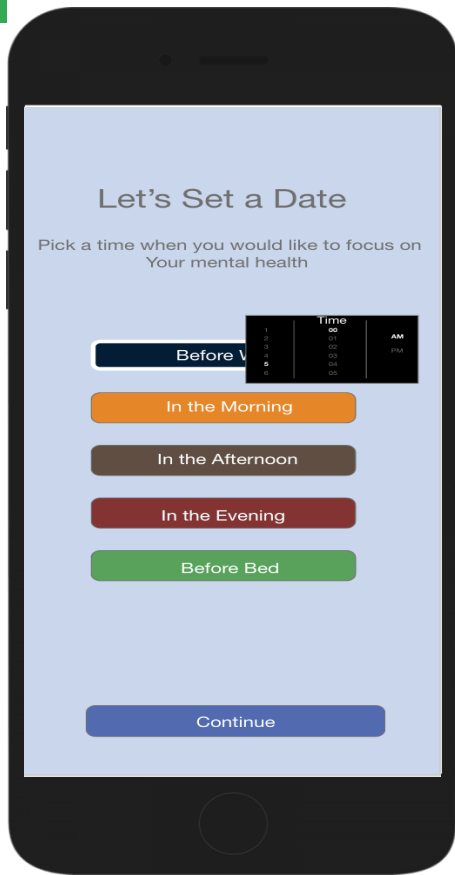
Before usability study



After usability study

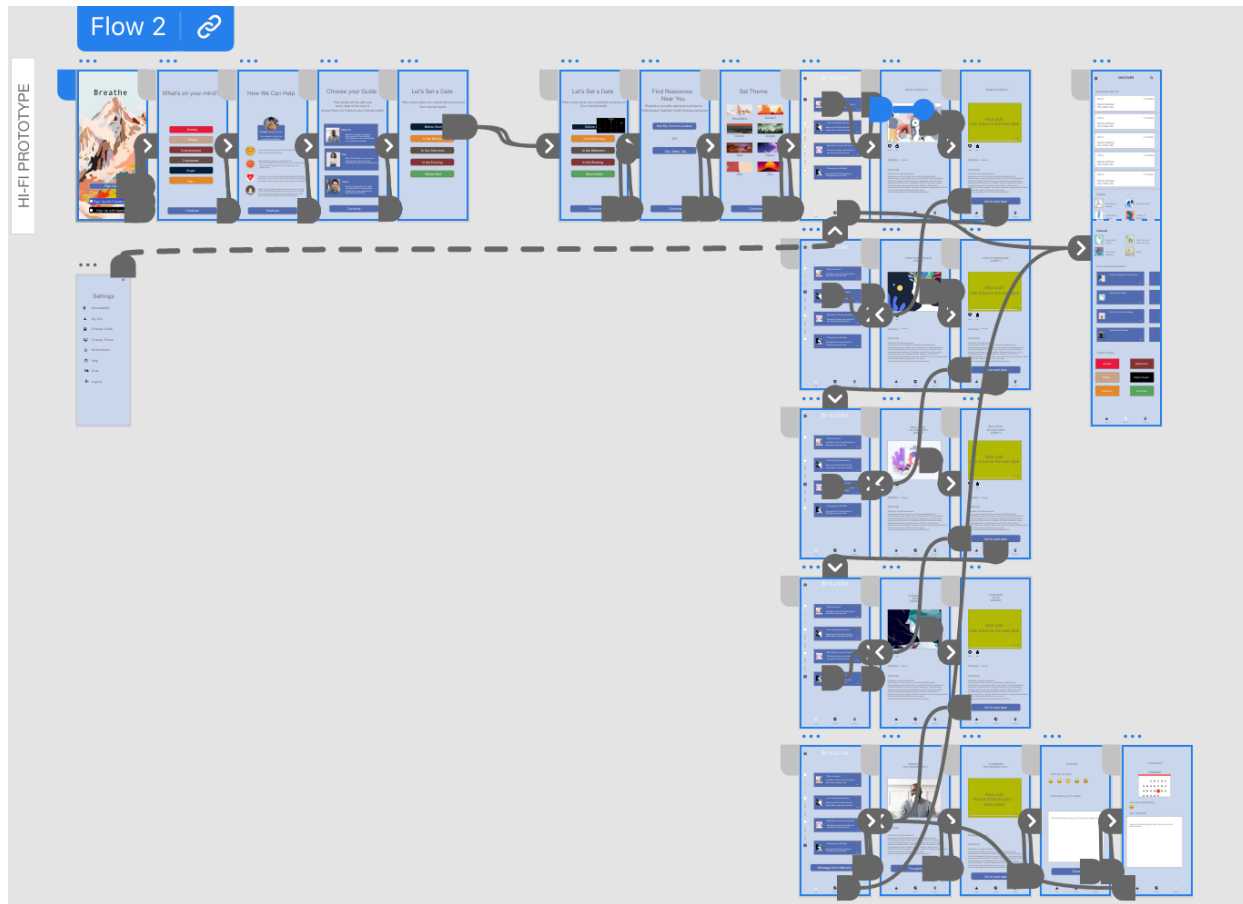


Main Mockups



High-fidelity prototype

Link to high-fidelity prototype [here](#)



Accessibility considerations

1

When there is video content, users are able to see the words that are being said transcribed below the video as it is playing.

