



MedBeats

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Group 22



Team Members



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Background and Significance



Undergraduate Transfer Students

At higher risk for mental health distress compared to non-transfers:

- Depression, anxiety, low self-esteem, and poor academic performance
- Transfer shock
- Transfer stigma

Music as Medicine

Beneficial effects on anxiety, pain, and sleep quality:

- Reduced subjective stress levels and emotions
- Useful intervention to help patients suffering from mental health illnesses or chronic pain



Existing Solutions



Music Streaming Services

- Relaxation playlists
- Not tailored to specific medical conditions or patient-reported symptoms



Mindfulness Apps

- Music-based relaxation techniques and exercise
- Lack real-time personalization based on symptom tracking



Music Therapy

- Personalized playlists & live music for guided relaxation
- Mental health distress
- Costly, availability, and accessibility issues

Hypothesis

Current scenario:

If undergraduate transfer students use a music therapy app that caters to their transfer experience and mental health needs, transfer students will experience reduced stress and anxiety, improved mood, and improved social connection because personalized music interventions have been proven to improve emotional well-being and reduce psychological distress.



Our Solution



MedBeats, a journaling app equipped with AI to help analyze daily entries to curate a playlist of songs to help transfer students tackle the mental distress they might encounter throughout their transfer process and journey.

Features of the app:

- Journaling page
- AI personalized playlists
- General playlists for certain moods
- Daily affirmations

UX Research: Surveys



Emotions When Transferring

A majority of the responses mentioned being worried about making friends and feeling anxiety and uncertainty during the transfer process

Requested Features

The survey responses indicated that students want to be able to control what they listen to while being given the option for prompts to find a specialized playlist



Reliance on Music

Many of the responses mentioned music being often used to help meditate or calm themselves down and many have never tried using apps that are focus on mental health



User Persona



Name: David

Age: 20

Occupation: Transfer Student

Goals

David, being a recent UCI transfer student, wants to help ease the anxiety and fear that he has been experiencing since the start of his transfer journey.

Frustrations

David does not have any reliable way to help address the stress and anxiety he is feeling since the hundreds of mental health apps he encounters are generic and not personalized to what he's looking for

