

Introduction

As social media continues to shape online interaction and engagement, user interface (UI) design presents new opportunities to promote positive online interactions and contribute to wellbeing.

UI designs and tools that are based on empirical work on psychological wellbeing (PWB) may be especially promising for promoting more positive interactions and outcomes online.

Research Aims & Questions

- To examine how UI design can affect users' emotions and motives while minimizing harmful interactions.
- Representative Research Questions**
 - How do different user interfaces impact wellbeing outcomes?
 - What role does social media have towards facilitating wellbeing?

Methodologies

- Identified social media functions to examine through literature review and existing platform analysis.
- Utilized an iterative design approach to develop the interfaces using Figma.
- Developed prototypes can be incorporated into surveys administered to social media users

Developing Framework

1. Network Scope

Defines **who** users engage with through filters and level of closeness.

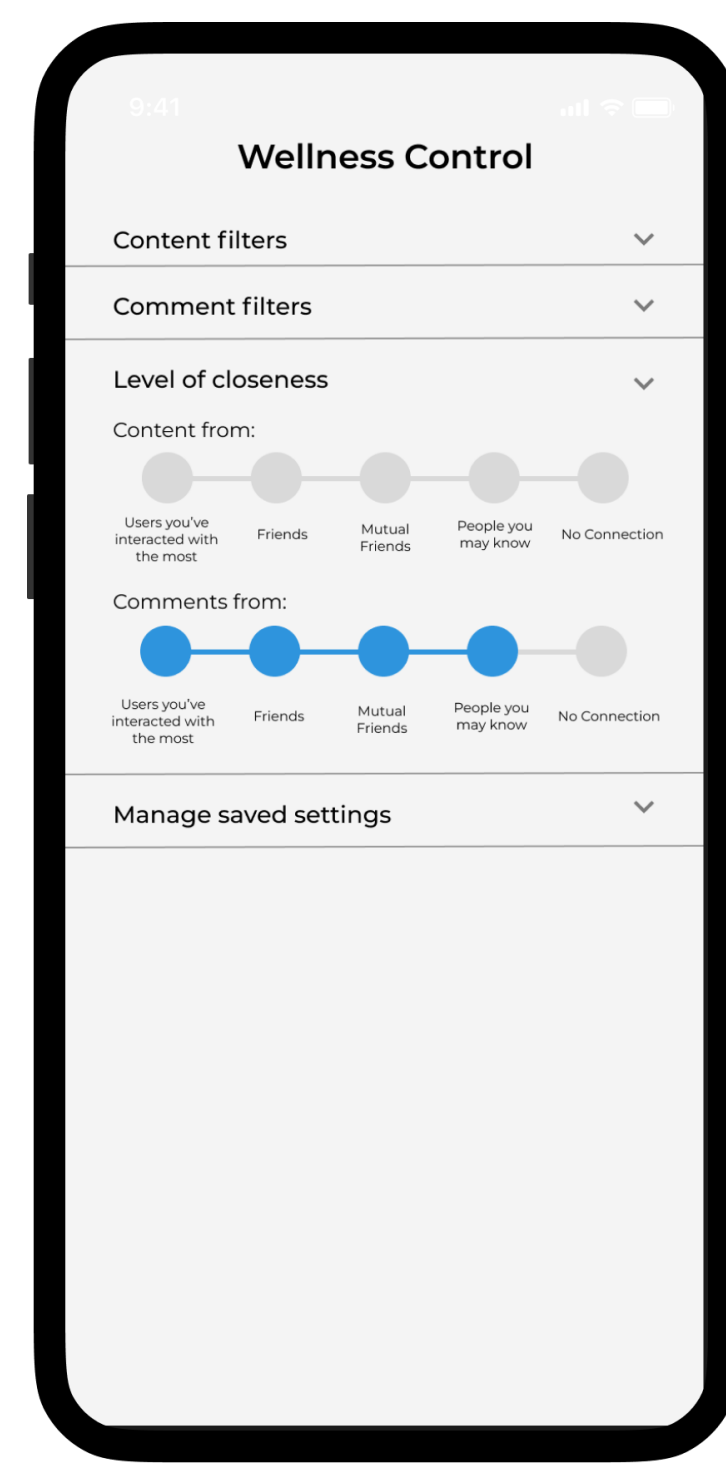


Fig. 1.1 Filter & proximity settings

2. Content Evaluations

Refining **what** is displayed through a user-based rating system using customized categorization and feedback.

