Humani

Emotional companion app design for monitoring mood and time management

In China, teenagers' over-reliance on smartphones has become a common phenomenon, while at the same time, mental sub-health problems are on the rise year by year. According to relevant statistics, more than 50 per cent of Chinese teenagers use their smartphones for more than two hours a day, with a large amount of time taken up by social media, short videos and games.

Prolonged immersion in the digital world has led many people to have difficulty concentrating in real life, increased mood swings, and even mental problems such as anxiety and depression.

This project aims to create a mobile phone and smartwatch based emotional companion app for Chinese teenagers from 13-21, in order to improve the problems of e-addiction and emotional sub-health of teenagers.

Final Outcomes(second iteration)

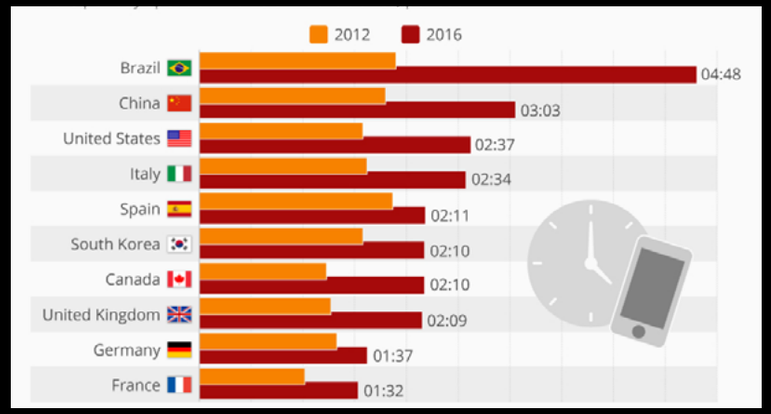
Humani mobile display

Humani applewatch display

Complete UI & function interface of Humani

Background

1.Mobile phone addiction among Chinese teenagers



Chinese teenagers' daily use of mobile phones has doubled in four years with the advent of the information age

2.China Youth Mobile Phone Survey

Smartphones have become the main socialising tool for modern teenagers

3.The dangers of mobile phone addiction

4.Mobile phone addiction among teenagers is now a problem that cannot be ignored

PACT Analysis

Of Adolescents and young adults (13-21)

People

Frequent use of highly interactive apps such as social media, short videos, and games.
Possible mental sub-health problems.

Activities

Prolonged immersion in social media, short videos and games in mobile phones.
Lack of effective self-control mechanisms and low participation in real-life activities.

Contexts

Users may use the App during breaks, between jobs, on the way to and from work, or before bed.

Technology

Generate personalised content based on user behaviour.
Emotion detection and support system to help users adjust their mental state.

Personal Create

Personal 1
Information-addicted

Name: Ming Li
Age: 13
Gender: Male
Occupation: High school student
Location: Suburb
Tags: Stressful studying, lack of self-control, mobile phone dependency

The goals
Improve study efficiency and reduce time spent on entertainment apps.
Develop a clear time plan and stick to it.
Get emotional feedback to relieve study pressure.

Backgriund: Ming Li is a senior high school student preparing for the college entrance exam. His daily schedule is very tight, as he needs to juggle classes, extracurricular tutoring and self-study. However, he often uses his phone to watch short videos or chat with friends in the middle of studying, which makes him less productive. He hopes there is a way to help him focus, while also recording his study progress and motivating him to complete tasks.

Personal 2
Socially oriented

Name: Wang Yue
Age: 19
Gender: Female
Occupation: First-year university student
Location: First-tier city
Tags: Socially active, long hours of entertainment, difficulty managing time

The goals
To better balance socialising and studying.
To effectively record the time allocated to studying and activities.
To optimise daily routines through data feedback.

Backgriund: Wang Yue is a university student who has just started her university life. Social activities and extracurricular interests occupy a lot of her time. She likes to use her mobile phone to browse social media (such as Moments and short videos) and participate in online discussion groups organised by friends. However, due to her addiction to her mobile phone, she often forgets to schedule time for studying, resulting in her always cramming when completing assignments.

