



FoodWise

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[Link to Medium-Fi Prototype](#)

Target Audience

- FoodWise is designed for individuals of any age, gender, or background that are looking to recover from an eating disorder—whether mild or severe

Design Tools

- We used Figma to design our prototype. Figma allowed us to create a clean UI through which the user can easily and clearly navigate through the different task flows within our app

Operating Instructions

- The first task will be automatically started at launch. After completing it, the other two will be accessible at the toolbox icon and the home icon. Also, every button on both navigation bars lead to interactive pages. All users are encouraged to explore all of these buttons, even if they are not explicitly tied to a task listed below.
- There are often many clickable elements on each page. If unsure which elements can be pressed, click an empty area of the screen to highlight them.
- In addition to clicking buttons, certain screens are scrollable (such as the *Trends* sub-page in the *Tracking* page, the *Toolbox* page, and the *Map* page.)
- Make sure to read the *Important Notes* section of each task below

- **Survey (simple task)**

- Upon entry to the app, the user will complete a survey detailing a series of questions that provide the app with info about the user, their relationship with food, eating disorder status/history, etc. This task is simple because all users are required to complete it, and it does not require any knowledge about the app and its functions.
- **Important Notes:**
 - The navigation bars are not interactable during the survey
 - If you choose the option to come back later, progress is **not saved** (this will be implemented later)
 - In case you wish to revisit the prototype, this survey can be skipped by selecting a flow from the left side of the Figma tab

- **Toolbox (moderate task)**

- Through the toolbox feature, a user can access, add, and edit different tools that they can use in their recovery journey. These tools are available to help prevent a user from lapsing back into ED behaviors (such as bingeing, purging, etc.). Each tool has a name, description, and also tags (such as Stress or Urges). An example of a tool would be something like "Take a Walk" with a description of "walk for ten minutes around the block to distract from urge to binge" with the tag "Urges." We deemed this to be moderate because this task requires a bit more agency, interaction, and thought/effort on the part of the user.
- **Important Notes:**
 - In this prototype, text entry fields are not editable, and adding a tool will not have an effect on the displayed tools in your toolbox. These features will be implemented later.
 - Completing this task consists of interacting with the described features (access, add, and edit tools).

- **First Module (complex task)**

- As seen on the home page, completing the current module (represented by a building on the map) consists of completing different lessons and lesson journals, found on the home screen. These lessons contain informative videos/text that educates the user on important topics to help their recovery. As part of this learning process, users also complete lesson journals in response to specific prompts relevant to the lesson at hand. These journals can be accessed in a log found through Lesson Journals on the homepage. Finally, completing a module also consists of

completing *Your Daily Checklist* on the homepage. We deemed this as the complex task because it requires the most amount of engagement, learning, and time/energy from the user.

- **Important Notes:**
 - Completing the task includes checking off your checklist, completing the lesson, and viewing the lesson journal.
 - Text inputs are currently not editable, and the video is not viewable. These will be added later.

Overview of Each Screen

- **Navigation Bars** (icons listed from left to right)
 - **Top**
 - **Profile**
 - Name, age, gender, and info from entry survey responses
 - Points are accumulated by completing checklist items and lessons; not implemented in this prototype
 - **Emergency**
 - Users can access it to receive immediate help for an urge or action they regret.
 - **Bottom**
 - **Home:** Clicking this button takes the user to the home page, which shows the current level. Here, the user completes the level and receives points/rewards by checking off tasks. The user also has access to personalized lessons and lesson journals.
 - **Tracking:** Clicking this button takes the user to the tracking page, where the user can enter tracking info and view trends on their recorded info (see Tracker description below).
 - **Toolbox:** Clicking this takes the user to the toolbox, where they can access and modify their collection of coping mechanisms.
 - **Map:** Clicking this button takes the user to the map page, which allows the user to refer to one's progress and return to any previously completed modules (represented as buildings on the roadmap).
- **Entry Survey**
 - Asks for information including: name, how to describe relationship with food, which type of eating disorder user struggles with, and various metrics of the past 30 days surrounding eating thoughts, behaviors, and

habits (such as how many days a user skipped a meal, followed food rules, felt self-conscious eating around others, etc.)

- Another important component of the survey is asking why the user wants to recover – 3 times. Our goal with asking this three times is that this would cause the user to dig really deeply into why they want to recover. This feature also saw positive feedback during the low-fi prototyping.
- Compared to the low-fi, we:
 - made it more inclusive of different symptoms, as it was originally was very focused on restriction
 - Included back buttons so the user could change responses if necessary
 - Focused on having more friendly and inclusive wording (“Not that great” “I’m not really sure” etc.), as it was originally was very clinical due to being adapted from the EDE-Q

- **Home Page**

- In the home page, the user can track their progress within their current level. Several levels are grouped into a module based on the topics they are addressing. Each level is represented as a stepping stone, and each module is represented as a store.
- The affirmation quote inside the speech bubble changes daily/weekly.
- The user can complete a level by checking off the checklist. There are three tasks for each level: (1) checking the toolbox, (2) completing the tracker, and (3) writing an affirmation.
- The user can progress through the roadmap by watching lesson videos and writing a reflection, which is stored as a lesson journal. The user can access lesson videos by clicking the “Lessons” button and lesson journals by clicking the “Lesson Journals.”
- When the user clicks “Write an Affirmation” hyperlink, a pop-up appears where the user can submit a phrase, which will be stored externally from the user into a small database that makes up the different affirmation quotes the shop owner will say to the user upon entry.
- Points are rewarded once the user completes a level, and the next level is unlocked.