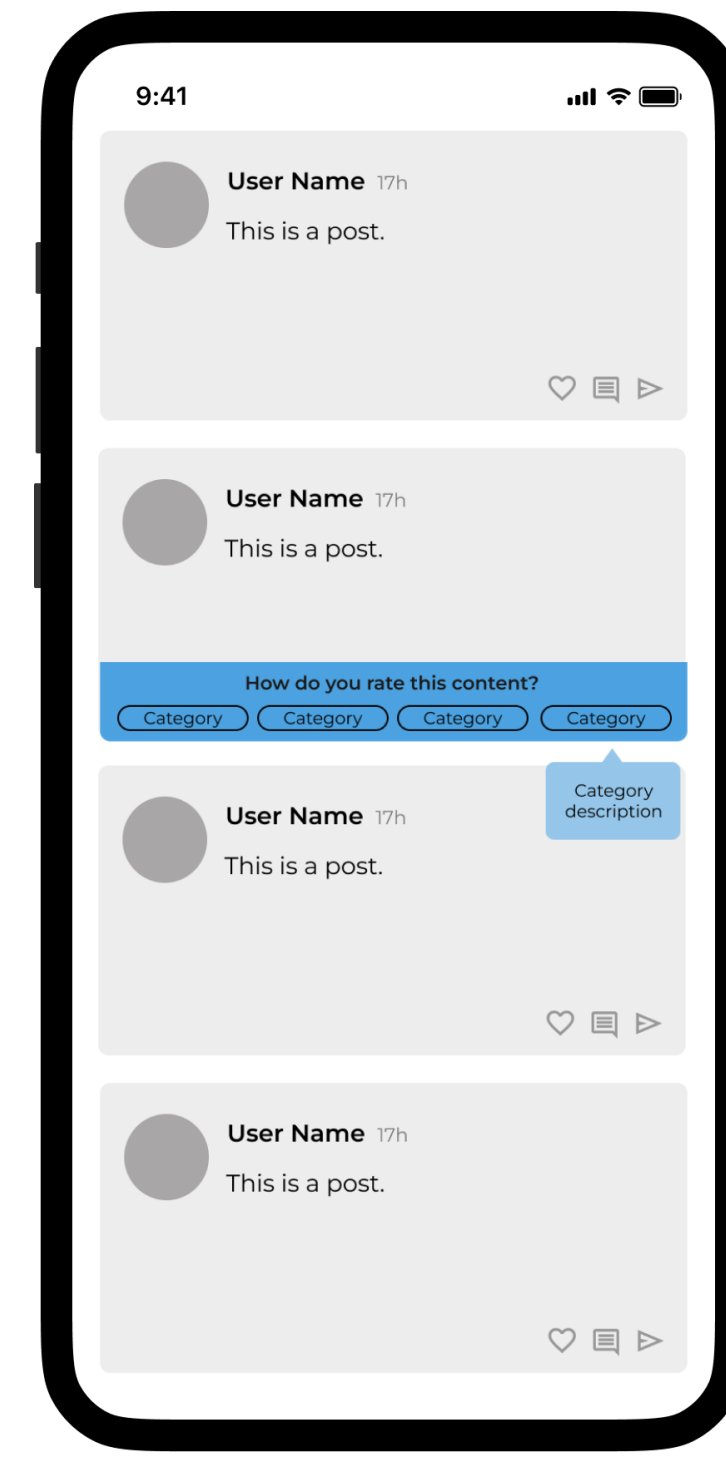


Fig. 1.2 Example feed of user-based content evaluation

3. Session Motives

Adapting to **to user intent**. Defining a specific motive or reason **why** the user logs in.

