

Illustration by Ellen Sundgren

# From concept to co-design: Developing a mental wellbeing app for young adults with a focus on occupational balance and peer support

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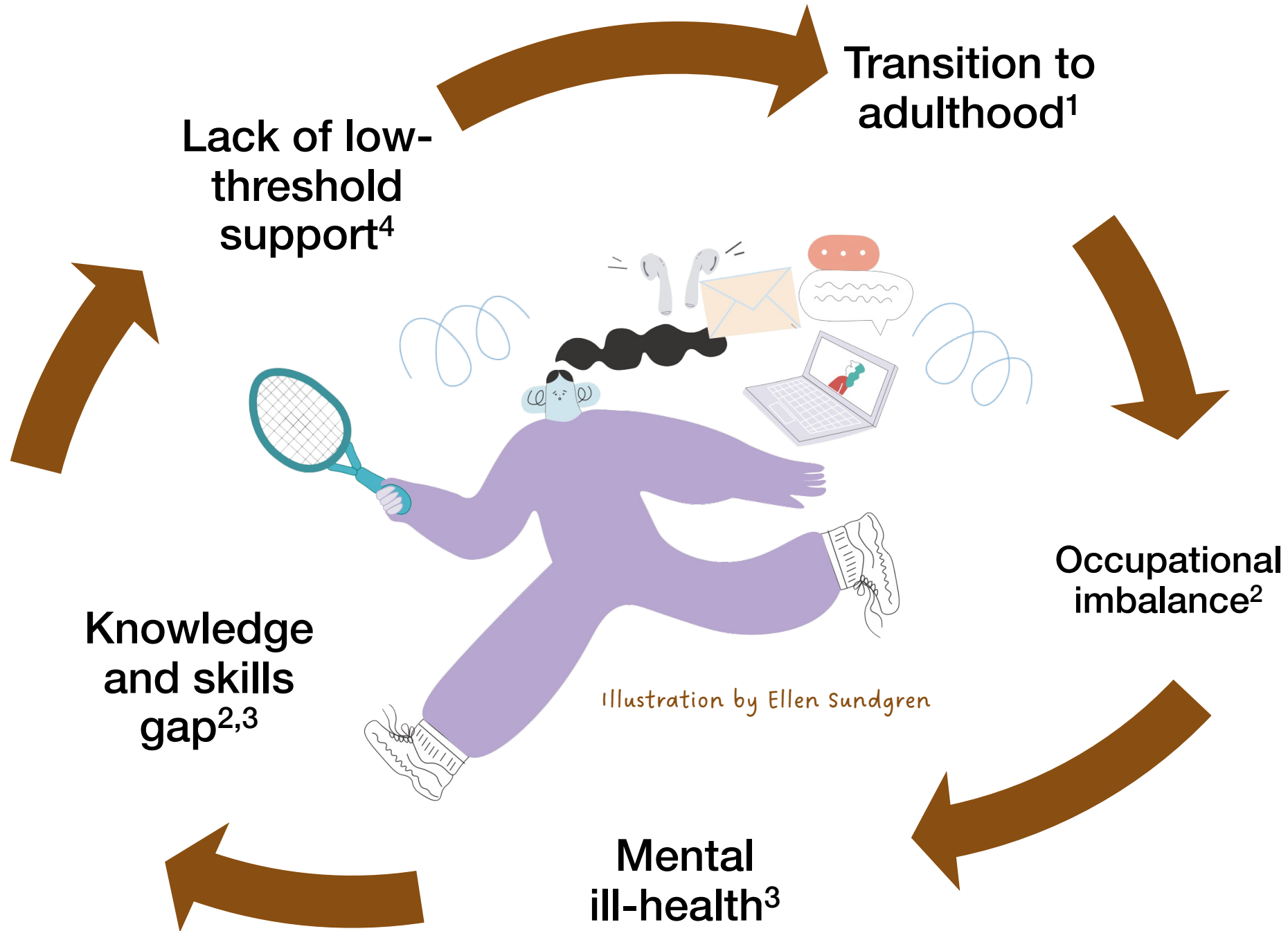


