

WorryBusters Story Telling App

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Who : pre-diagnosis children affected by OCD and their parents

Why : <15% of children who experience OCD as a child get access to specialist services, this is mainly due to the barriers of access to care

What: A personalisable bedtime story telling app that has embedded CBT techniques

How: Allows parents to have an active role in the management of their child's illness. Allows both parent and child access to helpful techniques with the minimum of barriers to access.

BEDTIME
* WORRY BUSTERS *
GET STARTED

HU
BEDTIME WORRYBUSTERS STORIES HELP YOU AND YOUR CHILD TO TACKLE THEIR WORRYING THOUGHTS AT BEDTIME.
THIS APP HELPS YOU CREATE PERSONALISED STORIES WITH EMBEDDED TECHNIQUES TO HELP YOUR CHILD TO CHALLENGE THEIR BAD THOUGHTS AND SLEEP BETTER.
PICK A STORY ▶

NEXT, LET'S PICK A STORY...

THE WIZARD'S HAT	THE LITTLEST PRINCE	THE STRONG KNIGHT
GOING ADVENTURE	DADIE AND THE	A WITCHES SPELL

WHAT IS YOUR CHILD'S NAME?
THIS BOOK BELONGS TO JIM

WHAT IS JIM'S BAD THOUGHT?
JIM IS UPSET BY WILD ANIMALS
PICK A SIMPLE NAME FOR THE BAD THOUGHTS E.G. _____
REVIEW THE STORY ▶

THE LITTLEST PRINCE CHAPTER 1

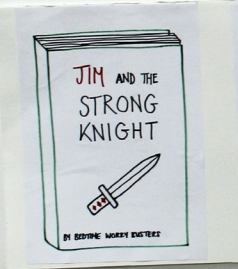
← Action/Sound → Technique

LISTEN TO WIND

PADDLE THE BOAT

SAY FEAR ONCE

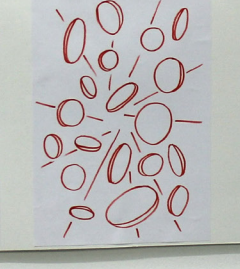
READY TO READ



CHAPTER 1

ONCE UPON A TIME, THERE LIVED A STRONG KNIGHT...

THE KNIGHT NEEDS JIM TO HELP HIM SWING HIS SWORD

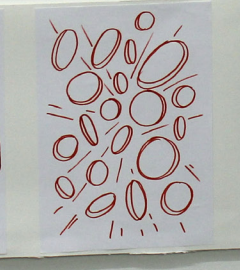


THE STRONG KNIGHT SWUNG HIS SWORD...

THE KNIGHT CROSSED THE WOBBLY BRIDGE. (LISTEN) TO THE RIVER BELOW.

CHAPTER 2

THE KNIGHT NEEDS JIM TO HELP OPEN THE CHEST



END OF CHAPTER 3

WOW!
1 2 3
YOU COLLECTED ALL THREE COINS!

BEDTIME
* WORRY *
BUSTERS *



GET STARTED

Welcome Screen

Name is not label focussed but symptom focussed to enable pre-diagnosis use.

Hi!

BEDTIME WORRYBUSTERS STORIES HELP YOU AND YOUR CHILD TO TACKLE THEIR WORRYING THOUGHTS AT BEDTIME.

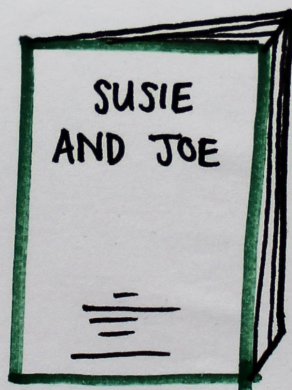
THIS APP HELPS YOU CREATE PERSONALISED STORIES WITH EMBEDDED TECHNIQUES TO HELP YOUR CHILD TO CHALLENGE THEIR BAD THOUGHTS AND SLEEP BETTER.

PICK A STORY ▶

Introduction

This is the initial, parent-focussed, set-up section. It introduces the aim and function of the app.

