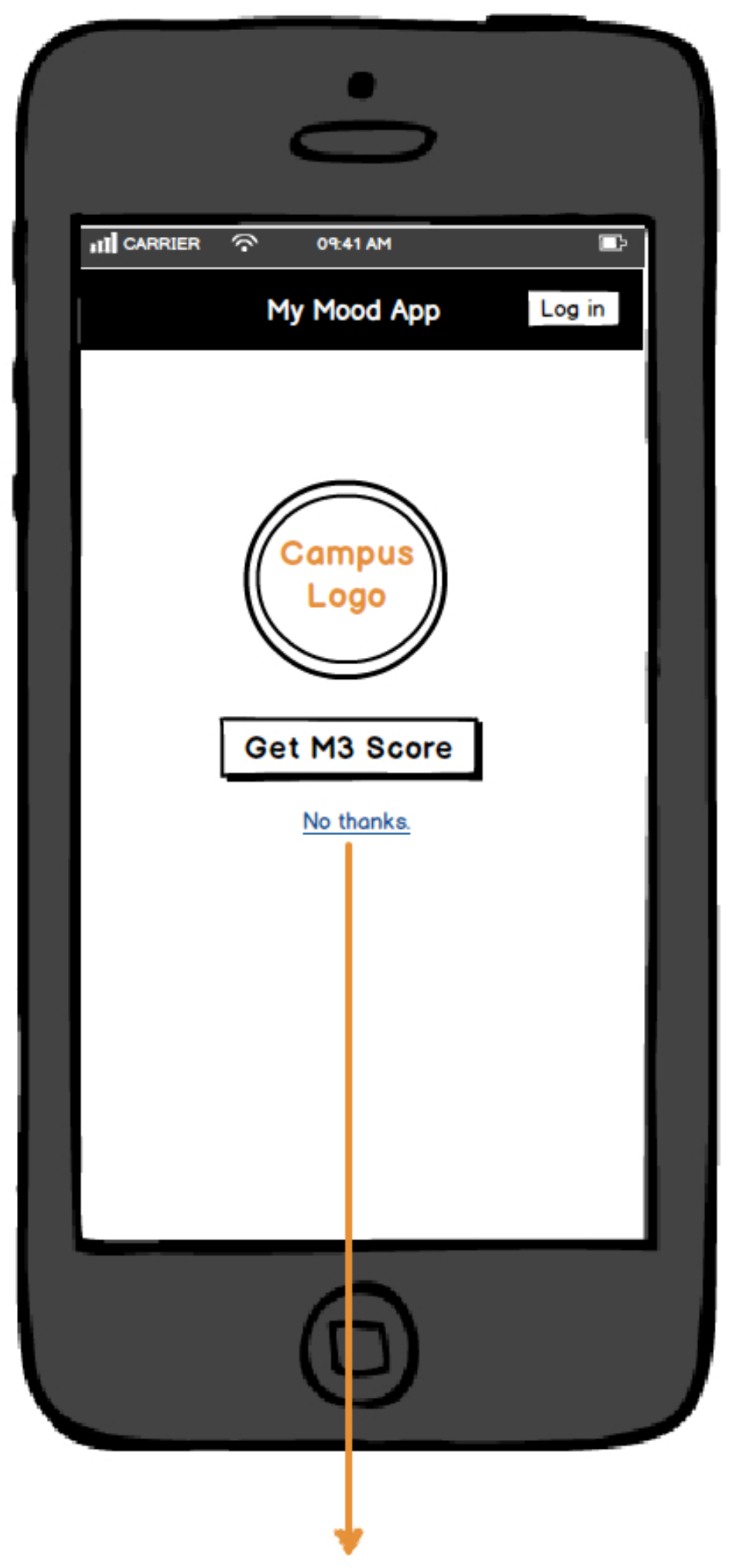
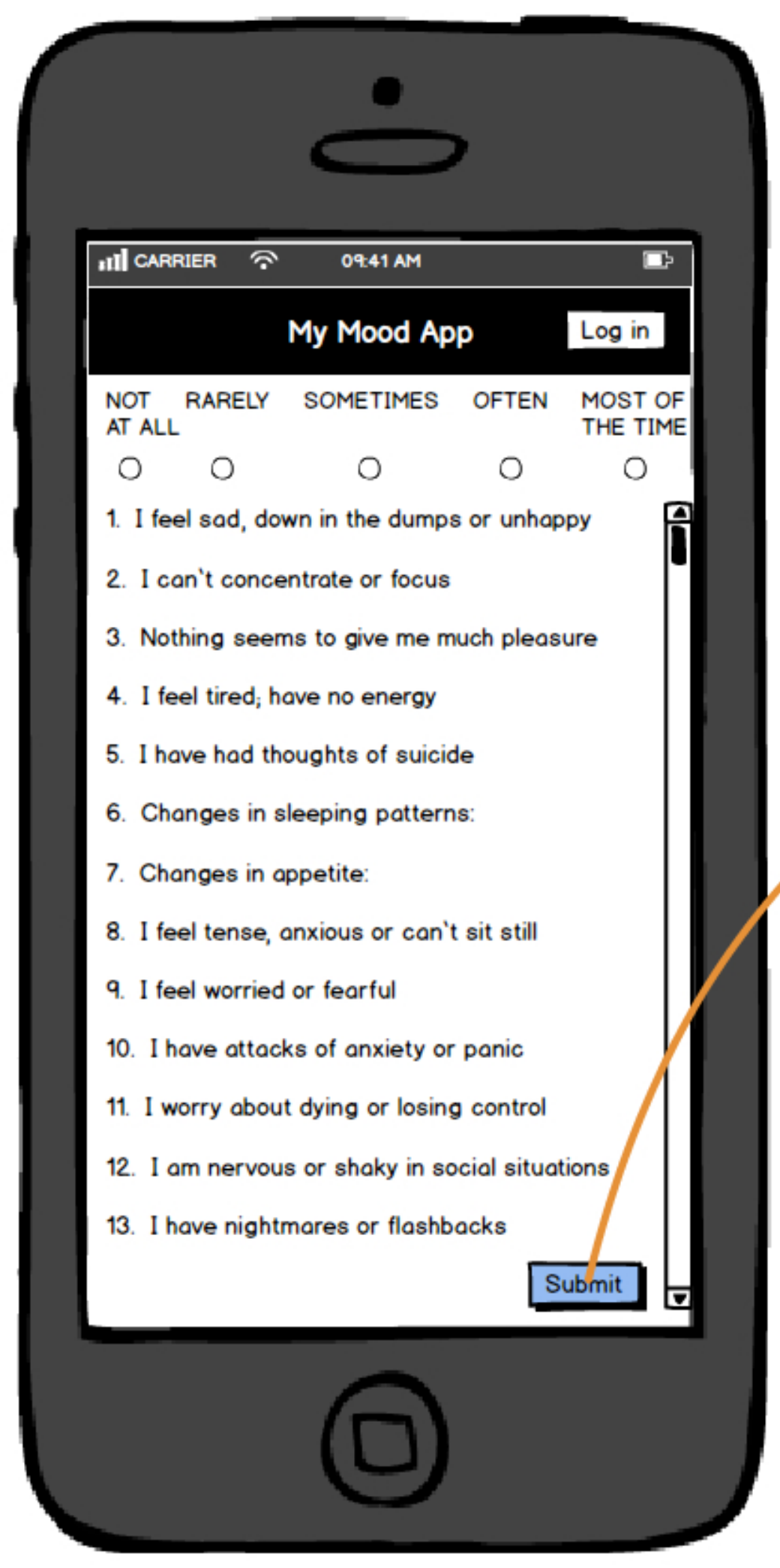
Mood App – Privacy Settings and Tracking

Home screen


CARRIER
09:41 AM
My Mood App
Log in
Campus Logo
Get M3 Score
No thanks.

