

# Memory Collector

## Individual Project

## Keywords

Product design, service design

## Brief Introduction

It is a small wearable device designed to help people need emotional support. It enables the user to collect good memories and reflect on them. It also has function of breathing exercise to lessen stress and anxiety.





## BACKGROUND

At present, mental health has become an essential topic considering people's health. Approximately 450 million people worldwide have a mental health problem. Depression is the leading cause of disability world wide and will be the single biggest medical burden on healthcare by 2020.

25%



25% of people will experience a mental health problem.

20%



20% of youth ages 13-18 live with a mental health condition

90%



90% of those who died by suicide had an underlying mental illness.

38%



Only 38% of the people with mood disorders receive help.

### Cognitive Behavioral Therapy

A form of psychotherapy that focuses on how a person's thoughts, beliefs, and attitude affect their feelings and behaviors.

Today CBT is used to improve and manage various types of mental disorders and symptoms, including:

anxiety

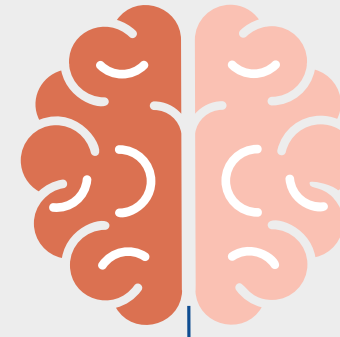
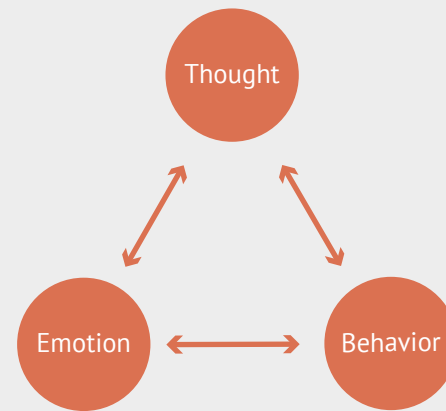
bipolar disorder

post-traumatic stress disorder

obsessive compulsive disorder

eating disorders

addictions



CBT is actually capable of positively changing physical structures in the brain

The model states that thoughts, feelings and behavior are all connected

Individuals can move toward overcoming difficulties and meeting their goals by identifying and changing unhelpful or inaccurate thinking, problematic behavior, and distressing emotional responses.

There are signs your moods are telling about your mental health:



Severe mood swings that cause problems in relationships



Intense worries or fears that get in the way of daily activities



Feeling very sad or withdrawn for more than 2 weeks



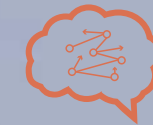
Sudden overwhelming fear for no reason



Drastic changes in behavior, personality or sleeping habits.



Not eating, significant weight loss or gain.



Extreme difficulty in concentrating or staying still that can lead to failure in school



