

# Middi - there is always something to smile about

## ① 'Mids' not 'Meds'

### Motivation



Everybody loves a smiley its the simplest way of expressing how your feeling in a text or through a social medium.

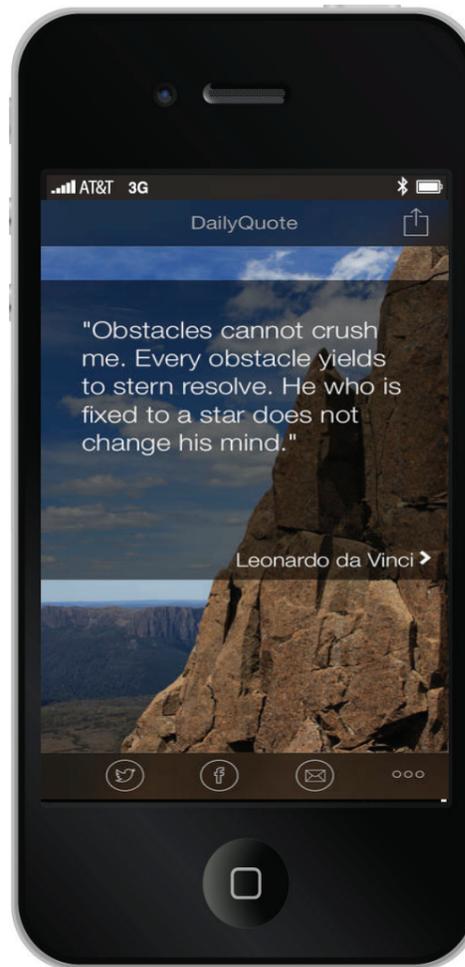
I wanted to design an app where the user can pick a smiley each day to represent how they have been feeling and if feeling bad they can choose to do something to make them feel better.



To add a little magic I wanted the apps icon image to change with the users mood.

I was thinking that a feature could indicate the user was in distress and could act as a link to Samaritans or with teen version a link to Child line.

### Inspiration



One of the things I wanted to include within the app was a daily inspirational quote.

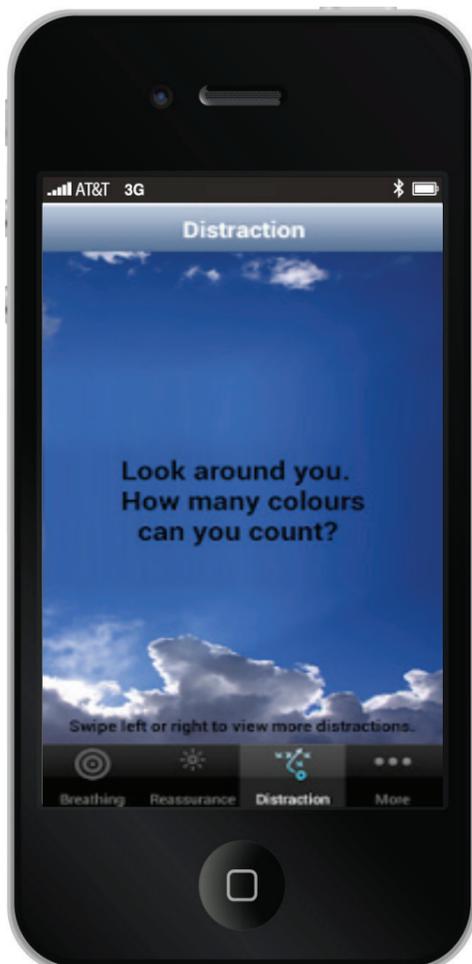


"You live longer once you realise anytime spent being unhappy is wasted"

This would provide the user something to reflect on or inspire them to do something that could either support their positive mood or help them break out of a negative one.

Suggestions such as 'phone a friend' 'listen to some music', 'smile at a stranger' could be displayed on the screen along with the quote.

### Distraction



While doing research into apps that were already available I discovered 'Panic Attack Aid' which is designed to help people who suffer from panic attacks and episodes of anxiety by providing calming imagery and helpful tips such as slowing down your breathing.

In addition it offers distraction exercises to get the user to think about something other than what was upsetting them until they were over the episode and able to resume their life.

This is a brilliant app however it is only available for Android phones I wanted my app to be simple enough to run on all platforms for those that cannot afford the latest gadgetry.

