

# Spark Life (Embrace the Spark, Ignite your Life): An APP Designed for Teens to HEAL FROM ADDICTION: TEAM from Peicai Secondary School

National Design Project(Temasek Poltechnic)-Design for Wellness

PREM CHANDRAN SEP 07, 2023 02:58PM UTC

## OUR PADLET LINK

[https://padlet.com/premchandran\\_pc/spark-life-embrace-the-spark-ignite-your-life-an-app-designe-4ogew16cwlss1e4o](https://padlet.com/premchandran_pc/spark-life-embrace-the-spark-ignite-your-life-an-app-designe-4ogew16cwlss1e4o)

## Our Story starts here....

According to the National Institute of Health, Singapore has a relatively high prevalence of people with yearly heavy drinking of 12.6%, and people with lifetime heavy drinking of 15.9%. Vaping is now a new drug on the rise in this country. But why is this a problem? According to researchers, the majority of addicts started in their teen years. Most teens like us are curious about the things they cannot do yet but really want to try. Things like smoking, drinking alcohol with their friends and gambling, all are appealing to a teenager in society. According to the Centres for Disease Control, nearly 9 out of 10 adults who smoke started before turning 18, in an article written by the National Institute on Alcohol Abuse and Alcoholism, adults aged 26 and older who were exposed to alcohol by 15 were 3.5 times more likely to report having an alcohol use disorder, in a report survey done by the National Council on Problem Gambling, 44% of Singapore residents aged 18 and above reported that they had participated in at least one form of gambling activity in 2020.

## TEAM MEMBERS

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## Our Research links here in this write up

Sources are

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4028979/#:~:text=Singapore%20has%20a%20relatively%20high,declines%20in%20quality%20of%20life.>

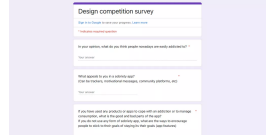
<https://www.channelnewsasia.com/singapore/vaping-youths-cigarettes-legalise-vape-regulate-smoke-3419681#:~:text=Last%20year%2C%20the%20Health%20Sciences,with%201%2C266%20people%20in%202020.>

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)

## PRIMARY RESEARCH: The survey we created to collect results for the feasibility and desired qualities of the app

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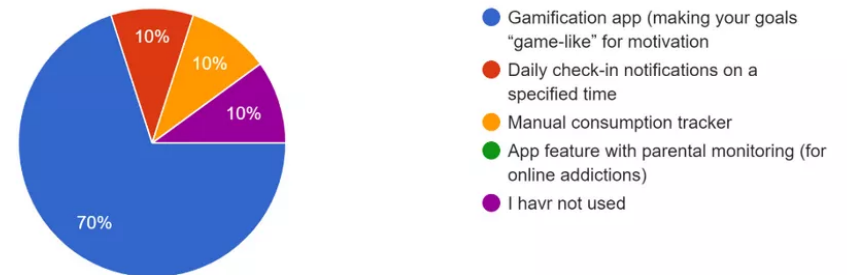
FORMS.GLE



### What we learnt from our survey findings about what qualities the addiction healing app should have

Which of the following is the most appealing app UI design?

10 responses



### What we learnt about how people support each other in times of addiction

Based on this we decided our app should

- 1)SUBSTITUTE (help addicts build more constructive habits)
- 2)SUPPORT (find a community of people to lean on)
- 3)HEAL (through sustained resilience, wean away from their addiction)

#### Google Docs

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GOOGLE DOCS

How do you support your friend/family member if they were struggling with an addiction.

10 responses

encourage their sobriety

to check up on them everyday

Spend more time with the family member

tell them to try meditating

Talk to them about what it'll happen for over usage

I will learn about the addiction they're facing, its effects, and available treatment options. This can help me understand what they're going through and how to support them effectively.

Be there for them

Ask them why they are doing it and advise them not to do it or stop doing it . Tell them what it will do to their health or lifestyle if they don't stop doing it. Encourage them to stop

## Our Pitch Proposal for our SPARK LIFE app

Click to [VIEW ALL THE SLIDES](#)

DESIGN OF OUR

ETY APP.

rk Life

PEICAI SECONDARY SCHOOL

(bernice\_foo\_yi\_xing@students.edu.sg)