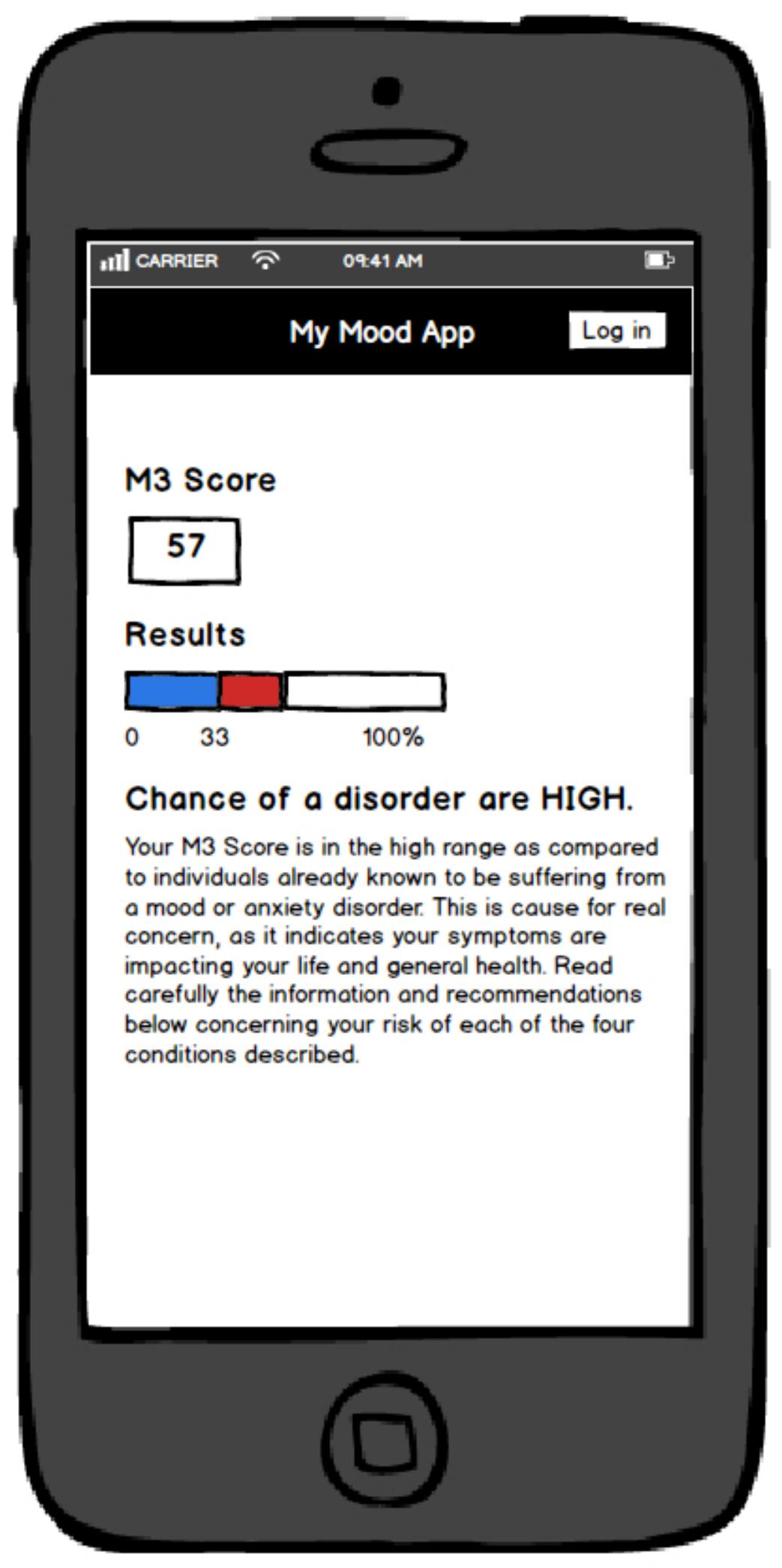
M3 Score


CARRIER
09:41 AM
My Mood App
Log in
Submit

NOT AT ALL ○ RARELY ○ SOMETIMES ○ OFTEN ○ MOST OF THE TIME ○

1. I feel sad, down in the dumps or unhappy
2. I can't concentrate or focus
3. Nothing seems to give me much pleasure
4. I feel tired; have no energy
5. I have had thoughts of suicide
6. Changes in sleeping patterns:
7. Changes in appetite:
8. I feel tense, anxious or can't sit still
9. I feel worried or fearful
10. I have attacks of anxiety or panic
11. I worry about dying or losing control
12. I am nervous or shaky in social situations
13. I have nightmares or flashbacks

Results


CARRIER
09:41 AM
My Mood App
Log in
0
33
100%

M3 Score

57

Results

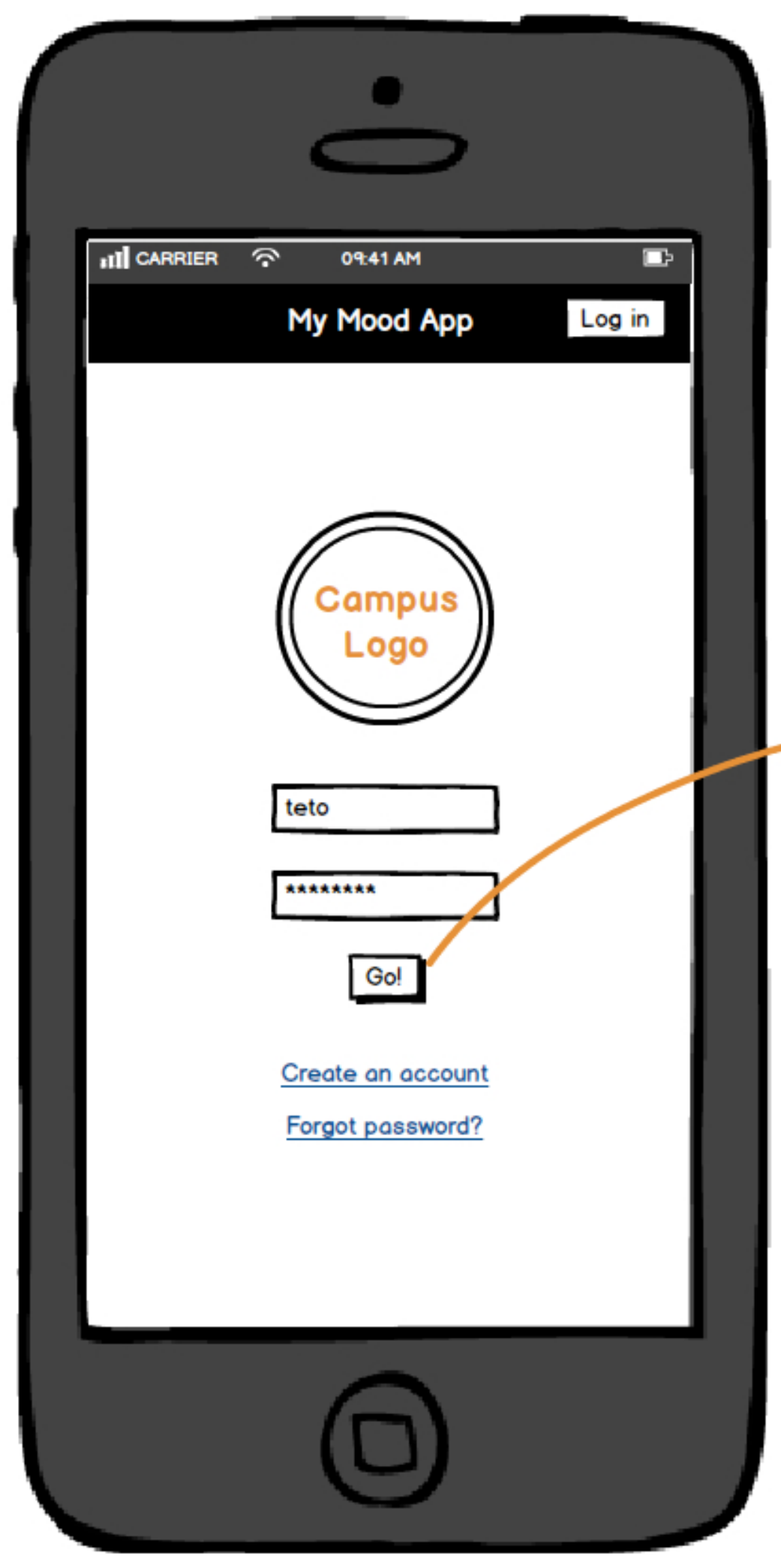
Chance of a disorder are HIGH.

Your M3 Score is in the high range as compared to individuals already known to be suffering from a mood or anxiety disorder. This is cause for real concern, as it indicates your symptoms are impacting your life and general health. Read carefully the information and recommendations below concerning your risk of each of the four conditions described.