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**LU Innovation**

FROM INSIGHT TO IMPACT





stakeholders

App developers

# Co-designing a digital app for mental well-being

Peer-support

Occupational balance



Illustration by Wilma Hansson, Leah Rudolphie, Sofia Solari, Maksym Khmelenko



**“Nothing about**



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**'Need-finding'**



**'Ideation'**

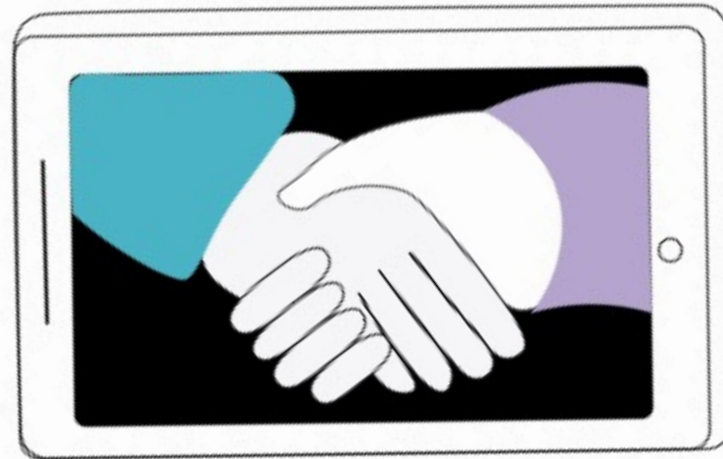


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**'Implementation'**

**Prototyping**



**Testing**

# Need-finding

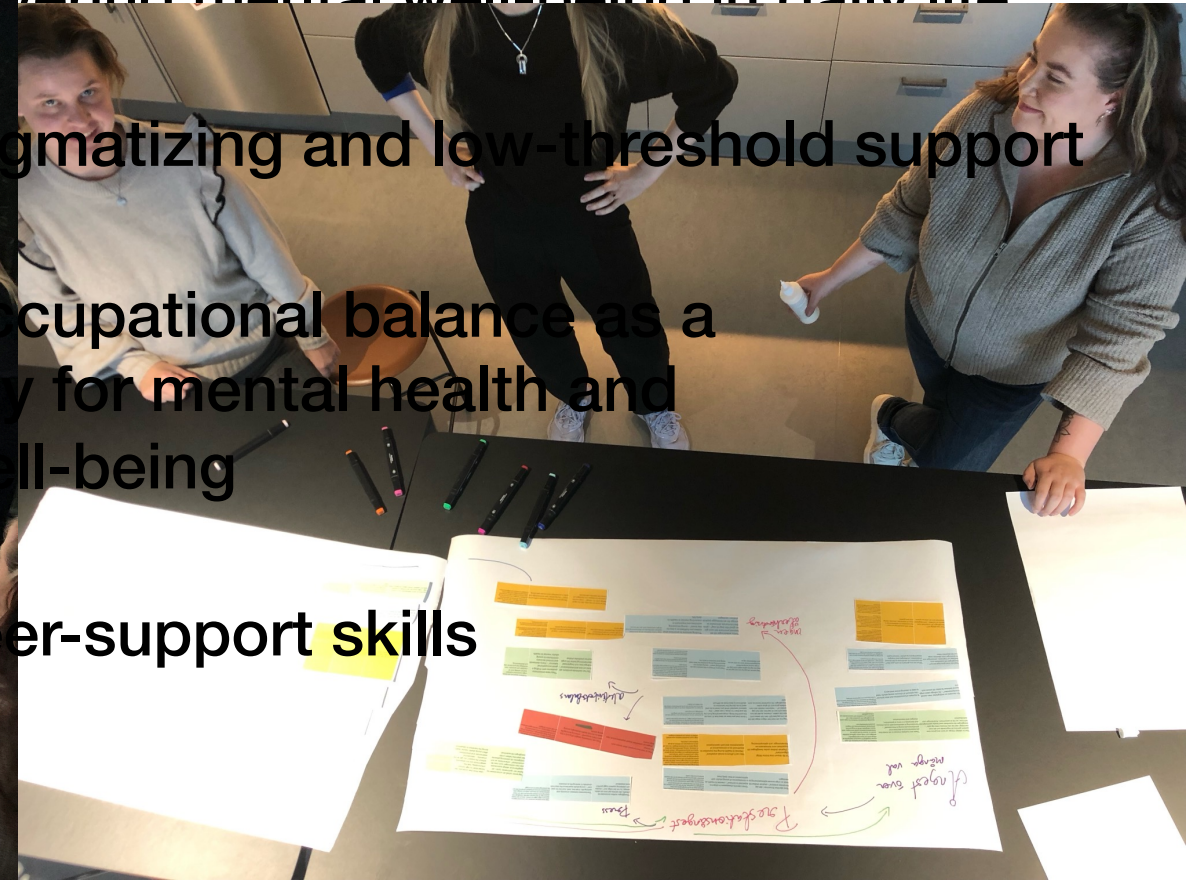


Improving mental well-being in daily life

Increasing non-stigmatizing and low-threshold support

