

## MINDCAPTAIN - a wellbeing app for young people in the youth sector

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- Read more about this app in this presentation
- You can read about the features, the design process and some usability testing.
- Contact us if you would like to know more, share your thoughts or collaborate ([thomas@anattafoundation.org](mailto:thomas@anattafoundation.org))



## MINDCAPTAIN

Welcome to Mindcaptain.app

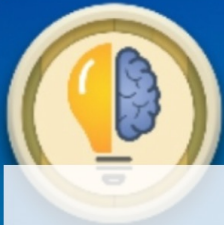
WELCOME

WHY THIS APP?

ABOUT THE APP ▾

MORE RESOURCES ▾

ABOUT THE PROJECT



## WELCOME TO OUR APP!

Here you will find a resource – a new app – that equips you with essential tools to help youth navigate through life’s challenges toward resilience, self-discovery, and a sense of purpose. Let’s embark on this journey together. 🌊🚢





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## Mobile APP

In this project we are developing an innovative mobile app that will support mental wellbeing of young people.

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[WWW.POSITIVEMENTALHEALTH.EU](http://WWW.POSITIVEMENTALHEALTH.EU)

A platform about youth and child wellbeing

# CONCEPT - the metaphor of sea voyage

## **self-knowledge, emotional growth, empowerment**



### METAPHORS

- transfer functions from one experiential field to another
- play a fundamental role in human cognition and emotion
- develop a prevention model that reflects the core of the chosen theories
- revitalize the theories in a concept that is easy to understand, convey, and remember.
  
- No app for youth's wellbeing is based on a metaphorical story-telling

# Why the name MindCaptain?

Life is a journey, it is like a voyage.

You are the **captain** of your own sailing ship.

Sometimes we have to navigate through difficult seas and oceans.

Sometimes we lose our route, and feel lost, confused, helpless, overwhelmed by difficult emotions.





MindCaptain will guide  
you through a **voyage of  
personal growth**  
towards an emotionally  
stronger mind.  
In the direction of your  
full well-being.

