

# **RECOVERY BOARD**

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# VALUES

1

Empower people who are recovering from concussions

2

Emphasize both physical and mental health

3

Provide community for our users

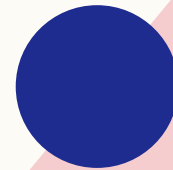
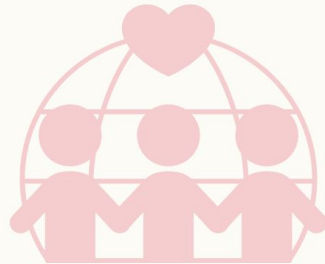
# PROBLEM

- Mental health is not typically emphasized during the concussion recovery process, often leaving individuals in a lowered emotional state

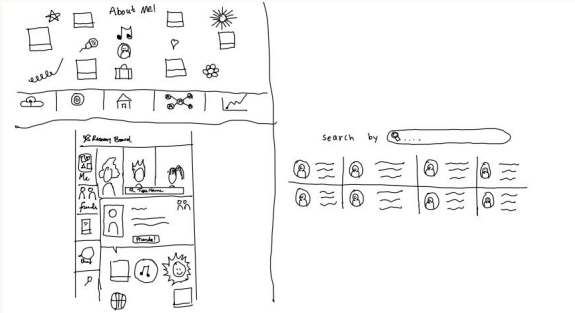


# SOLUTION

- Provide a space for people to reflect on their health and strengthen their relationships



