

Academic/field study finalization (15%)

Week one on February 10th, our team conducted our own **academic research**. I used governmental published research articles such as NCBI and resources from the CDC. Overall the study on social media usage is a mixed bag, it is what you make of it and what you want out of it. To illustrate, Social media can either catalyze bad movements and illegal drug activity, and cause body dysmorphia. It could also be a platform for disseminating and conducting public health information, social support, and behavioral counseling for health behavioral changes. Both articles suggest commercial and non commercial methods for social media regulation. The article information should be taken with caution as it may be skewed to governmental biases.

The second week, February 24th; and the third week, March 14th, we conducted **field research** by making a survey, conducting more academic studies, and presenting a summary of all three and my conclusion (presentation is hyperlinked). The survey was sent to full time college students from 18-24 years of age. I chose the demographic of full time college students because it is the app's target audience. This survey included international students from as far as London, Canada, Mexico, Brasil, Venezuela, and the United States. First they were asked preemptive bias questions, followed by personal information, then more open ended questions. Here are some following **preemptive thoughts/ internalizations of the participants**:

- Participants were either influenced by the common knowledge that teens use their phones a lot or their screen time had influenced their bias that the common 20 year old spends 8 hours on their phone
- Participants guessed they used 8 hours on average or lower than they guessed
- The estimated average of their screen time use was 7-8 hours on
 - Tik tok & Netflix
- The estimated average American spends 2 hours (something tells me that is just incorrect or outdated)
 - Not influenced by the pandemic, where screen time was set to increase 25 min a day.

I used three cognitive journals on Cognitive bias, Hypocrisy, and decision making to measure the threshold of action for users to make a behavioural change in their lifestyle on our application.

Here are some findings from the survey:

- Users know they are set for doom with mental health and social media consumption, they've embraced it.
- The motivational curve of their system 1 way of thinking makes it harder to resist temptation of the phone unless self transcendental motivation is involved
- The solution used here is the hypocritical licensing effect.

Some things we could apply from these findings to our research is to make it..

- easy/accessible

- Fun and engaging
- And make it actually condition their habits

From this research I've confirmed a set parameters for Lock down:

User problem: Spending too much time on social media that is affecting their day to day lives.

Solutions: Think of ways to cut social media use and make the app do it for you

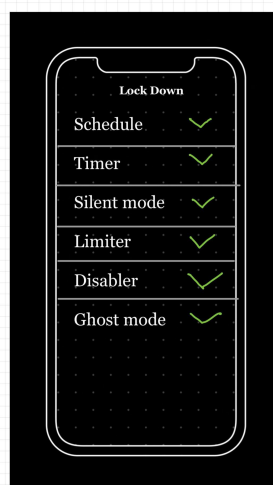
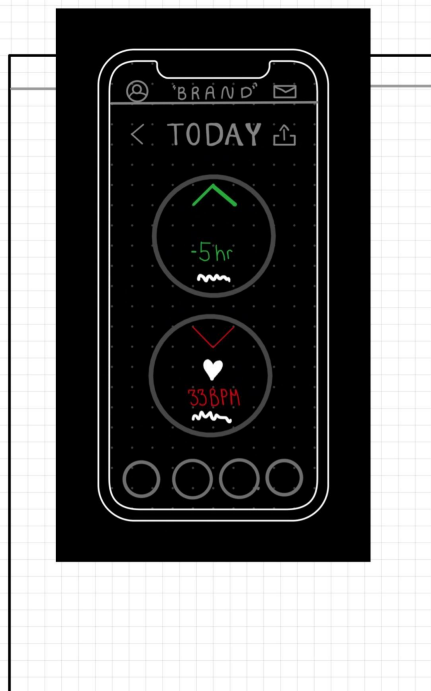
- Schedule allotted time for social media usage
- Set a timer to limit yourself on specific apps
- Put your phone on silent mode
- Limit the amount of apps you can open
- Temporarily disable your social media account
- Have it automated each week so you don't have to go back into instagram to re-disable.
- Move social media apps off your home screen with a toggle

1st Design Iteration (15%)