Secondary research - competitor analysis

Name	Function design	User experience
 Forest: Stay Focused	Focused timekeeping Reward mechanism Team mode Mobile phone addiction blocking	The interface design is mainly in a natural style, with beautiful animations and simple operation. The user visualisation shows the 'results of efforts', which makes it easy to feel a sense of achievement. The reminder mechanism is friendly and not mandatory.
 Freedom	Website and app blocking Multi-device support Scheduled tasks Analysis functions	The interface design is simple and professional, suitable for adult users. The operation of setting up a filter is simple, but it is slightly complicated for first-time users. It provides personalised filter recommendations (based on user behaviour).
 Offtime	Personalised blocking Time mode Logging function Social functions	The interface design is simple and elegant, with an adult aesthetic. Detailed screen usage records are provided, and users can clearly view behavioural patterns. The reminder mechanism is not flexible enough, and some users find the function complicated.

APP design flow

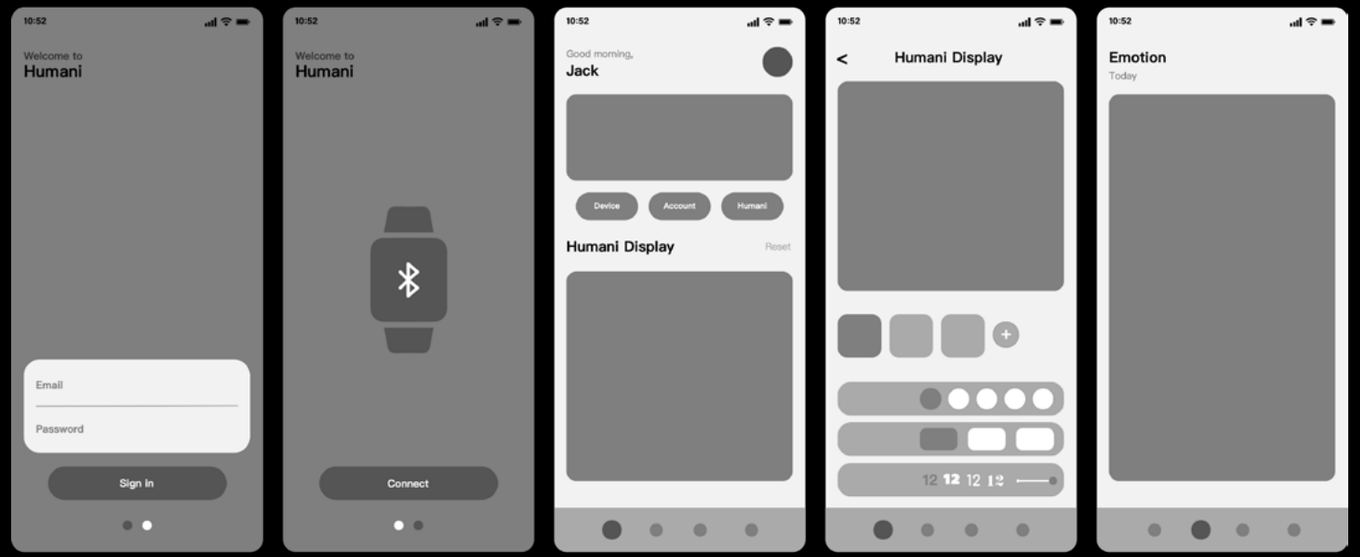
5 main pages

9 differentfunctions

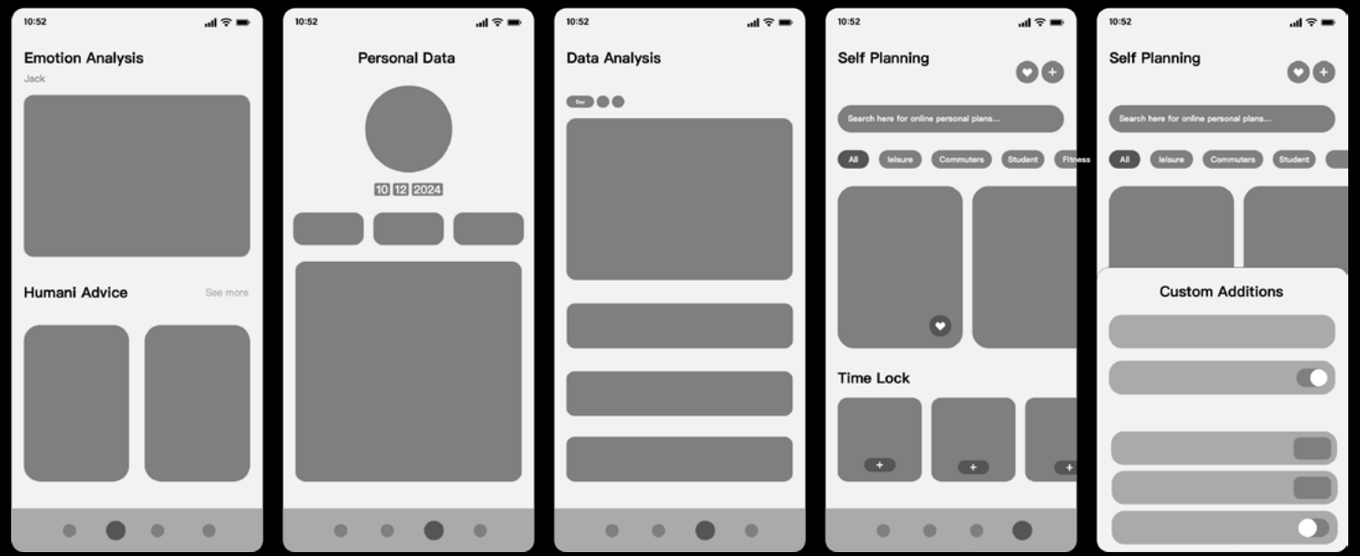
low-fidelity UI design

home page

Registration page



Emotion page

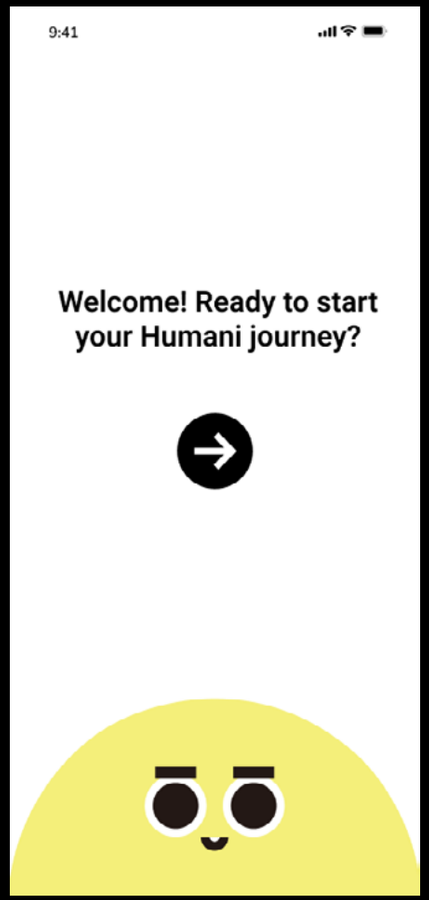


Data page

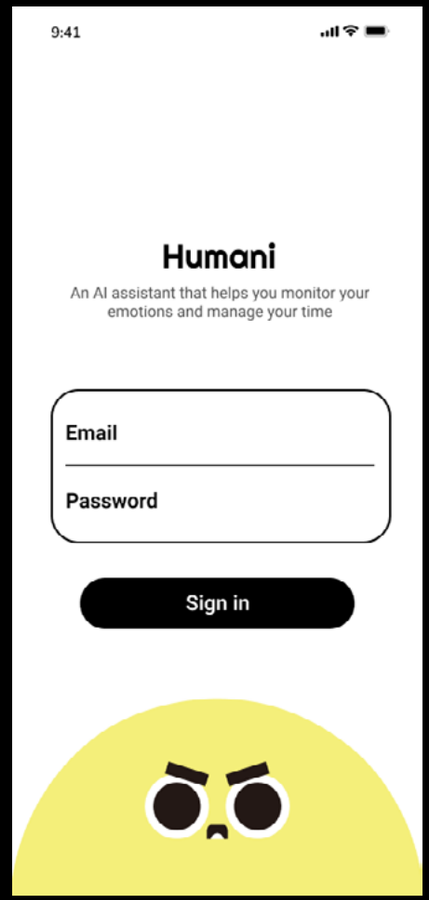
Planning page

Humani UI design (first iteration)