User Persona



Name: Ashley

Age: 19

Occupation: Transfer Student

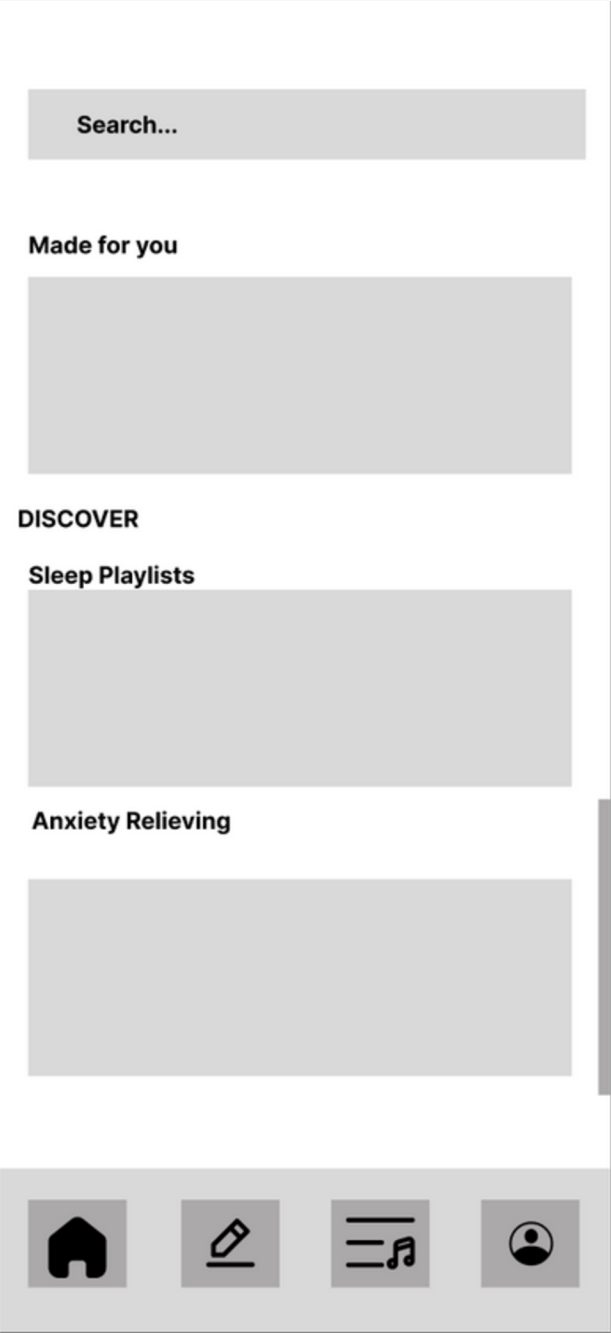