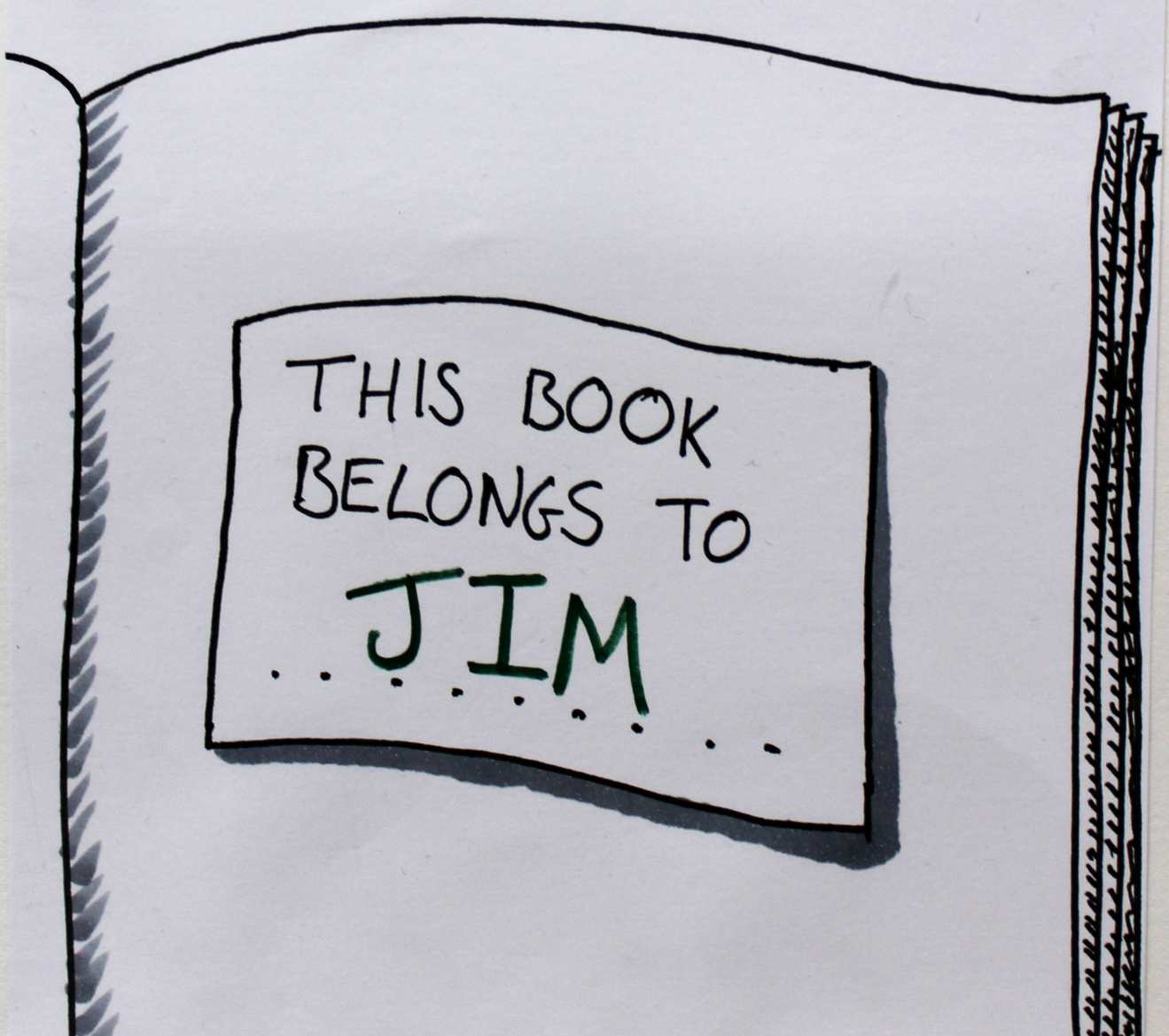
NEXT, LET'S PICK A STORY...



Story Selection

We intend for a range of stories to be available for selection by the parent and child.

WHAT IS YOUR
CHILD'S NAME?



THIS BOOK
BELONGS TO
... JIM ...

Name Entry

Allows the child to be included a character in the story, to improve investment by child into reading the story.

WHAT IS JIM'S BAD
THOUGHT?

JIM IS UPSET BY

WILD ANIMALS

PICK A SIMPLE NAME FOR THE
BAD THOUGHTS

E.G. _____

REVIEW THE STORY ▶

Detail Entry

Entering the obsession allows it to be challenged by the therapy techniques.

