

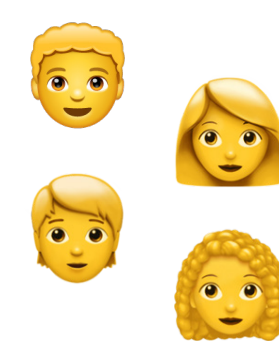
DESIGN FOR YOUTH'S FLOURISHING

Intervention design strategies to enhance teenagers' mental resilience and well-being



Another pandemic

Covid-19 and its consequences caused a mental health pandemic. Adolescents are amongst the most vulnerable; still, healthcare is difficult to access and not fitting their needs. New ways of promoting resilience and well-being are needed.



Change of mindset to build resilience

40% of subjective well-being is determined by intentional (mental and physical) activities. These activities should promote a mindset focused on growth, progress and collaboration rather than individual performance.



Technology can help

Digital phenotyping uses smartphones' sensors and users' self-reporting to detect health markers. In the case of teens, academic stress and depressed mood are the most relevant detectable signs of risk for their mental health.

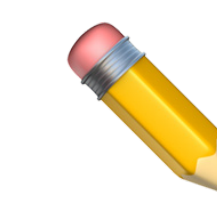
MAKE ADOLESCENTS EMBRACE RESILIENCE AS A COLLABORATIVE LEARNING PROCESS

BY IDENTIFYING PURPOSE AND STICK TO A CONGRUENT BEHAVIOUR

academic stress

BY REFRAMING NEGATIVE EMOTIONS, TRANSLATING THEM INTO LEARNING OPPORTUNITIES

depressed mood



Design as mediator of positive activities

The DYF card deck supports the design of interventions promoting activities stimulating growth mindset and collaborative approach. It consists of 14 cards with design strategies and examples of their application.



They focus on digital apps due to teenagers' heavy use of smartphone, its ubiquitousness and the opportunities provided by digital phenotyping. However, cards may be implemented in other kinds of projects as well.

Sofia Fonda
Design for Youth's Flourishing
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Design for Interaction

Committee Paul Hekkert
Nazli Cila