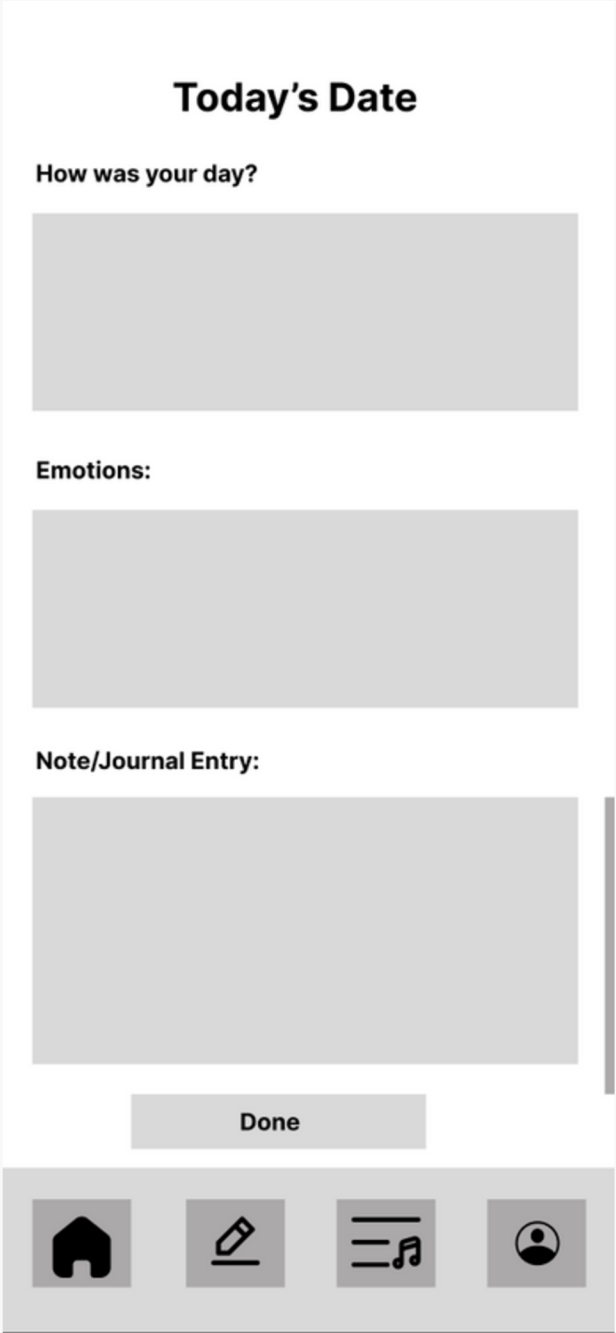
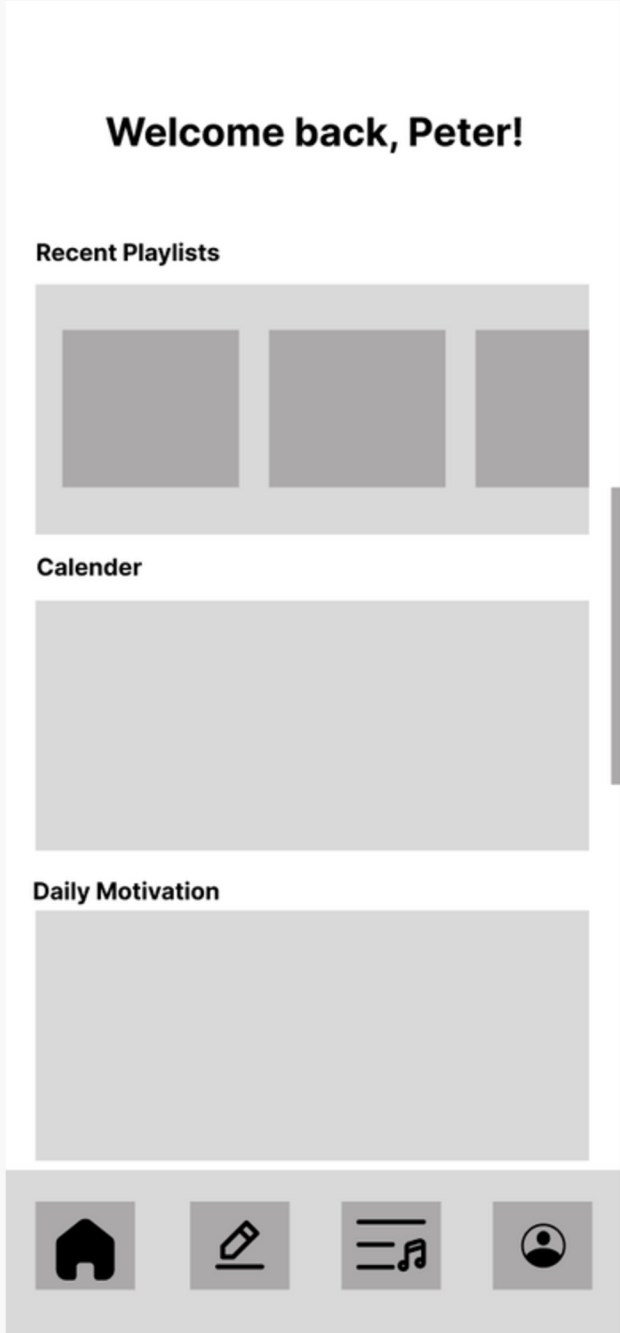
Goals