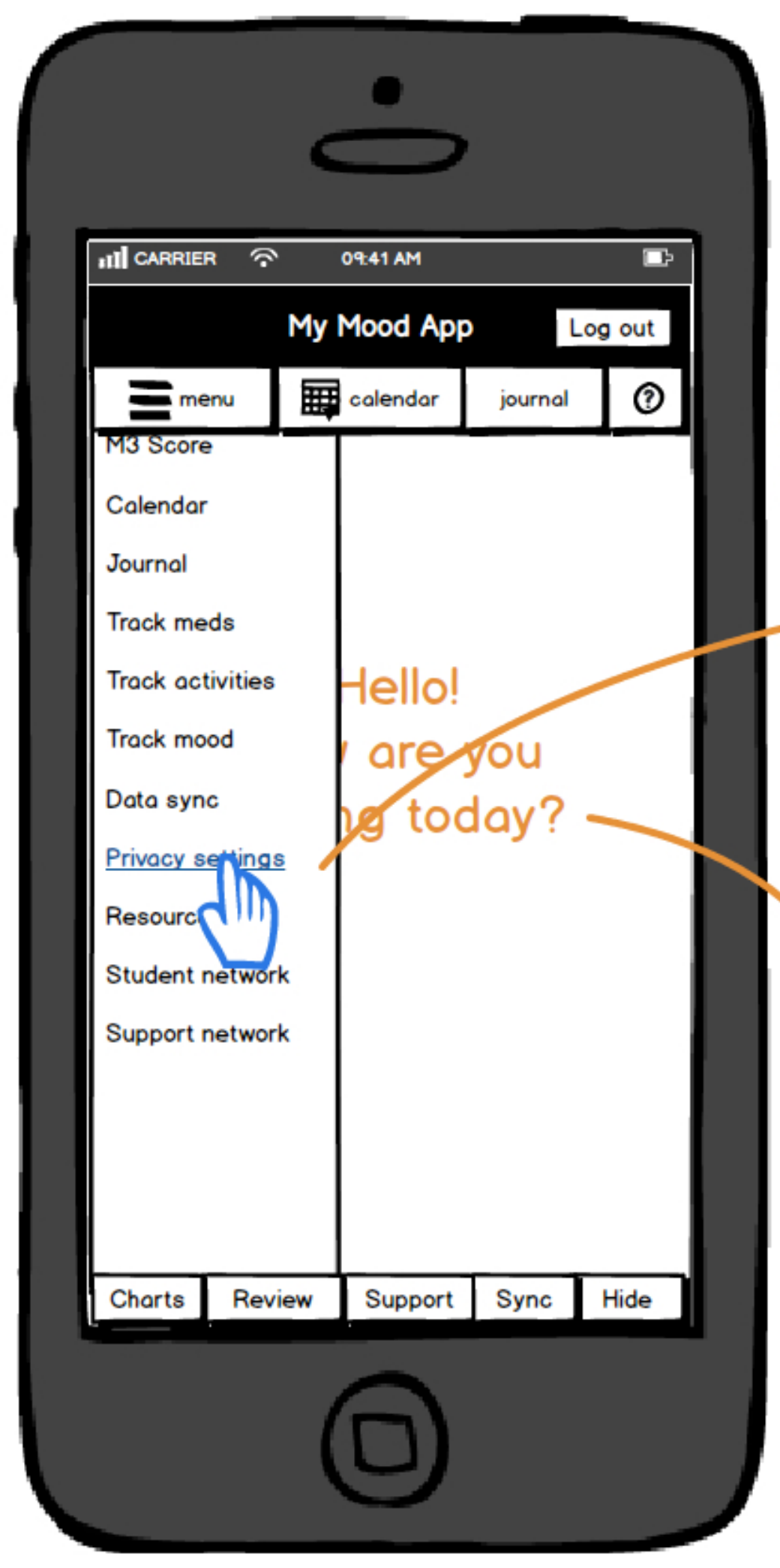
Rough mockups of M3 Score assessement. The actuall layout for mobile needs to be expanded upon.

Reference
http://whatsmym3.com/Default.aspx

First time login or account creation


CARRIER
09:41 AM
My Mood App
Log in
Campus Logo
teto
****
Go!
Create an account
Forgot password?

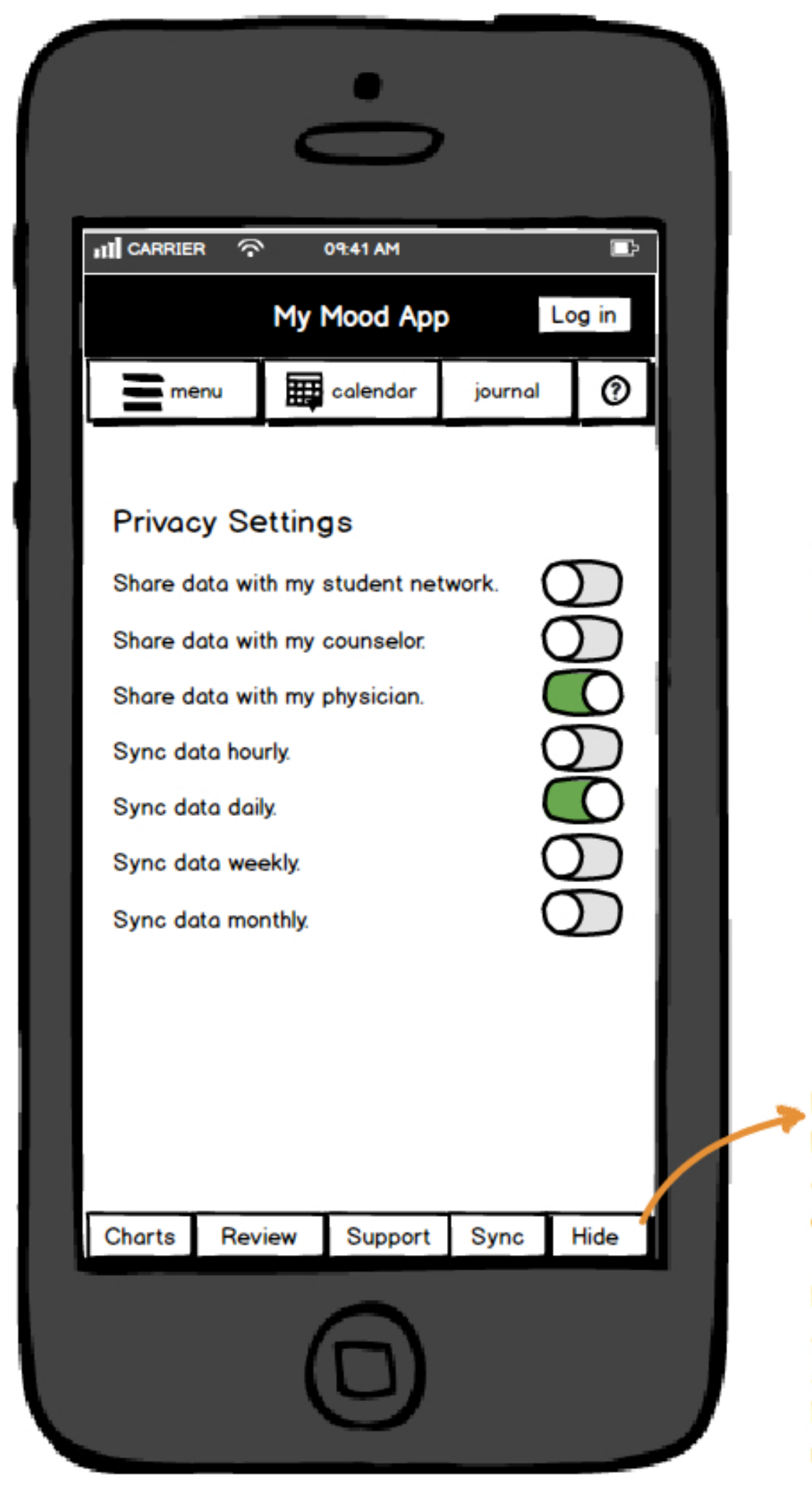
Privacy Settings


CARRIER
09:41 AM
My Mood App
Log out
menu
calendar
journal
?
M3 Score
Calendar
Journal
Track meds
Track activities
Track mood
Data sync
Privacy settings
Resources
Student network
Support network
Hello!
are you
g today?
Charts
Review
Support
Sync
Hide

NOTE: The top nav only appears after the user has logged in.

After login the welcome screen asks:
"How are you doing today?"