Two helpers will  
accompany  
in your voyage

a wise turtle  
and  
a young seabird







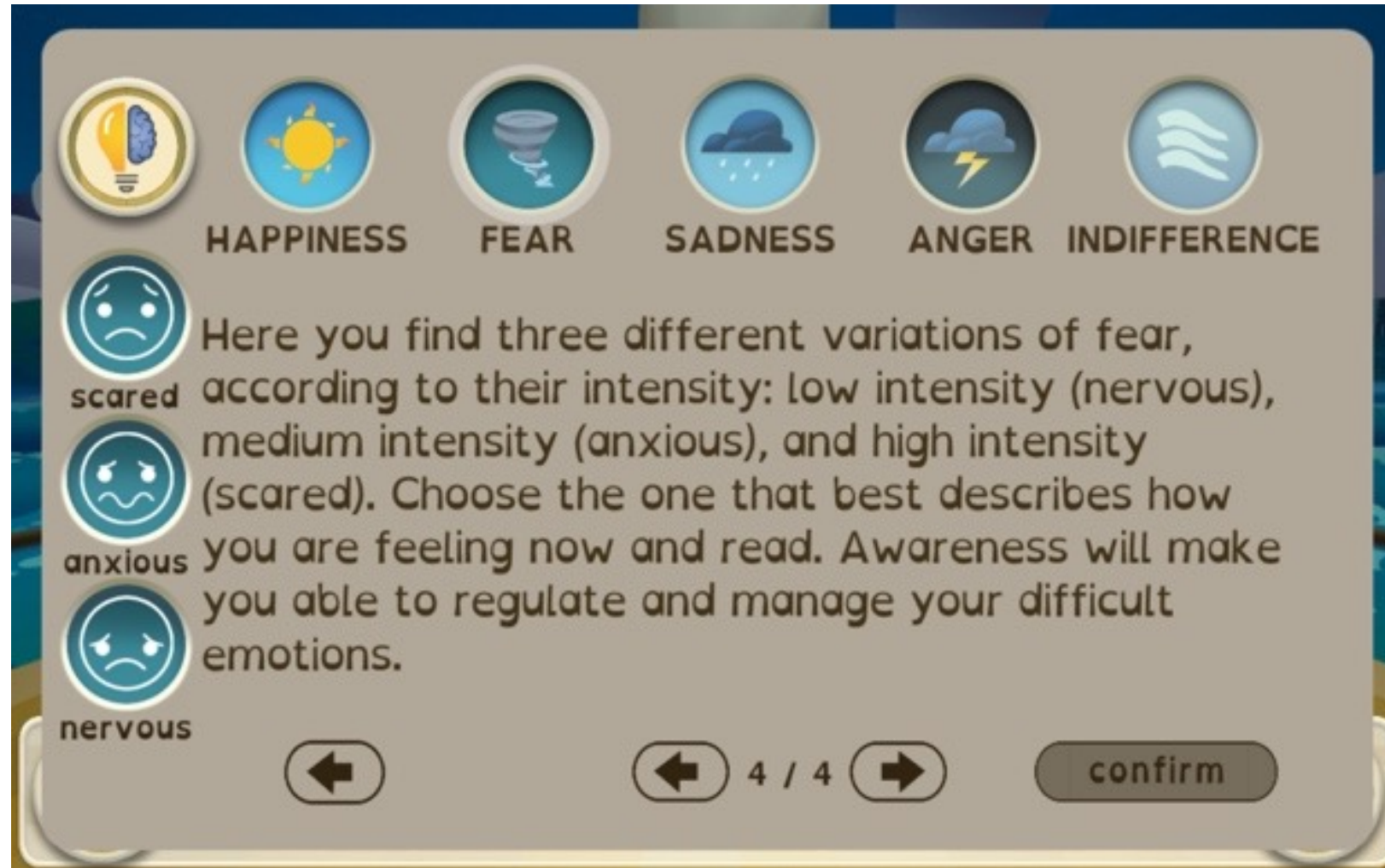
**WELCOME ON BOARD!** You are the captain of your own sailing ship. You determine how best direct your ship and which direction you want to take through uncertain waters. The stronger your mind, the better the voyage.