### Socialization



My original idea for including a social aspect to my app was to design a cartoon strip similar to Britstrip's.

This would allow the user to express how they were feeling through the use of a personalised avatar of themselves which the app terms as a 'middi'.

Through the app this middi cartoon then could be uploaded to Facebook or other social websites to allow the user to interact with friends /family.

Britstips iOS was the second most downloaded app worldwide in November 2013 proving the mainstream popularity of avatars.

# Middi - there is always something to smile about

## ② My iOS App

### App Icon



One tap opens the application.

Touch Hold in menu view opens settings.



Most applications only give you one choice of icon with *middi* you can choose from the menu settings which *middi* would like to use as your icon making it personal to the user.

### Set Up Screen View

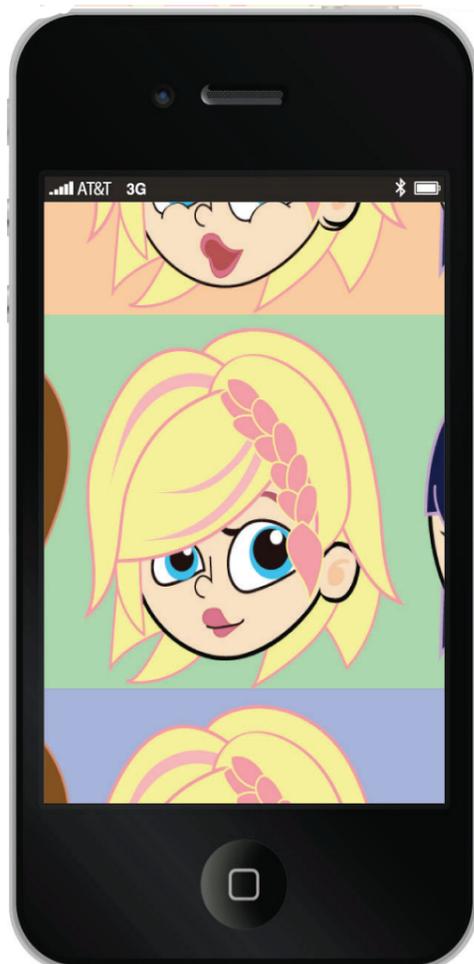


This is the set up screen where the user has the option of choosing a male or female *middi* face by tapping on the screen.

This screen will not appear again unless the user wishes to change their *middi* choice.

Once the user has chosen a *middi* preference the relevant style sheet loads and the mood choice screen opens.

### Screens and Style Sheets



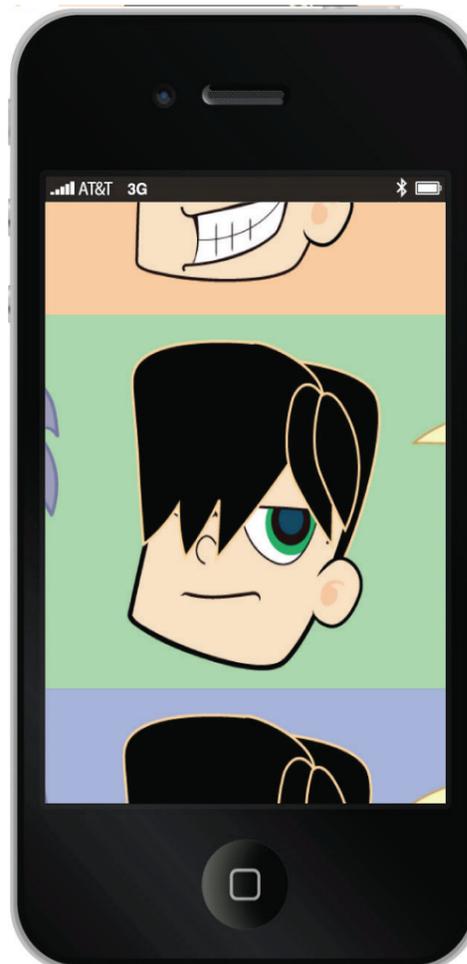
When the screen opens the centre of the view is almost filled with a face.

On the screens edges the user can see fragments of other faces indicating there are more.



The user can scroll across the screen to see different *middi* face styles and up and down for the different moods.

'Happy' 'Smiling' 'OK' 'Sad' 'Angry'



The user chooses the mood that most represents how they are feeling by tapping on the face.

The user can if they wish choose to use the same face style each day ...



