

Mental Health Vault

Capstone 31 · HealthTech · Talodabi Academy

1 · Project overview

Private mood log. Not public social network.

Deliverable	Full mobile MVP in Figma (not code)
Platform	Mobile app · Android-first · portrait
Screens	11 screens + 1 unhappy path (12 frames)
Features	3 core features
Bottom navigation	Home · Log · Timeline · Settings
Prototype	4 linked flows

Build order: Auth (screens 1–4) → nav tabs (5–8) → core flow (9–11) → unhappy path → link prototypes.

2 · Problem & primary user

Mental health stigma limits open help-seeking. US apps push therapy marketplaces; Nigerian users need private logging first.

Primary user

"David, a 22-year-old student in Lagos under exam stress who will not post feelings on social media."

Geographic scope: National-level

3 · Goals

User goal: Log mood daily and optionally share summary with one trusted person.

Business goal: Employer wellness programs and counsellor referral fees.

Success: User logs mood and controls share settings.

4 · Market context

QUESTION	ANSWER
Who pays	Employer wellness plans and counsellor referral fees.
Why not WhatsApp	People vent on Twitter or stay silent. No private daily log.
Design focus	Private mood timeline, optional one-contact share. No public feed.

Competitors to check:

- **Global therapy apps** (not stigma-safe positioning)
- **Prayer and family advice** (default)
- **Notes app** (no mood structure)

5 • Validate before you design

Interview 3–5 people who match your primary user. Update this brief if interviews contradict it. Do not start hi-fi until you complete the confirmation below.

FIELD	YOUR ANSWER
Validated user (name, age, city)	
Problem in one sentence	
One interview quote	
Success metric for your test	
Primary colour and tone	
One competitor you checked	

Interview prompts

- "Walk me through the last time this happened."
- "What did you use instead? WhatsApp, paper, or nothing?"
- "What would make you trust this on a cheap Android phone?"
- "What would stop you from using this every week?"

6 • Features & scope

v1 • three features

1. Daily mood check-in with optional note
2. Private timeline no one else sees by default
3. Share weekly summary with one trusted contact

Out of scope

- Diagnosis
- Prescriptions
- 24/7 human chat without label

7 · Screens

Design every row in wireframe, high-fidelity UI, and prototype (where the flow applies).

#	LAYER	SCREEN	WHAT TO SHOW
1	Auth	Splash Screen	App logo, name, and tagline for Mental Health Vault.
2	Auth	Onboarding (1 screen)	Explain the app in one sentence. One Get Started button.
3	Auth	Sign Up Screen	Name, phone number, state, and PIN. No email required.
4	Auth	Sign In Screen	Phone number and PIN. Forgot PIN link.
5	App shell	Home (tab)	Today's mood prompt, streak count, and quick Log button. Show bottom nav with Home active.
6	App shell	Log (tab)	Emoji mood scale and optional short note. Save button. Show bottom nav with Log active.
7	App shell	Timeline (tab)	Calendar of past moods. Tap a day for detail. Show bottom nav with Timeline active.
8	App shell	Settings (tab)	Share with one contact toggle, privacy note, and sign out. Show bottom nav with Settings active.
9	Core flow	Check-in · Saved	Mood emoji and optional note saved. Show bottom nav on post-sign-in screens.
10	Core flow	Timeline · Day detail	Tap one day to see mood and note. Show bottom nav on post-sign-in screens.
11	Core flow	Share · Summary sent	Weekly summary shared with trusted contact. Show bottom nav on post-sign-in screens.

Layers: Auth = 1–4 · App shell = 5–8 · Core flow = 9–11

8 · Prototype flows

Link these in Figma. Examiners should click through without your voice-over.

Flow 1 · App entry

Splash → Onboarding → Sign Up or Sign In → first main tab

Flow 2 • Core task (all three features)

Sign In → Home tab → Log tab → Timeline tab → Settings share

Core flow screens: Check-in · Saved · Timeline · Day detail · Share · Summary sent

Flow 3 • Navigation

Link every nav tab so examiners can tap each bottom nav item. Tabs: Home · Log · Timeline · Settings

Flow 4 • Unhappy path

Trigger the unhappy path edge case and link to that screen.

9 • Unhappy path

Design this as its own screen state (frame 12):

User selects crisis mood three days in a row. Show calm resources: helpline numbers.

Link in **Flow 4**.

10 • Design system

RULE	DETAIL
Colour	You choose. Keep it simple and readable.
Type	You choose. Keep body text easy to read on a phone.
Tone	Design for your user, not for a tech audience.

Reuse on every screen:

- Primary button (active and disabled states)
- Input field (empty, filled, and error states)
- Card or list item used across the app
- Navigation bar with correct labels and icons
- Empty state: what the screen looks like with no data

Deliverables

#	DELIVERABLE	WHAT GOOD LOOKS LIKE
1	Wireframes	Every screen in this brief, plus the unhappy path. Layout and labels clear.
2	High-fidelity UI	Same frames polished. You choose colour and type. Bottom nav on every post-sign-in screen.
3	Prototype	Four linked flows (entry, core task, navigation, unhappy path). Examiners can use the app without your voice-over.
4	AI prototype	Figma Make: at least 2 screens. Share link.
5	Case study (1 page)	Problem · User · Who pays · Competitors · Solution · One design decision
6	Presentation (6–8 slides)	Name · Problem · User · Solution · Key screens · Flow demo · One decision

Before you present

- ☐ Every screen designed in wireframe and hi-fi
- ☐ Unhappy path screen designed and linked in the prototype
- ☐ Four prototype flows linked end to end
- ☐ At least one empty state on a list tab
- ☐ Shared components reused: button, input, card or row, bottom nav
- ☐ Case study names who pays and one competitor you checked
- ☐ You can explain one design decision in critique (why, not what)
- ☐ Completed 5 user interviews or 1 usability test
- ☐ Checked at least one competitor listed under Market context

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