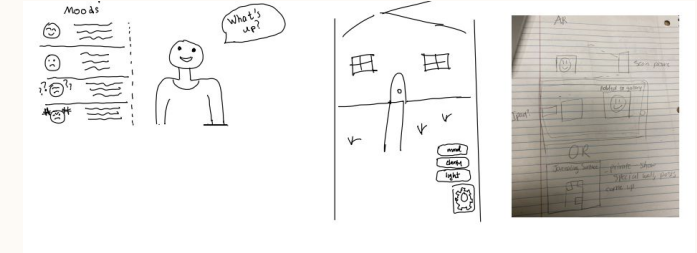
# CONCEPT SKETCHES



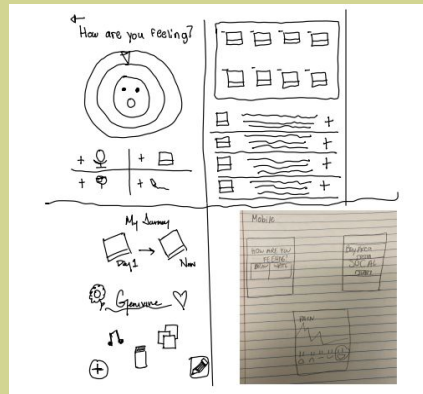
WEBSITE



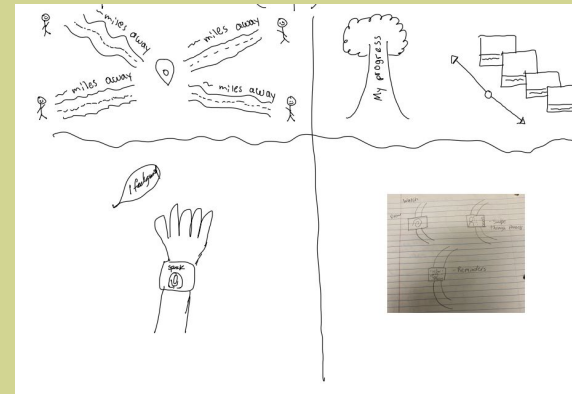
VIRTUAL REALITY



AUGMENTED REALITY

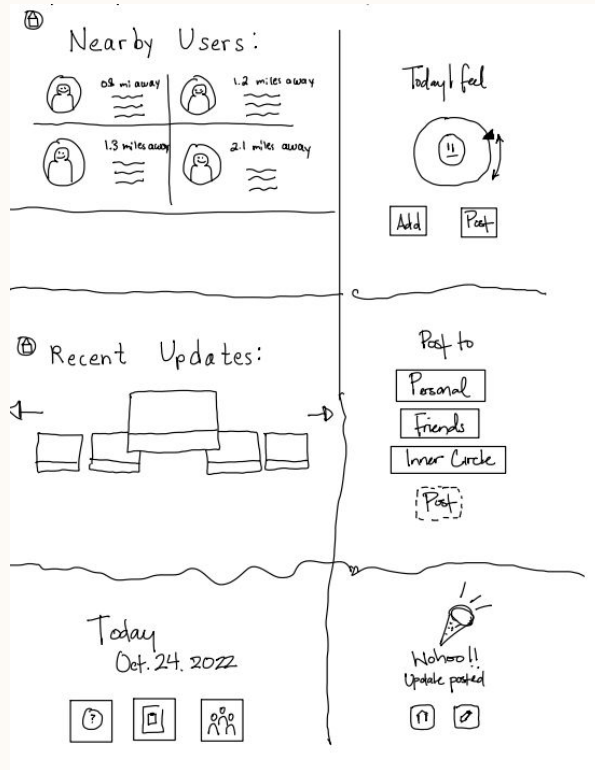


MOBILE APP

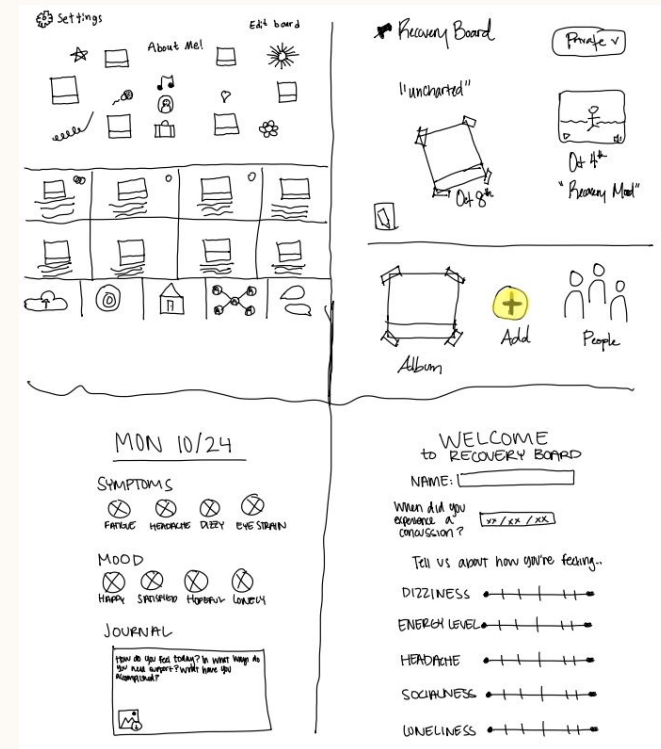


WEARABLE (WATCH)

# REALIZATIONS



WEARABLE (WATCH)



MOBILE APP

# SELECTING AN INTERFACE

## SMART WATCH PROS

- Simple interface
- Adaptable for active lifestyles
  - might be easier to look at watch than phone if you're on the go
- Minimal scrolling to access tasks

## SMART WATCH CONS

- Hard to type + not conducive to reflecting/journaling