Occupational balance as a key for mental health and well-being

Peer-support skills



# Ideation

## 5 workshops with young adults and professionals N=58

“Feeling emotionally supported”

- Validation of difficult emotions
- Self-compassion and hope
- Positive, non-judgemental tone
- Safety & anonymity

“simplicity and user control”

- Flexible content length
- Choice over format and topics
- Clear, manageable information (avoid overload)
- Quality over quantity

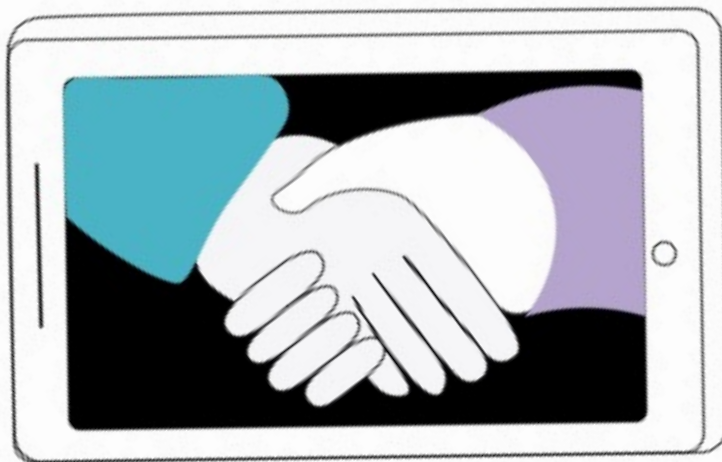


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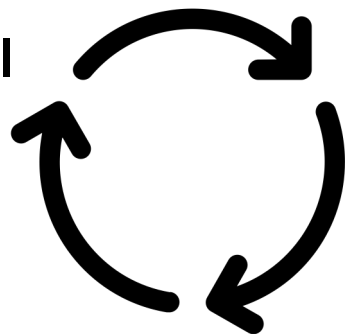
# Ideation

6 workshops with the expert panel

## Prototyping

'Inspiration,  
insight,  
interaction'