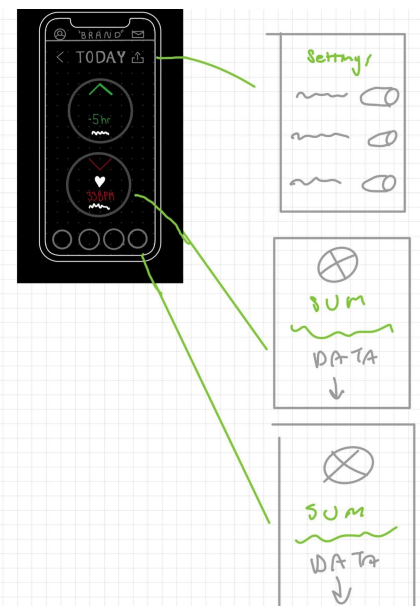
For the first design iteration I made a rough sketch on my ipad and notebook, considering what we talked about in week 4&5. I handled "lock downs design" by covering the original 6 lock down features that I wanted to implement. I looked off of fitbit, headspace, figma sets, and duolingo to better understand what was used for behavioral changes. This included the use of widgets, a clean design, descriptions for functions, and statistics for accountability.

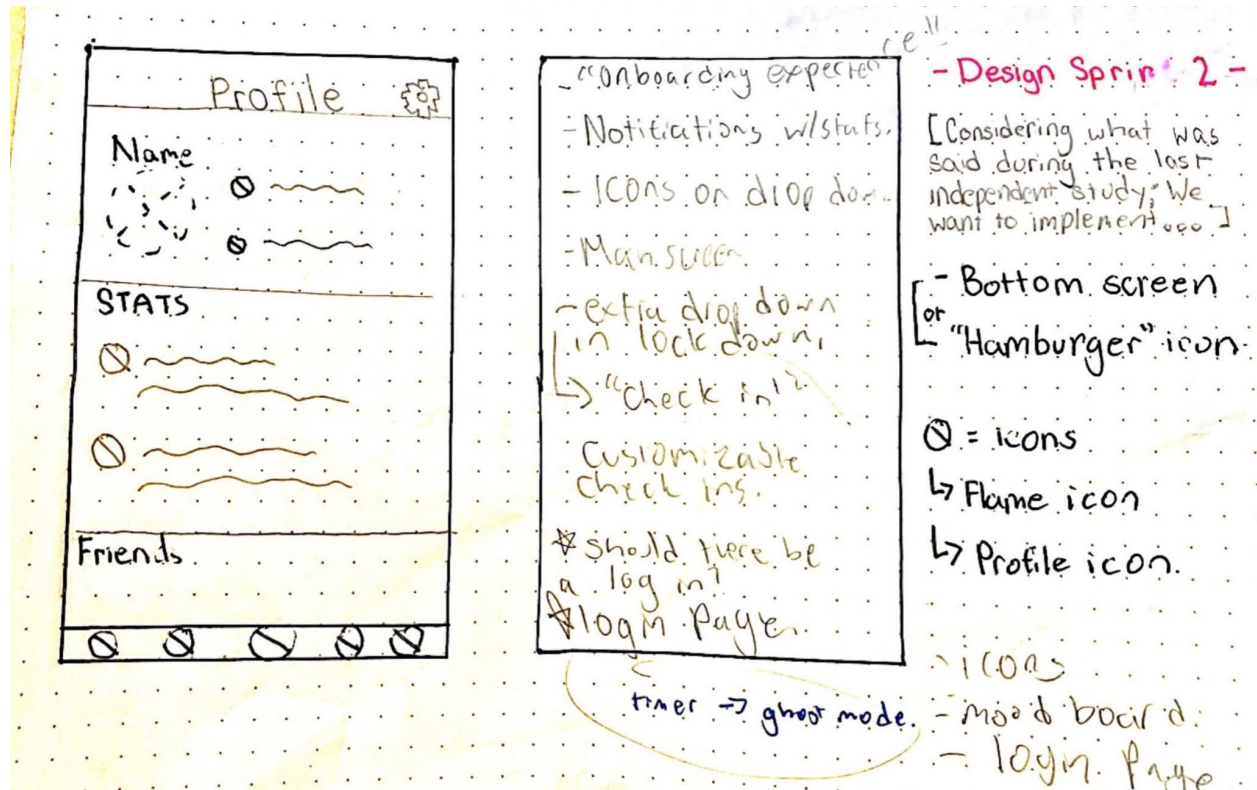
Home Screen

(figure 1: rough wireframe)



night
mode
← make
a note up
for this.