Out-of-control, risk-taking behaviors that can cause harm to self or others



Trying to harm or kill oneself or making plans to do so

### Who may need CBT?

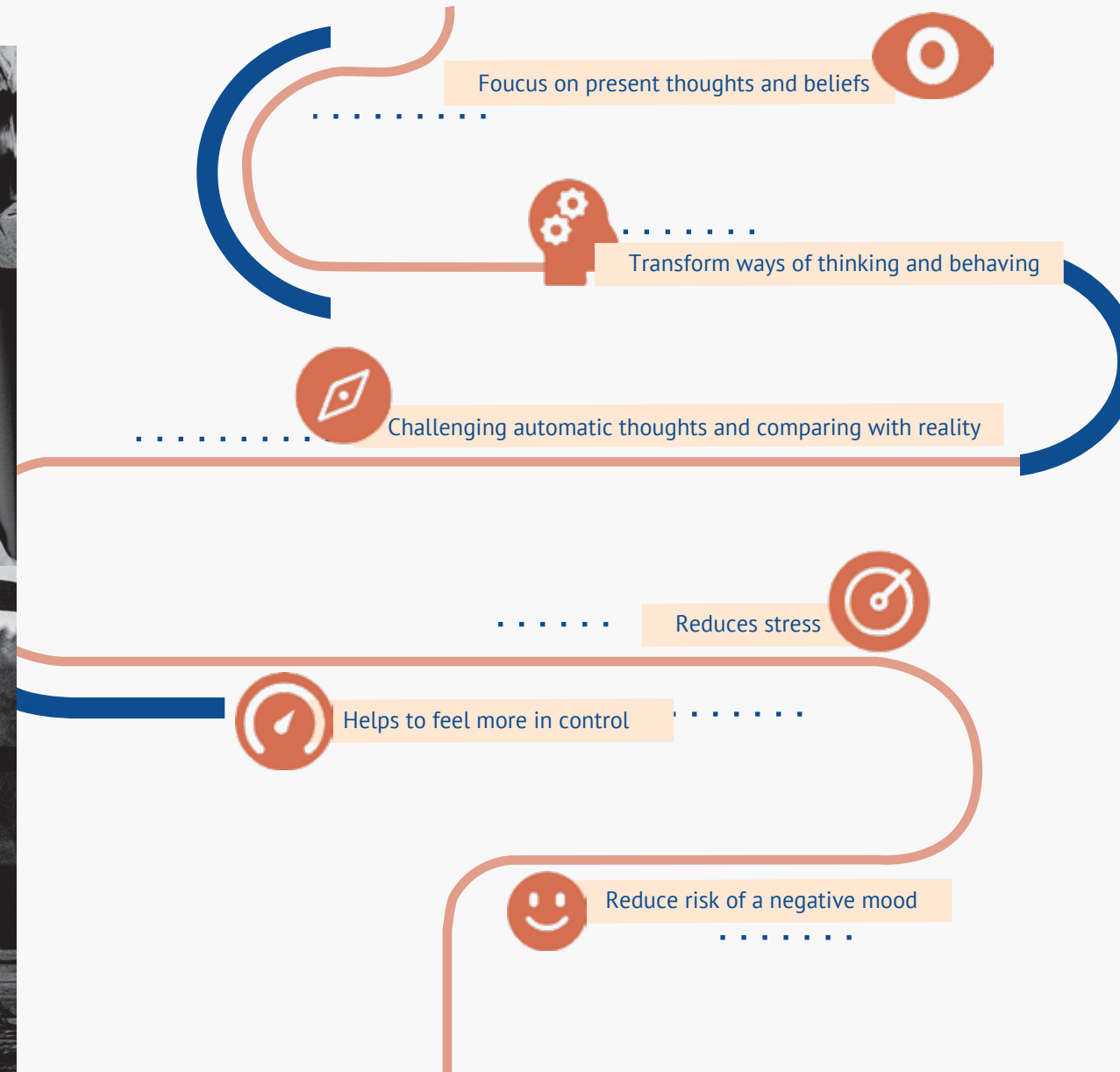
CBT was originally created to help people suffering from depression. But they are beneficial for just about **everyone**, including people with no form of mental illness but who have chronic stress, poor moods and habits they'd like to work on..