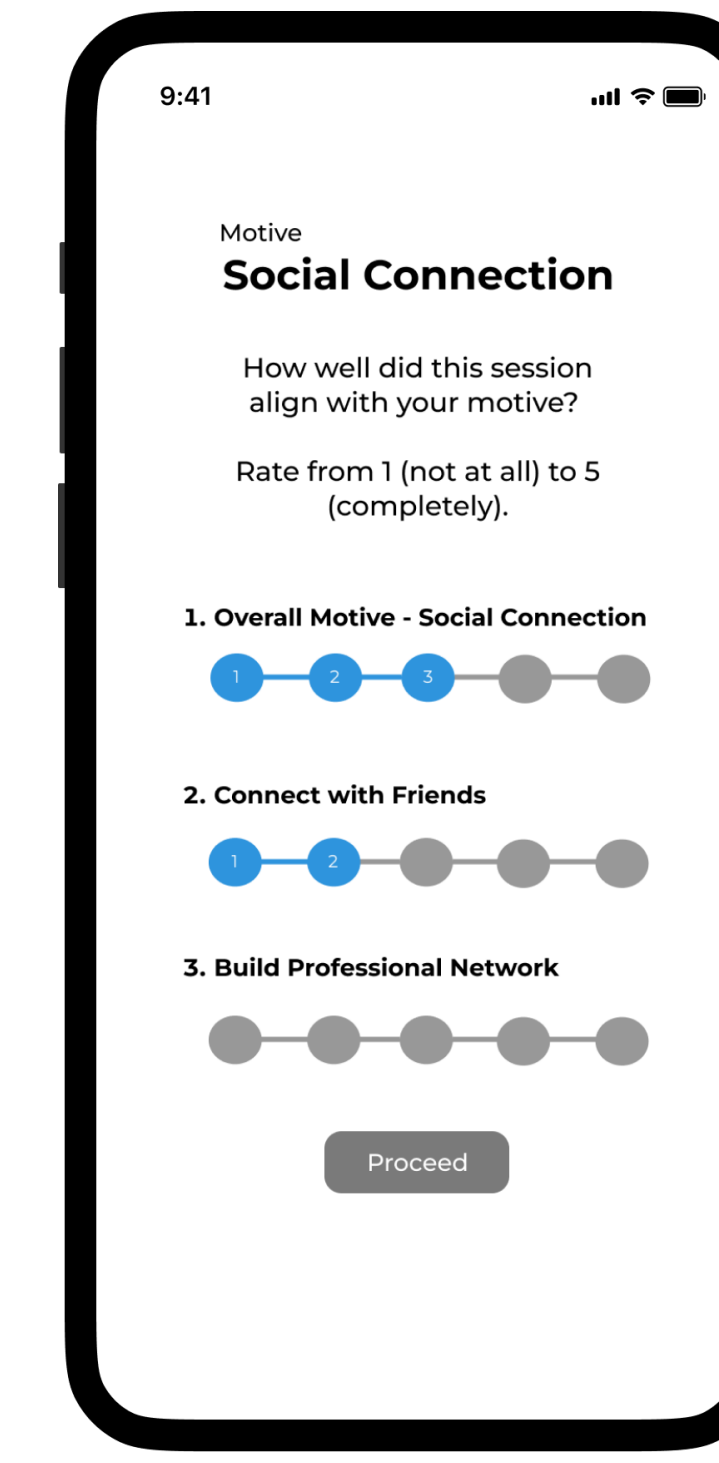