Privacy Settings


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Charts
Review
Support
Sync
Hide

Privacy Settings

Share data with my student network. ○

Share data with my counselor. ○

Share data with my physician. ●

Sync data hourly. ○

Sync data daily. ●

Sync data weekly. ○

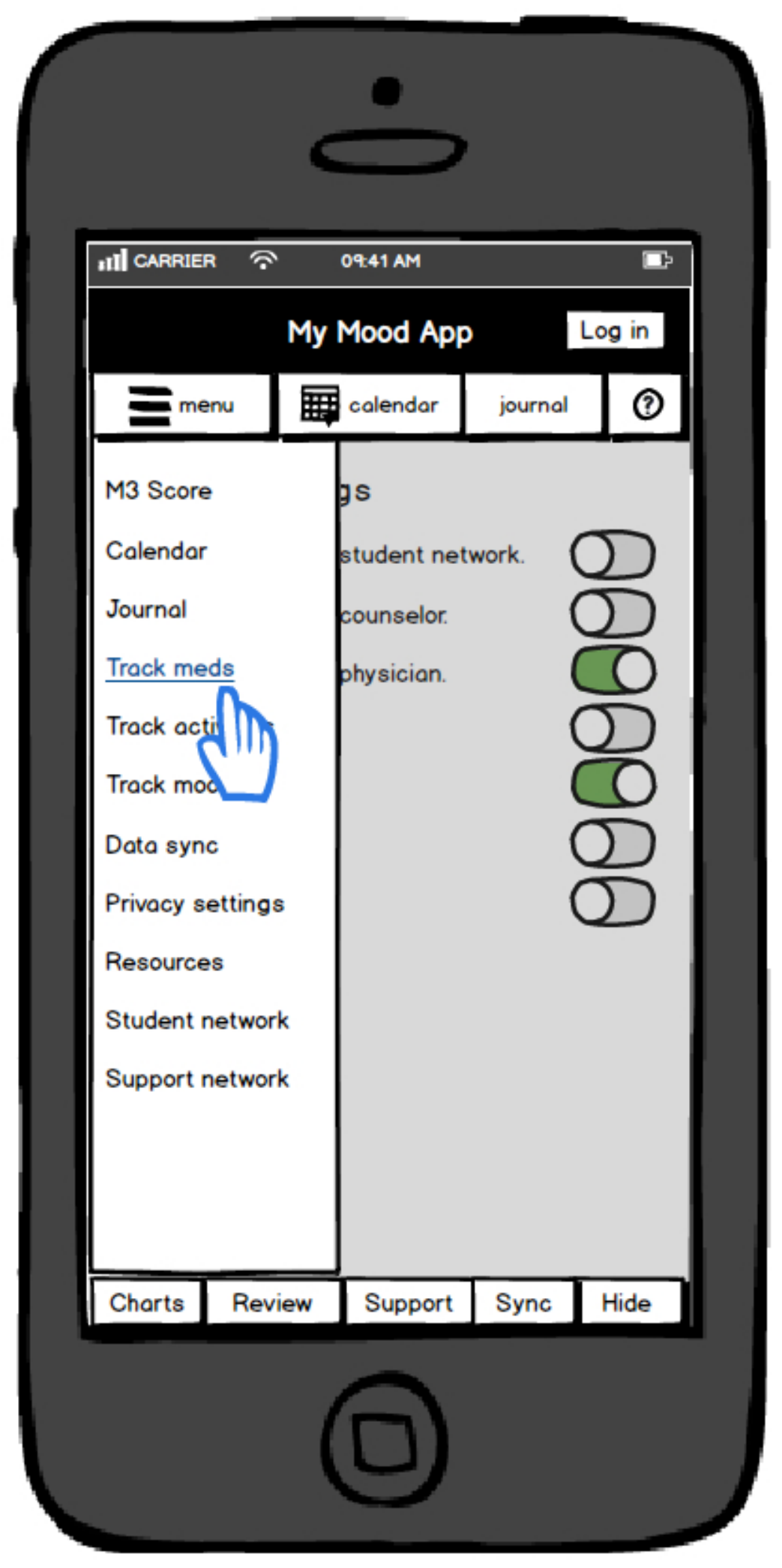
Sync data monthly. ○

After first time setup the user may customize the privacy settings.

Hide button available on the immediate right hand side for quick privacy concealment. This could also simply be a gestural tap anywhere on the screen to hide the app from onlookers.

NOTE: This bottom navigation only appears after the user is logged in. In the opening screens above the user is allowed to take the M3 assessment without signing in or registering.

Track medication


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
M3 Score
Calendar
Journal
Track meds
Track acti
Track mo
Data sync
Privacy settings
Resources
Student network
Support network
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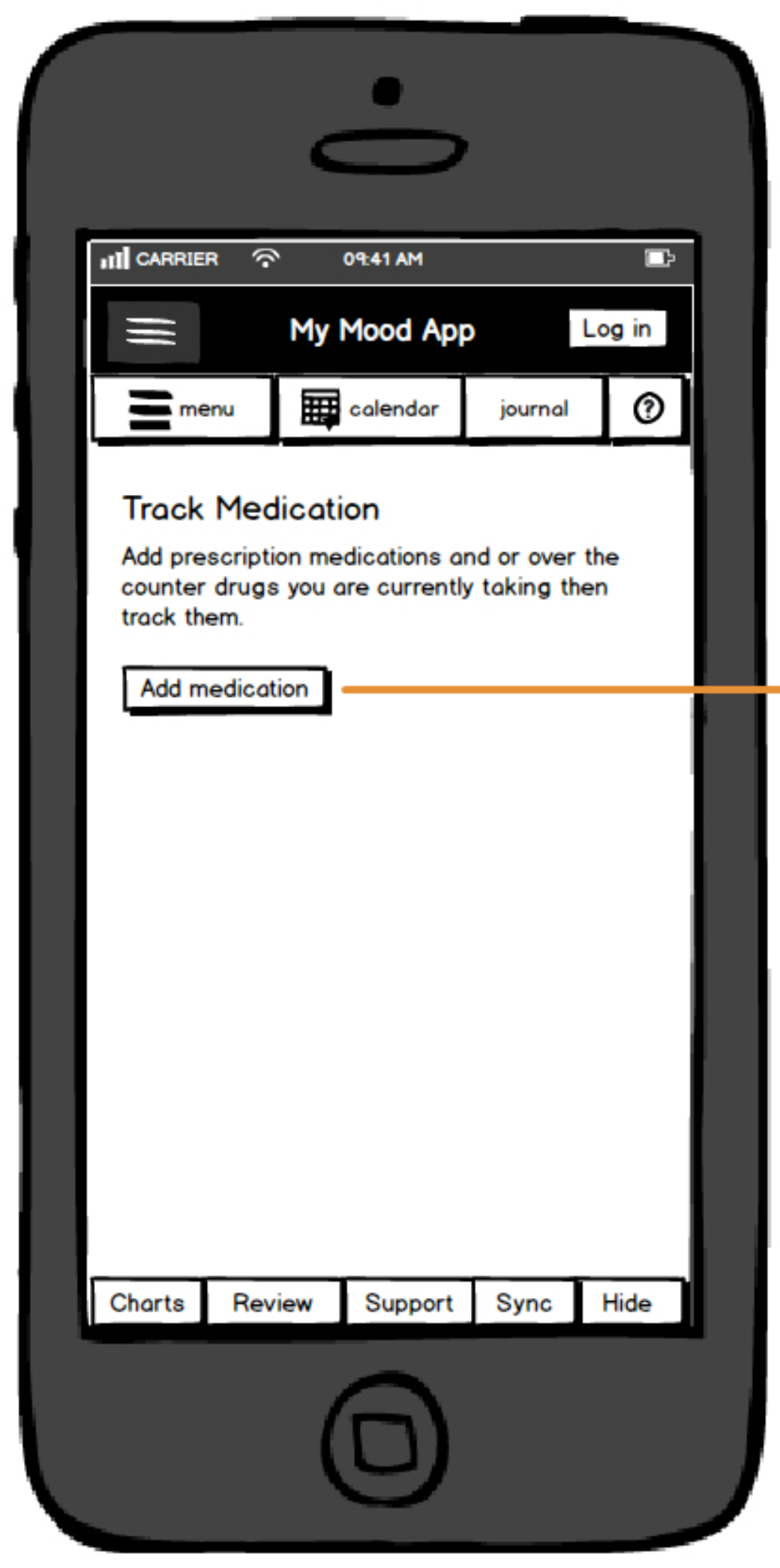
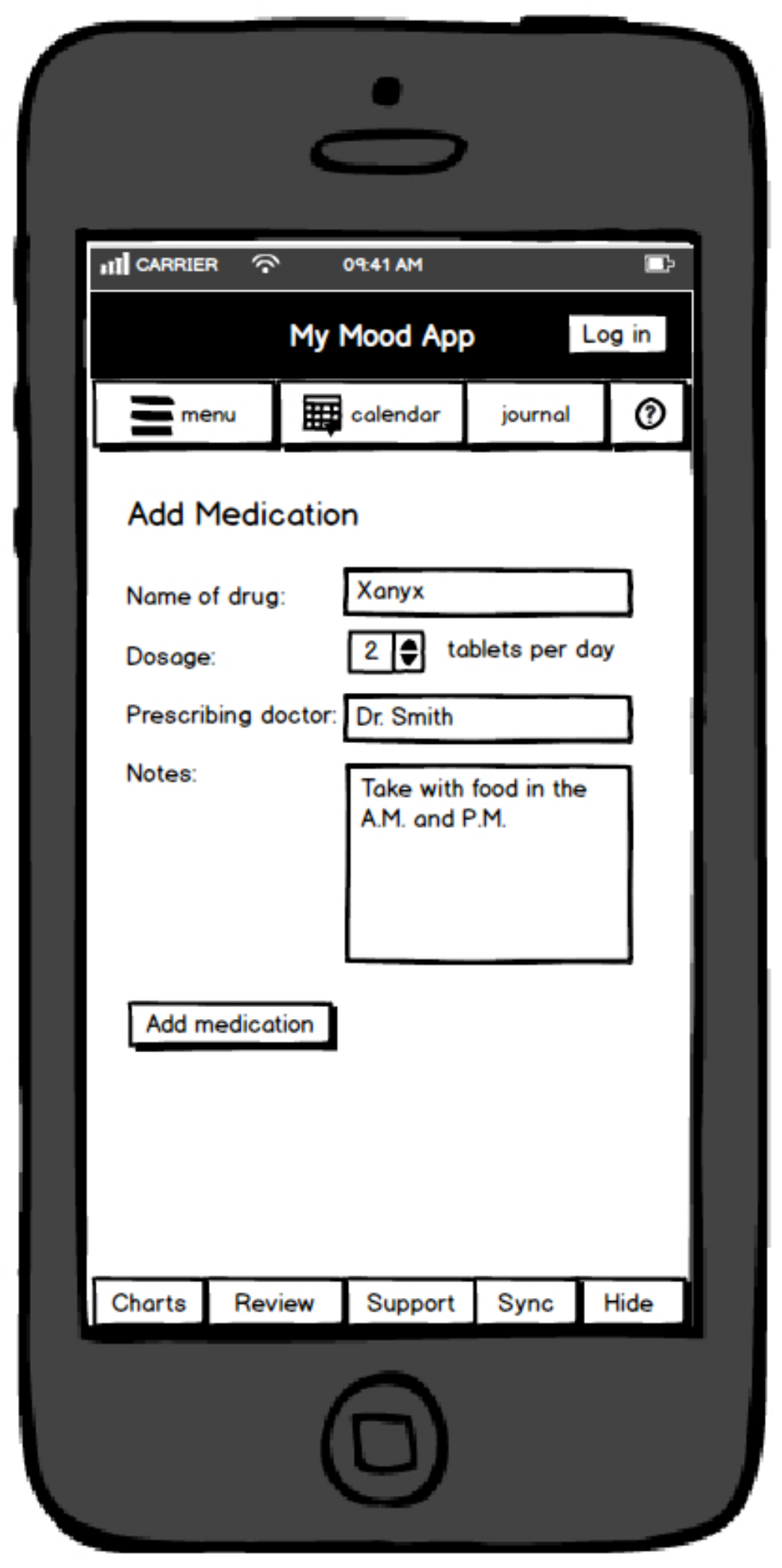
student network.
counselor.
physician.
Charts
Review
Support
Sync
Hide