2

Users are able to change the accessibility settings to their preferred experience (i.e.. Dark mode, larger font, etc.)

3

The type face and color contrast makes the app readable for majority of users.

Responsive Design

- Information architecture
- Responsive design

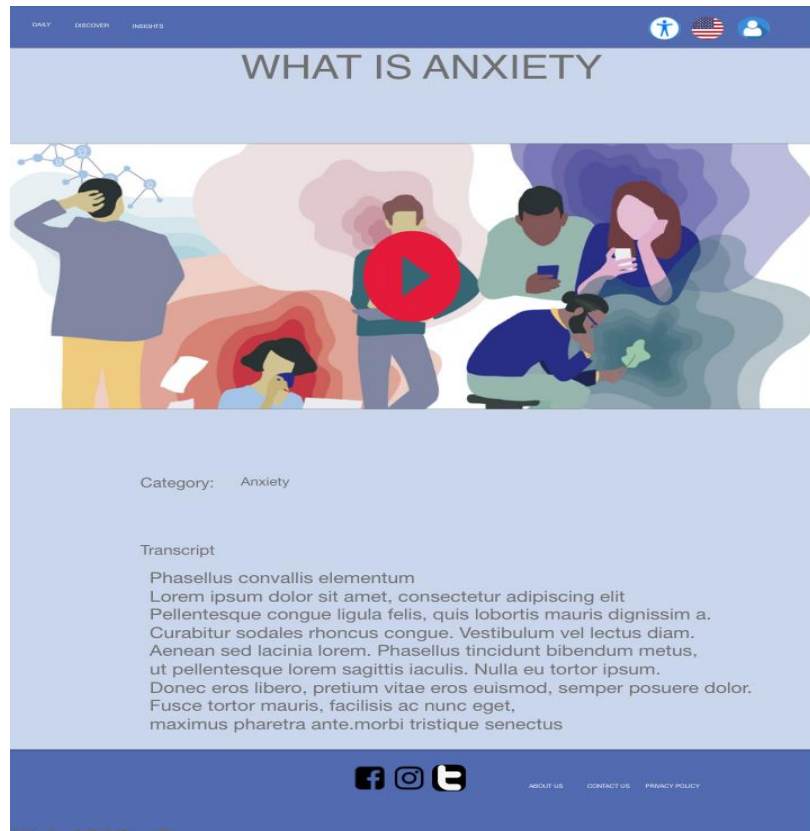
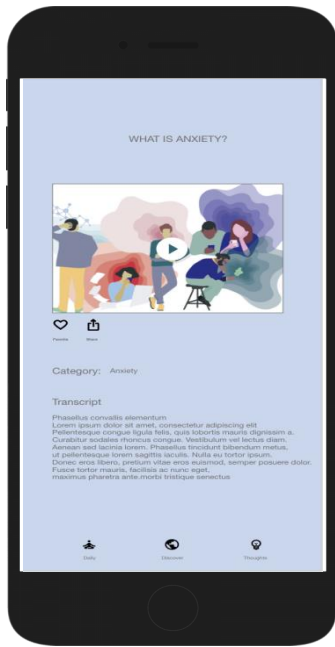
Sitemap

Here is a basic layout of what will be included in the website of the Breathe App.



Responsive designs

The typeface, icons, and other elements of the mobile app have been adjusted to fit the needs of those that want to get on the website via desktop or laptop.



Going forward

- Takeaways
- Next steps

Takeaways



Impact:

Users that have participated in the study believe that this will make a big impact in their community, and that this resource is heavily needed.



What I learned:

Designing from the bottom up has its advantages and I am now aware of why this is such a popular design approach!

Next steps

1

Continue usability studies on different sizes of the app (mobile, desktop, and laptop website).

2

Continue to draw insights from usability studies to improve the user experience of the app.

3

Hand off to engineers to begin the development of the app.

Let's connect!



Thank you for viewing my work! If you want to get in contact with me, reach me here:

Email: brianthompson080@gmail.com