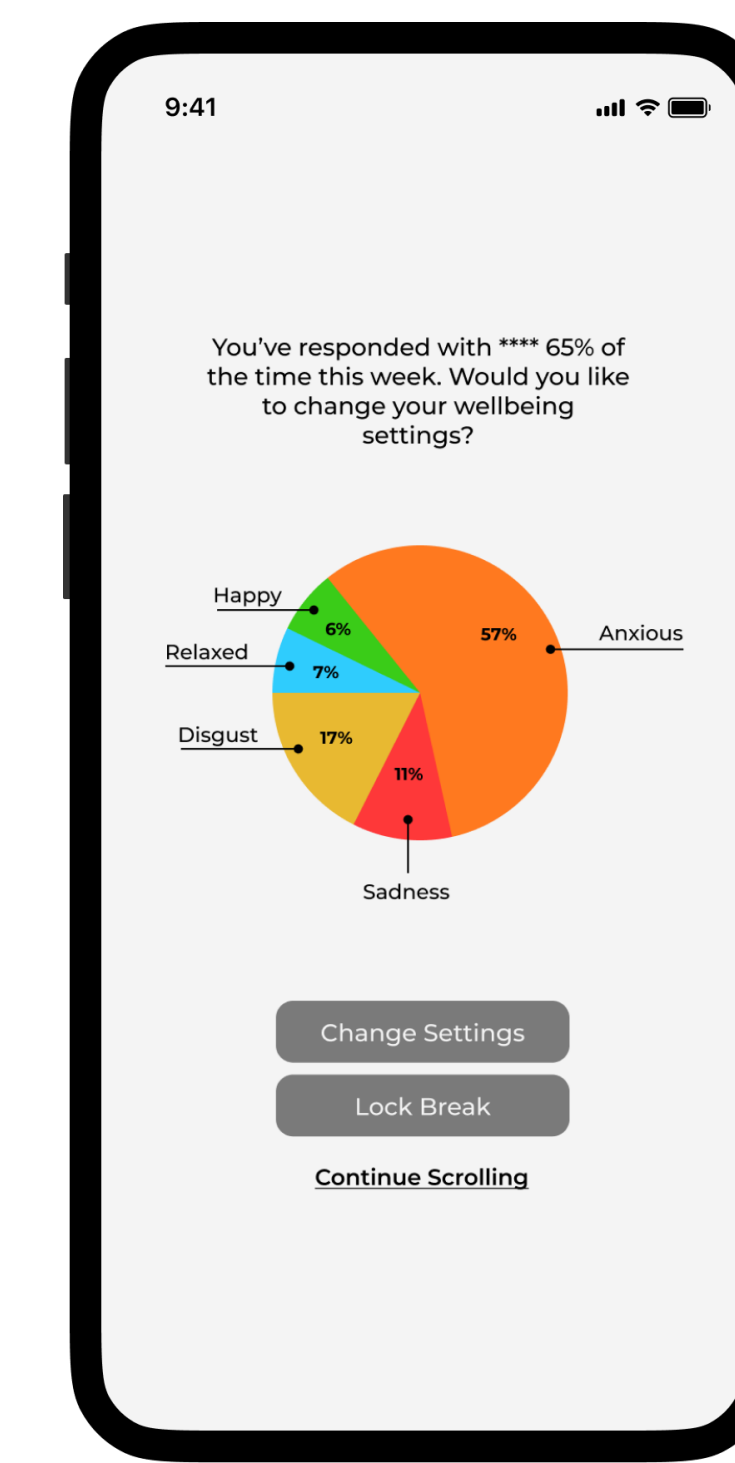