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Add medication
Charts
Review
Support
Sync
Hide

Track Medication

Add prescription medications and or over the counter drugs you are currently taking then track them.

The user can add medications and specify dosage.


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Add medication
Charts
Review
Support
Sync
Hide

Add Medication

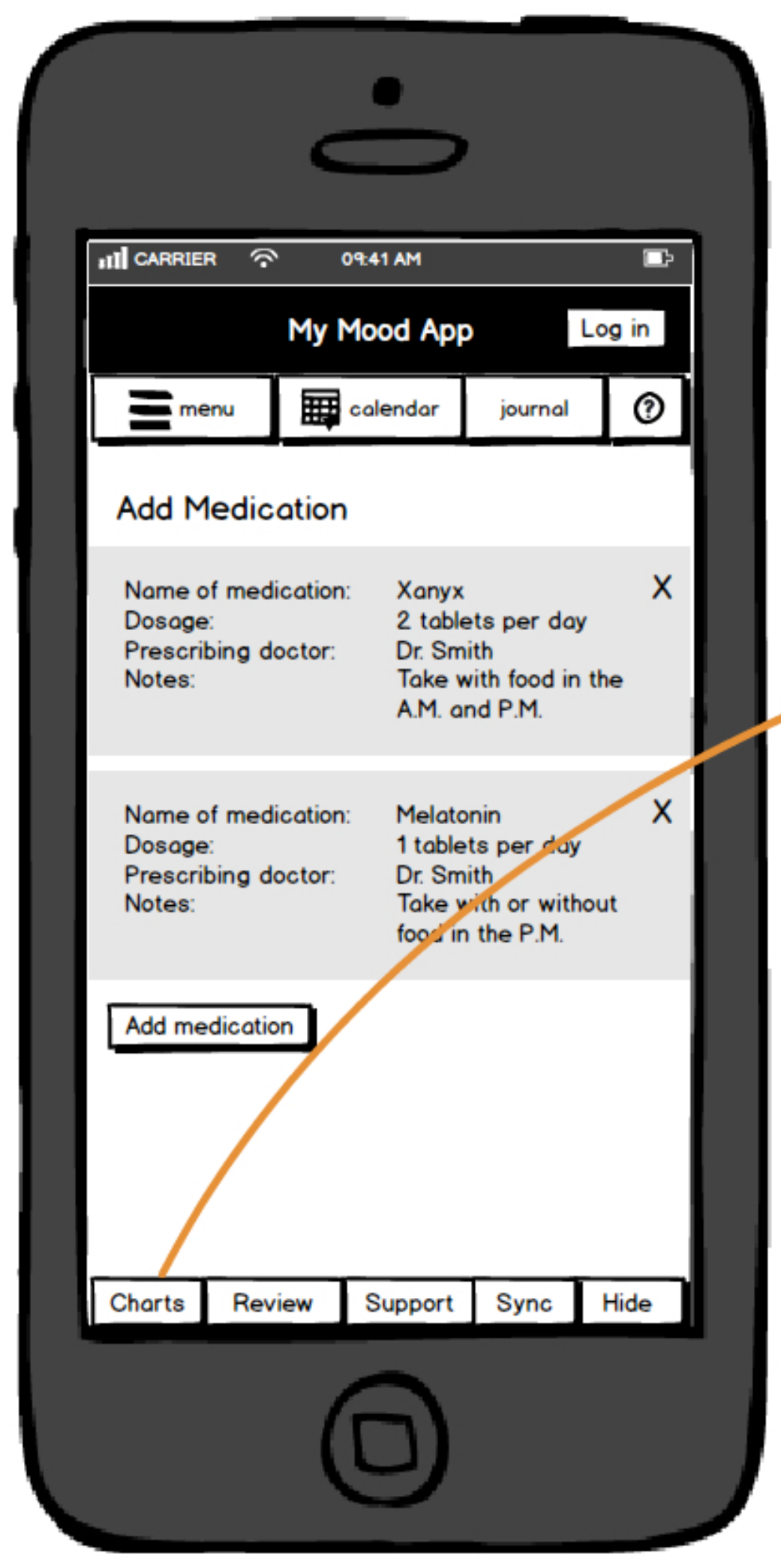
Name of drug: Xanyx

Dosage: 2 tablets per day

Prescribing doctor: Dr. Smith

Notes: Take with food in the A.M. and P.M.

The user may add and remove medications.