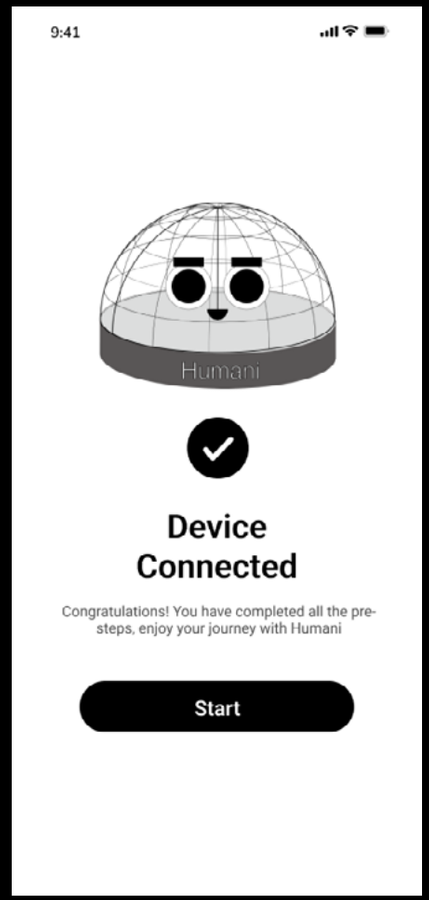
launch page



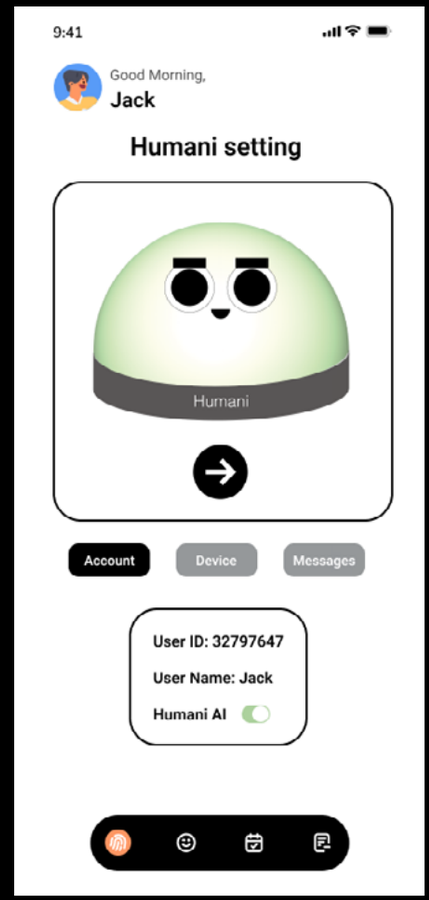
Splash page



Registration page



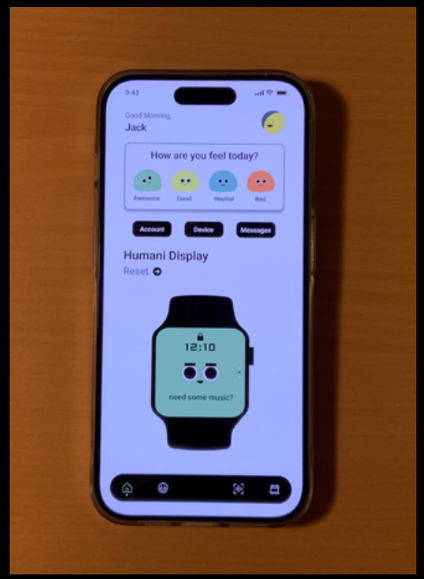
Connection page



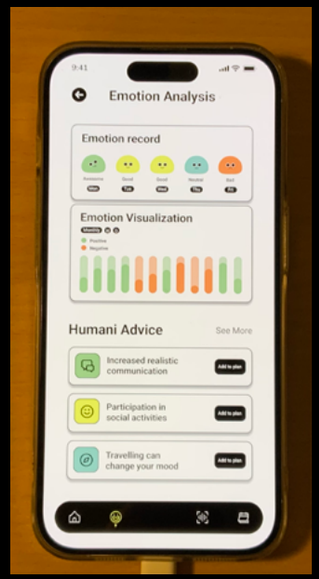
Home page

User testing

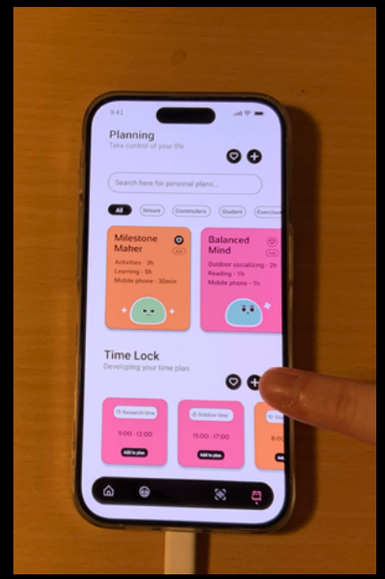
1.Testing UI display on actual device