# BACKGROUND - Cognitive Behavioral Therapy

## List of CBT techniques

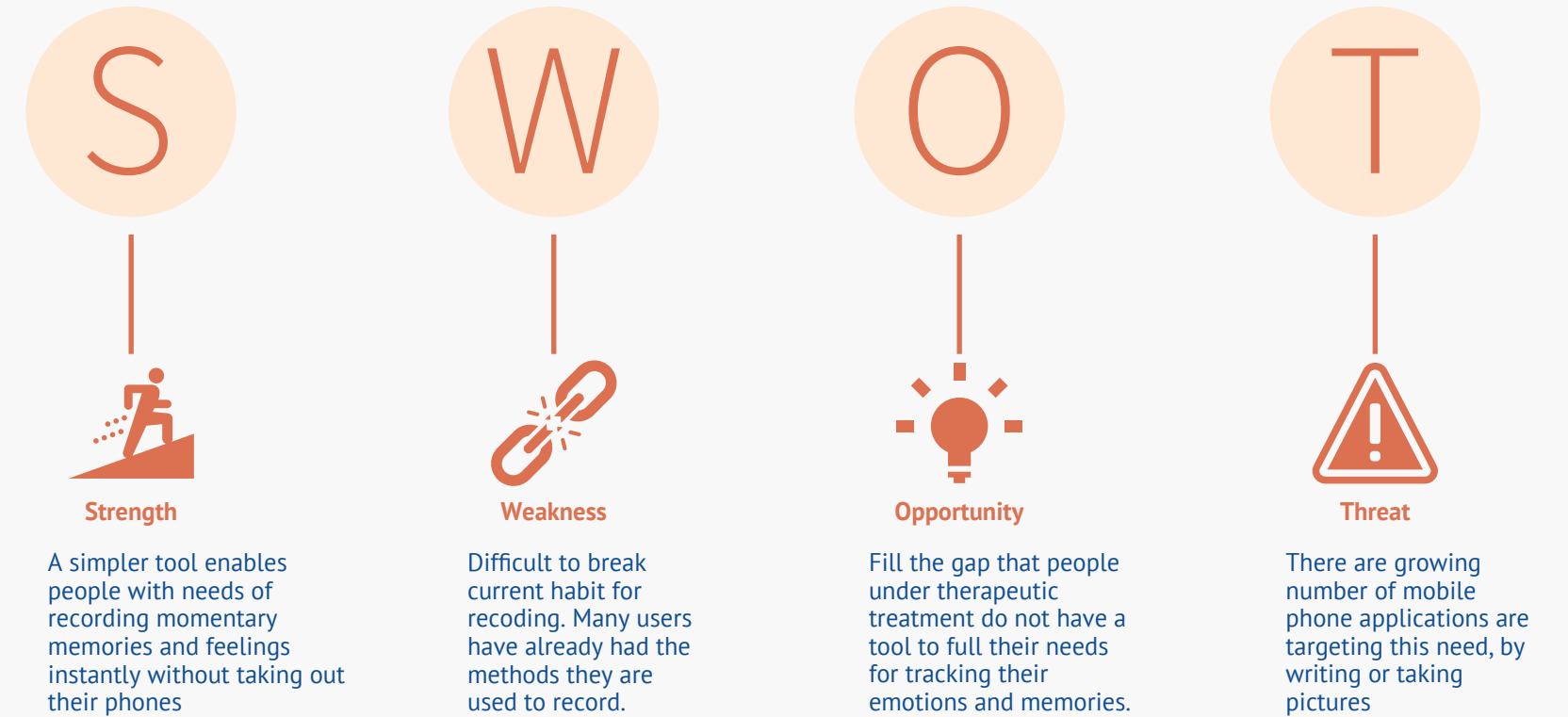


## How does it work?



# MARKET RESEARCH

## SWOT Analysis



## USER RESEARCH METHOD



### Conversation Starters


I make conversations with each interviewee, and my purposes are all about getting a reaction and sparking dialogue. The goal is to encourage creativity and outside-the-box thinking from the people you're designing for.


# USER RESEARCH


## Interview

### People in general


Do you ever have any depressive or anxious feelings?


 ..... I am easy to stressed out


I sometimes feel nothing in life interests me ..... 

 ..... I just want to run away from socializing

When you are feeling bad, how do you deal with it?

 ..... I hang out with freinds, just talk to them makes me happier

I'll play video games ..... 


 ..... Writing diary helps me a lot


Do you like record your life moments? How do you do it?


### People under treatment


What techniques do you use when feeling bad?

 ..... I do meditation and breathings


I talk to myself to try to calm down ..... 


How often do you have uncontrolled negative feelings?

 ..... I feel like it's everyday, I'm not sure

Usually it's two times in a week ..... 

Are you asked to track your emtions and how do you do it?

 ..... Yes, I write diary every evening

Yes, I record in audio so it could be instant ..... 

