Title: How we might encourage proactive learning rather than reactive "self-help"?

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Fika Mental Fitness

Abstract

For this field project, I have worked with Fika, Fika is a mental fitness skills development platform that allows its partners to embed their L&D strategy, empowering them to reach every employee. Their science is proven to prevent business risks associated with mental health decline by increasing personal and team performance. My research question is "How might we encourage pro-active learning rather than reactive "self-help". For this research question I looked at theories and models that trigger people into taking the first step towards their mental wellbeing/fitness.
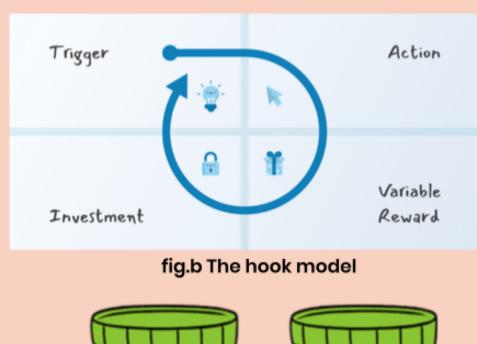
Introduction & Background

Mental health is vital at all stages of life, including childhood, adolescence, and maturity. Keeping up with your mental fitness can improve your mental health. The stigma around mental health still exists. There is always talk about physical health but people don't care about mental fitness, not knowing that both of them are connected.Our priority shouldn't be just physically fit but ılso be being mental fit. The aim for this research is to help people being proactive with their mental health.

Design & Diagrams

fig. A Low Fidelity Prototype

fig.b The hook model

fig.c The framing effevt

Research Methodology

My research was divided into three sections surveys, interviews and low fidelity prototyping. The first part of the research was conducting a survey where I asked participants general questions like:
Are you familiar with treatments to look after your mental health proactively?List any proactive mental health treatments you are aware ofDo you currently or have you ever used Mental Health Services? The second part of research was conducting interviews were the participants were asked more focused questions e.g. what factors affect their mental well- being and what they do to take care of their mental well-being.
The last part of research was making a fake website with a mental health quiz. Asking participants to answer a series of questions about their current state and feeling. While given a feedback based on their answers and giving them an option to explore options related to mental health.

Data Ananylsis

From the survey we found out that 93% of the people believe there is still a stigma attached to mental health. From the interviews I learned that when asked about what factors are affecting their mental health at the moment all of them answered that the uncertainity of future and finding a job after the pandemic is causing them the most stress and anixety. The low fidelity protype was made using the UX principles inorder to design the most effective webpage fro users to interact with. The data from the website is monitered it is monitering the number of users and how many users clicked the "Next steps" button.

Conclusion & Future Work

The outcomes for this project was to start a conversation about mental health with a indiviual. For work the implementation of quiz based assessments in wokrplaces and schools can help students and employees to take further steps in improving their mental well being.