1 / 9





# Emotional intelligence: the emotion compass



## The Safe Harbour



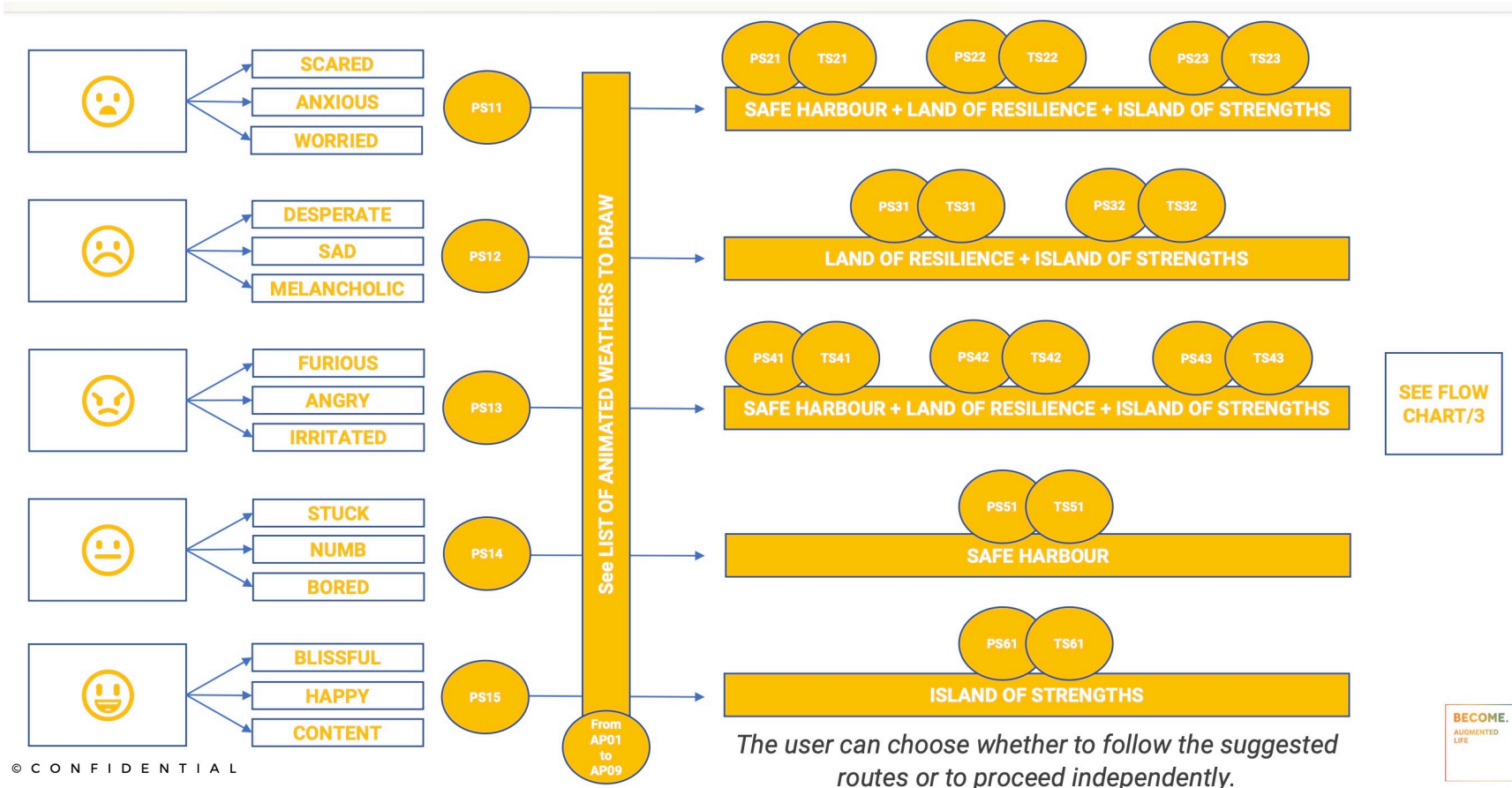
## The Island of Strengths



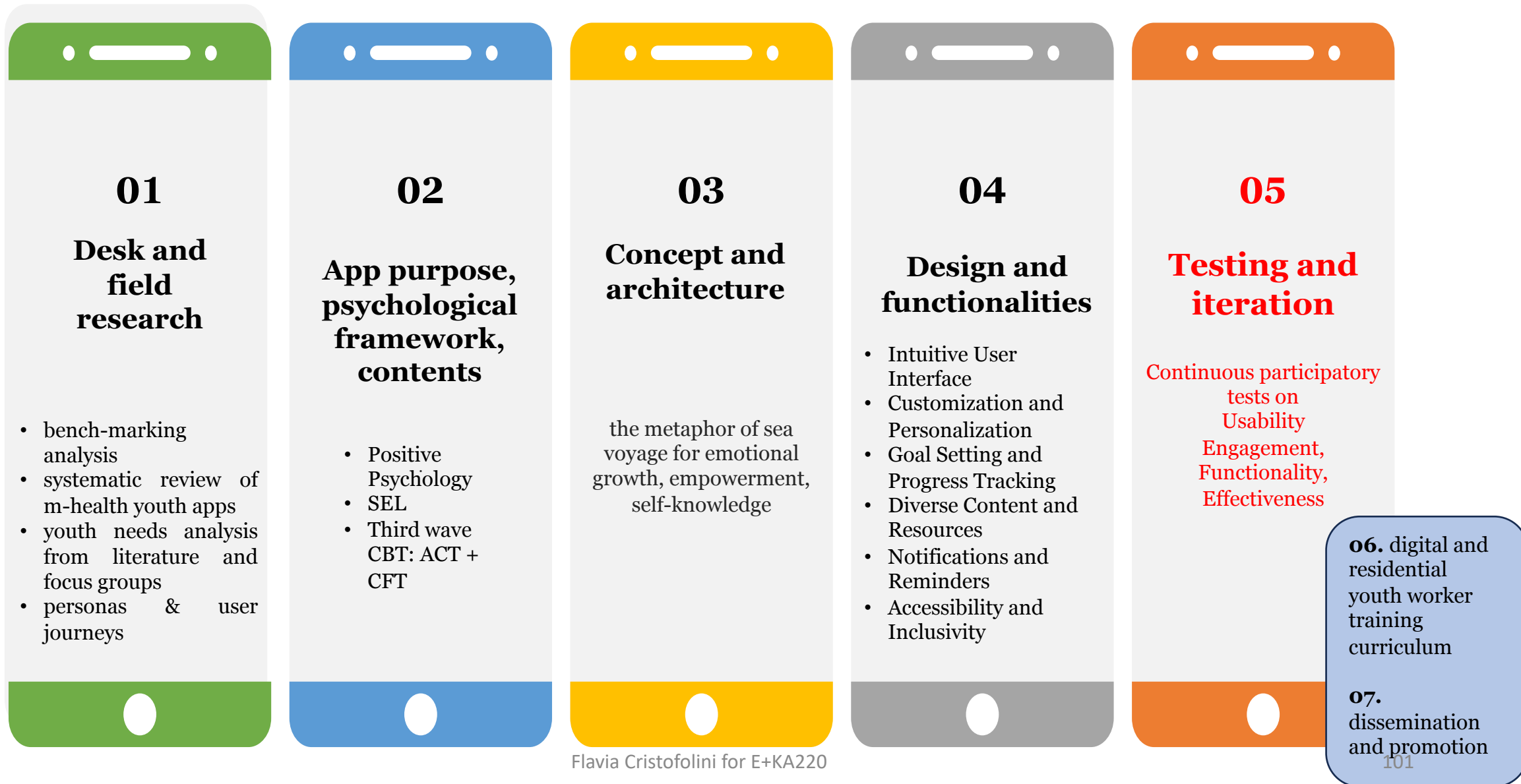
## The Land of Wisdom



# Architecture of the mood tracking section



# Mobile App UX Design - 5



# Examples of iterative participatory design

Youth's criticism	correction
<i>But I think that in some parts it could be overwhelming; for example, the last part of the exercise on “courage” should be more simple because in this way it’s too complex</i>	<b>The activity was simplified</b>
<i>I think that the last part is too much and could be too complex for teenagers, they need something easier</i>	<b>The last part was simplified</b>
<i>Because I was distracted by the many things I can do in these apps and, personally, it’s a little bit overwhelming. I think that with teenagers also start only with some insights about themselves it’s just huge stuff (how much courage do I have? What kind of personality traits do I have?).</i>	<b>Further simplification of contents</b>

# Usability Testing

## Prototype and User Testing:

- the prototypes of the app's key features were used for user testing sessions with representative youth users.
- The feedback on usability, and overall user experience was gathered to identify areas for improvement and iterate on the design.

Method: summative evaluation of human-mobile interactions using a mixed methods approach . Multitask quantitative and qualitative usability metrics.