- Smart watches not as common as mobile devices – not everyone is familiar with smart watch applications
- Not necessarily realistic to assume that those recovering from concussions in addition to their support network has access to smart watch

## MOBILE APP PROS

- Bigger screen makes it easier to navigate a complex app
- Many people have access to mobile devices
- Interface is also likely easily adaptable to the web + tablets

## MOBILE APP CONS

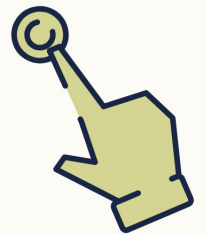
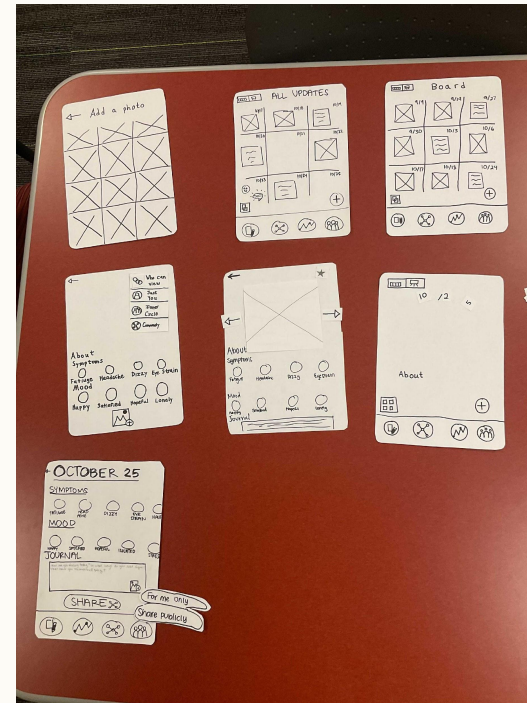
- Lots of potential scrolling and typing when performing tasks
- Can get overwhelming or clustered as compared to watch
- May be less accessible to input updates daily (notifications get buried, etc.)