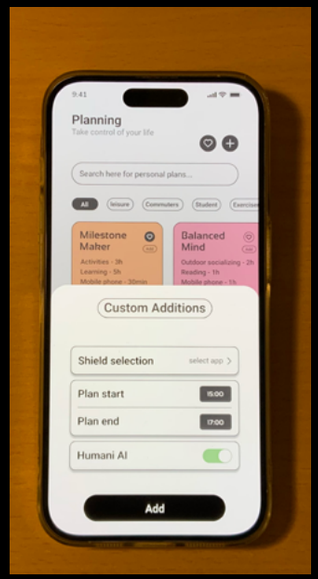


2.Testing page function click to jump

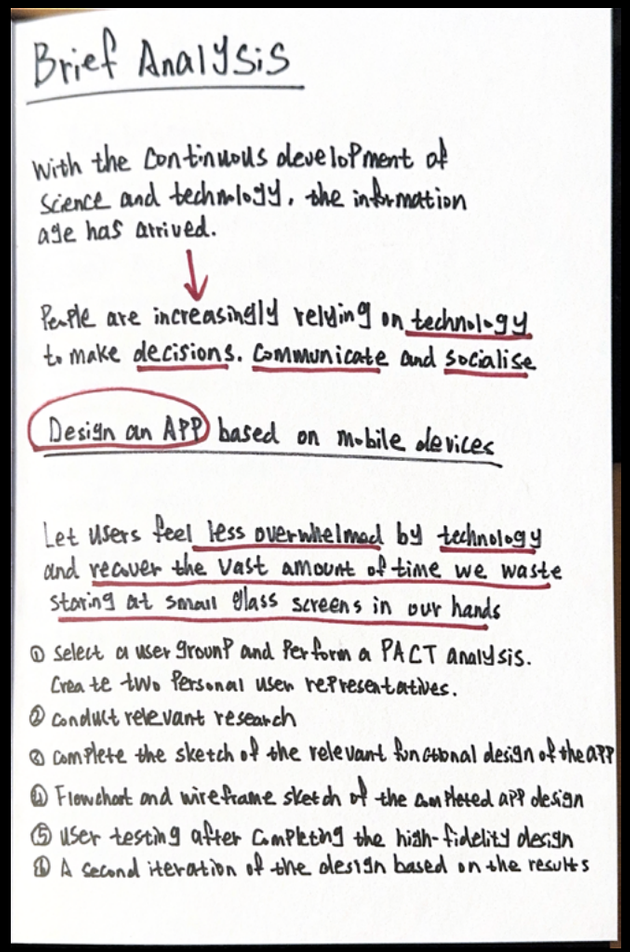


3.Testing functional components Add





Design process (sketchbook)



Brief Analysis

With the continuous development of science and technology, the information age has arrived.

