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MENTAL HEALTH

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A PRIMER FOR LIFELONG MENTAL HEALTH

_Ideation_ An extension of the Smart Primer concept for a long-term learning companion.

_Concept_ A personal health primer tool that serves to

a) provide customized feedback to the person, b) "grow" with that person, and c) entertain the child through games and adventure, then provide more informative feedback as they grow into adulthood.
A PRIMER FOR LIFELONG MENTAL HEALTH

_Tasks_ The primer needs to ship with some widely collected, fundamental values, then customized according to one person’s individual parameters.

_Pros_ Great market; little precedence

_Cons_ Tough feasibility.
**Ideation** A social network app that reinforces practices for good mental health.

**Concept** People will engage with each other on different things, encouraging closed off types to learn better health behaviors and eventually share with their friends.

Social networks remind people that they are not alone, and that they have a support network.
**Example** Data aggregation on alarm “Snooze” button usage.

...If a poor sleeper sees that his friends who are able to enjoy more of their day are also better about not hitting the “snooze” button as much, this can motivate him to seek changing his sleep habits.

**Tasks** Data mining, large-scale comparative analysis
SOCIAL NET COMPETE

_Pros_ Fun

_Cons_ boring
"Mentally Ergonomic" Computer Stations

_Concept_ Computers help us achieve goals, but they are also responsible for a lot of _collateral damage_.

They introduce _physical and neurological stressors_ (information overload, mental strain, etc.)

This leads to physical and even psychological illness.
"MENTALLY ERGONOMIC" COMPUTER STATIONS

_Goal_  We want our computers to be not only more ergonomic devices, but also to work more organically according the way humans are meant to live.

_Pros_  Substantial, addresses a widespread and worsening issue; of interest to huge populations.

.Cons_  Feasibility? Development past the initial concept?
THE 3 TENETS OF GAMIFICATION THEORY FOR CHANGING BEHAVIOR:

_1_Options.
Inform people about the solution without actually forcing their hand.

_2_Realtime Feedback.
Provide instant feedback so people can make decisions at the speed of action and consequence.

_3_Fun Factor.
Make it hit close to home. Reinforcement measures are culturally-dependent.