## Persona



**Edison, 27**  
Software Developer

### Bio

I enjoy recording my life moments, when looking at them reminds me of the good times, which is super cheerful especially when I feel upset

### Motivations

- Sharing
- Self archives
- Release stress
- Remind of memories

### Goals

I need a tool that can record moments more than just taking pictures or sound, I want to save the full expereince of good moments. I also want to share them to my friends on social media

### Frustrations

I feel it is too difficult to organize my recordings. I like to record the full expereinces so that I haver to write, take piciture, and take videos, but they are all in different forms that make them hard to organize



**Julia, 34**  
Writer

### Bio

I am under therapeutic treatment. Sometimes I cannot stop stressing out and feeling sad, and I feel hopless and could not recall any good memories

### Motivations

- Sharing
- Self archives
- Release stress
- Remind of memories

### Goals

I need a tool that enables me to record moments instantly and easily to capture my momentary feelings. I want to organize them and put them into categories so that when I am feeling bad I could easily pull out some good moments to help myself.

### Frustrations

I currently write diaries to record my moments, but this is not instant so I lose some good memories happened in the day. And notebook is hard to find organize and categorize my writings. I have difficult time with making reflections and track my emotion changes.



# MOODBOARD

Record the fun at playground  
The movements, the people you hangout with

Record the down moments  
The drop of leaves, the voice of cat,  
the emotion of sadness

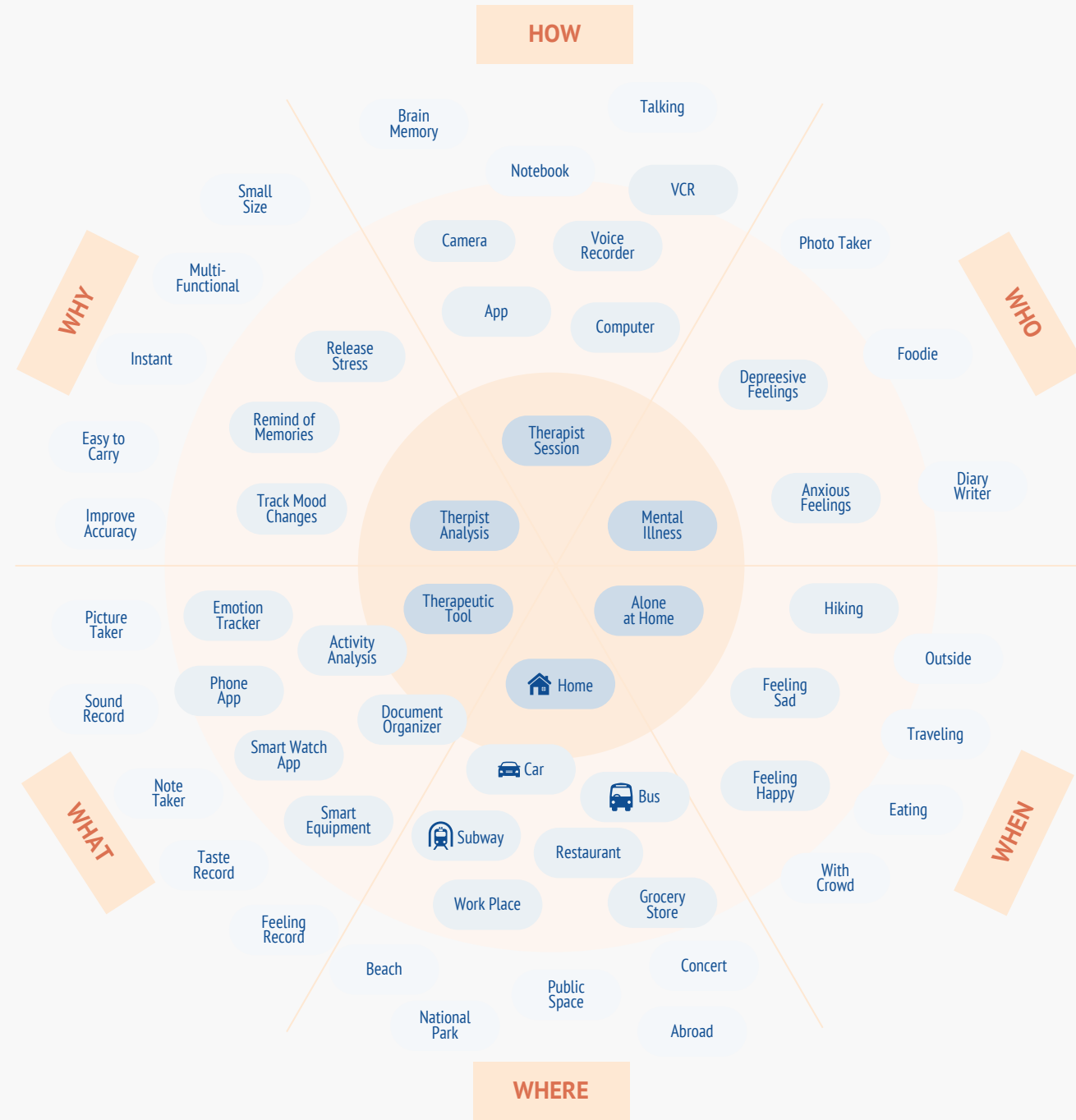
Record the efforts during work  
The taste of coffee, the feeling of  
productivity