Version 3:  
Prototype for large-scale trial  
testing



## Testing



Version 2:  
23 young adults



Version 1:  
9 young adults and  
8 researchers

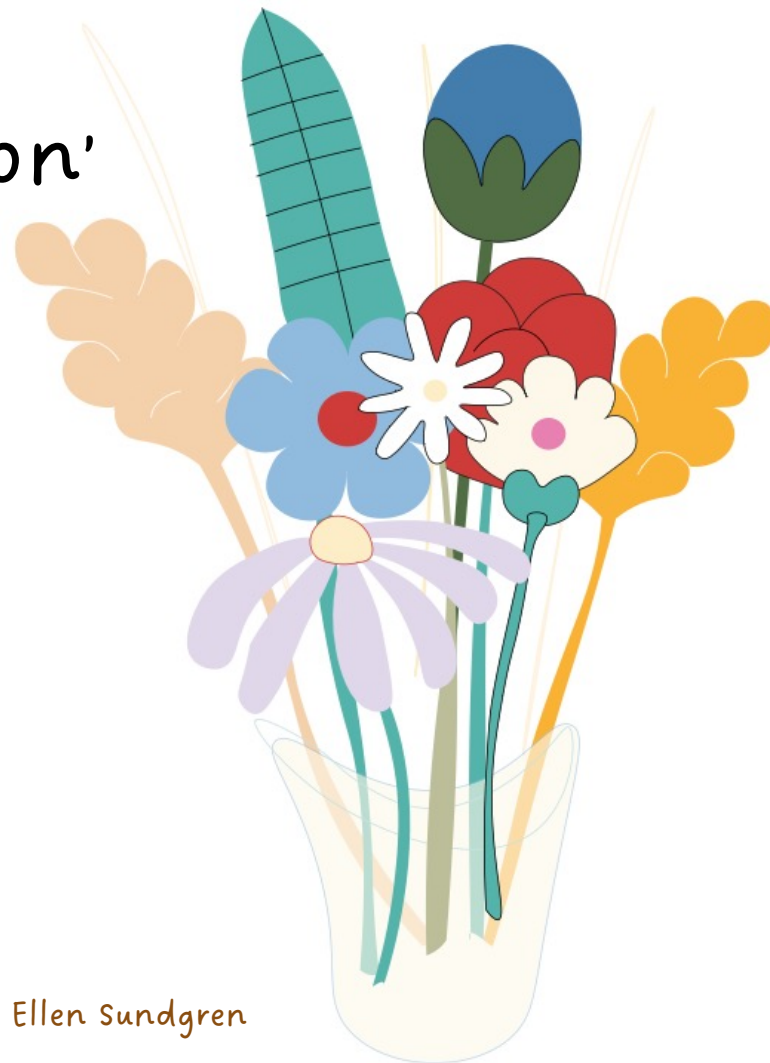
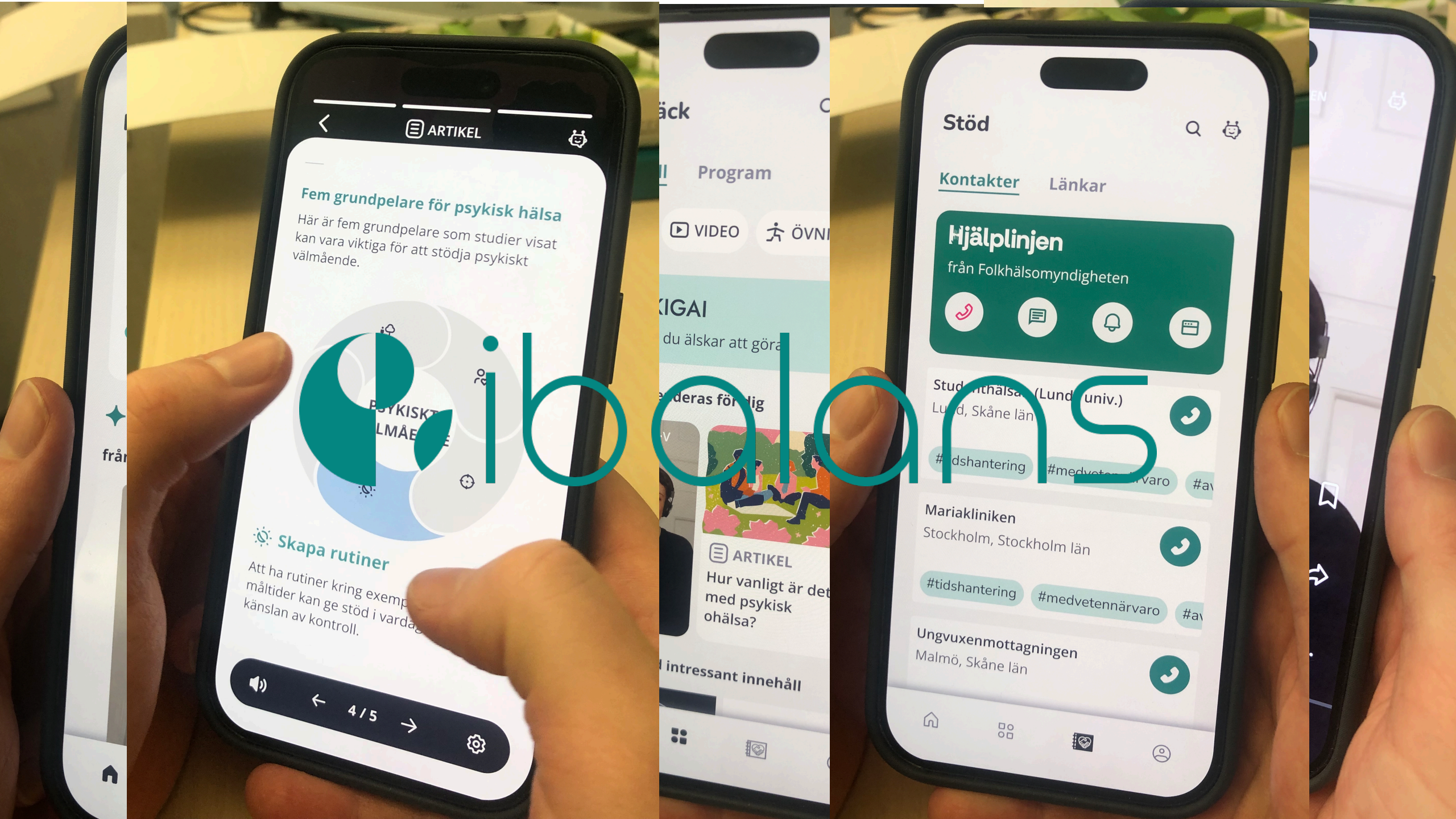


