

As a UX designer, you use best practices to create apps that help people. Did you know health care providers already follow standards¹ that can make our mental health care apps effective?

Designing for Mental Health? Focus on H.E.A.L.T.H.

Human

- Social support **increases personal motivation**
- Connect to a therapist or support system in case of emergency situations
- Respect peoples' autonomy to increase long-term incentives²

Evidence-Based

- CBT and other evidence-based treatments help people have healthier responses to stressors
- **Involve clinicians** in reviews and testing whenever possible
- Clinical mental health assessments³ evaluate the severity of an illness

Accepting

- Fear of failure stops many people from seeking treatment
- Poor motivation and adherence is a core symptom of many illnesses
- Moderate social communities to **encourage empathy** and positive interactions

Lasting

- Motivations should **align with internal values**, to affect lasting change
- Target the root causes of the illness, not just the symptoms
- Drive patients to ultimately feel empowered and in control of their health

Holistic

- Identify how the solution will fit into the patient's daily life
- Target a **specific audience**: gender, age, culture, and diagnoses have diverse, sometimes contradictory needs
- Engage patients, clinicians, and researchers

Tested

- Test for usability, so digital solutions feel seamless and usable⁴ even for people with low motivation
- Test concepts with the target audience to **avoid harmful assumptions** or unexpected negative impacts
- Evaluate both the efficacy and impact on the target population early and often⁵

* see sources at madpow.com/mentalhealthdesign