# **OUR SELECTION: MOBILE APP!**



# PROTOTYPE CONSTRUCTION

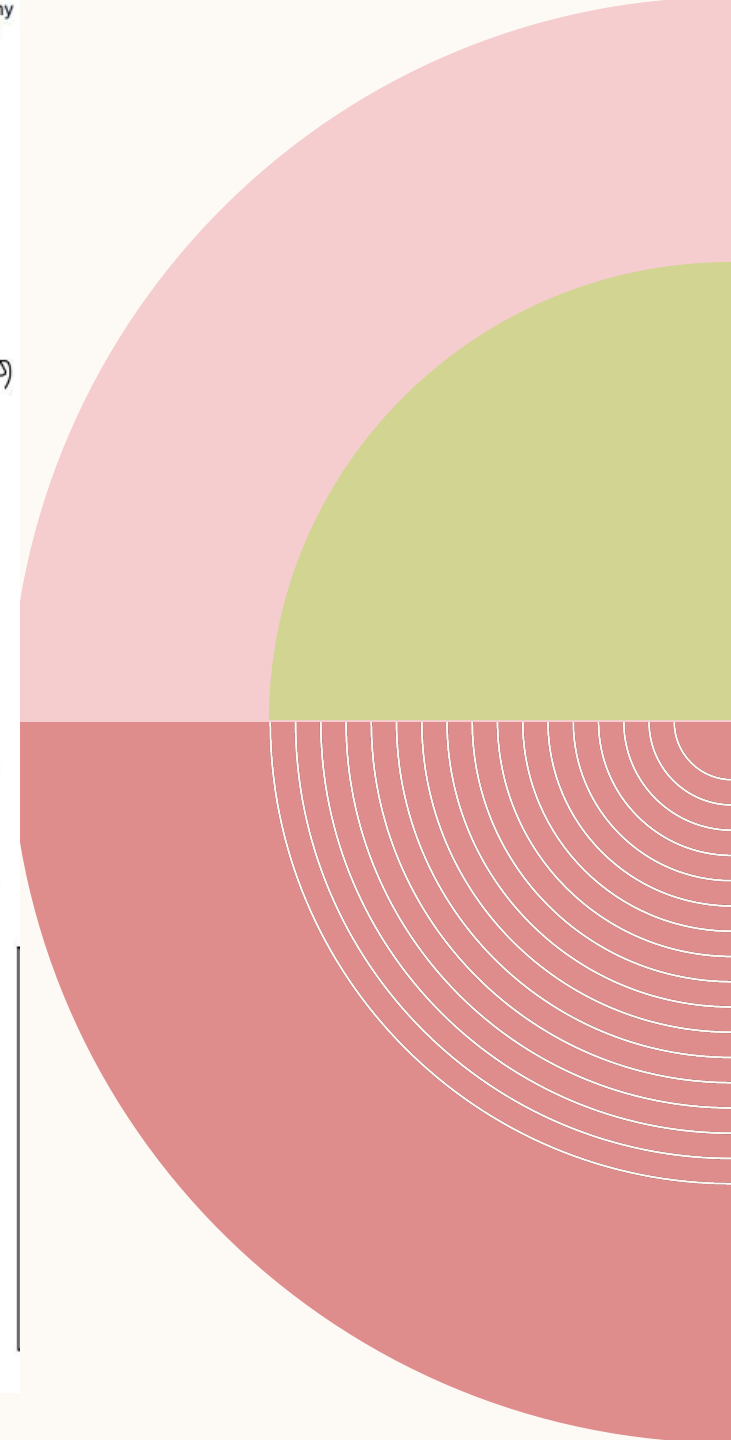
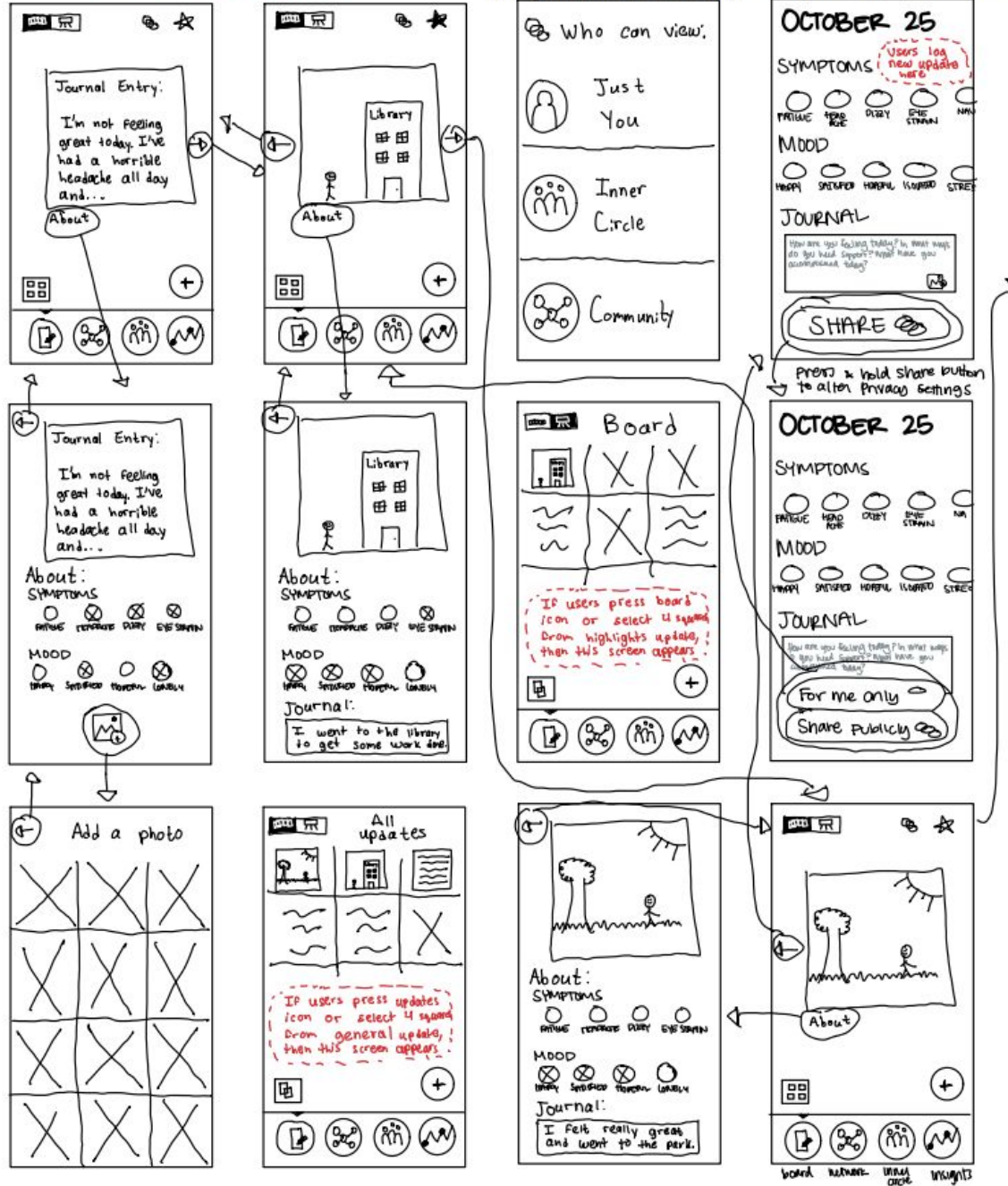
- Paper prototype was built by all team members
- Used base screens when only one or two components changed
- Tried to keep buttons and small features swappable