↓

People are increasingly relying on technology to make decisions, communicate and socialise

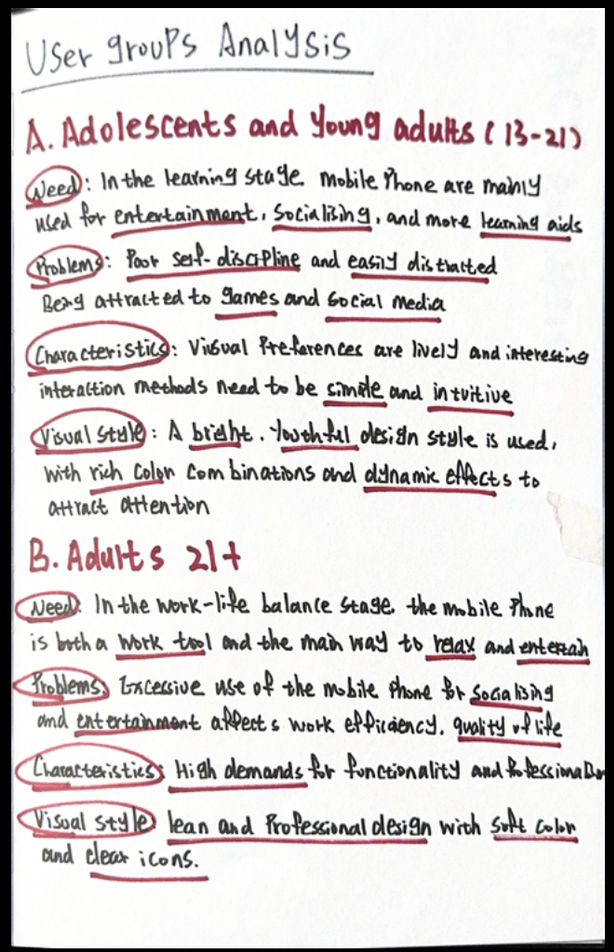
Design an APP based on mobile devices

Let users feel less overwhelmed by technology and recover the vast amount of time we waste staring at small glass screens in our hands

① Select a user group and perform a PACT analysis. Create two personal user representatives.
② Conduct relevant research
③ Complete the sketch of the relevant functional design of the app
④ Flowchart and wireframe sketch of the completed app design
⑤ User testing after completing the high-fidelity design
⑥ A second iteration of the design based on the results

Being Human Brief Analysis

Let me understand the needs and purpose of the project before I start designing and planning



User groups Analysis

A. Adolescents and young adults (13-21)

Need: In the learning stage. Mobile phone are mainly used for entertainment, socialising, and more learning aids

Problems: Poor self-discipline and easily distracted Being attracted to games and social media

Characteristics: Visual preferences are lively and interesting interaction methods need to be simple and intuitive

Visual style: A bright, youthful design style is used, with rich color combinations and dynamic effects to attract attention

B. Adults 21+

Need: In the work-life balance stage. the mobile phone is both a work tool and the main way to relax and entertain