Tools: System Usability Scale (SUS); Mobile Application Rating Scale; open comment question- *Think-aloud* usability sessions were also transcribed and analyzed



		<b>SUS Score</b>	
			P-Value
<b>Overall (70)</b>		64.74 (19.02)	
<b>Age</b>	20.65 (2.66)		0.023*
Pre – adolescents (13 – 16)	7 (10,29%)	67.50 (11.62)	
Adolescents (17 – 19)	12 (17,65%)	53.33 (27.74)	
Young adults (20 – 23)	49 (72,06%)	67.76 (16.50)	
<b>Gender</b>			0.976
Male	30 (42,86%)	64.67 (15.33)	
Female	40 (57,14%)	64.82 (23.40)	
<b>Education</b>			0.552
Middle school	3 (4.29%)	49.16 (12.83)	
High School	24 (34,29%)	62.82 (22.71)	
Some college or university without degree	7 (10,00%)	70.36 (14.02)	
Bachelor's degree	22 (31,43%)	65.71 (18.36)	
Master's degree	14 (20,00%)	67.00 (16.44)	
<b>Country</b>			0.011*
Italy	52 (74,29%)	67.25 (16.00)	
North Macedonia	9 (12,86%)	47.77 (26.11)	
Slovenia	5 (7,14%)	56.50 (21.11)	
Serbia	3 (4,29%)	84.16 (1.44)	
Netherlands	1 (1,43%)	75.00 (NA)	
<b>Youth Work</b>			0.249
Yes	22 (31,43%)	60.45 (17.01)	
No	48 (68,57%)	66.79 (22.49)	
<b>Apps usage</b>			0.010*
Yes	3 (4,29% <del>%</del> )	65.11 (19.37)	
No	67 (95,71%)	56.66 (2.89)	
<b>Mental Health Apps Usage</b>			0.272
Yes	2 (2,86%)	71.25 (5.30)	
No	68 (97,14%)	64.54 (19.26)	

## SUS results

Average of participants **not**  
using mental health apps:  
64.54

Average of participants using  
mental health apps 71.21.

$T(1.95) = -1.51, p > 0.05$

<b>Grade</b>	<b>SUS</b>	<b>Percentile range</b>
A+	84.1 - 100	96 - 100
A	80.8 - 84.0	90 - 95
A-	78.9 - 80.7	85 - 89
B+	77.2 - 78.8	80 - 84
B	74.1 - 77.1	70 - 79
B-	72.6 - 74.0	65 - 69
C+	71.1 - 72.5	60 - 64
C	65.0 - 71.0	41 - 59
C-	62.7 - 64.9	35 - 40
D	51.7 - 62.6	15 - 34
F	0 - 51.6	0 - 14

[https://www.researchgate.net/publication/330225055\\_Item\\_Benchmarks\\_for\\_the\\_System\\_Usability\\_Scale](https://www.researchgate.net/publication/330225055_Item_Benchmarks_for_the_System_Usability_Scale)

# 5 examples of app-augmented youthwork with MINDCAPTAIN

- **1. Daily Practices:** Encourage youth to use the app for daily practices focused on optimism, gratitude, and self-compassion. The app could provide prompts for reflecting on positive experiences, expressing gratitude, and showing kindness to oneself.
- **2. Empathy Building:** Utilize the app's features to engage youth in **empathy-building exercises**. This could include **interactive scenarios** or guided reflections aimed at enhancing understanding and compassion towards others.
- **3. Mindfulness and Acceptance Training:** practice skills for managing difficult emotions by practicing such as accepting their thoughts and feelings without judgment.
- **4. Awe-Inspiring Content:** **co-organize awe-inspiring activities** to evoke feelings of wonder and appreciation for the world around them.
- **5. Emotional Management:** group work on life experiences functional emotional management. The app can provide **practical tools** for identifying and responding to difficult emotions in a constructive way, helping youth build resilience and adaptability.



# Questions for reflection

1. How can you introduce MINDCAPTAIN in your usual approach to practicing youthwork?
2. Think of a situation when you could use MINDCAPTAIN
3. Consider the setting (using in individual session, using during group session)
4. Think of what is needed to ensure that you MINDCAPTAIN is more effective?

# Suggested article with the presentation in depth

Proceedings of the Positive Technology International Conference 2023 Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology (PT 2023)

## **Mind Captain: A Positive Technology App for Youth Well-being**

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<https://www.atlantis-press.com/proceedings/pt-23/125998381>

