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NMD 200

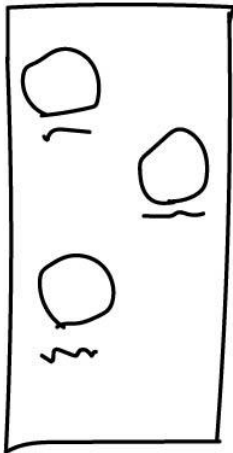
Combatting tech-induced health problems

An issue that I have dealt with in regards to technology and mental/physical health is over usage due to a near infinite feed of constantly new content such as Twitter. As I understand it is not an uncommon phenomena that I have experienced, as the issue of staying up late on social media or using it first thing in the morning seems to be a common theme. This is likely attached to dopamine and the curiosity of discovering new things that is inherent with a continuous flow of information. Anecdotally, I have come to understand that TikTok is arguably the most aggressive algorithm in terms of what it knows about you and the consistency of new content that it gives you, making users enticed to keep using the app.

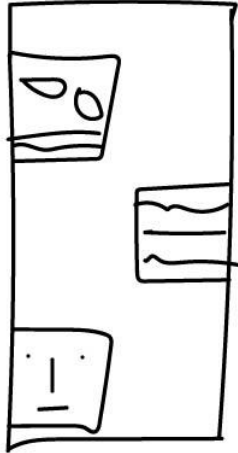
The harmful design issue (according to the Pew research institute) that correlates the most with these algorithms seems to be a combination of digital addiction and digital duress. Addiction because it keeps the user coming back for more, and duress as it becomes a source of information that the user becomes tied to, with the various uncertainties such as misinformation attached. A way I believe that this could be deterred from harming mental health is a tool/app that aggregates various social media sources into one, with content still catering to the user, but in a smaller “dose”.

It could be argued that creating a new app to combine several social media sources into one could just create a new app for the user to be addicted to, but with that in mind, the design could be created to cater to more of a mental health positive platform, as is seen relatively more

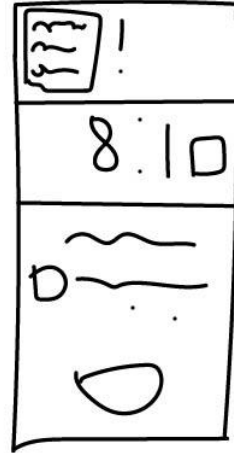
commonly with large corporations such as apple and samsung implementing mental health and timers to increase productivity and overuse. The aggregate social media application could potentially be adapted into proprietary versions by corporations such as these, akin to how productivity monitors were developed by third parties initially as well.



EACH SOCIAL MEDIA APP WILL BE AGGREGATED INTO THE MAIN SCREEN. THEY CAN BE DISPLAYED SEPARATELY



POSTS WILL BE SUMMARIZED ALGORITHMICALLY AND CONCISELY TO PREVENT OVERINTEREST



MENTAL HEALTH IMPLEMENTATIONS (ex. time limits) ARE OPTIONAL BUT MAY BENEFIT CERTAIN USERS