THE LITTLEST PRINCE

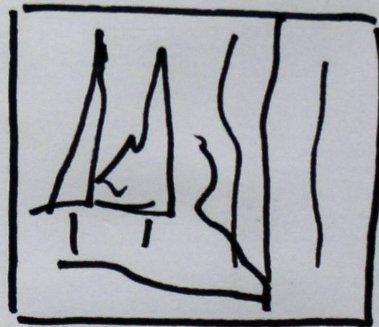
CHAPTER 1

● - Action/Sound

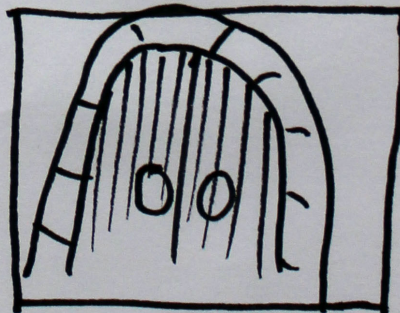
● - Technique



LISTEN TO WIND



PADDLE THE BOAT



SAY FEAR ONCE

Story Review

Allows the parent to read through the story. Actions for the child are shown in two colours, green for normal actions and red for therapy actions.

THE LITTLEST PRINCE

CHAPTER 1

* - Action/Sound

LISTEN TO W

PROBLE TH

SAY FEAR O

COMMENTS

▶ MY KID LOVED THIS, WE RUSTLED THE BLANKETS TOO
- MUM X

▶ USE A WOODEN SPOON AS A PROP
- DAD Y

▶ THIS HELPS ACKNOWLEDGE THE FEAR - B.W.B

Slide-out side panel

This slide-out panel allows parents to share comments on ideas for performing actions, and how to read. It also provides detail of what the therapy techniques aim to achieve.



READY TO READ

Ready to read

Once the parent has reviewed the story they are ready to move to the shared interface for reading with their child.



Front Page

First page the child sees of the app. Title is personalised with child's name.

CHAPTER 1

Chapter 1

Each chapter has a series of actions one of which is a therapy technique.

ONCE UPON A
TIME, THERE
LIVED A STRONG
KNIGHT...



THE KNIGHT NEEDS JIM TO
HELP HIM SWING HIS SWORD

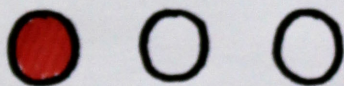
Page of Text

Story is combined with an illustration and an action on each page. The actions all look the same, whether therapy or not. Tapping on the action (in red box) opens a new dialogue window.

ONCE UPON A
TIME, THERE
LIVED A STRONG
KNIGHT...



