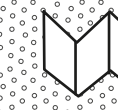


Executive summary

Wandering mind

Helping teenagers manage stress and anxiety through interactive mindfulness-meditation.



Executive summary: Research focused

Wandering Mind

Context

According to the Norwegian Institute of Public Health (Folkehelseinstituttet), mental disorders are a major health problem for children and adolescents in Norway. The Institute estimates that 15-20% of children between 3 and 18 years old have reduced function due to symptoms of mental disorders such as anxiety, depression and behavioral disorders. According to the World Health Organization (WHO), plenty of knowledge exists on the topic but the biggest challenge is how to implement it.

Project aim

The goal of this diploma is to contribute to applying existing experts' knowledge and to inspire relevant service providers by designing a service that enhances therapeutic treatment.

Target group

We have chosen to focus and design for teenagers, as we have identified that they are vulnerable to developing mental disorders and we see a need to promote positive mental well-being among this group.

System & Therapy

Today's healthcare system is complex as there are many loops and most of it relies on the individual's needs. We have chosen to focus on the therapeutic treatment itself, as we see that providing a solution there could also have an impact on other places in the user journey in the future.

There are many treatment methods to assist with coping with stress and anxiety. Our collaborator MD Charlotte Lunde indicated that there is an alternative treatment/therapy called mindfulness-based stress reduction, which is not based on diagnosis and has been proven to have a positive impact on people dealing with stress/anxiety. And places like the Nic Waals Institutt, and practitioners like Charlotte Lunde involve this kind of treatment in therapy.

We wanted to design a service to promote mental wellbeing, and based on our findings we aimed to motivate and engage users to reconnect with their bodies through interactive mindfulness meditation. Our goal was to help the user develop coping strategies, support them in situations of stress and/or anxiety and design for emotional self-regulation. We wanted the service to be used in therapy sessions to help build trust between therapist and teenager and facilitate dialogue around how the body and mind work.



Executive summary: Explorative focused

The exploration

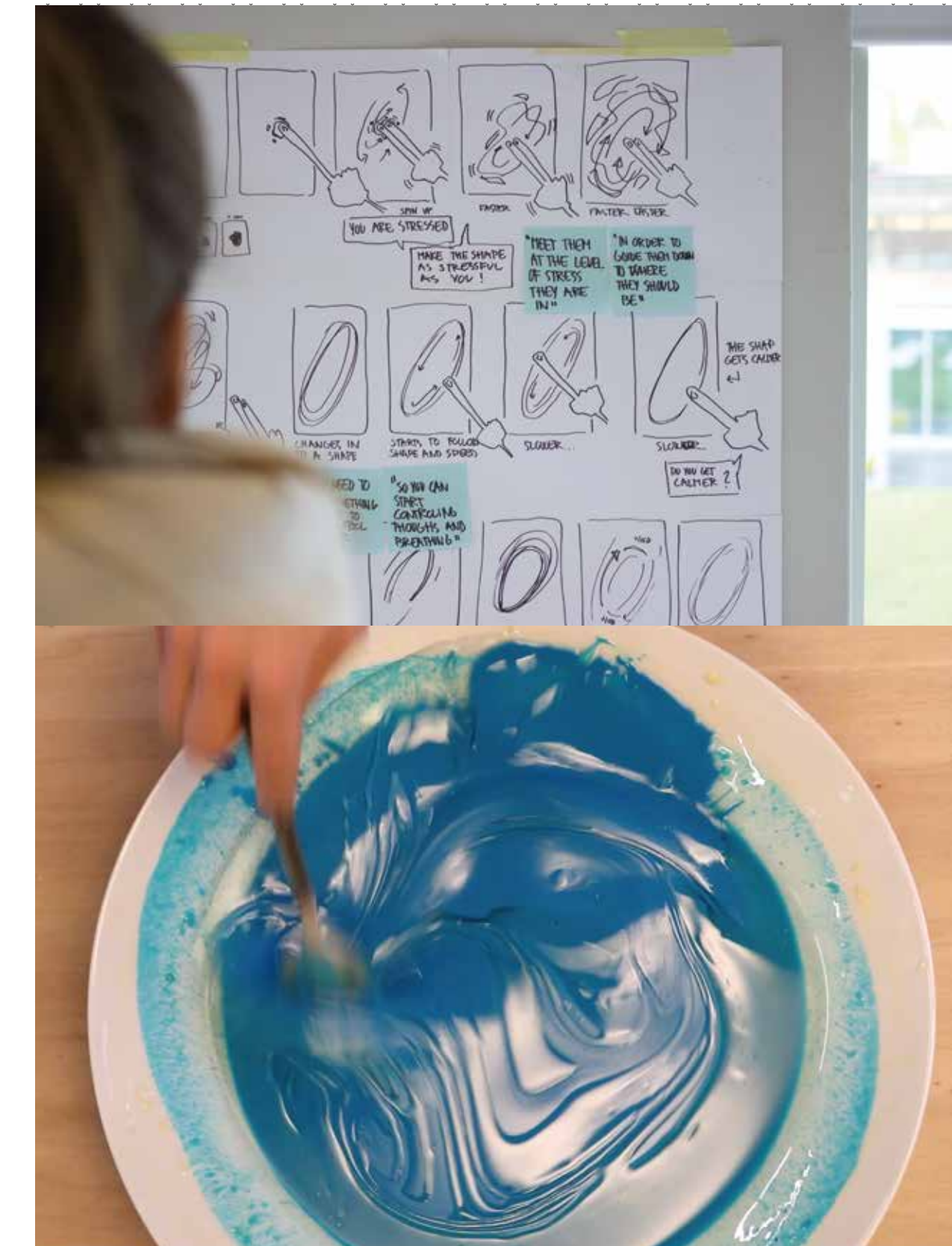
The concepts we made were based primarily on visualizing breathing in different ways. Breathing is an important part of mindfulness-meditation because it helps anchor our focus to something specific in order to avoid external distractions. Since the correct breathing is instantly relaxing, facilitating the right breathing became an important part of idea development.