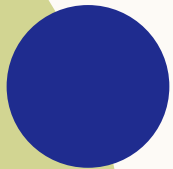
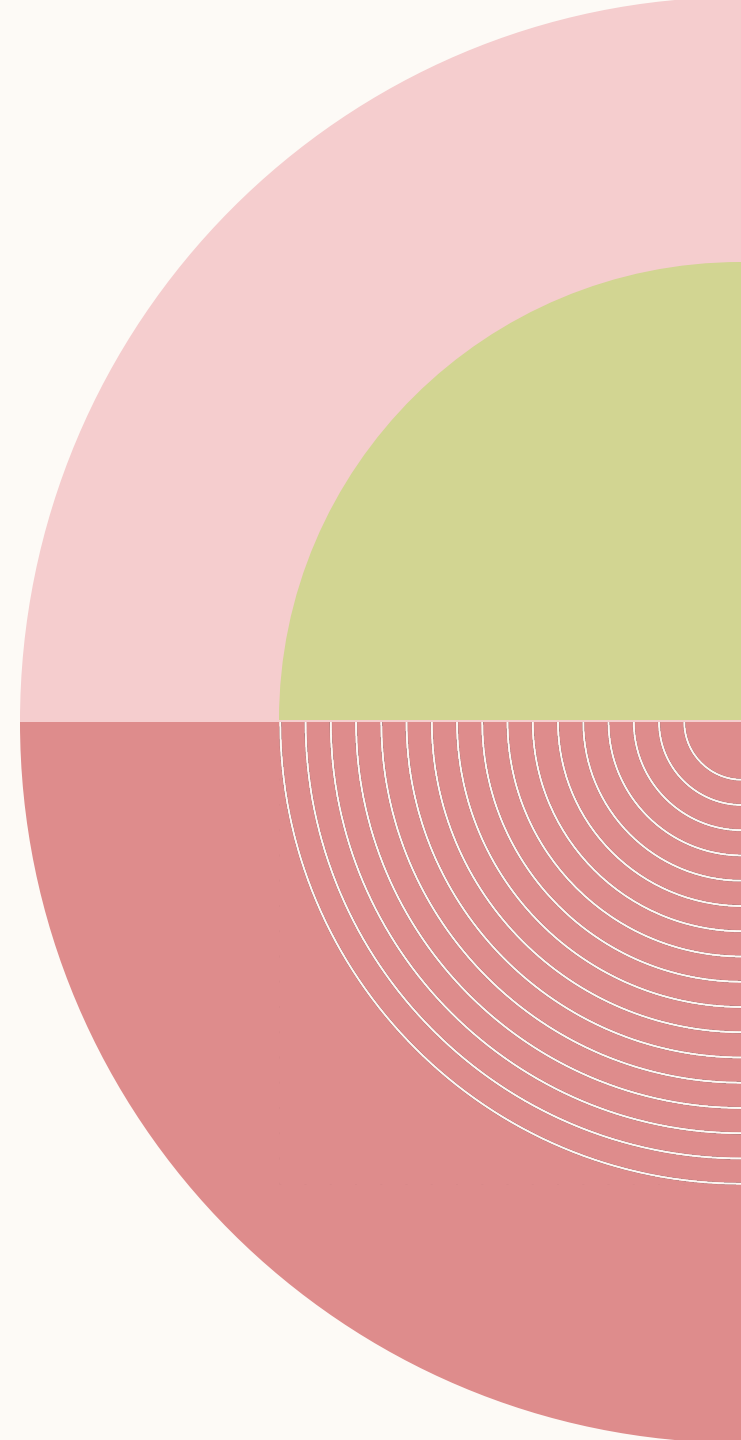
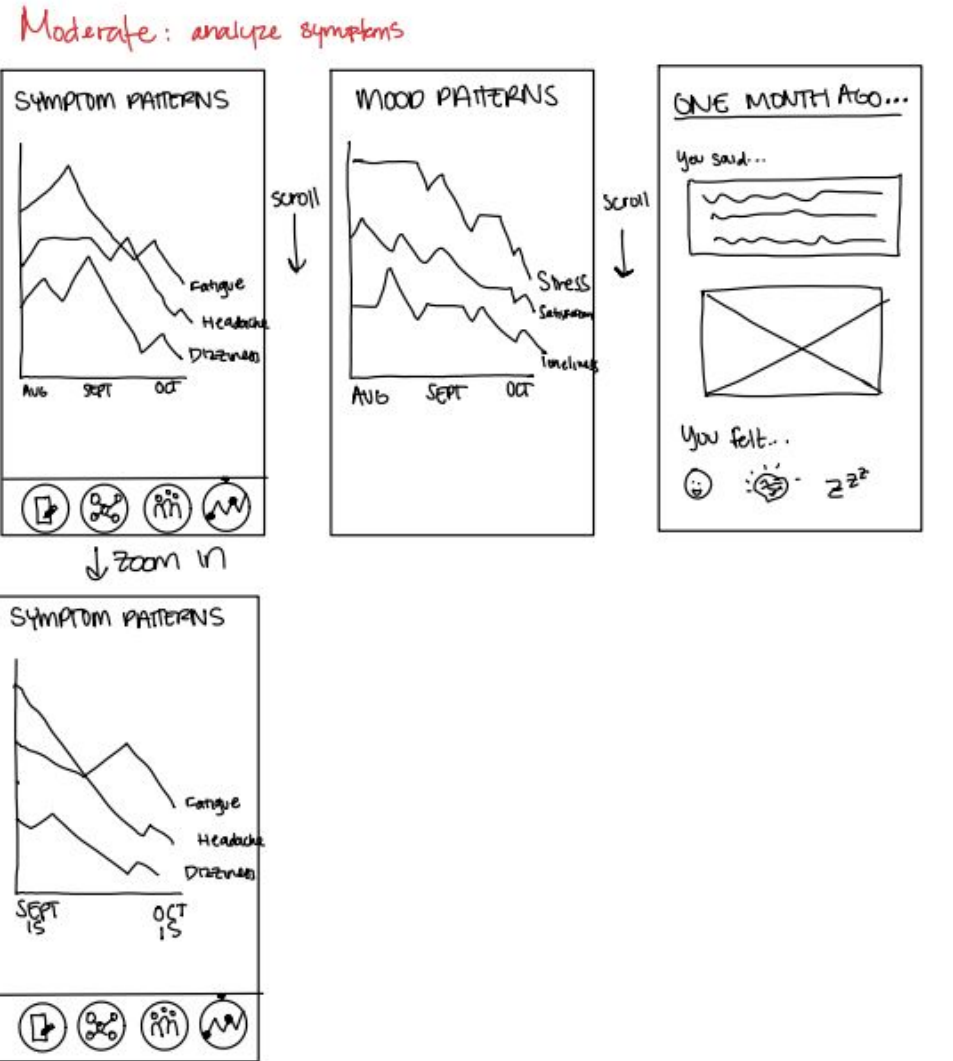
# TASK FL