Record the happiness with nature  
The sound of bird, the smell of flower

Record the warmth of holiday seasons  
The gifts you recieved, the touch of snow

- Collect all the memories fragments that make up your life. Every moments are cherished.
- When alone and upset, take out the memories to light up you day.
- Or look back all your emotions including the bad ones, to reflect and understand yourself better

# ECOLOGY MAP



## Possibility



• A **smart digital equipment** with multiple sensors, which enables the users to record instant moments in full sensories



• A **document organize application** on smart phone or computer that enables the users to categorize the collected data / memories



• An **emotion analysis tool** that keeps track of the user's emotional changes and generate monthly / quaterly / yearly report, which can also be used for therapeutic treatment

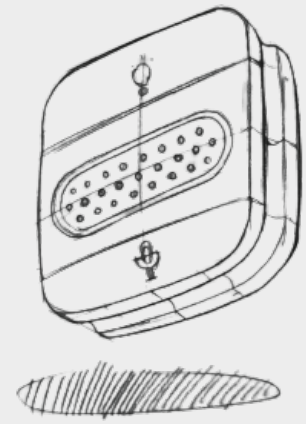
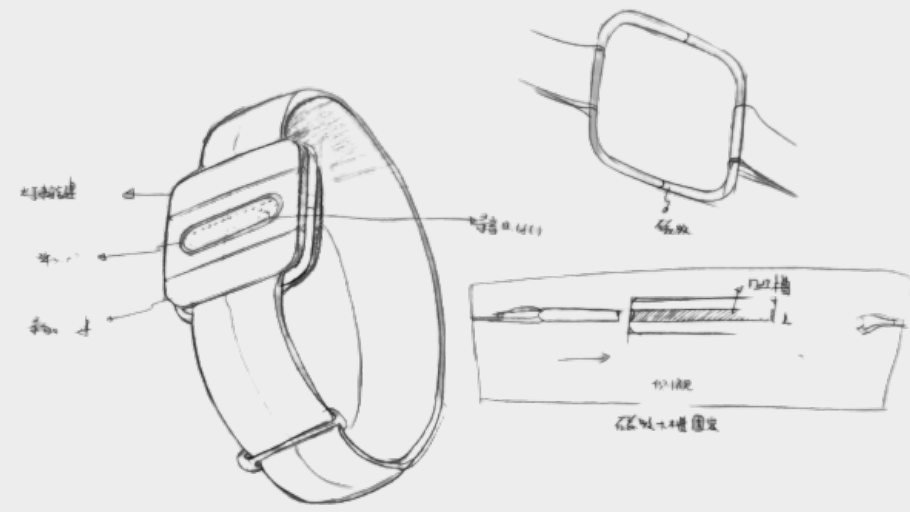


• A **stress reliever** that when knowing the user is upset / anxious, it provides breathing instructions to help calming down





# DESIGN OUTCOME



## Sketch Diagram

I decide to build a small wearable electronic device that enables the user to carry it around and use it instantly when needed.