Ashley is preparing for transfer but is scared about all the different things that she will need to accomplish when the time comes.

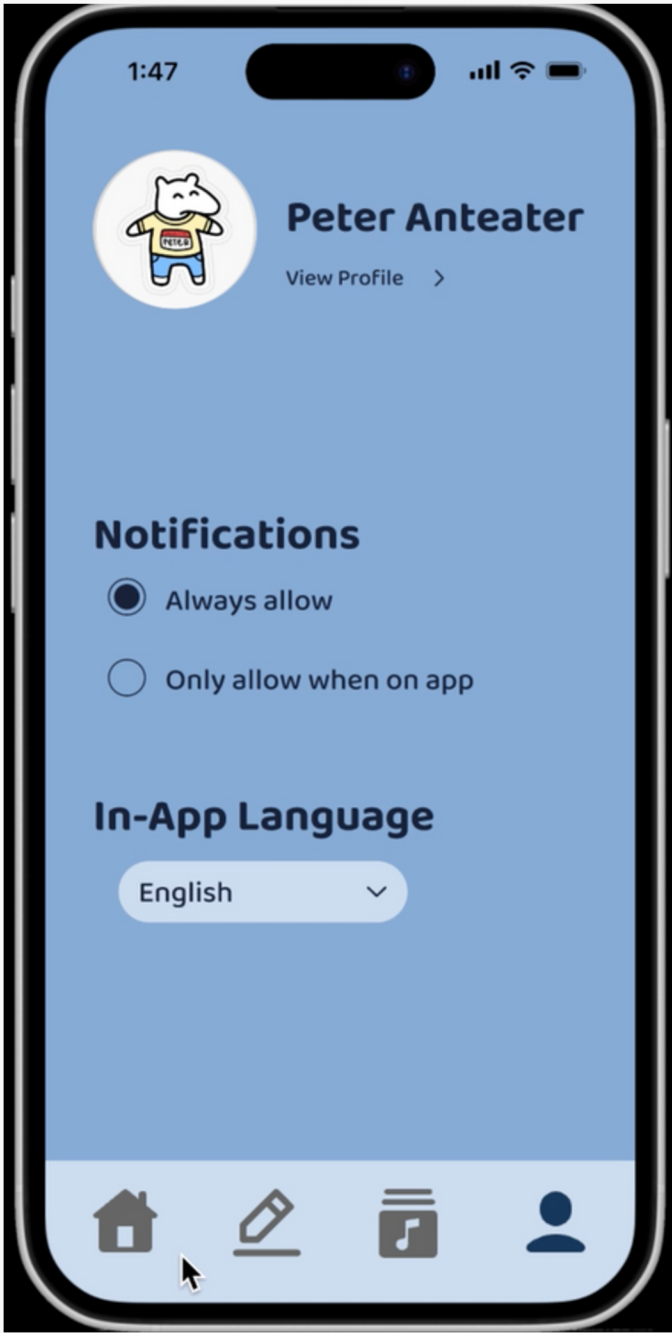
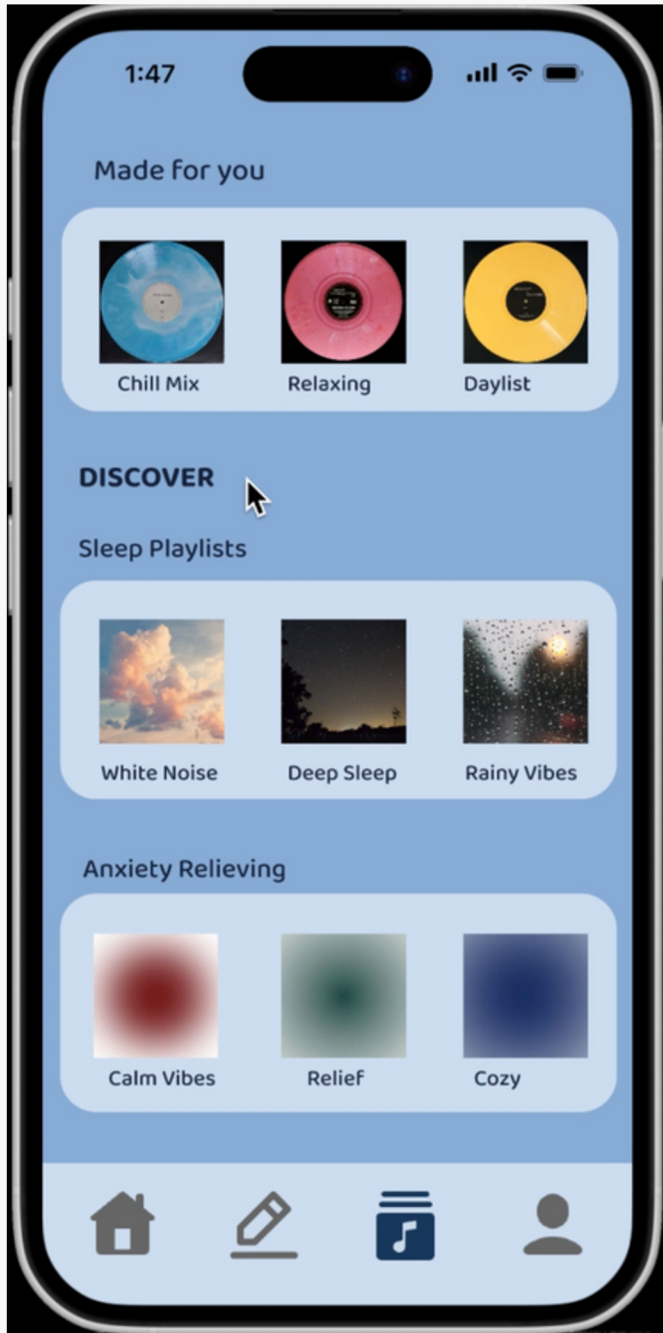
Frustrations

Ashley finds it difficult to keep track of everything that is going on in her life and wants something that she can easily jot down her thoughts and tasks while also staying relaxed.

