



# **Process Book**

## **By Woodbine Fraine**



# **My Helper App**



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## STEP ONE INTRODUCTION AND PROJECT GOALS



### INTRODUCTION

A user-interface design and prototype to make it easy for people to gauge their mood activities and help destigmatize mental health. The design here was created and planned out to make it easy for people to keep track of their mental health, or if seeing a therapist has an easy way to communicate in and out of appointments.

### GOAL

To create a user-interface design for mental health with a working prototype.

## STEP TWO RESEARCH

### **MY HELPER**

A user-interface design and prototype for mental health.

### **SIMILAR APPS THAT ALREADY EXIST**

- **Moodfit** - An app designed to reduce anxiety, depression and high levels of stress to ultimately help your mood.
- **Moodmission** - An app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping.
- **Betterhelp** - An app for diagnosing and treatment of mental health issues.

### **CODING LANGUAGE AND PROTOTYPE.**

- **XD** - Used as this can be used on any device without worry for users to have access and the one I was most familiar with
- **SWIFT** - My preferred coding language to make a prototype for X-Code.

## STEP TWO RESEARCH

### CHARACTER RESEARCH

- **People**- Were seen to be heavily used in many apps.
- **Plants**- Done in many other apps also wanted the app to feel more personal.
- **Animals**- well received and studies have shown animals relax humans.

### COLOR SCHEMES

I researched color schemes landing on pastels. I will summarize my research for primary, secondary, and pastel color schemes.

- **Primary** - Blue tends to calm people. According to some writings in color psychology, red makes people feel anxious, and yellow can make people happy.
- **Secondary** - Green tends to be associated with money or nature. Purple is seen as a color of spirituality and orange is seen as an active color and associated with the Fall season.
- **Pastels** - Pastels such as lavender are calming as they are not as saturated as primary colors. They seen as playful, dreamlike, and associated with cleanliness.

## STEP THREE

### IDEATION, ICON AND BUTTON DESIGN, SYSTEM FLOW.

#### IDEATION

I wanted to create a design that made mental health fun and less stressful to fill out. I decided to make it based on characters that helped you in the app, and a pastel color theme carried out throughout the app made the app feel relaxed and fun.

#### CHARACTERS

##### **Animals thought of**

**Mice** - Not used as mice was not ideal because mice are associated with disease.

**Dogs** - Not used as dogs are used with service animals yet are also used too much in apps similar to this one already.

**Cats** - Not used as cats are also heavily used in many other apps.

**Rabbits** - Was used as not many apps use these outside of games and they are seen as cute.

A white rabbit is used to compliment the chosen color pallet.

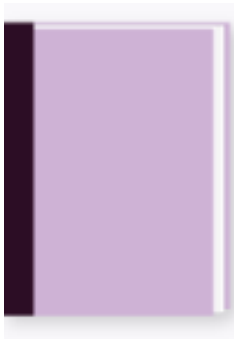
#### COLORS USED

**Purple**- Used in headings and body text

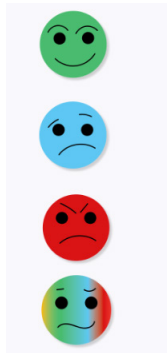
**lavender and soft pink** - Used for or buttons

