

# AWEARNESS

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A MOOD TRACKING WEARABLE + MOBILE APPLICATION

## TRACK MOOD

biophysiological  
sensors

detect heart rate +  
galvanic skin response

1



## FIND PATTERNS

calendar integration

identify mood trends,  
triggers, and  
patterns

2

## SEEK HELP

crisis intervention

automatically notify  
therapist if depressed  
mood persists

3

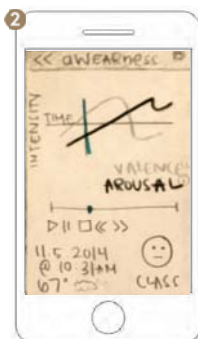
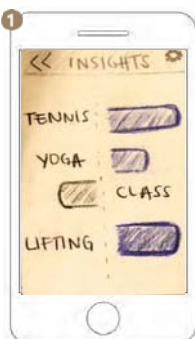
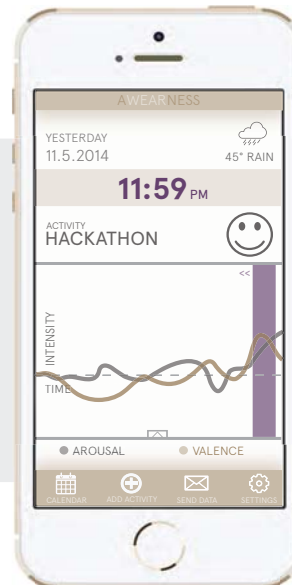
## FIGHTING DEPRESSION

Depression often manifests as fatigue, lack of energy, lack of motivation, and feelings of helplessness and hopelessness.

How can we help those  
struggling to help themselves?

## PASSIVE TRACKING

Detecting changes in routine and behavior is critical to intervention and self-management.



## DESIGN PROCESS

1. First paper prototype
2. Post heuristic evaluation
3. Post usability tests
4. Final paper prototype