

College student depression management app

mood assessment

get M3 Score

suggests logging mood daily

play mood game

Create account

username
password email

privacy settings

public

private

register

Track medication

type of medication

Dosage

time of day taken

track lifestyle

exercise

sleep

diet

alcohol drugs

sexual contact

logout

Persona

Thomas is a college junior in the Software Engineering program at Iowa State University. He has been an intern for a large software company the past two summers. Thomas uses his mac laptop to play games and access social networking sites. Although many go to Thomas for their IT questions, Thomas views himself as a coder and doesn't know much about IT issues.

Scenario

Thomas has just been diagnosed with clinical depression while at school. He is taking medication for the first time. His physician suggests that he keep track of his medication dosage, as well as other lifestyle data that might be useful in treating his depression including mood, exercise, drinking, sleeping. He is very nervous about any of his friends finding out that he has been diagnosed with depression and is on medication. He carries his mobile phone with him everywhere and is concerned with people seeing any personal information on his device.