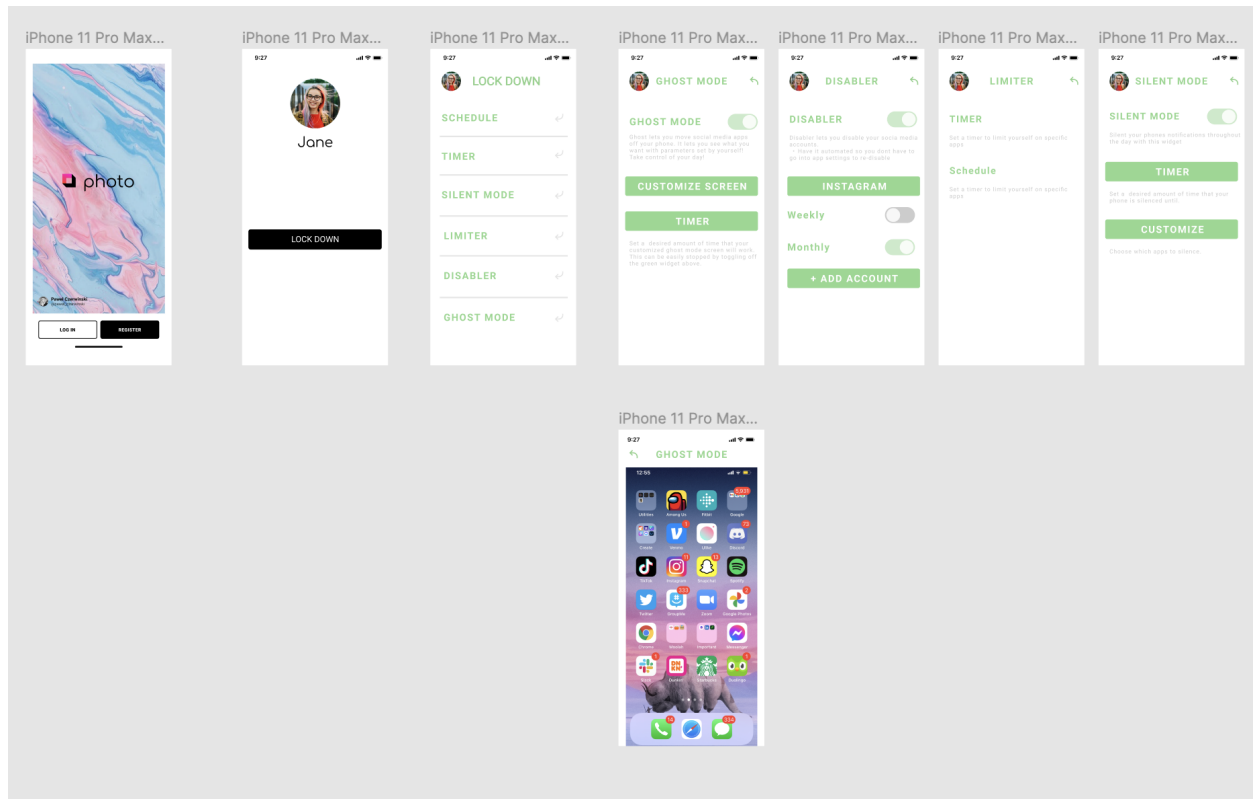


(figure b: 2nd rough wireframe)

After watching the comments from week 5, I made some changes to my design as seen in figure 2. I thought of implementing the bottom bar and brought it to the team to design as a uniform design. In figure two I wanted to focus on how to translate my design to Rebecca's design, and how we could establish a uniform design. These questions and ideas were later brought to week 6's meeting and was implemented into the final design.