# ICONS

Journal Icon



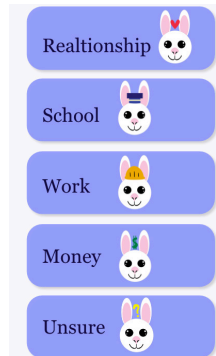
Emotion Icons



App Icon

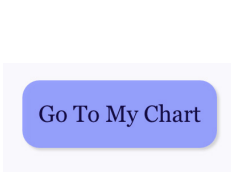


Rabbit Icons

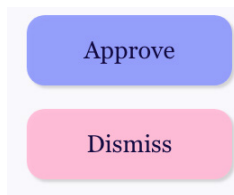


# BUTTONS

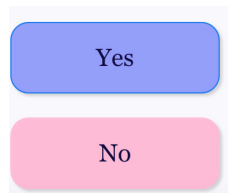
My Chart Button



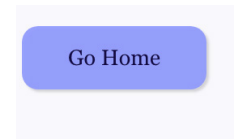
Approve/Dismiss Button



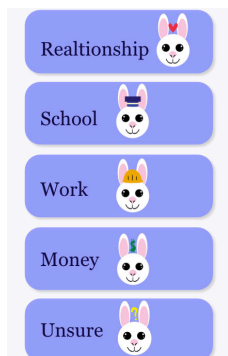
Yes/No Button



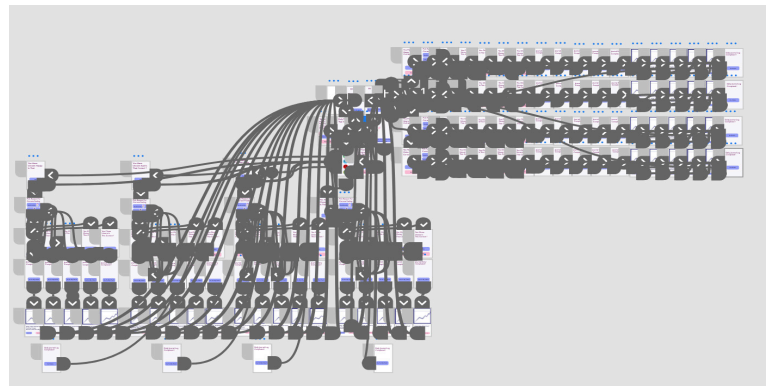
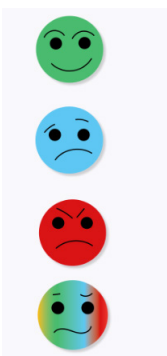
Home Button



Reason Buttons



Mood Buttons



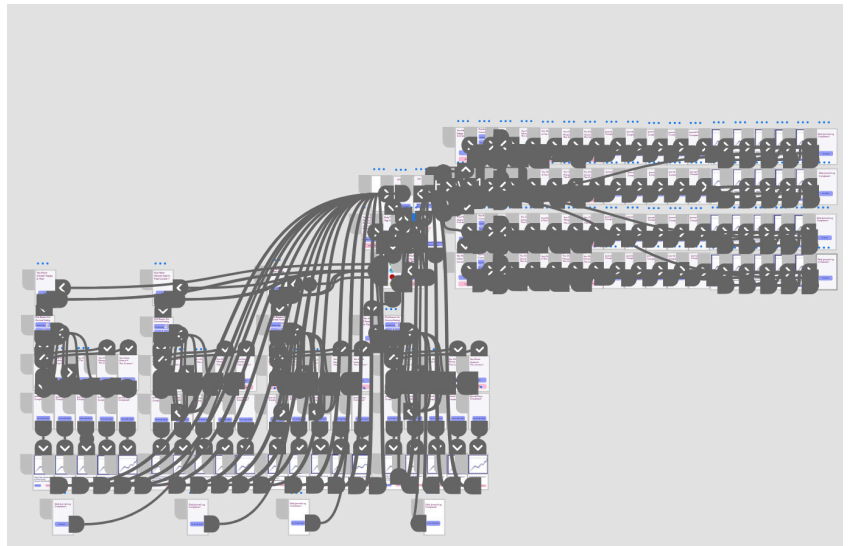


## STEP FOUR REVISIONS AND FINAL WORK

### REVISIONS

Testers reported that the app did not connect appropriately, and edits needed to be made, so all connections worked as planned.

### REVISED AND FINAL FLOW



### FINAL WORK

XD Link : <https://xd.adobe.com/view/6eb9e33c-2b9d-42a6-984d-111bcc33907d-3bea/>

Github Link : <https://github.com/WoodbineMae/MyHelperAppbyFraineForSwiftfinal>



## **CONCLUSION**

### **“My Helper App”**

This project challenged me to make a user-interface design and app that was easy for all users from concept to design. Even though this is not a real app like those on the market, rather a prototype example of my knowledge, it can be used as a reference in my Github for other coders and designers on how to bring the world of graphic design and technology together and make something for people that can help to assist them in basic needs or something as complex as mental health.