Wireframes and Mockups



Wireframes and Mockups



Feedback Interviews



Layout

- Overall the simplicity makes it easy to understand
- Different colors for better visibility and contrast
- Get rid of empty space

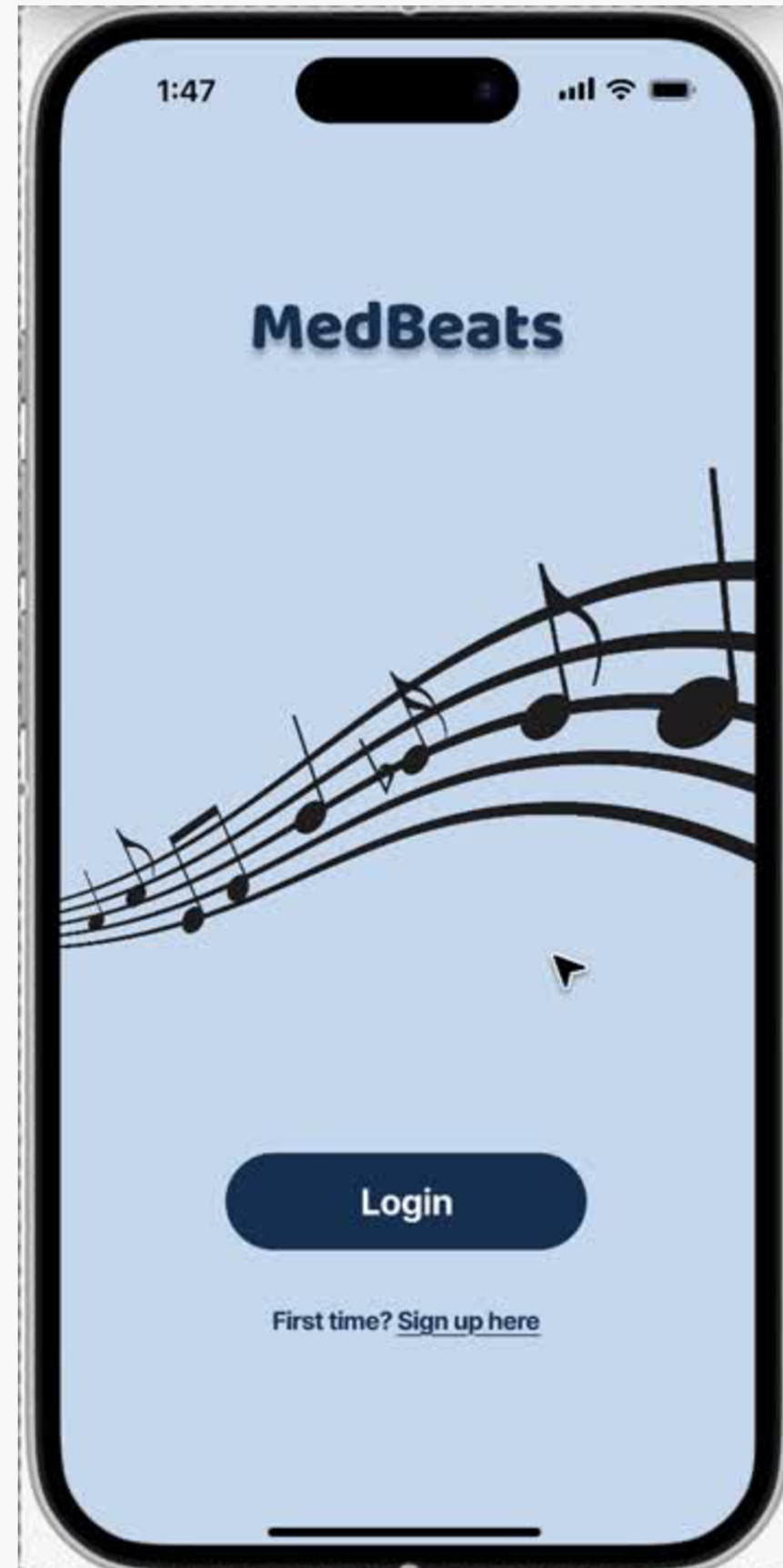
Functionality

- New feature to be able to view and store journal entries
- Availability to connect the app with Spotify, Apple Music, etc accounts

