Talking Minds

Co-designing a website with young people experiencing psychosis

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1. The Context
2. The Process
3. The Outcome
What could happen if you stop taking your medication? Or if you don’t take it as you’re supposed to?

Split page into 3 – First section image of person relapsing/sick again
Second section image – adding more medication
Third section image – person having side effects and withdraws

Always tell your medical team if you haven’t taken your medication as you’re supposed to.
schizophrenia, depression and neurosis - serious illness

Burden of manic depressive disorder

Manic depressive disorder, also called bipolar disorder, is one of the oldest disease known to man.

It is a very severe and consumptive disease for patients, but also for their relatives. It is characterized by interspersed, mixed, extreme feelings starting with depression, so overall decline and loss of energy, ending with euphoria, when the patient is filled with excessive energy.

The disease can be diagnosed when a patient is observed with rapidly changing mood (mixed episodes, changing the mood from day to day or from hour to hour), mania (elevated mood or irritable, prone to sudden frustration) or hypomania (less manic symptoms). Unfortunately, often the patients do not report to the doctor, they are seen as a lunatic or people who cannot adapt.

Because of bipolarity, the course can be divided into two stages:

1. Manic stage.

Its symptoms are similar to the symptoms caused by a strong psychoactive drugs such as amphetamine. These include hyperactivity, insomnia, inability to focus, talkativeness, boasting and excessive faith in their skills. The patient generally does not count the money, is very sociable, has a flash in the pan. Joy in the one moment can be turned into anger or aggression. Also persecutory delusions often occur.

Manic stage may appear a few years after the depressive phase. Left untreated can last up to 4 months.

2. Depressive stage.
### Participants
- 22 service users aged 16-25
- 3 parents/care givers
- Culturally diverse
- 6 Mental Health professionals

### Setting | Methods
- Acute care unit
- Community mental health centres
- Co-design led:
  - discovery, prototyping, user testing
LET'S DESIGN A PIZZA...

- Pineapple
- Pepperoni
- Capsicum
- Cheese
- Oregano
- Mushrooms
- Anchovies
- Capers
- Cream Cheese
- Pineapple Chicken
If we weren’t going to eat pizza, I would choose to eat

The thing I’d like to do the most right now would be

In my spare time, I like to

When I’m not feeling well, things that help me include
HI, MY NAME IS JACK.
THIS APP/WEBSITE COULD BE A PLACE TO...

- Changed day to day
- Accessing ideas from other people
- Space to collaborate
- Sharing ideas with other people

Encourages getting out of daily routine
- Knowing about it easier
- Easy at school
- A new reality context
- A way to access support

Why and what happens?
- Living in hospital
- Group work
- Need people - support system
- Let's share stories
- Take patient's perspective / experience

This app/website could...

- Support
- Share stories
- Connect people
- Provide support for others
- Offer guidance for patients
- Help people get comfortable
- Let's talk
- Let's connect
- Let's share stories
- Make people feel supported
“My GP was hell bent on medication but it wasn’t working.”

“I need more time to think and reflect.”

“It’s a whole lifestyle thing; medications are just a part of it.”
Prototype

TALKING MINDS
Empowering people affected by psychosis

LEARN
Find answers to all your questions about psychosis

TALK
Share your experiences with others, or learn from theirs

TRACK
Keep track of your medications and your mood for a healthier mind

GET HELP NOW
TALKING MINDS
Empowering people affected by psychosis

What is your first impression of the homepage?

- Easy to understand
- Good design
- Informative

How clear is the purpose of the site?

- Easy to understand
- Good design
- Informative

What do you think of the name - Talking Minds?

- Easy to understand
- Good design
- Informative

What other names could we call it?

- Easy to understand
- Good design
- Informative

How could we make this page better for you?

- Use more visuals
- Simplify the language
- Add more resources

UNDERSTANDING PSYCHOSIS

If you have any questions or would like to know more about psychosis, please contact us.

What is psychosis?

Psychosis is a term that refers to a range of experiences that affect a person’s ability to see, hear, and think about the world in a normal way. In some cases, these can be very distressing and challenging for people who experience them.

What does it mean for me?

The experience of psychosis varies from person to person. It can be a very challenging and difficult experience, and it can affect how you see, think, and feel about the world. It can also affect how you interact with others and how you cope with daily life.

How could we make this page more helpful for you?

- Add more resources
- Simplify the language
- Use more visuals
“Oh wow! This looks so good”

“I like the colour and layout
- really great looking page”

“I love the way you can click through
‘thoughts’, feelings’, behaviours’,
‘perceptions’ – that’s nice”

“Great, this is great! Now this would have helped me when I had my son
– I would have gone in there and
gone Oh my gosh! It’s all here”

“Easy, not overwhelming, simple and easy to use”
“It could be more inviting, more vibrant with different colours, more playful... if you’re worried about this [psychosis], you’d want it to feel like it’s your salvation”

“The home page subheading should be about understanding psychosis and empowering people in the same sentence... that way you don’t have to feel like ‘oh s**t, I’ve got psychosis cause I’m looking at this website!’

“Give people a sense of calm through colourful, friendly, animated pictures”
Bad day

Good day
Bad day

Good day
Bad day

Good day
“It’s really easy to use and intuitive, you know.”

“...other people you are surrounded with - they can get a better idea of how to be when they’re around you, how to make it easier for them and us, so yeah...it’s really good, it’s really cool”

“The ‘how medications work?’ section is really great, it’s got all the information and I like this art piece... it’s really, really clear. A really good page, that one.”

“It was very relatable to me and how people in my family see people with psychosis”
www.talkingminds.webflow.io

password: NZEIS2017
We’d love your feedback!

dhwlab.typeform.com/to/JmKUHO
Thanks!

dhwlab.com

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