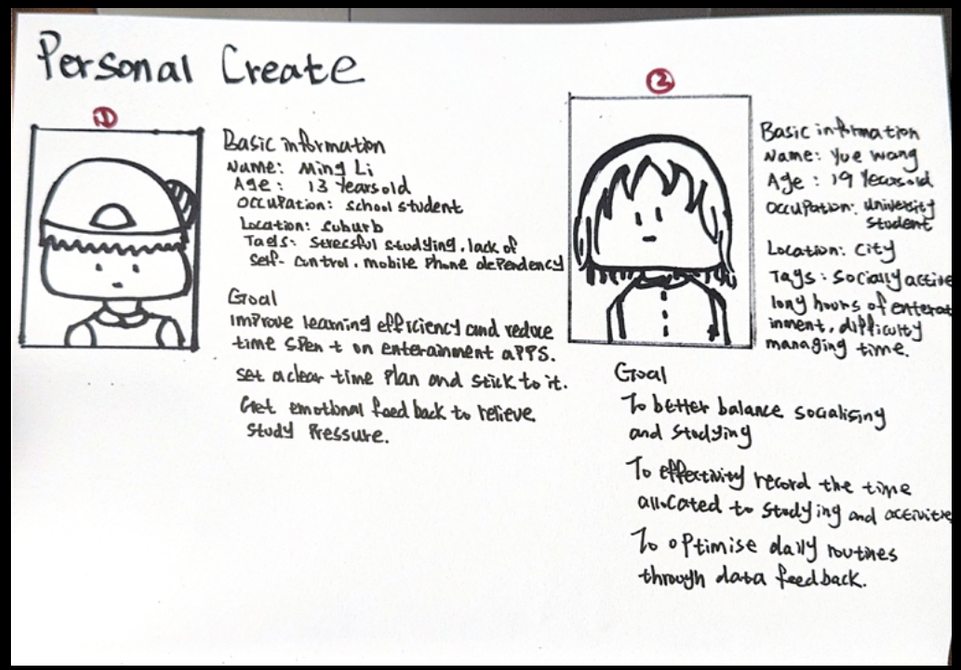
Problems: Excessive use of the mobile phone for socialising and entertainment affects work efficiency, quality of life

Characteristics: High demands for functionality and professiona

Visual style: lean and professional design with soft color and clear icons.

User Group Analysis (both)

Let me understand the problems, pain points and needs faced by the two user groups in the project



Personal Create

①

Basic information
Name: Ming Li
Age: 13 years old
Occupation: school student
Location: suburb
Tags: stressful studying, lack of self-control, mobile phone dependency

Goal
Improve learning efficiency and reduce time spent on entertainment apps.
Set a clear time plan and stick to it.
Get emotional feedback to relieve study pressure.

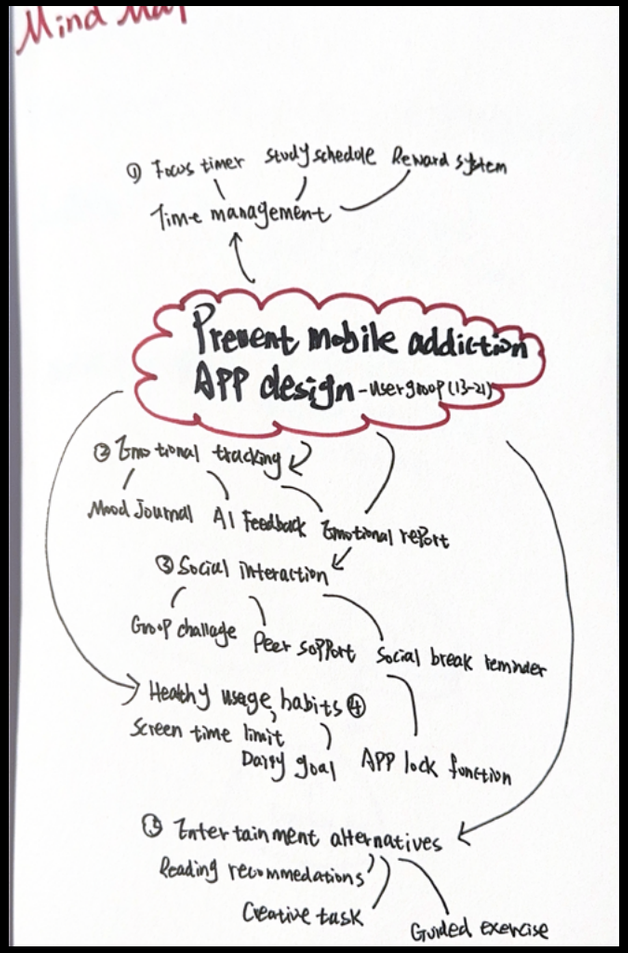
②

Basic information
Name: Yue Wang
Age: 19 years old
Occupation: university student
Location: city
Tags: socially active, long hours of entertainment, difficulty managing time.

Goal
To better balance socialising and studying
To effectively record the time allocated to studying and activities
To optimise daily routines through data feedback.

