





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.

### Persona

Susan is an incoming college freshman in the Mechanical Engineering program at Iowa State University. She will be moving to Ames from Denver, Colorado where she has been living with her parents and three younger brothers. She is anxious for the move as she has never lived away from her family before. Susan is hopeful that she will be able to keep in close contact with her family using Skype and phone calls and text messages.

### Scenario 3

Susan is feeling overwhelmed and lost as a freshman being away from home for the first time. She is feeling very anxious and thinks she may have depression. She doesn't want to go to a doctor but wants someone to talk with about what she is feeling. She hasn't developed any close friendships yet and doesn't know where to turn. Susan needs something to give her options of people to talk to, some of which may be on campus and have and are having the same feelings as her or has been in that situation in the past.