We have also taken an explorative approach where we looked at how to mimic real, physical sensations in a digital interface, while applying mindfulness throughout our process.

The framework

We developed a framework that is based on our requirements to combine mindfulness-meditation and CBT- cognitive behavioral therapy in order to be integrated as a support treatment in the therapy context. We divided the framework into three stages: self-understanding, the first stage of looking into thoughts and feelings; self-awareness, the ability to identify our emotions and body signals; and self-regulation, the practice of influencing or challenging certain behaviours.

We chose to focus on further developing and exploring digital tools for teenagers, as we saw a bigger need for a tool to provide support outside of therapy. We discovered that when you are stressed and trying to calm down, it is important that you start from your own starting point instead of an already calm starting point. When synchronizing the feeling of being stressed with the exercise itself, and then slowing down the speed gradually, there can be a forced effect to calm down.



Executive summary: Communication Focused

The concept

We ended up with a service concept called Wandering Mind

Wandering Mind is a health-management service with a mission to provide teenagers the knowledge and tools to manage their own mental health. Its main offering, the application Miin, is a personal companion that helps teenagers wherever and whenever.

The aim of the program is to make the process of managing stressful and anxious situations more manageable, with the main focus of facilitating the journey towards self-acceptance. The program utilizes cognitive behavioural therapy principles to provide teenagers information to understand their own thoughts, feelings and body reactions, monitor and build awareness of their own state and regulate their emotions when experiencing some distress.

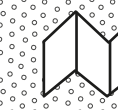
Conclusion

We explored the possibilities of interactive interfaces to perform self-regulation in another way, instead of focussing on normal conventions of application development within this field. We believe that we achieved our goal of proposing something unconventional; at the same time, we also recognize that there is need for further development and testing over time to know if our concept actually works.



