

**6 Interaction Design (hg410)**

Anxiety and depression are among the leading mental health issues in the world. One of the ways to reduce stress and anxiety in everyday life is through practising mindfulness. Mindfulness involves paying attention (on purpose) to what is going on inside and outside ourselves, moment by moment, without judgement. Mindfulness is a technique that can be learned/taught and practised over time.

In your role as a designer at a design agency, you have been tasked with creating a mindfulness app that university students can use.

- (a) Choose two user research methods that would be appropriate for gathering data for this project, and motivate your choice. Explain which user research methods discussed in the course would be difficult to use for gathering requirements, and describe why that is the case. [5 marks]
- (b) Describe what stakeholder analysis is. Provide any assumptions you may need to make, and then identify and describe the stakeholders of the app to be developed. [4 marks]
- (c) Describe what requirements analysis is. Identify four key requirements that the application must meet. [4 marks]
- (d) Propose one product-specific design principle that this mindfulness app design should follow and motivate your proposition. [3 marks]
- (e) Describe what prototyping is and explain two prototyping methods you would use and why you would use them while exploring the design space for this mindfulness app. [4 marks]