Fig. 1.3 Exit session survey for selected motive

4. Assessing Wellbeing

Providing tools to help **assess users' moods** and mental health over time, through check-ins and prompts.



Components & Considerations:

- Event Prompt
- Visualization
- User Reflection
- Perceived Support
- Mediation techniques (lock screen, change settings, etc.)

Fig. 1.4 Displaying personal results to a wellbeing check-in

Prototype Design

Progression of UI Design

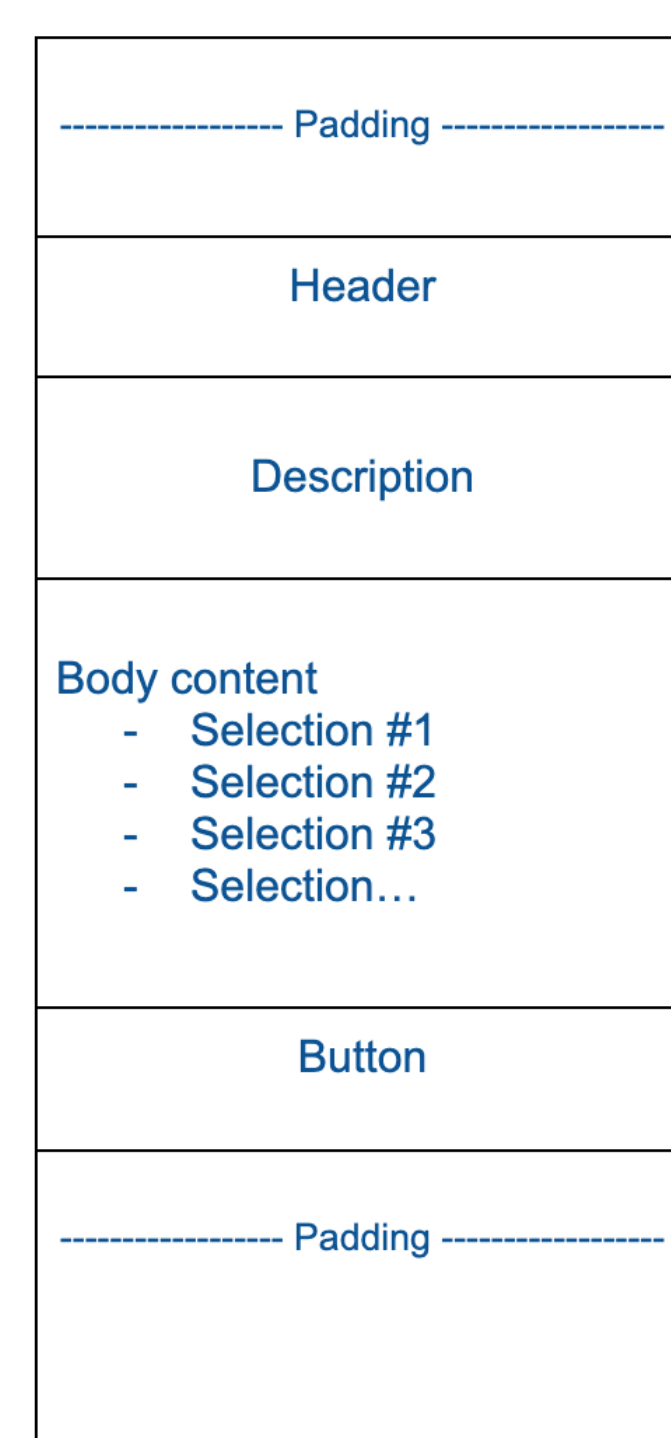


Fig. 2.1 Wireframe

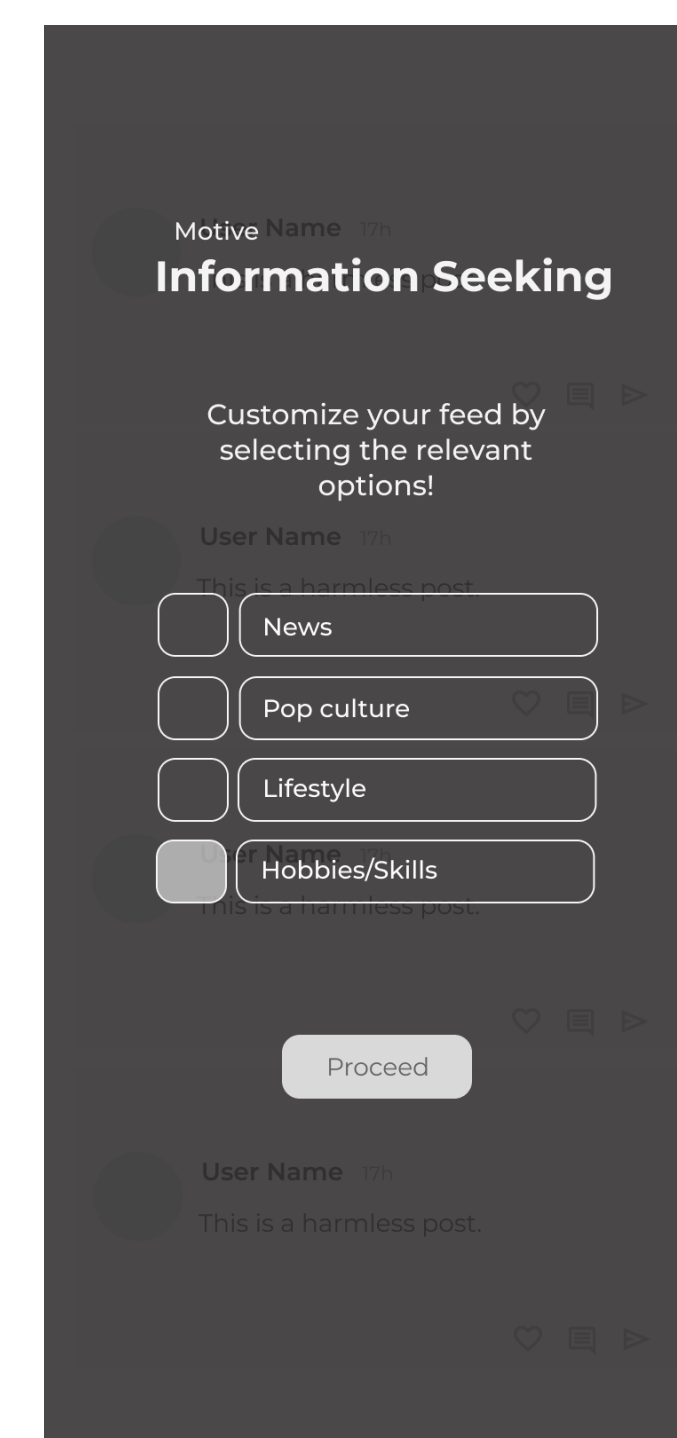


Fig. 2.2 Initial draft

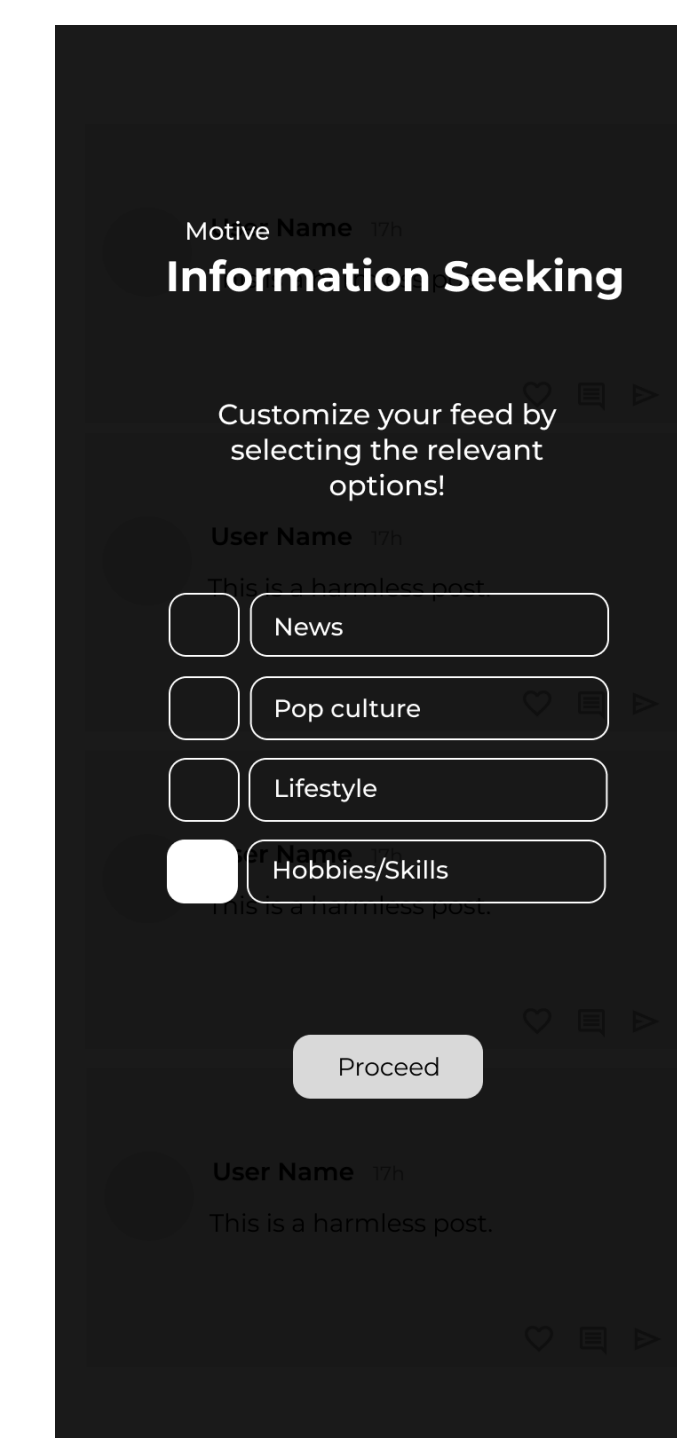