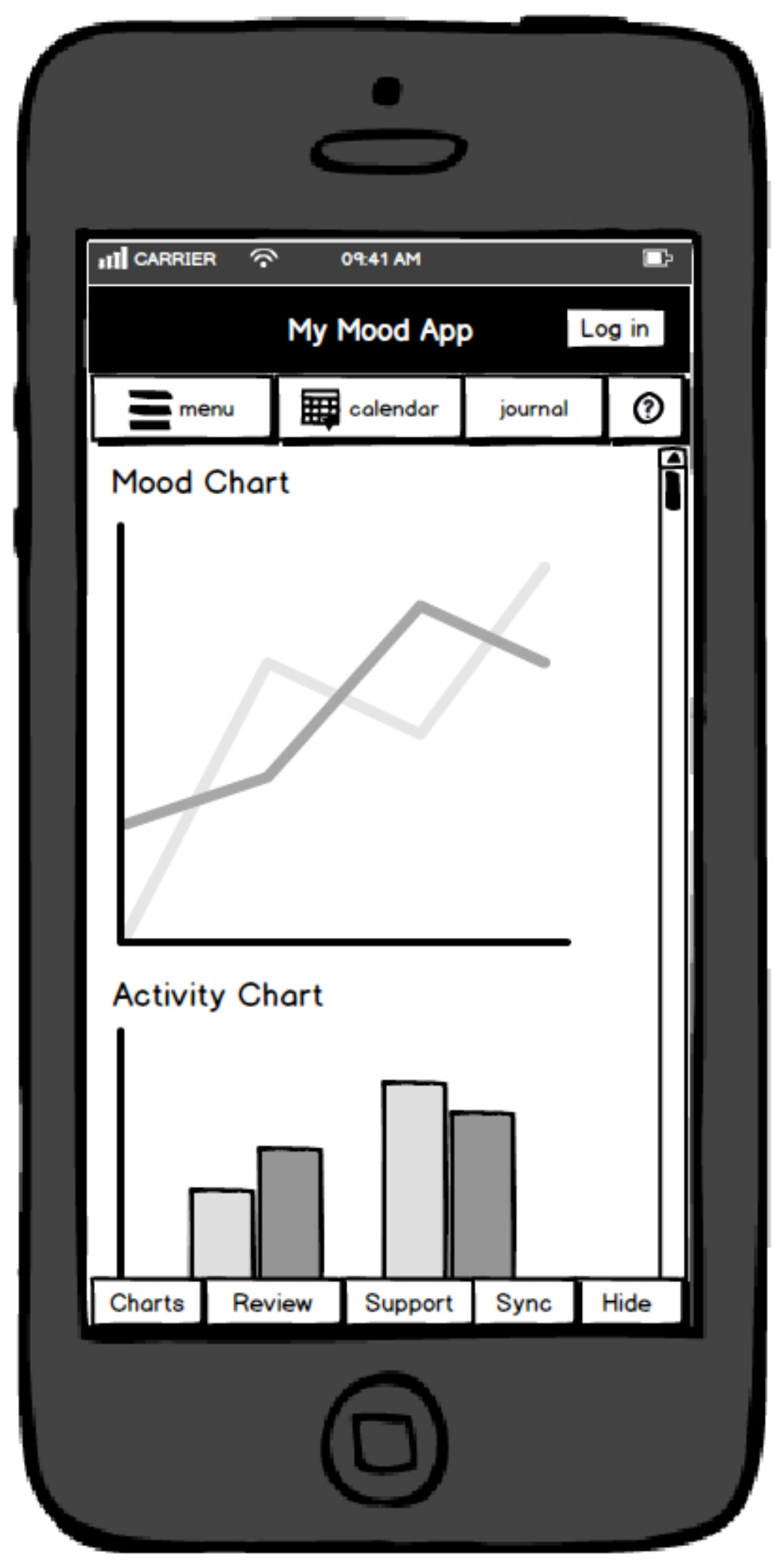

CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
X
X
Add medication
Charts
Review
Support
Sync
Hide

Add Medication

Name of medication: Xanyx
Dosage: 2 tablets per day
Prescribing doctor: Dr. Smith
Notes: Take with food in the A.M. and P.M.

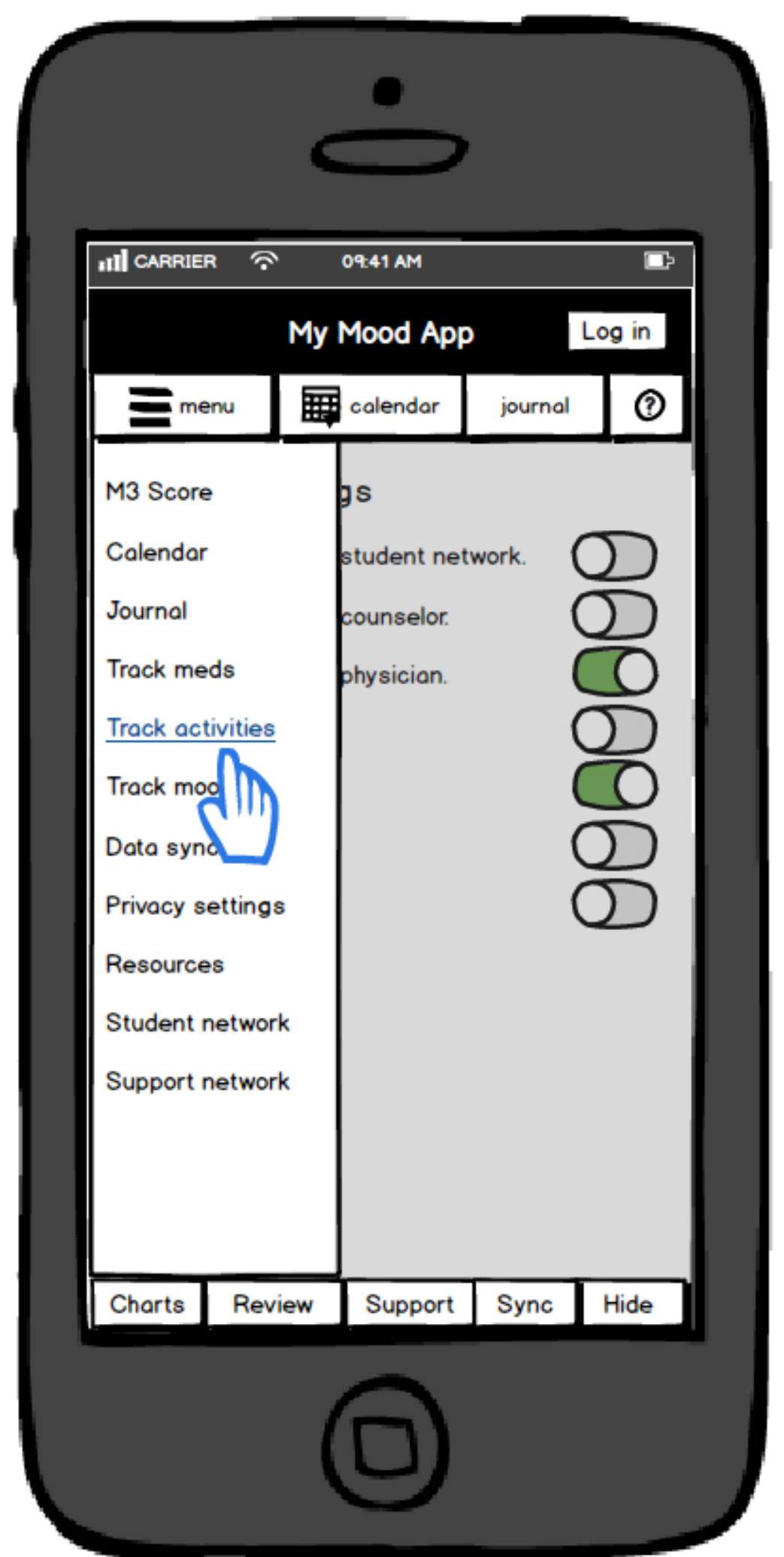
Name of medication: Melatonin
Dosage: 1 tablets per day
Prescribing doctor: Dr. Smith
Notes: Take with or without food in the P.M.

Charts


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Mood Chart
Activity Chart
Charts
Review
Support
Sync
Hide

With a quck tap of the chart button the user can view all of the charts for the things they are tracking.