2nd Design Iteration (20%)

After finalizing what the format would look like and the basic uniform sketches. I started prototyping on Figma.

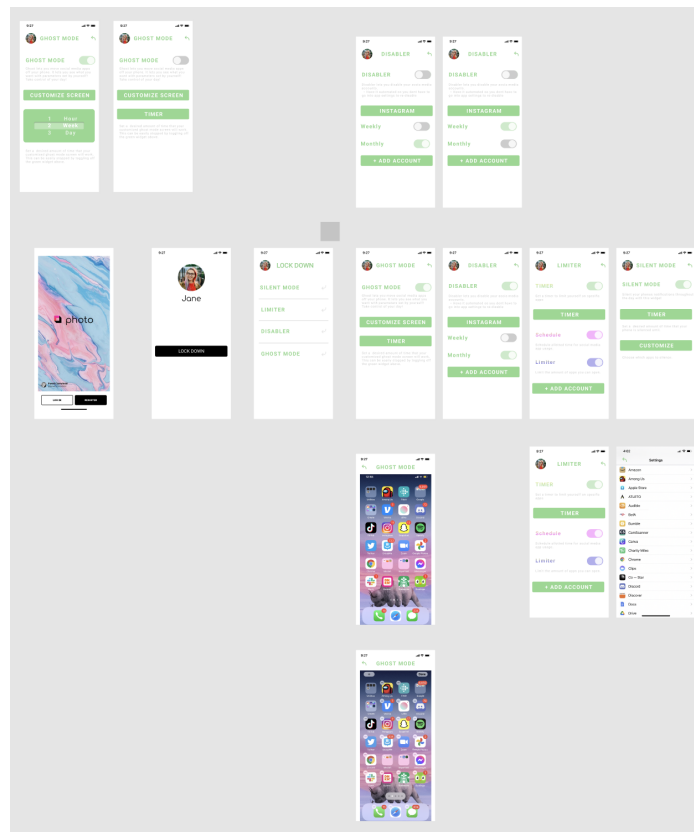


(figure 3)

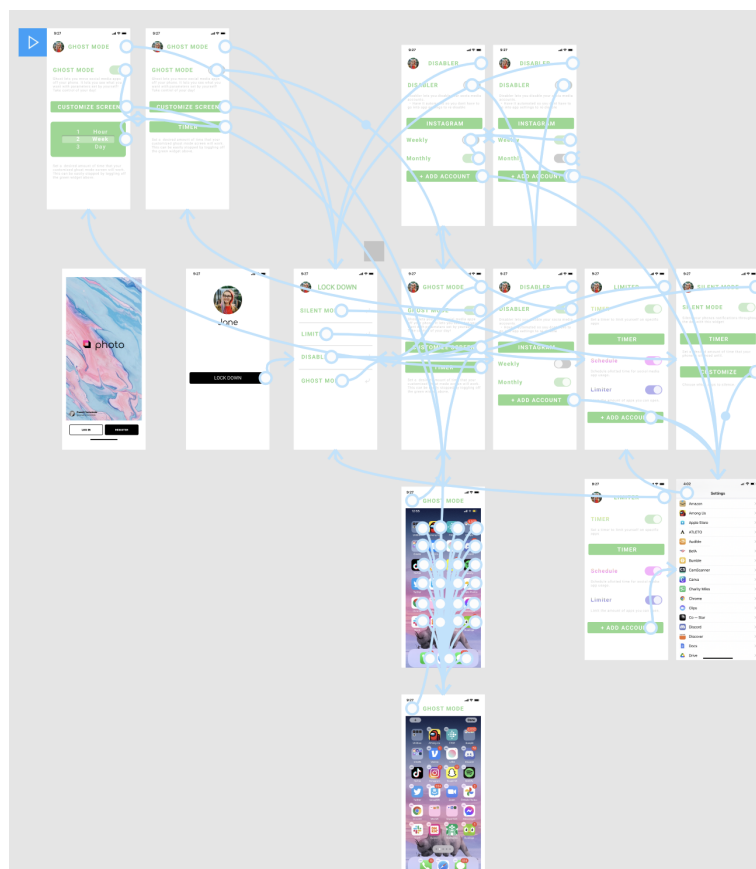
Figure three is the first prototype of the application and its design. I had used a basic template of a login page because I wanted to focus on the aspects and layout/functionality of the application before design. I had my roommates, classmates, and teachers review the layout of the design and had to make a couple changes from the...