Simple: add update

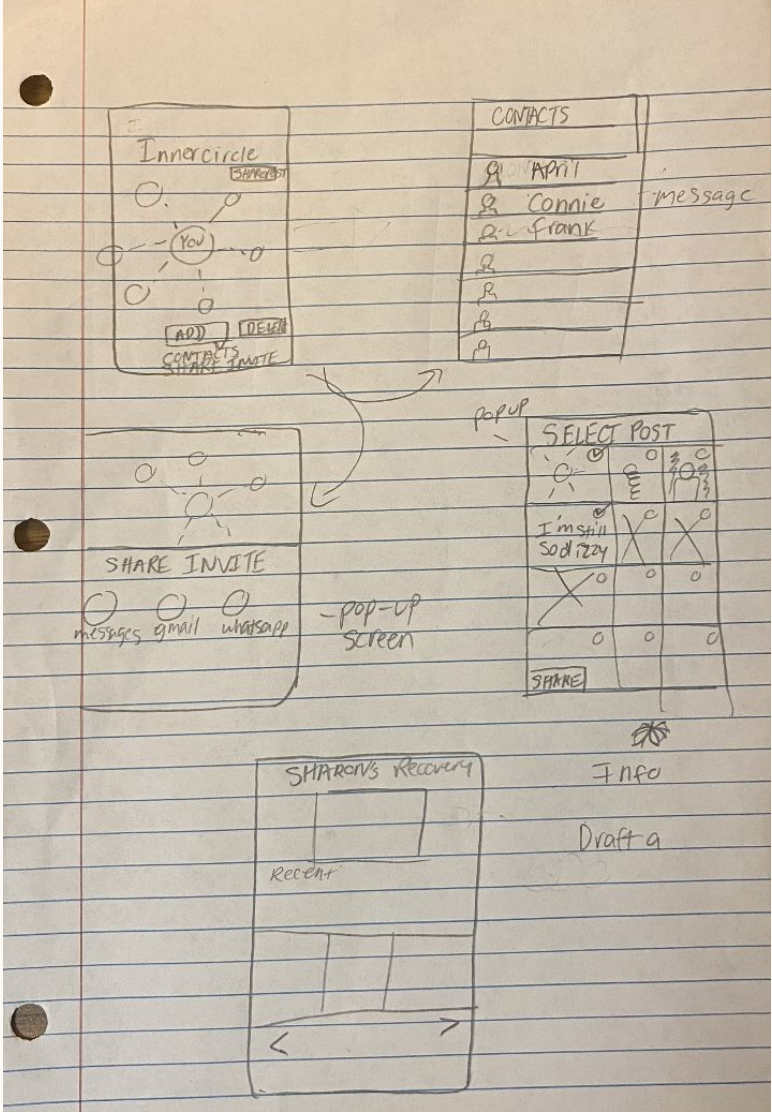
user tries to adjust viewing settings with the three circles icon of the "updates/highlights" screens