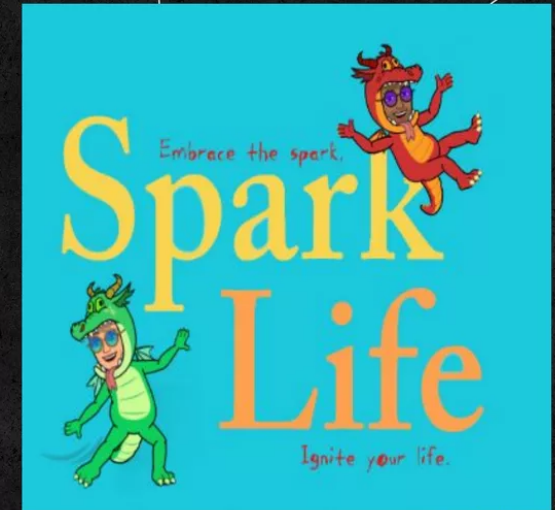
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SparkLife App design-final version

PDF document

PADLET DRIVE

**Quality 3 : Gamification so that healing is not pain , but fun and inspired**

## ✖ Gamification of Sober streak

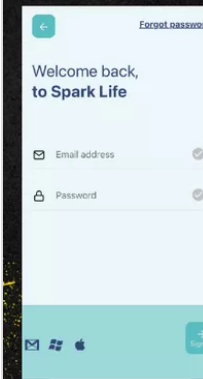


a daily check in that when you click on it generates a quote that adds on to your quote index, like in Pokemon Go, where you collect pokemons and then they are stored in the pokedex

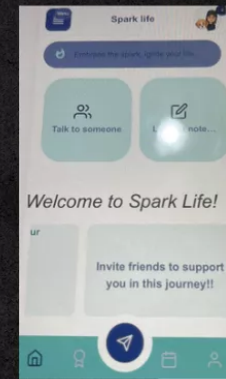


Our screen interface is simple to use and more importantly designed to help users be independent in their fight of addiction or reach out to others if they need support from the community in therapy or support groups

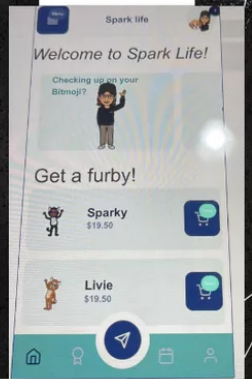
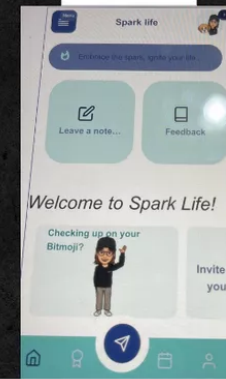
## ✖ Screen designs



Login page



Main lobby



## Quality 1: Positive Symbolism for Inspiration

We use the Phoenix as a inspiration for our users to burn away their addictions and grow stronger through resilience from it, just like how a Phoenix can reborn

## Quality : Reflective Positivism

SUBSTITUTION by replacing addictions with positive habits. Having a motivational digital buddy in bitmoji form can keep you occupied in constructive ways and remind you to stay on track .

## ✖ Our App icon( Rise above addiction)

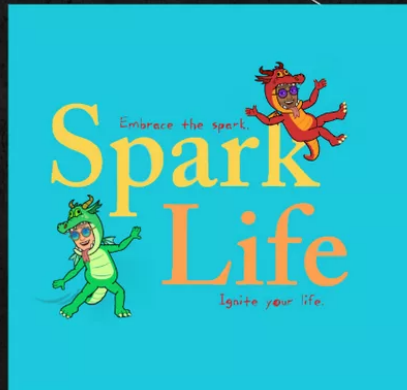
The reason behind why we chose a phoenix as our mascots, Sparky & Livie. This is because...

Phoenix symbolize strength, courage, and transformation, which aligns with the goals of overcoming addiction and embracing a healthier life.

### Why the name spark life?

As our motto says "Embrace the spark, Ignite your life."

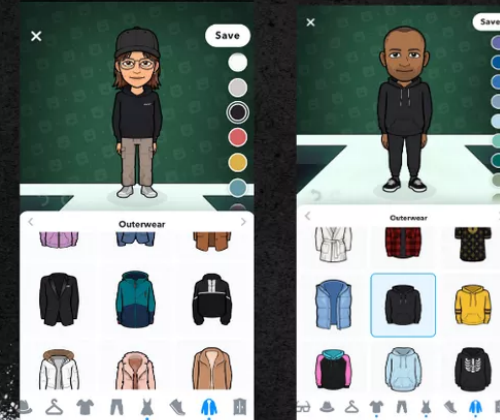
Our goal is to help users embrace their spark which is referring to the hope to overcome their addictions, so that they could ignite their lives which in other words mean to get their life/what they once had. Rise from the ashes of their addiction to a renewed birth



Livie

## ✖ Bitmoji customisations

Here are two Bitmojis I made of Mr Prem and myself



- From the two screenshots you can tell that you are able to customise the colour of your clothing to your liking.
- There are also many accessories like hats, earrings, glasses and even headbands.
- It also has a wide variety of clothing you can choose from.