... or swap between styles for different weeks or months.

This is the default screen that will open at the start of each new day so the user has to pick a mood to access the calendar view.

# Middi - there is always something to smile about

## 3 My iOS App

### Calendar Screen View



After choosing a *middi* mood the calendar screen opens where they will see their choice populate the relevant day of the week / month.

From this screen the user can ...

... navigate between days by tapping on a face.

(Indicated by a darker colour background)

... change a mood or add one to a missed day (?) by tapping and holding a *middi*.

(This would take them to the mood screen)

...navigate between months by scrolling up and down and sideways.



Each mood has its own colour so over the month a coloured grid will build up.

This way even if they use different face styles they can instantly see how their mood has been over the month.

The numbers and coloured squares under the calendar are a count of the users mood choices of the month.

From the edit icon at the bottom of the screen the user can access the information features.

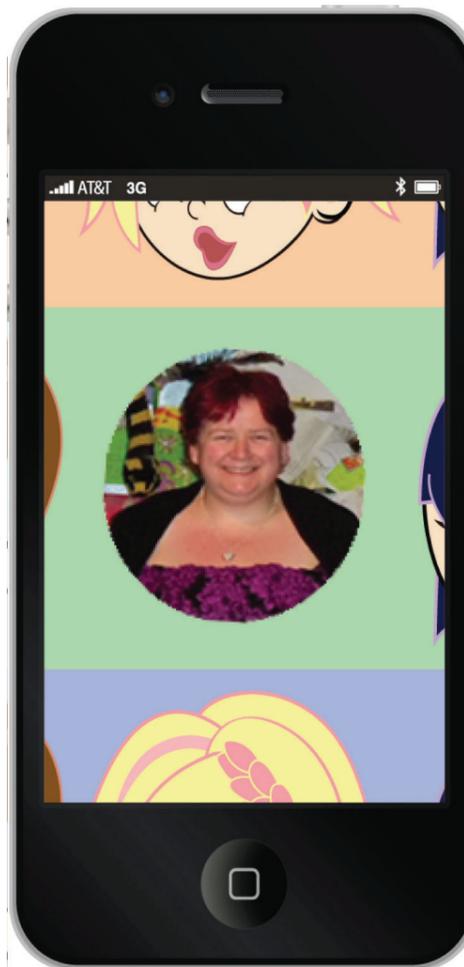
### Colour Heat Map



The essential concept of this app is to allow the user to monitor their mood over time, so as well as the weekly count of different moods the user can view a heat map of their average mood over each month.

To view this heat map the user pinches the screen to zoom in, at the same time the months will change from individual colour squares to one large square that represents their average mood for that month.

### Selfie Style Sheet



A feature that could be included to make the app even more personal to the user would be the ability to replace a '*middi*' with a 'Selfie'.

The user would tap and hold the *middi* image until a settings box opened from which they can navigate to their phones image files and select a picture.

Only the centre column of *middi*'s would be replaceable to avoid the app becoming unstable.

# Middi - there is always something to smile about

## ④ My iOS App

### Comment Text Box



The three information screens are connected via scrolling sideways or using the tappable >>> icon in the top corner.

One of the features I really wanted to include was an inspirational quote to give the user a mental boost.

The quote would be relevant to the *middi* the user had picked and aimed at supporting a good mood or dispelling a bad one.

From the main message screen the user can utilise their keyboard feature to add a few words to remind them why they were happy or sad on a particular day.

This comment can be uploaded from here to Facebook and Twitter accounts to allow the user to interact on a social level.

### Photographic Record



A picture can tell a thousand words so from this screen the user can include a photograph either taken directly from the app or uploaded from their image files.

Images taken and saved via this app can be directly uploaded to Facebook and Twitter accounts to allow the user to share their experiences with friends.

This feature could make use of other apps such as Instagram and Snapchat to further promote socialization and third party involvement.

### Sound Archive



Sometimes it is easier to record a message than write one from this screen the user can utilise their smart phones microphone pickup capabilities to record a short message or add a song from their own music files.

Keeping an archive of what events precipitate a depressive episode can be very important with these three features the user has a choice as to how they record and document an incident.

### Future Development



A future development could be a way to archive the users mood over the day.

Using 2 hour time segments the user could record how their mood changes from hour to hour.

This would be particularly useful to mental health workers who wish to closely monitor their patients.