

Designing a Prototype to Increase Mental Health Awareness

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Abstract

The purpose of our project was to design an interactive platform to promote mental health and mindfulness for college students in China. We accomplished this by designing a prototype of a WeChat Mini Program for the Xin Foundation. This prototype was designed to provide college students with a reliable set of information about mindfulness and mental health. By utilizing focus groups, surveys, and benchmarking, we collected data that helped us design the prototype. The features include a library section containing articles, mindfulness exercises, a calendar-based mood tracker, and an interactive garden.