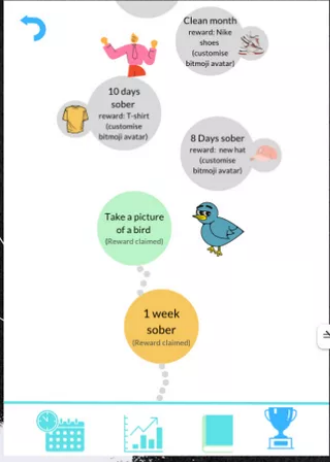
## Quality 2: Easy navigation to be independent or SEEK SUPPORT

## A.I features: Emotion Tracking using AI recognition of emotional state of your voice

The emotional state of a person can be +

## Sobriety is a journey, not a destination

### ✖ Game/achievement feature



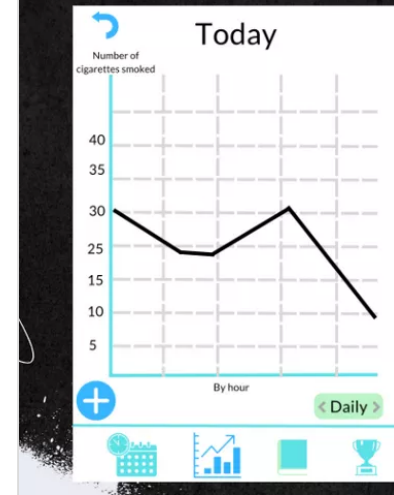
Aligning with the customisable avatar, users will be able to earn in-game items to customise their avatar. There are various achievements laid out in a pathway where the user will have to complete different tasks **like doing something they like to distract them from resorting to the substance, or staying sober from the substance for a certain amount of time.**

We have taken inspiration from the popular game, Candy crush, and decided to input similar concepts into our app. Difference is, the rewards the user earns can be used and applied directly onto their current avatar.

## Dashboard design: How to track Sobriety

Analytics of progress of user

## ✖ How the feature is used

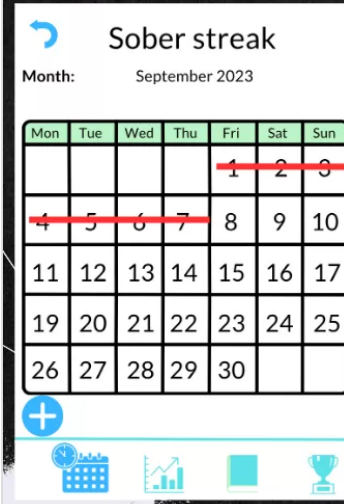


The graph tracker uses the data keyed in to display an overview of the progress in graph form. Users can toggle between an hourly, daily, weekly, monthly or yearly view of their consumption of the addictive substance.

Users can also choose to key in how many of the addictive substance they have taken in this page.

## How to sustain Sobriety

### ✖ How the feature is used



This app uses a manual tracking system where the user has to key in how many times they have used the addictive substance (alcohol, cigarettes, trips to the casino/Toto)

The calendar view allows the user to see their progress/sobriety streak over the course of the month

Every page has a blue button on the top left hand corner that leads the user back to the main homepage.

The quitting program starts users off by letting them choose one day of the week to not use the addictive platform

After they finish the week with a day sober, it will then let the user choose another day to be sober, making it 2 days a week not using it.

The calendar example shows what a 1 week sobriety streak looks like in our system.

# ✖ Gamification features in out app

### Sober streak

Month: September 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
19	20	21	22	23	24	25
26	27	28	29	30		

### Today

Number of cigarettes smoked

By hour

### Motivational stories

HIGHLIGHT

**LOREM IPSUM DOLOR SIT AMET**

**LOREM IPSUM DOLOR SIT AMET**

**LOREM IPSUM DOLOR SIT AMET**

Clean month reward - 40 coins (Sustainable Month award)

10 days sober reward - 10 coins (Sustainable Month award)

8 Days sober reward - new hat (Sustainable Month award)

Take a picture of a bird (Reward earned)

1 week sober (Reward earned)

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