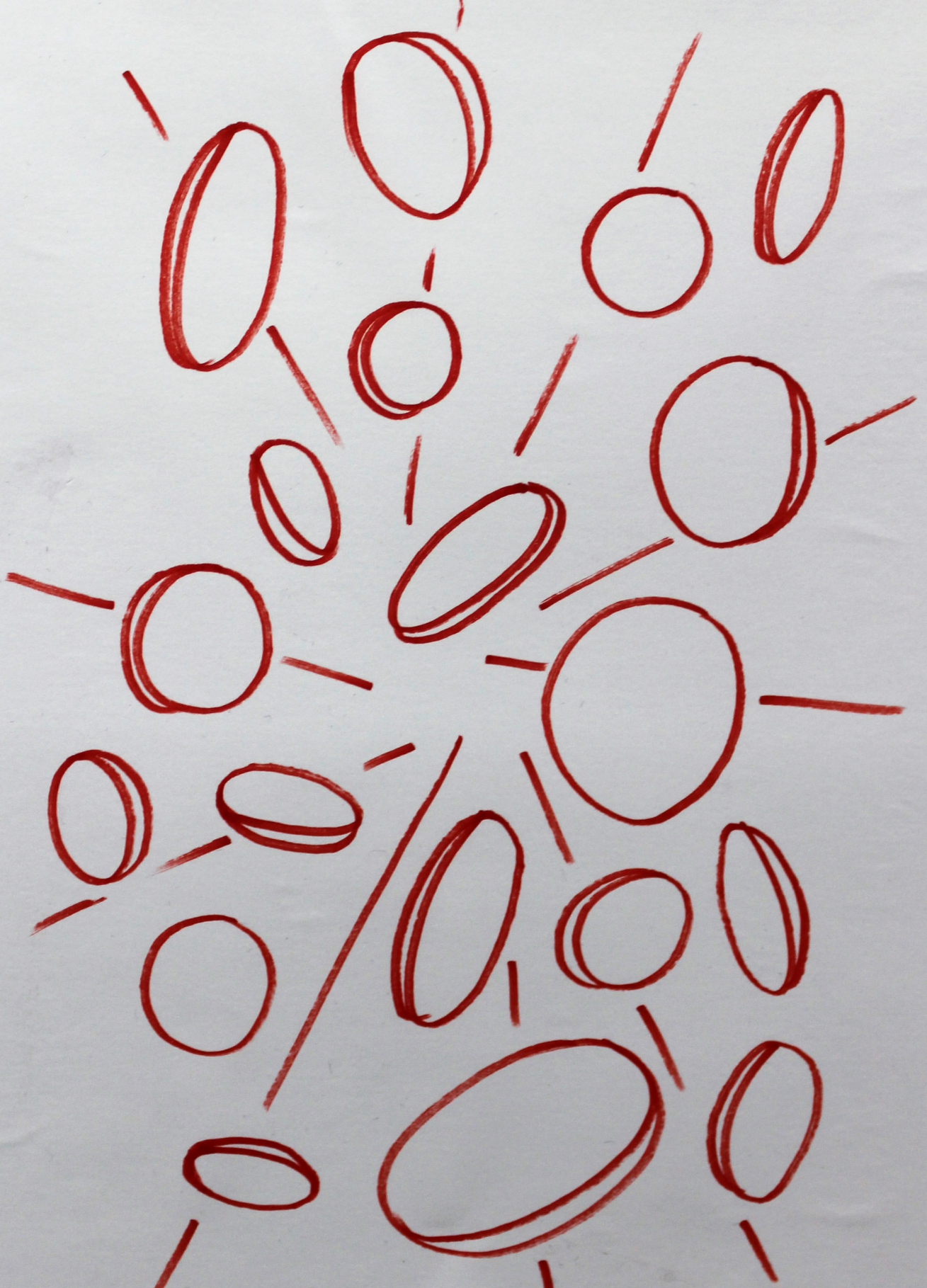
SAY YOUR FEAR OUTLOUD ONCE TO HELP
THE KNIGHT AND COLLECT YOUR FIRST
COIN



HELP HIM SWING HIS SWORD

Action Dialogue Window

The action has specific instructions, and allows you to collect a coin for completing it.