Insight into our own Wandering Mind

Process overview



Wandering Mind The process



1. Frame

The scoping phase

In this first phase we built up the arguments on why this project is relevant in today's context, defined a target group and concluded with our initial brief

Research focused

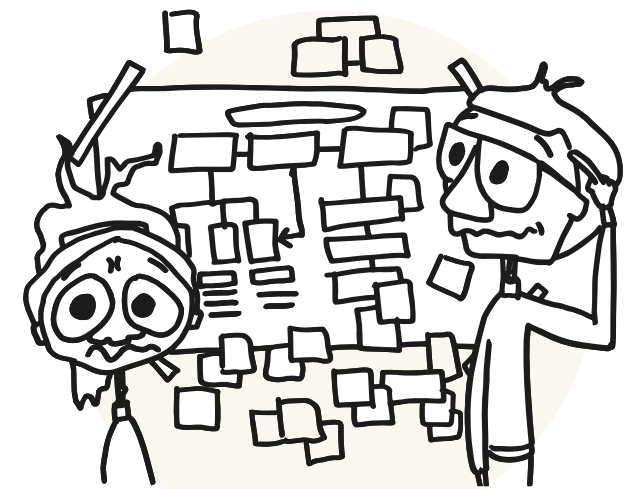


2. Discover

The research phase

During this phase we conducted a qualitative research within the three main areas that shaped our project:

- Users stories
- System & therapy
- Mindfulness-meditation



3. Define

The insights phase

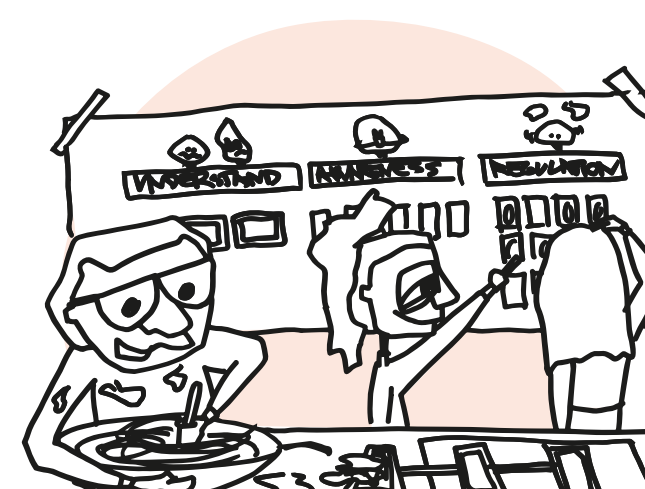
In the third phase we structured all our findings into a framework that allowed us to see patterns and summarize the information into insights. Consequently, we developed a set of principles, directions and requirements to explore further in the project.



4. Explore

The insights phase

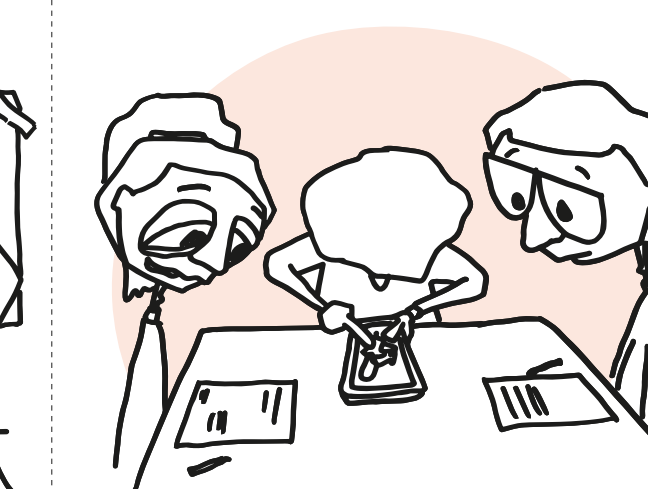
Here we dived into the ideation part of the project. We started out our idea development by exploring broadly different directions and sensations that allowed us to develop a concept further on.



5. Design

The concept development

To continue the exploration phase, we defined a framework to structure our ideas and to help us shape, develop and explore a chosen concept.



6. Synthesize

Service guidelines

To summarize the previous phases, we created a brand strategy and service guidelines that helped us to conceptualize a desired service experience based on our users needs.



7. Deliver

Design proposal

In this phase we worked on the refinement of our service proposal and communicating why it exists, what it offers and how it works.



8. Conclude

Reflections

The last phase consisted on presenting the results and gathering feedback from our collaborator and users. We concluded the project with personal reflections on the process, the delivery and the outcome as a whole.

Communication focused