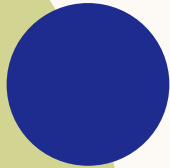
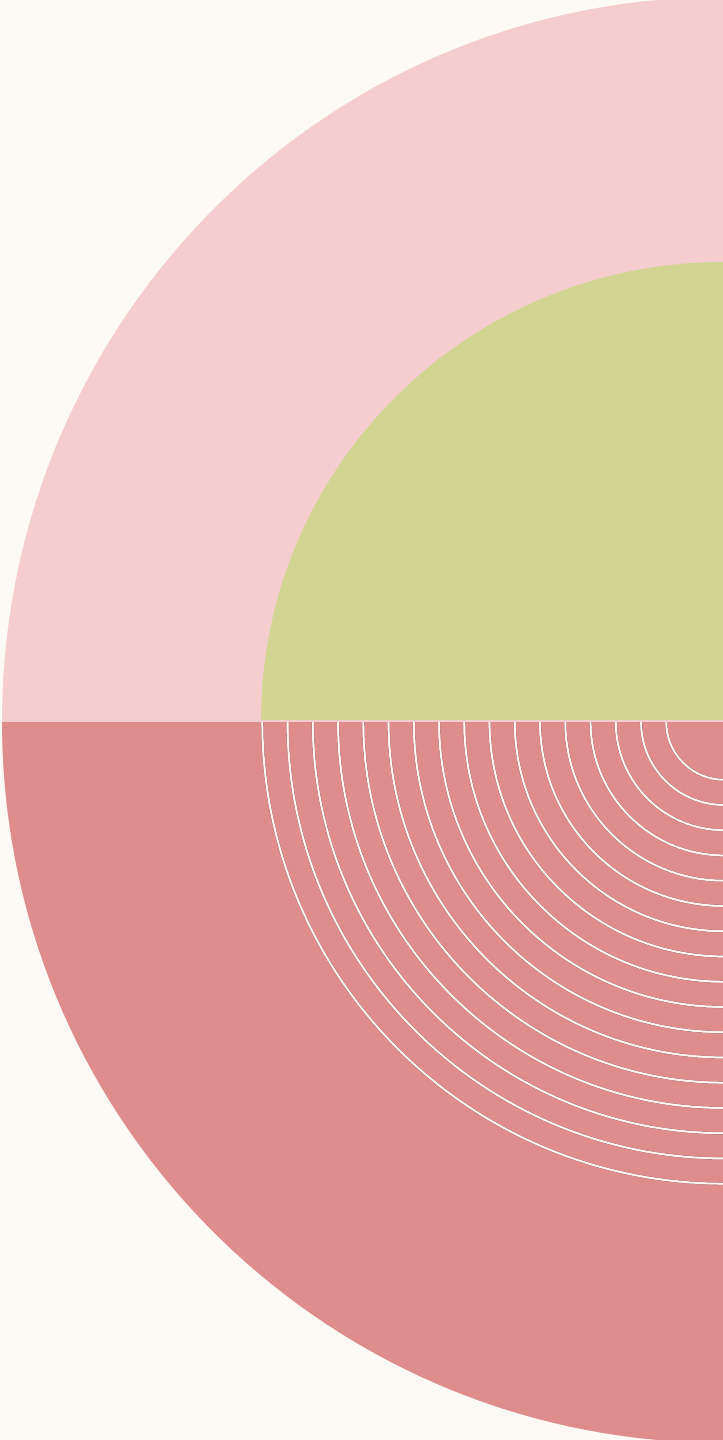
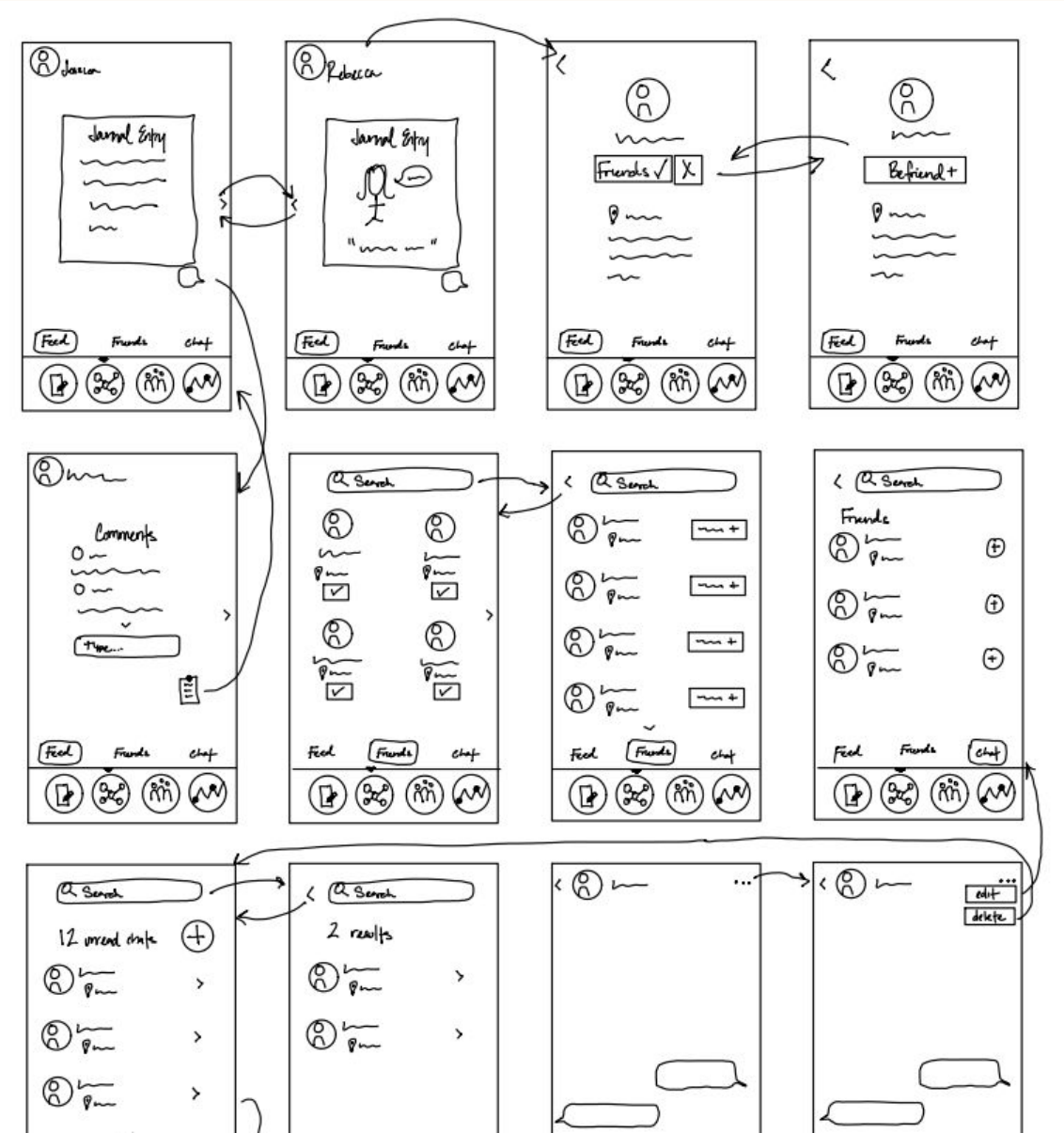
# TASK FLOW: MODERATE