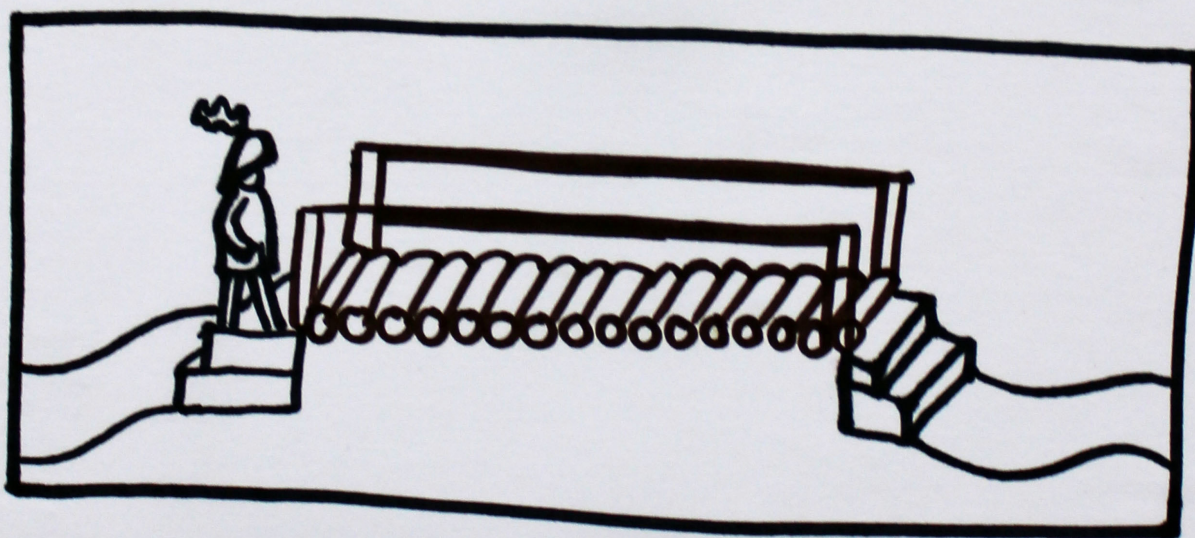


Coin Burst

A coin burst animation is achieved when the action is completed. This helps positively reinforces the completion of tasks.

THE STRONG KNIGHT
SWUNG HIS SWORD... _____

_____.



THE KNIGHT CROSSED THE
WOBBLY BRIDGE. **LISTEN** TO
THE RIVER BELOW.

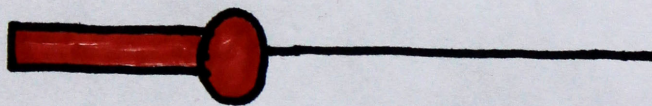
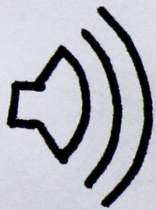
Page of Text

Actions vary from performance to listening to sound affects.
Actions for therapy or not look the same to child.

THE STRONG KNIGHT
SWUNG HIS SWORD... _____

_____.

LISTEN TO THE RIVER



THE KNIGHT CROSSED THE
WOBBLY BRIDGE. **LISTEN** TO
THE RIVER BELOW.

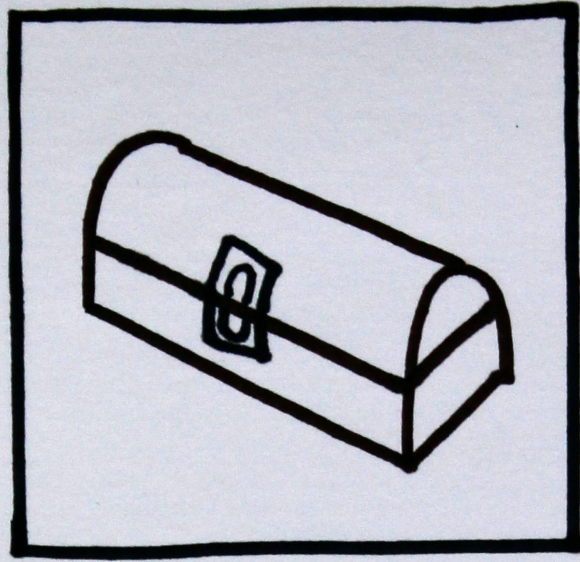
Sound Dialogue Window

Sound plays on tapping the action.

CHAPTER 2

Chapter 2

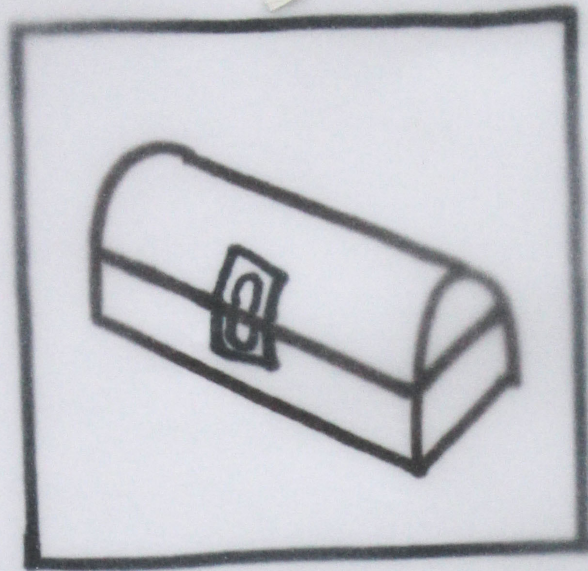
The chapters build up the therapy techniques over time so they can be read over a period of time. They also can be repeated to reinforce the actions and story for the child.



THE KNIGHT NEEDS JIM TO HELP
OPEN THE CHEST

Page of text

Formatting matches across all pages in the book to allow easy navigation.