Track activities


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
M3 Score
Calendar
Journal
Track meds
Track activities
Track mo
Data sync
Privacy settings
Resources
Student network
Support network
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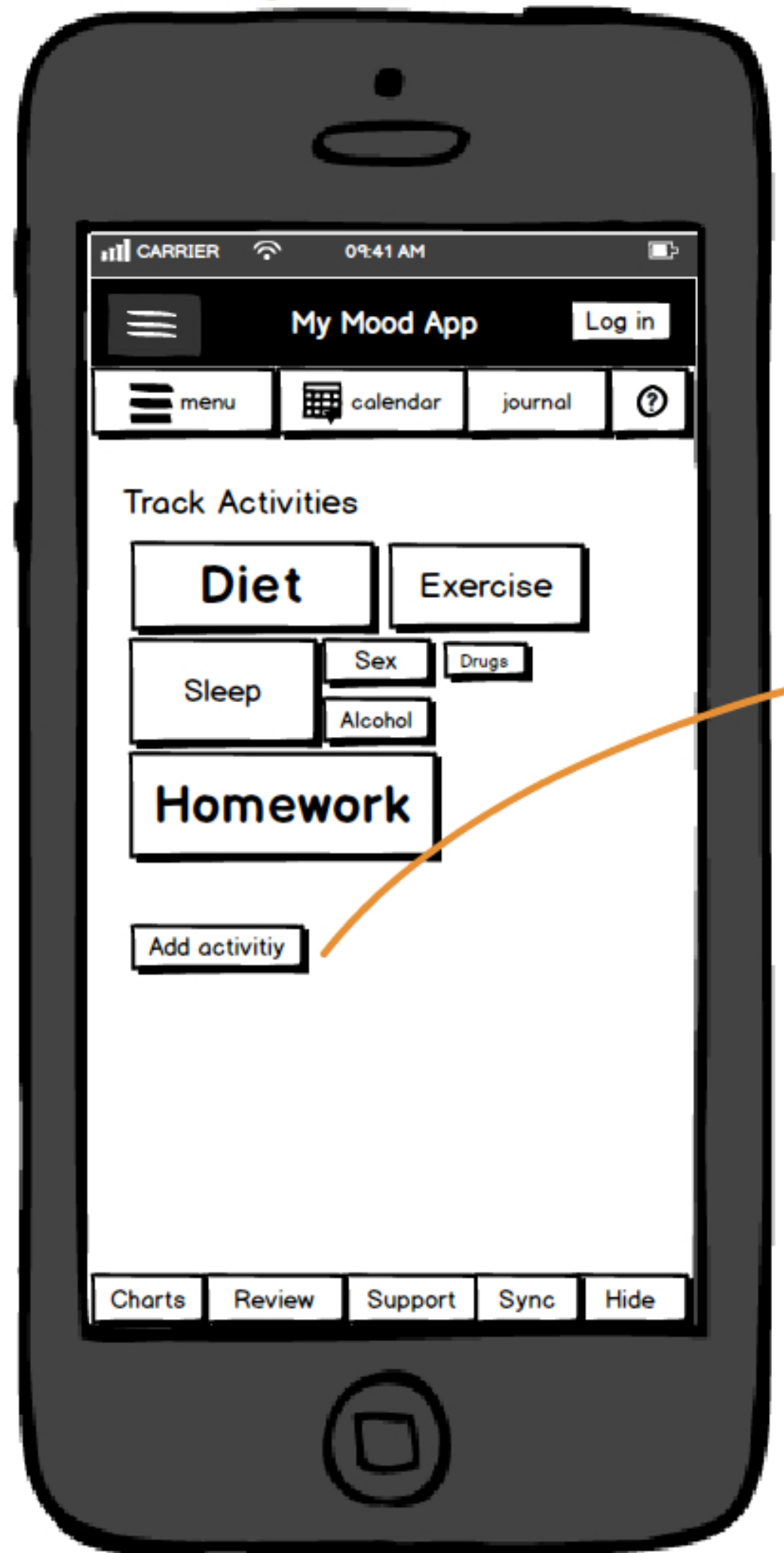
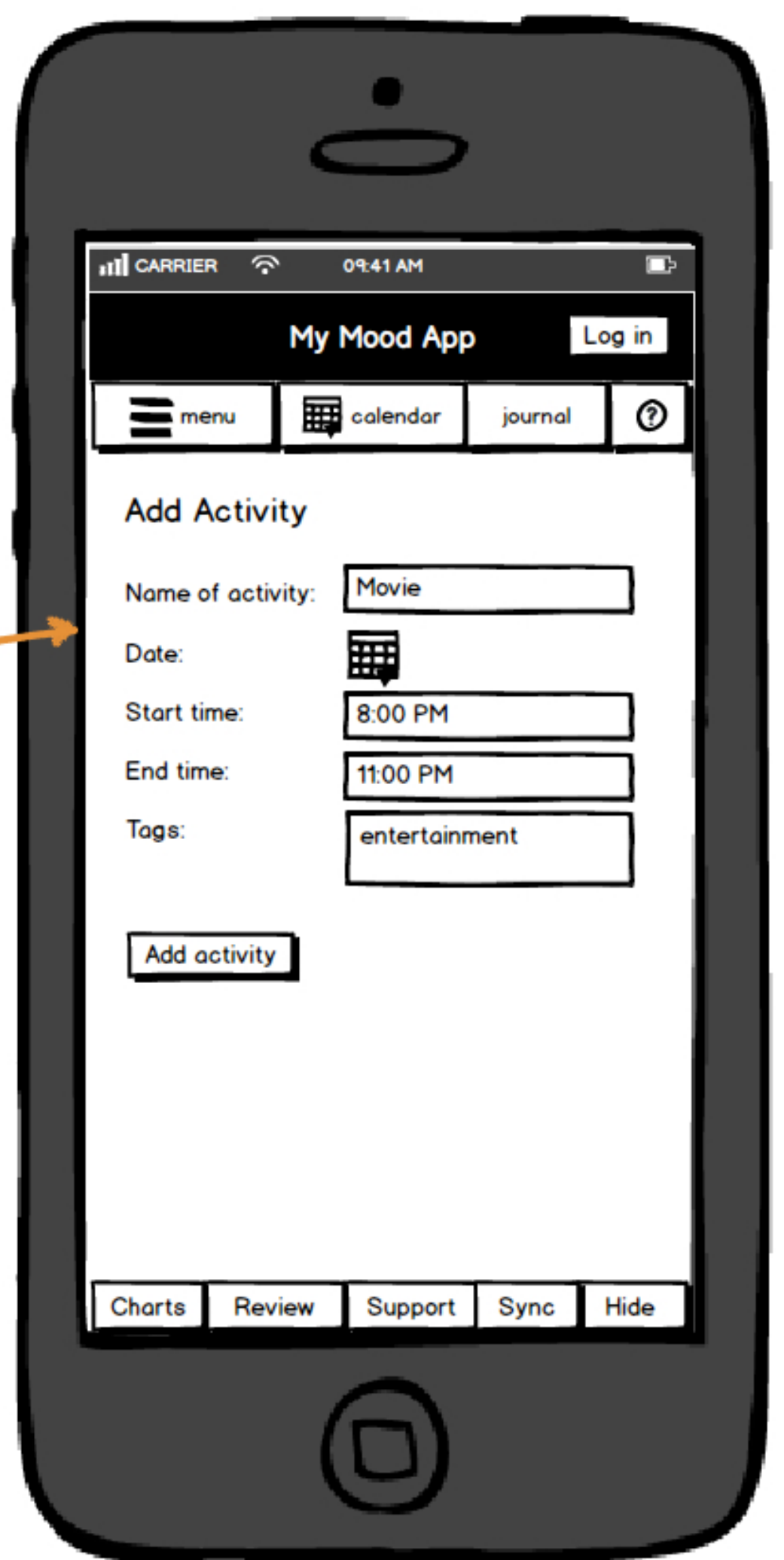
student network.
counselor.
physician.
Charts
Review
Support
Sync
Hide

The user can add tags to activities to get a visual record of what they are spending their time doing.


