

# Human-Centered Design Process

To improve the impact of digital technologies on mental health

## Motivation

Digital technologies often focus productivity and customer value. The influence of these technologies on health is often neglected.

In this project, we are exploring a human-centered development process that explicitly accounts for effects on the user and their well-being.

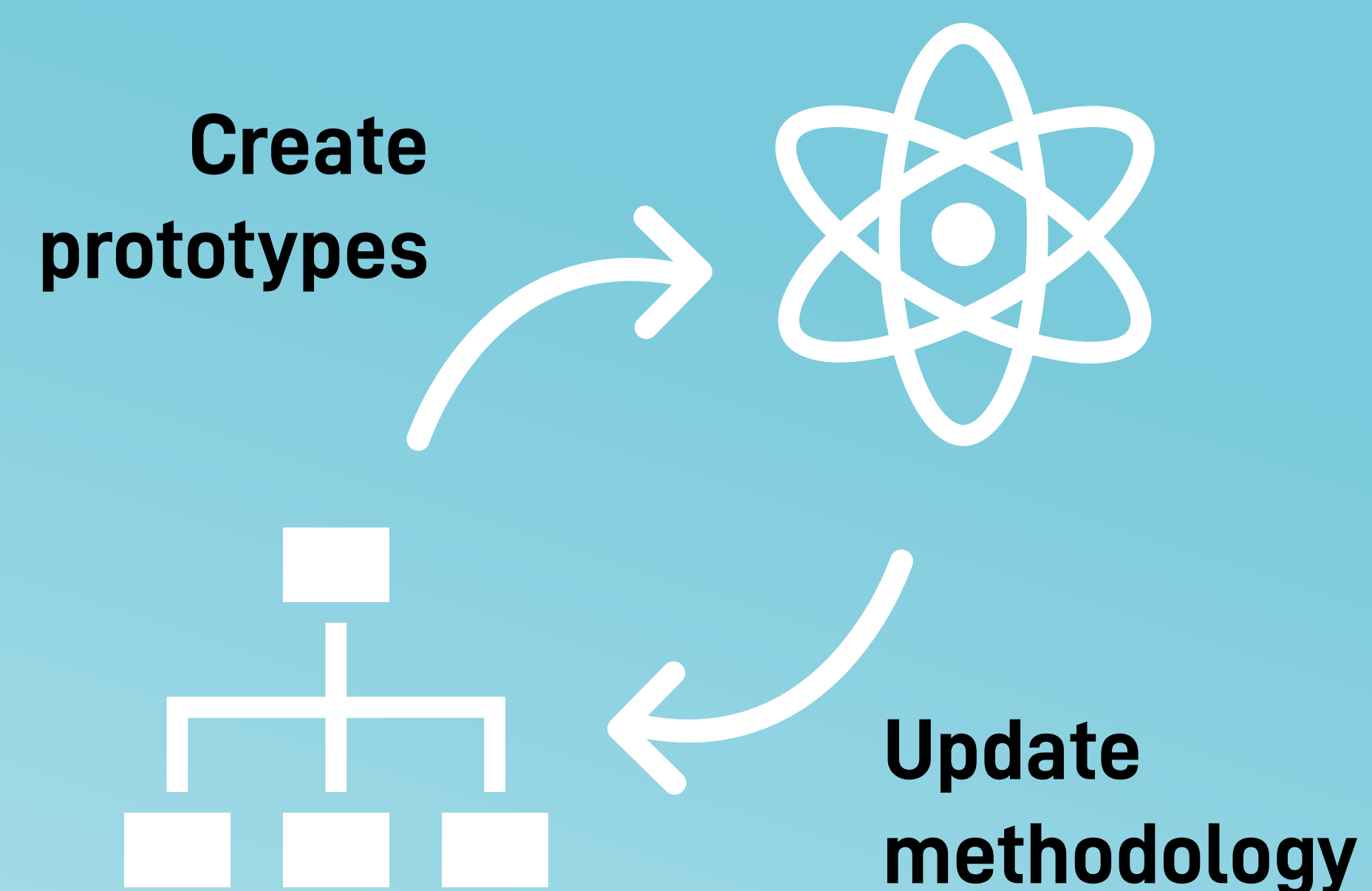
## Question

How can a guided design process support creators to improve the health-impact of digital technologies?



## Approach

1. Design guidelines that incorporate user well-being
2. Create and evaluate prototypes



## Well-Being Concepts

Face-to-face chat prompt in email



Tangible tracker for digital work

Outdoor classroom

## Outcomes

- » An experimentally validated human-centered design framework for the creation of digital technologies that encourages developers to weave health aspects into products without sacrificing their intended purpose.
- » Several prototypes that explicitly promote health and well-being