Fig. 2.3 Monochrome

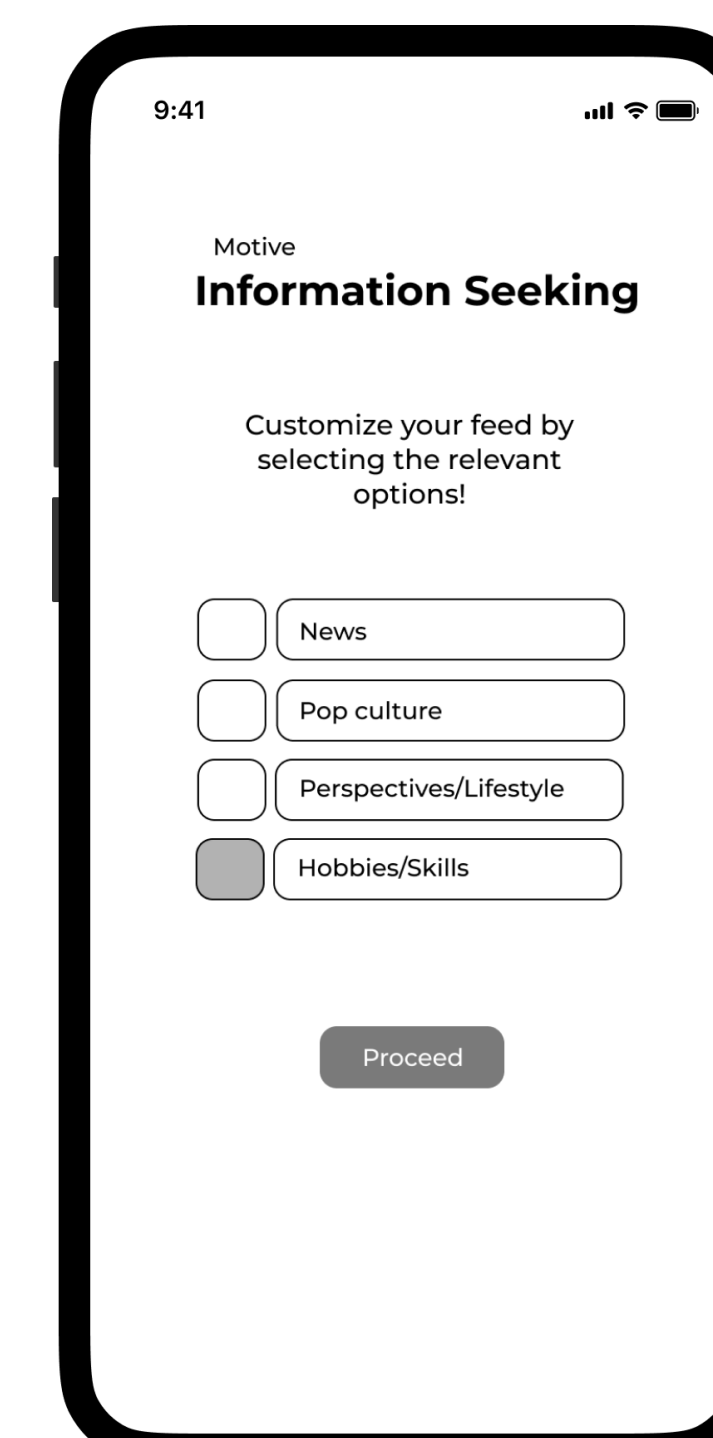


Fig. 2.4 Final Draft

The design focuses on core features and functions, prioritizing a user-centric view. Background elements and color were minimized to reduce cognitive overload and survey fatigue.

Each UI Focus Area had multiple versions to evaluate how effectively different interfaces conveyed their intended functions.

Future Development

- Examine the perceived impact of changes to social media interfaces through an online survey
- Understand how features like pre-timed 'pop-up' assessments and session-specific customizations impact wellbeing

References

- Eelco Herder and Paulina Moerland. 2024. Defeat the feed: evaluating interface designs to support users in managing their social media use. In Proceedings of the 35th ACM Conference on Hypertext and Social Media (HT '24). Association for Computing Machinery, New York, NY, USA, 178–184. <https://doi.org/10.1145/3648188.3675148>
- Al-Mansoori, Reem & Al-Thani, Dena & Ali, Raian. (2023). Review Article Designing for Digital Wellbeing: From Theory to Practice a Scoping Review. Human Behavior and Emerging Technologies. 2023. 24. 10.1155/2023/9924029.