



Introduction

Among common diseases of all age groups, mental health problems rank the top, with depression being the most serious illness. Due to rapid development of smartphones, numerous mental health mobile apps are available to use. However, most of them emphasize on medication, self-test, lacking interactive functions that give users a sense of immersion. Loneliness is one of the most complex problems for depressions, but this is not solved in most current apps. In this poster, we present our design of an interactive app, Hap App, in a way of combining multifunction tool with a dynamic 3d virtual character, which aims to build a friendship with user. Functions include online games, funny selfie camera, and self-track mood calendar.

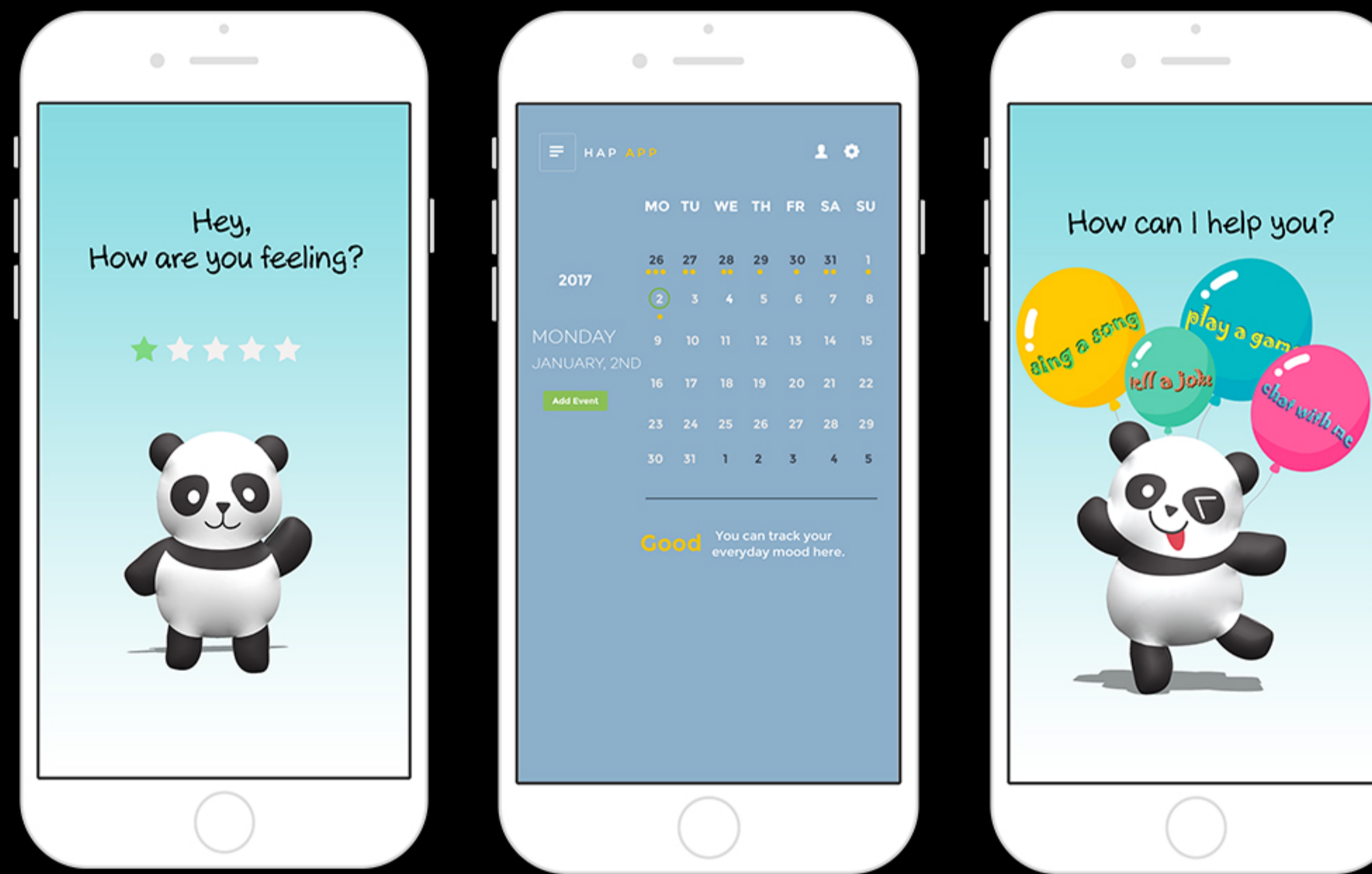
What is Hap App?

Hap App is a nonprofessional supplement to other therapeutic methods. It is designed to help those who are in depression or have no ideas about their mental problems. Most depressive people need a place to release their pressure and talk with somebody. That is also the aim of Hap App, providing the users with a virtual friend to talk to and offering a private place for entertainment, just as the name of the app indicated, 'Hap' is the abbreviation of 'Happy'. Hap App cannot replace the role of a psychotherapy or professional treatment. However, it aims at providing the user with at least kind of relaxation, which is also interactive and interesting.



Functions

Main functions of Hap App include Mood-Tracking, Multimedia Interactions with a virtual guide Panpan, and Funny Selfie-Camera. You will get more specific ideas of each section respectively in the following parts.