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Track Activities
Diet
Exercise
Sleep
Sex
Drugs
Alcohol
Homework
Add activitiy
Charts
Review
Support
Sync
Hide


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Add activity
Charts
Review
Support
Sync
Hide

Add Activity

Name of activity: Movie

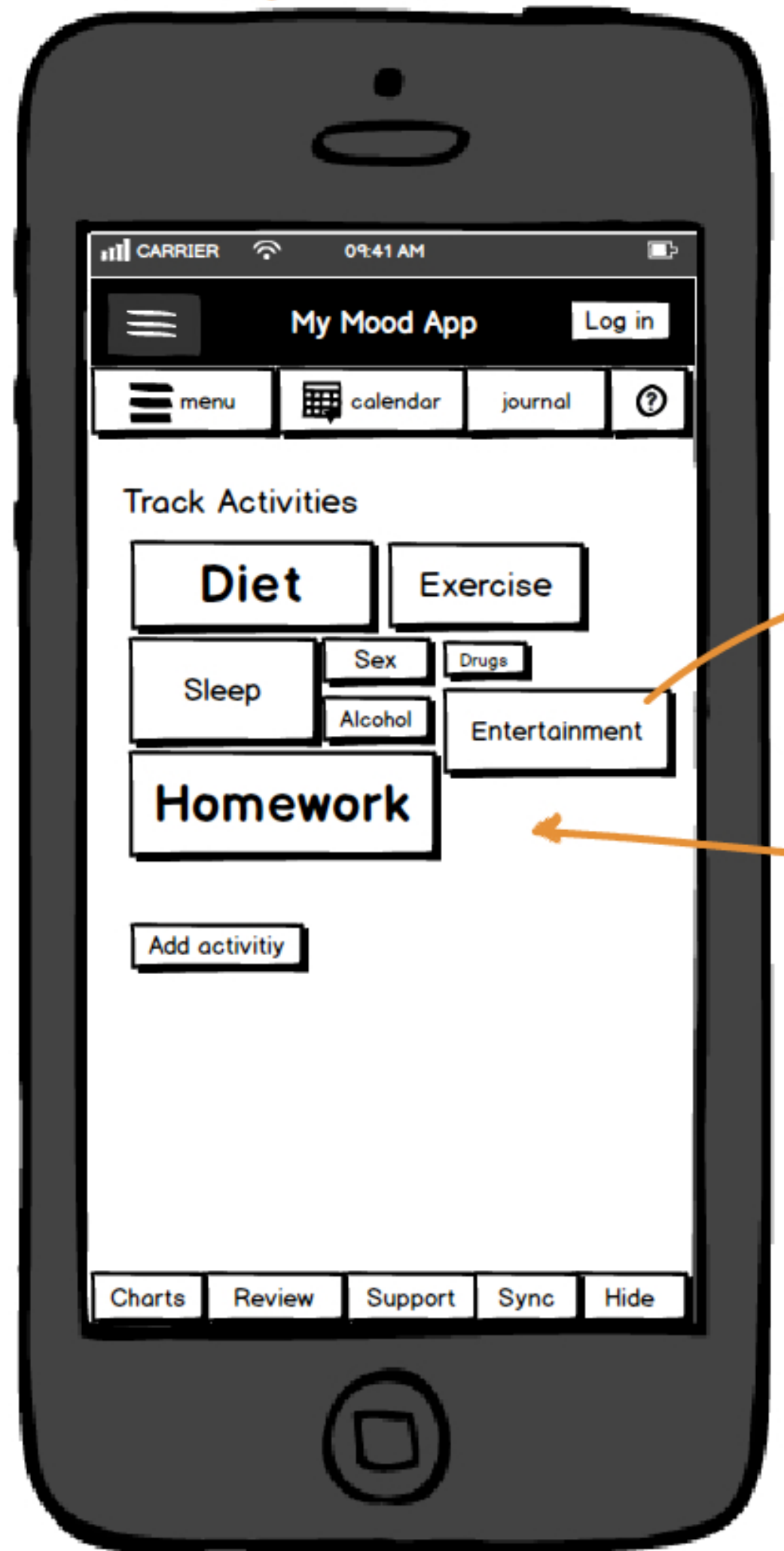
Date:

Start time: 8:00 PM

End time: 11:00 PM

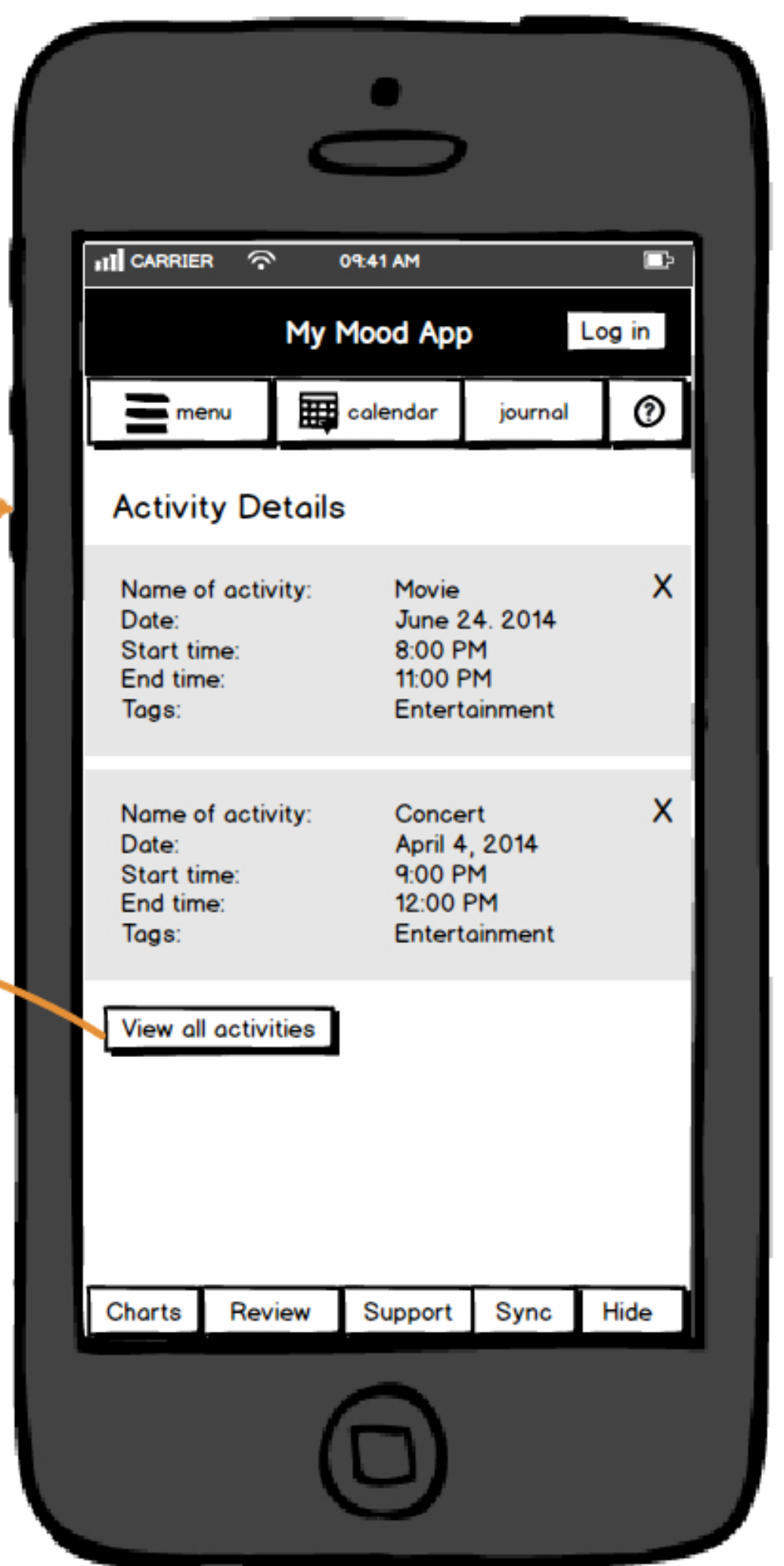
Tags: entertainment

The user can add tags to activities to get a visual record of what they are spending their time doing.


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
Track Activities
Diet
Exercise
Sleep
Sex
Drugs
Alcohol
Entertainment
Homework
Add activitiy
Charts
Review
Support
Sync
Hide

Whe the user adds an activity and continues to update it throughout the day the size and position of the activity boxes changes. By using tags these items can be ordered hierarchically

The user can click on the activity to view the details


CARRIER
09:41 AM
My Mood App
Log in
menu
calendar
journal
?
X
X
View all activities
Charts
Review
Support
Sync
Hide

Activity Details

Name of activity: Movie
Date: June 24. 2014
Start time: 8:00 PM
End time: 11:00 PM
Tags: Entertainment

Name of activity: Concert
Date: April 4, 2014
Start time: 9:00 PM
End time: 12:00 PM
Tags: Entertainment