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Findings were used to develop the preliminary website using a website-building tool (‘Weebly’): MYMO consisted of 677 pages in 10 sections: these sections included general information about depression, guidance on understanding symptoms and when to seek help, available professional help, self-help, and how to support a friend.

- Content was delivered through text, pictures and audio (Figure 1).
- Quotes from the interview-based study were used to model and reiterate content to the target audience.

**Managing Your Mood Online (MYMO)**

**MYMO front page**

**About this website**

Seeking help as soon as you notice you may have to be important so that you can be taken before your symptoms become more severe. Just like a doctor or nurse may have to be called to advise on a broken bone, keeping your feelings to yourself or trying to self-manage can result in a broken depression.

This usability evaluation forms the first part of an iterative process to redesign the website and improve its interactivity, and professional suggestions will be hired to build the next version of MYMO.

**Why is getting help important?**

- People experience a variety of health problems and challenges throughout their lives. Self-management of these conditions becomes more important as one ages and may be influenced by mood or mental health
- Proving helpful to help people manage and treat these conditions, the website is designed for the public who wants to learn more about depression
- Support for users who are struggling to manage depression
- The self-management tool is an important part of the website’s ability to improve usability

**Figure 1.** A screenshot of MYMO. The website’s sections are presented on the left.

**3. Usability evaluation**

19 student volunteers participated to evaluate the preliminary website:

- They were provided with seven-day access to MYMO and completed an online evaluation survey which rated the website’s usability and acceptability.
- Rating-scale and open-ended questions evaluated the website’s content, presentation, navigation, perceived relevancy and usefulness to students.
- Questions were based on previous usability studies of internet-based interventions 5, 6, and the majority of participants reported regular use of the internet for health-related purposes.

**4. Usability feedback**

**Overall impression**

All participants felt the website was useful and liked using it:

- Liked aspects: signposted to relevant resources (N=7), provided enough information about depression (N=6), clarity of content and appropriate language (N=3), evidenced-based content (N=3), supporting a friend with depression’ section (N=3).
- Disliked aspects: text too lengthy on some webpages (N=4), frontpage presentation (N=4), colour scheme (N=5).

- Many participants suggested improvements for website, e.g. adding specific information, changing the videos, altering presentation of some webpages.
- All felt website’s content was evidenced-based and was relevant to local university students.

**Navigation issues**

- Overall it was easy to navigate around website, minimal problems encountered, clearly defined sections, felt it was easy to find information and could remember how to navigate around it.
- Problems: interactive side-menu not functioning well; some hyperlinks broken or incorrect.
- Mobile/tablet-version of MYMO not as easy to navigate or access as laptop/computer-version.

**Visual presentation**

- Sample felt the website made a good first impression, liked the use of multimedia, could read the text/words was clearly presented.
- Colour scheme a problem: may not be suitable for visually-impaired users and too “cold”, colours not very appealing.

**Language and content**

- Website’s content understandable and used familiar language which was sensitive and appropriate to the topic.
- Majority liked use of multimedia and aided understanding of text – videos may not have been recorded at high-enough quality.
- All felt there was no content which could negatively impact future student users.
- Five participants liked use of student quotes: could help users feel ‘less isolated’ about their depression.
- Fifteen felt text was too lengthy on some or all webpages:
  - Participants suggested text could be shortened, divided into sections or bullet-pointed to make more concise, or combine some webpages together.
- Fifteen participants stated the website did provide them with previously-unknown information relating to depression and its management.

**5. Discussion**

This usability evaluation forms the first part of an iterative process to redesign the intervention. The problems identified in evaluation and user suggestions will be used to change the website and improve its interactivity, and professional developers/designers will be hired to build the next version of MYMO.

**References**