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ARTIKEL

### Fem grundpelare för psykisk hälsa

Här är fem grundpelare som studier visat kan vara viktiga för att stödja psykiskt välmående.

**PSYKISKT VÄLMÅENDE**

**Skapa rutiner**

Att ha rutiner kring exempelvis måltider kan ge stöd i vardagen och känslan av kontroll.

4 / 5

Program

VIDEO ÖVNINGAR

du älskar att göra

deras för dig

ARTIKEL

Hur vanligt är det med psykisk ohälsa?

intressant innehåll

Stöd

Kontakter Länkar

**Hjälplinjen**  
från Folkhälsomyndigheten

Studiehälsa (Lund univ.)  
Lund, Skåne län

Mariakliniken  
Stockholm, Stockholm län

Ungvuxenmottagningen  
Malmö, Skåne län

#tidshantering #medvetennärvaro #av

EN

# Implementation

- Planned trials, testing and feasibility studies
- Collaboration with professionals, universities and common arenas for young adults for recommending and sharing the app
- “On-demand availability” for all young adults

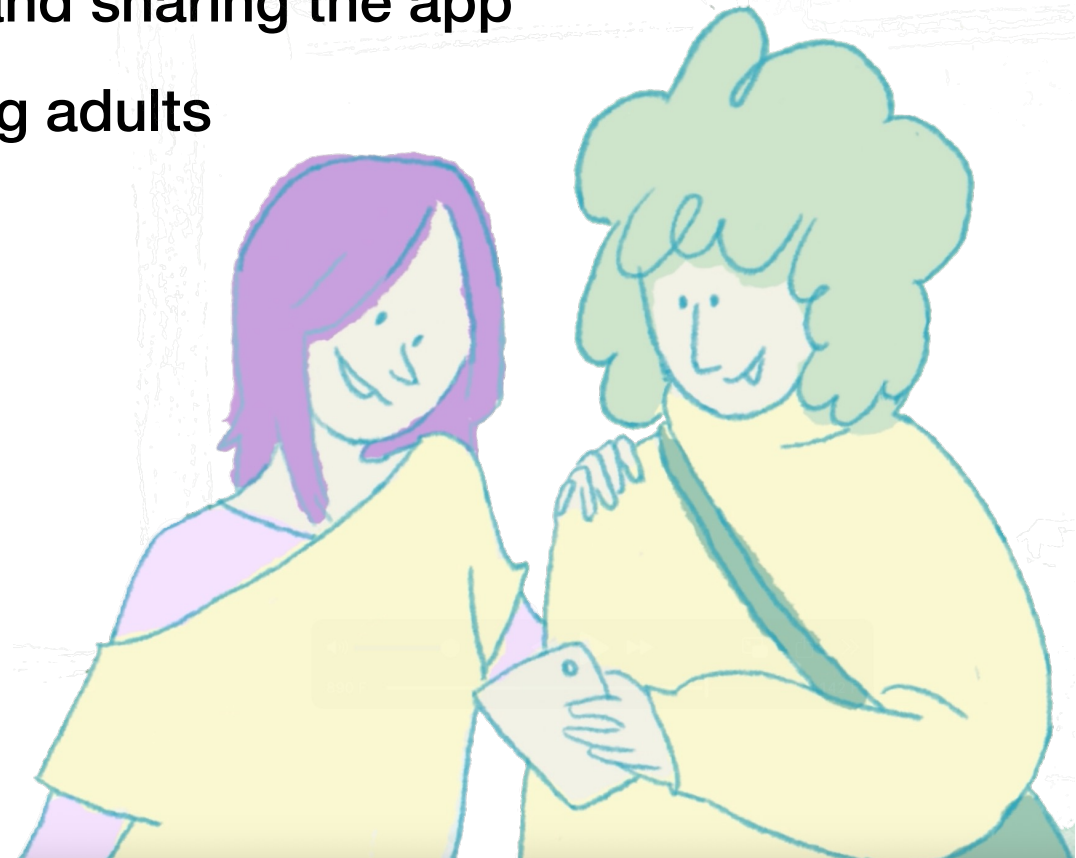


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## 2. Digital occupational therapy is well-situated to support young adults' mental well-being while juggling the transition to adulthood

1. The first digital mental health intervention for young adults' occupational balance needs<sup>6</sup>

3. Young adults' want co-designed interventions combining evidence with lived experiences

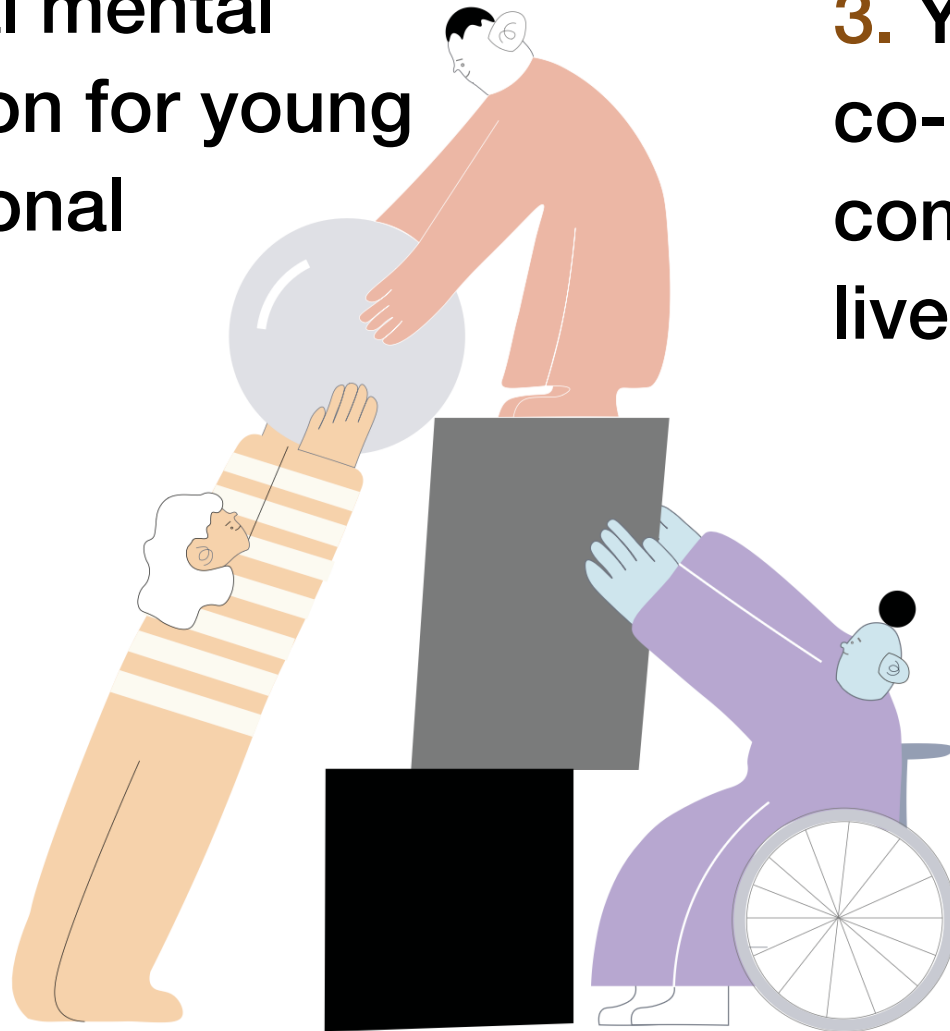


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