- **Tracker**

- In the tracker, a user can track three separate metrics: stress, self-talk, and food noise. We chose these three metrics because we felt they help measure (from a mental and emotional perspective) a user’s progress (or lack thereof) in their ED recovery journey.

- When a user clicks each of the three metric tracker buttons, it takes them to a separate page on which a user can drag a pointer (black triangle) on a gradient from low intensity/frequency to high intensity/frequency of metric. To add color to a user's metric measurement on the gradient, we also allow for an "Add description" feature.
- On the "Track / Trends" toggle at the top, the user can also click on "Trends," which takes them to a scrollable page where they can view their trends in recorded stress, self-talk, and food noise over the past seven days, including today (for the purposes of the med-fi prototype, we assumed today was Sunday). We believe being able to view the trends can help motivate and encourage the user toward recovery and, through the "Add descriptions" feature, hopefully see insight into what was happening on days of high/low stress, self-talk, and food noise.
- **Toolbox:**
 - In the toolbox, the user can store and categorize their favorite activities and coping mechanisms. They can select from either a premade catalog of tools, or design one themselves.
 - Each tool can be assigned any number of tags, and filtering by a tag will display all tools which have that tag.
 - Each tool in the box and in the catalog can be clicked to flip and view more information.
 - When designing a tool, the user fills out text fields for the title and description of the tool, as well as relevant tags.
- **Emergency Help:**
 - In emergency help, the user is guided through a process which is meant to offset either urges to relapse or the negative feelings that occur after relapse. On every screen, an emergency helpline is also present and accessible to the user
 - When the user clicks "I have an urge" it guides them through a timed distraction activity, chosen from a suggested list of distractions. Since most urges pass within 5 minutes, users pick an activity and it starts a 5 minute timer. Once it is complete, the user can click on the "How do you feel?" button to move to a separate screen. This screen prompts them with two buttons "I feel better" and "Can I try another?" Upon hovering over either option, an affirming message pops up before guiding the user to the respective destination. If the user clicks "I feel better" it will guide them to the homepage. If the user clicks "Can I try another?" it will guide them to the suggested list of activities again.

- When the user clicks “I did something I regret” they are affirmed and guided through a 3 step retracing process meant to allow the user to let out their frustrations and then prompt them to take preventative action if and when this happens again. The steps are:
 - 1. Describe what happened
 - 2. Identify what caused this (feelings, events, triggers)
 - 3. Come up with 3 possible coping skills that could benefit you if this were to happen again
 - This also optionally allows them to look at the tool catalog for some inspiration

The user is then once again reaffirmed and encouraged to both add these tools to their toolbox and do 1 bonus lesson of their choosing which they feel may be helpful for them at this moment

- **Roadmap**

- In the roadmap, the user can have a bird-eye view of one’s progress. The user can be taken to the level page by clicking the stepping stone and, if applicable, the store.

Wizard-of-Oz

- **Tracker:** several charts are displayed with magically-generated data. This is necessary because first time users will have no data, so the prototype must pretend the user has been using it for some time.
- **Toolbox:** the user has some tools magically added for them, even though they did not add any themselves. This is necessary because several features require existing tools to interact with, so the user must already have some in order to experience this.
- **Lesson:** the one accessible lesson page displays a mockup of a video that does not really exist. Generating an actual video was outside the scope of the prototype, so this mockup is meant to show the desired medium.
- **Timer:** the emergency help function involves a timer that is not functional at the moment. In implementation it would count down 5 minutes for the user, however making this was out of the scope for this prototype.

Limitations

- **Lack of personalization:** Because the prototype cannot follow the user over an extended period, most of the personalized features are hard-coded. This makes it difficult to evaluate how effectively it will adapt to users with different needs.

- **Limited options:** in dropdown menus, there is often only one selectable option. This allows us to show the functionality while only implementing one of the options, helping with prototype efficiency.
- **Lack of in-person accountability/control:** At the end of the day, there is no human form of the app that can be physically present to keep a user accountable. While we provide education, tools, and tracking abilities to help with recovery, the decisions a user makes in their day-to-day surrounding eating/food is outside of our control. Unless we were to hire a real person to take on this role, this lack of in-person accountability/control unfortunately cannot be overcome.
- **Not providing online community:** While our app provides essential personal and individual help for ED recovery, a feature it does not include is an online community. While we believe community is important for accountability in recovery, our decision to leave out this feature was due to concerns around privacy, risk of sharing toxic/triggering information, and lack of user engagement due to the inherently sensitive and heavy nature of eating disorders.

Hard-Coded Items

- All text inputs (including the intro survey, tool editing, and journaling) are hardcoded. This is helpful for the prototype because it reduces the amount of time the user needs to spend at each screen, and allows them to focus on usability aspects rather than what to enter into the box.
- In the toolbox tag selection, stress is the only selectable option. This allows the prototype to showcase the tag feature while also limiting the scope of the tools that need to be specified.