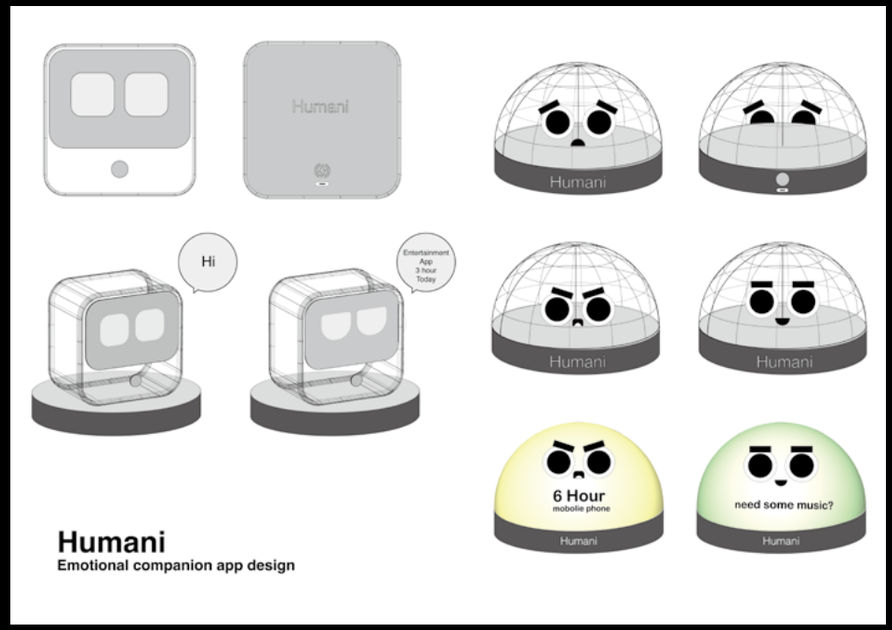
Personal Create (sketch)

Provide design requirements and direction for the planning of my project

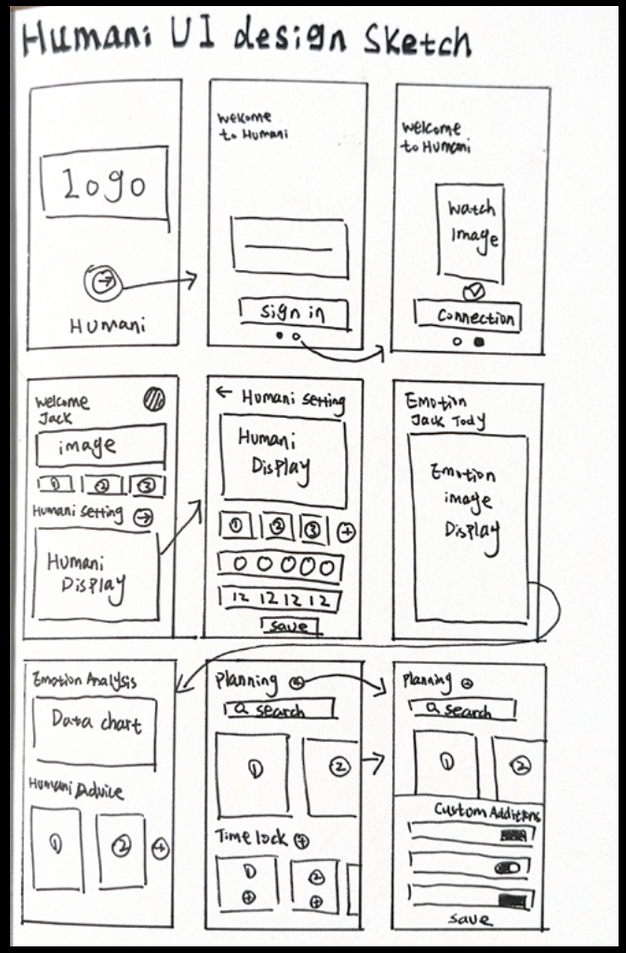


Mind Map of Humani APP Design

Expanding ideas for design exercises for my project



Idea Sketch of Humani (first iteration)



Sketch of Humani page frame (second iteration)

Expanding ideas for the final high fidelity design of my project's app page