Personalization

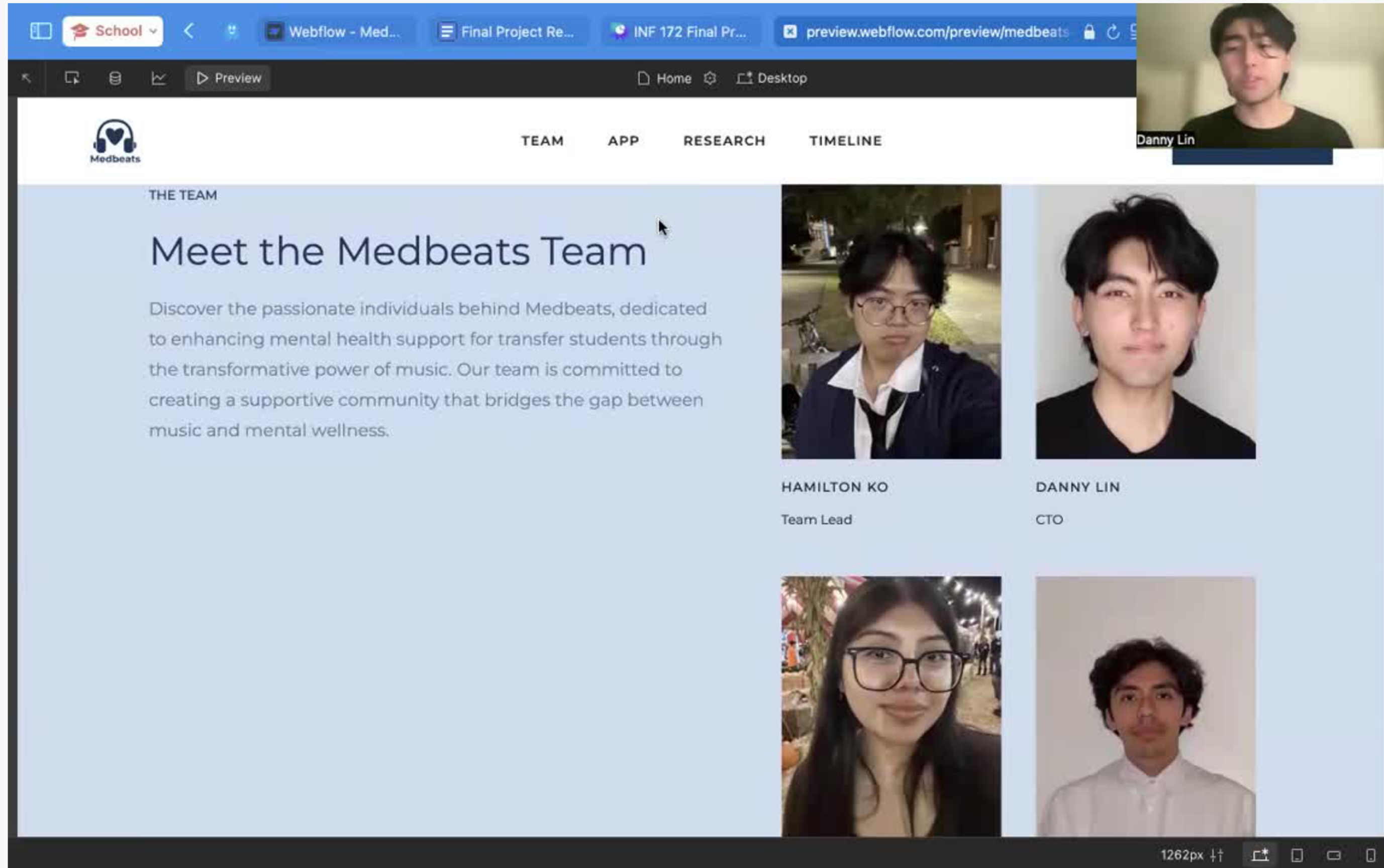
- Availability to choose different fonts and colors for journal entries
- Availability for users to choose their own background colors to match their mood

Final Prototype:



[Prototype Link](#)

MedBeats Website





Thank you

