

Topic

- Using an iOS app as a way of tracking mental health information, and using that information to understand the mental health of individuals as a way of supporting them.

Ideas

- If an app can keep track of the way people feel and allow them to express and share those feelings openly, it can be the first step to a world where discussing feelings is accepted and understood.

Research Method

- App will keep track of mental data, and relay information to close friends and family. App will track how everyone in the “community” is feeling

Conclusions

- General mental health data can be used to extrapolate well being, and encouraging users to check up on each other generally raised their happiness.