# TASK FLOW: COMPLEX



# TASK FLOW: COMPLEX



# PARTICIPANTS

Katie

- Current Berkeley student
- Responded to a Reddit post

John

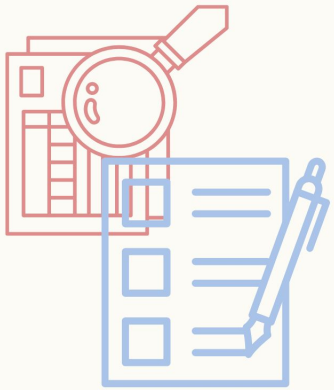
- Current Stanford student
- Responded to message through dorm chat

Sarah

- A resident of the Bay area
- Contacted through Facebook messenger

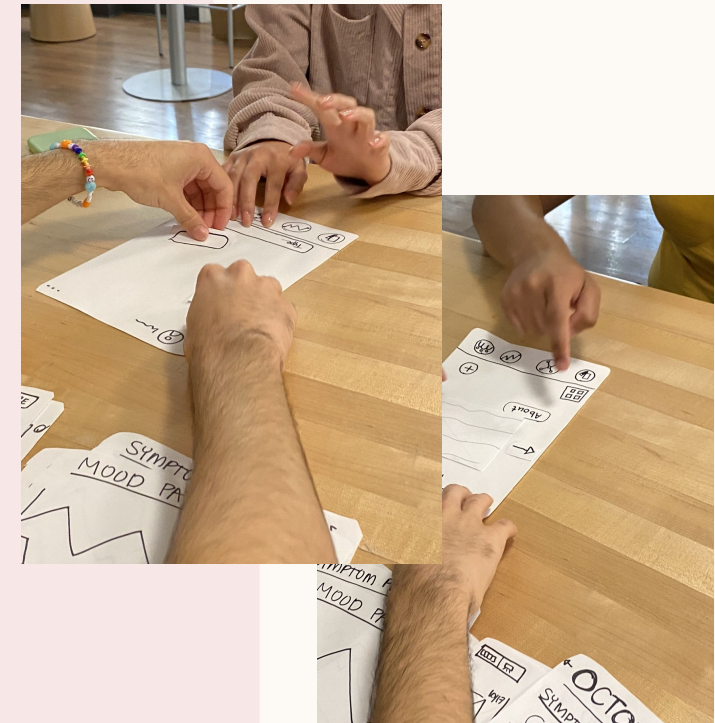
Jessica

- College student living in San Jose
- Word-of-mouth, a sister of a friend



# TESTING METHODOLOGY

- Team rolls
  - Computer: Nico
  - Facilitator: Sharon
  - Greeter: Kimberly
  - Observer/Note-taker: Crystal
- Usability goals and measurements
  - Seamless navigation while completing tasks
  - Understanding of all possible interactions



# TESTING

# RESULTS



Overall: most tasks were completed but there was a fair amount of hesitancy

Need clearer and more distinct iconography

Benefit from more eye-catching element

Testers felt bad for computer

Users confused between online community and IRL support system

Accomplished our usability goals fairly well

# TESTING RESULTS



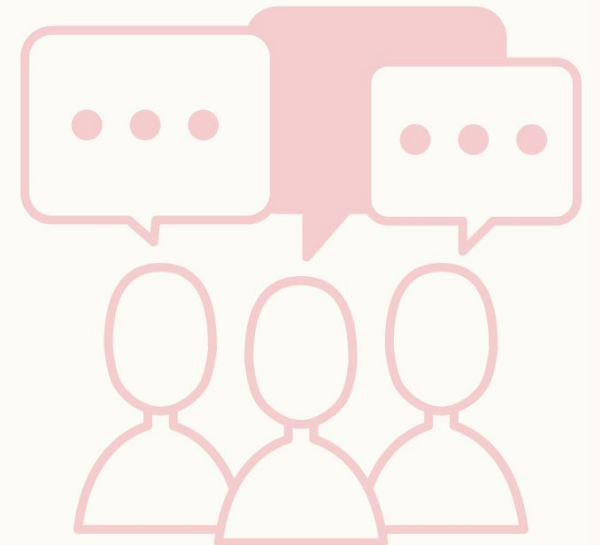
4/4 participants succeeded at logging symptoms

4/4 participants succeeded at viewing analytics

3/4 participants failed when trying to share with personal community

# DISCUSSION

- "Social media for people with concussions?"
- Icons and language throughout app were a bit confusing
- Test doesn't reveal
  - emotional effects of the app
  - impacts of using app on regular basis when concussed



# NEXT STEPS

- Connecting with others in a meaningful way via advice columns/forums
  - As opposed to feeling like social media
- Adopting consistent language
- Implementing future prototypes in "dark mode"
- Allowing for voice memos as a form of journaling
- Exploring navigating the app via speech





**THANK YOU!**

Questions?

# APPENDIX

- Prototype testing script
- Changes made throughout testing
- Consent forms