

Name: Emily Example



Age: 28

Gender Identity: F

Ethnicity: Caucasian

Work: Full time executive assistant

Diagnosis: BD-II

In-treatment? (y/n): Y

Family (married, children, etc.): Single

Location: Vancouver

Main device platform:

Android

Bio Tell us a little bit more about this person, their background, their personality, and their likes/dislikes.

E.G "Emily is a full time worker who was recently diagnosed with BD-II. She is very busy and under a lot of pressure at work, so while learning ways to manage her BD is important she doesn't have a lot of time. She is very social and extroverted. She is quite tech savvy and likes to review data about her sleep and fitness. She is very goal oriented and likes seeing her progress towards various targets she has set for herself in regards to her health."

Barriers What are some potential problems? It can help to think about problems with existing self-management apps.

E.G. "I'm not sure I'm comfortable disclosing yet so I need my information to be secure and not shared with anyone. I don't like when apps ask for permission to my facebook account or contacts. I don't like having apps that are clearly about bipolar disorder on my home screen."

"I get really busy with work so filling out a long mood tracking worksheet is too hard to do regularly. I often forget."

Facilitators What would make this app easier to use or encourage engagement? It might help to think about things that have made using self-management apps easier in the past.

E.G. "I like being able to connect with people online"

"I get really busy with work so I need reminders to use it at a time that works for me"

"I like being able to set my own goals and see my progress over time."

Goals People might download a self-management app for different reasons. What does this person hope to achieve by using this app?

E.G. "To get more independence in managing my bipolar outside of my treating team"

"To learn more about the different things I can do to stay well, as well as my triggers."

"To track my progress towards my health goals."

Apps What other apps is this person using? Do they use them a lot or a little?

E.G. Emily uses facebook messenger most nights to catch up with friends. She wears a fitbit wristband and reviews her data every day to track her exercise goals. She has eMoods installed but only fills it out about once a week when she remembers.