

# Sprout.



## Introduction.

Sprout is an application designed to help university students deal with the stressor of juggling multiple life responsibilities and reduce the impacts that juggling these have on ones mental health.

At mental health week, students are given a seedling, these include a succulent, a snake plant and bamboo. These plant varieties are extremely low maintenance and are perfect for the on the go, busy university student. Attached to the seedling pots are tags where the user will scan a qr code and take them to the sprout app with their respective plant avatar. The avatar is customisable and reflects the users emotional response.

## Stressor.

The Sprout app was intentionally designed to calm university students who are stressed in their life and reduce the impact that this has on their mental health, however, Sprout can also assist in other mental struggles.



## Psychological Techniques Used.

Sprout applies positive reframing, cultivating gratitude and strengthening relationships to relieve stress in university students

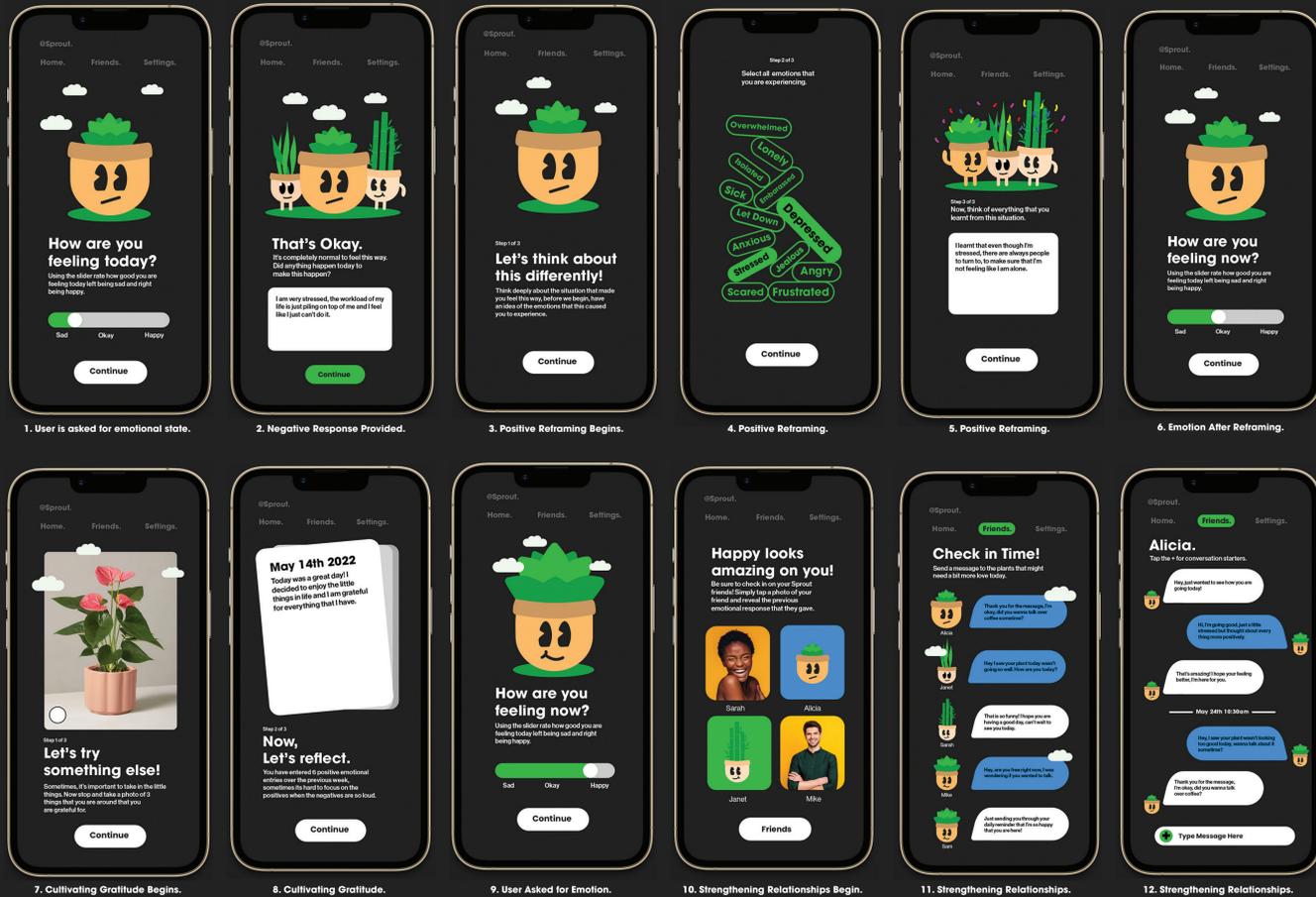


Succulent Plant Tag Front.

Succulent Plant Tag Back.

- 1 Positive Reframing.**  
If negative emotional responses are provided, Sprout firstly asks to reframe the situation into something positive.
- 2 Cultivating Gratitude.**  
If another negative response is given after reframing, Sprout uses an interactive activity and reflection through previous positive responses.
- 3 Strengthening Relationships.**  
Finally, if another negative response is given, the user is taken to a mental health institutions site to get extra help. However, if the user is positive they are asked to view their friends avatar's. The plants that appear wilted are highlighted and the user is encouraged to message them.

## User Interface of Techniques.



## Style Guide.



## Avatar's.

Depending on the seedling chosen, each plant avatar will be different on an app.



Default Succulent Avatar.



Default Snake Plant Avatar.



Default Bamboo Avatar.