Helpful user feedback

- Consider condensing some functionalities
- Add a timer function
- Reword certain components
- Add contrast



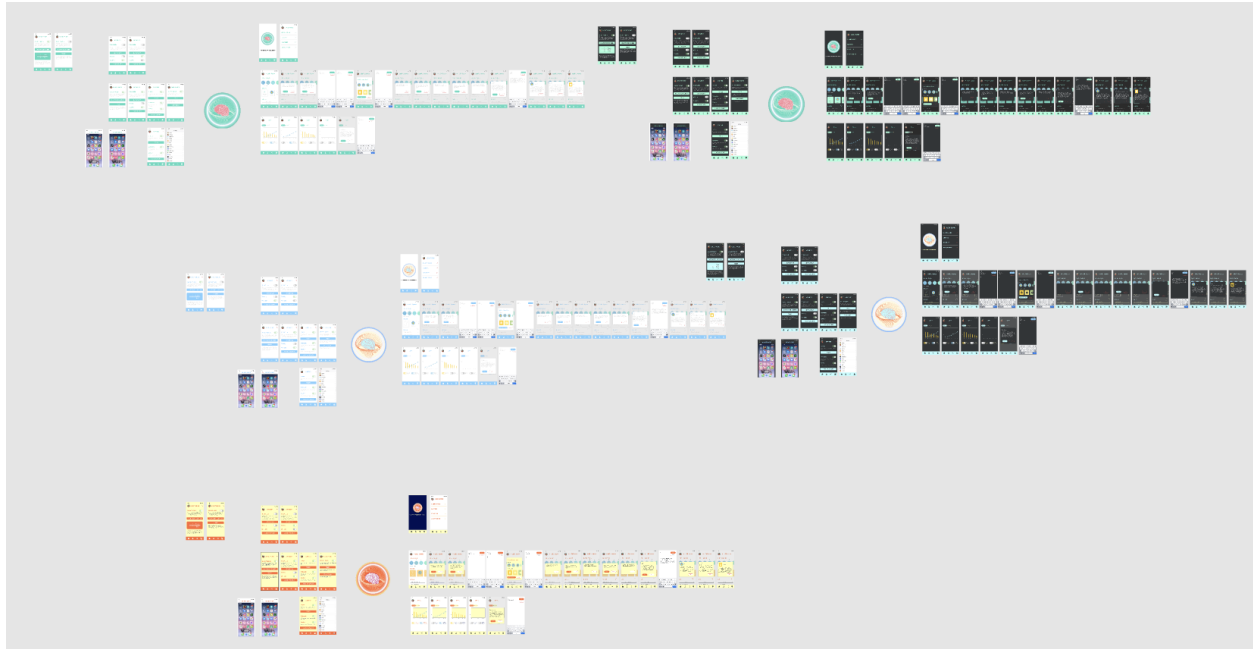
(Figure 4)



(Figure 5)

In figure 4, I had started implementing changes to the layout of the application and started making major prototyping changes on Figma in figure 5. There was a learning curve with Figma as I had only used it once before. After finishing the backbone of the prototype, I presented to the team and continued to make more modifications.

3rd Design Iteration (25%)



(Figure 6)

In the last week we gathered our prototypes and combined them with Mahjustices color design. Here we made minute changes to my design of “lockdown”. Here we had Kels help moderating our work on Zoom, we had learned some shortcuts in figma which save some time: copying similar components and changing components. We made group decisions for what we wanted the app to look like. This week was focused on mahjustice’s color pallets and my finished prototypes.

[Here is the link for the prototype](#)