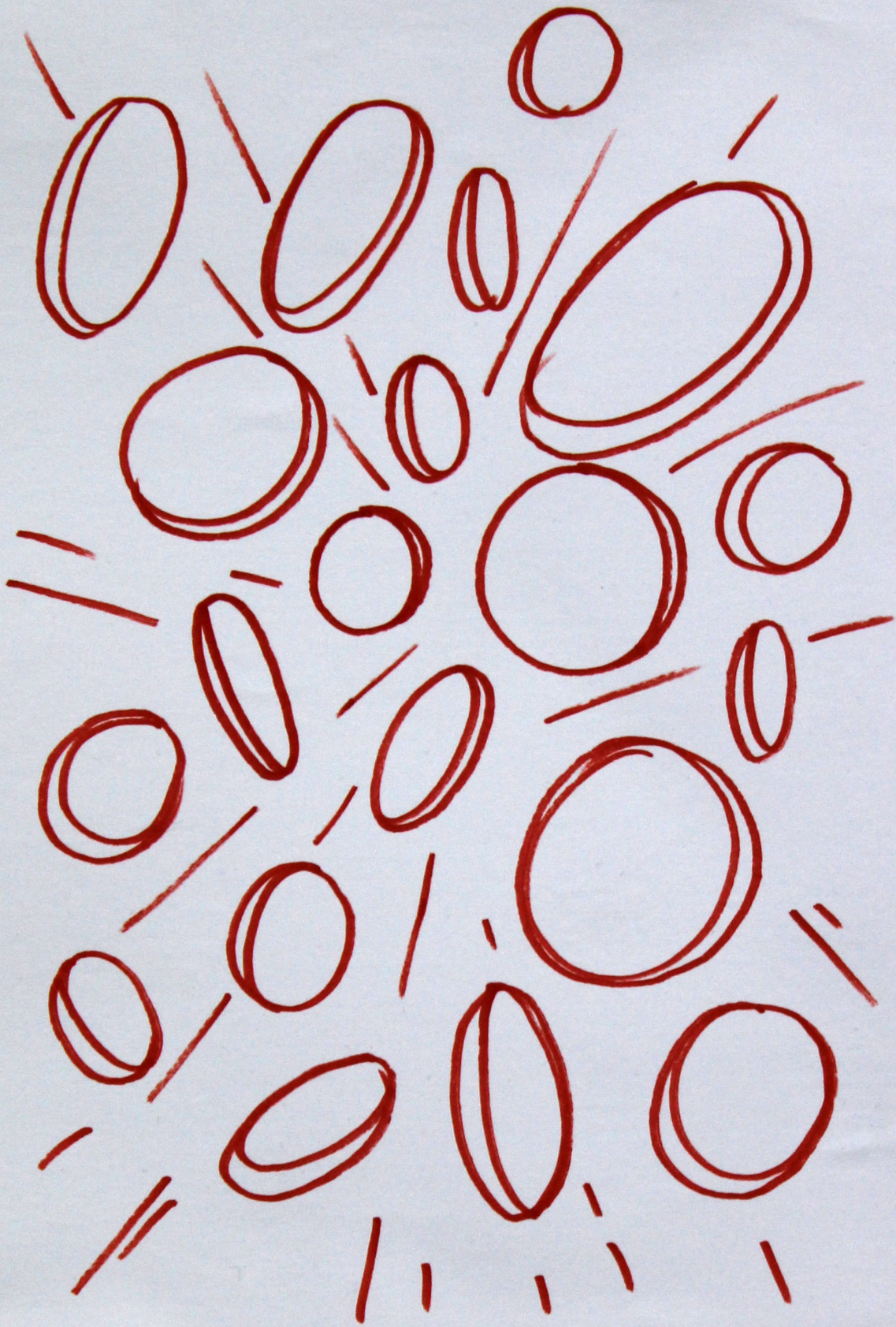
REPEAT YOUR FEAR FIVE TIMES TO HELP
THE KNIGHT AND COLLECT YOUR SECOND
COIN



OPEN THE CHEST

Action Dialogue Window

This time the child can collect the second coin, recognising the build-up from the day before.



Coin Burst

A coin burst animation is achieved when the action is completed. This helps positively reinforces the completion of tasks.

END OF CHAPTER 3



Chapter End / Story End

At the end of a chapter or the story the child can see how many coins have been collected.