Self-Track Calendar

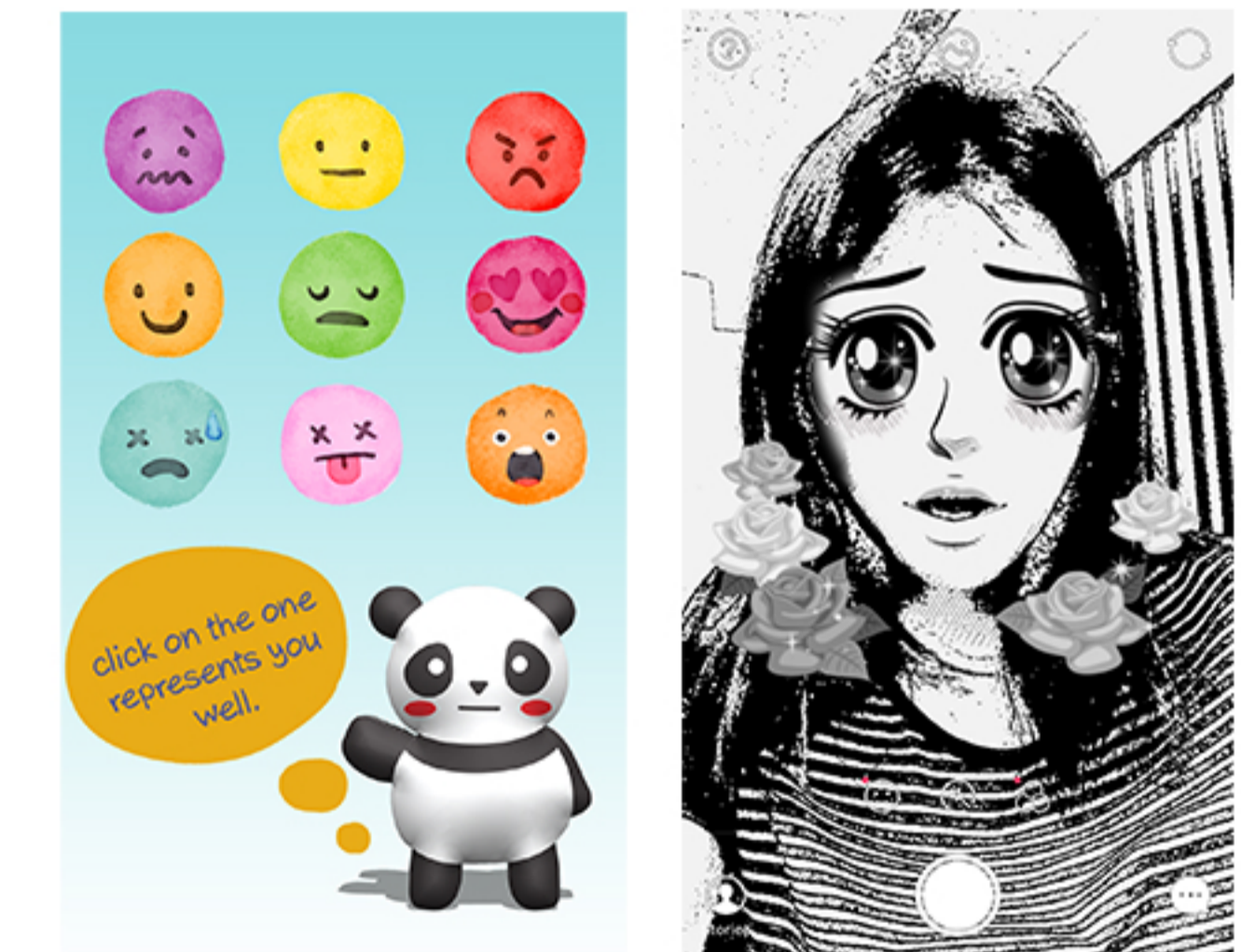
Hap App allows users to rate their daily life ranging from one to five stars. Notes can be used to record additional information, such as an event that made the user feel sad or one thing that cheered him up. These data can be very helpful when he or she wants to visualize the mental condition in the future. This function will help users form the habit of recording their days and make it easier to observe their mental conditions. Professional therapists could use this information to expedite the development of treatment plan.

Multimedia Tool

When users choose less than three stars, the system will tell that users are not so good and the panda will ask users why they are not happy. After the users type in their responses, for example, "I just got dumped", they can choose whether they need the panda's help. Clicking on "Yes" will take the users to another page on which they are offered other four choices such as letting the panda sing a cheerful song, tell a joke, the user can also choose to play a game or just talk with him. These functions will bring the users interactive experiences.

Funny Selfie Camera

Clicking on 'No' will take the users to the page start a conversation with the panda. However, the conversation is not language-based. It communicates with users by listing nine basic human emotions icons on screen and letting them choose the one that matches best. Each icon represents a type of mood and also a filter style. For example, when they choose the last icon, which means surprise, they will get a manga style filter. What people care most are themselves, this function is to amuse the depressive users and surprise them with a little "trick". This is another way to utilize game concept into MHapp design, impressing the users with a funny experience.



Conclusion

For future work, there is still a long way to go. Users' needs should always be the priority. There may be an age-related difference in take-up so that adjustments should be made according to different age groups. To make it personalized, some functions or interface can be customizable, such as its overall color and style. It should also be able to offer more professional help and create an interactive social network in the long run. By incorporating functions like communication or sharing into our app, depressive people can talk about their problems and seek help in a community, which provides the users with a sense of belonging.