

Mood Bubble Documentation Topics

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1. Procedural Documentation

- **How to track moods using the calendar feature in the mobile app**
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 - Clarity

2. Conceptual Documentation

- **Why do I need to use graphs to track mood trends accurately?**
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Procedural Documentation

How to track mood patterns using the calendar feature in the mobile app

Summary:

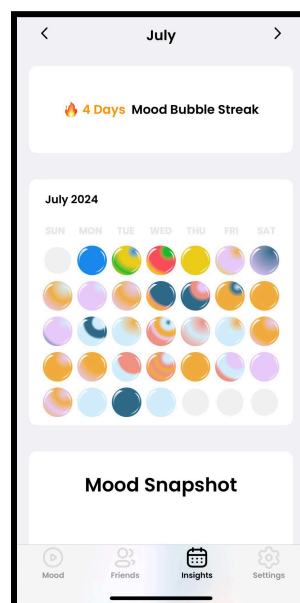
The Mood Bubble mobile app is designed to give you insight into your mood patterns over time. Tracking your mood is an important part of caring for your mental health because mood patterns show the number of days bad mental health impacted your life and the number of days good mental health improved your life. An accurate record of your mood patterns can help you identify stressors and triggers and give your care team, such as a therapist or psychiatrist, examples of how often your mood changes. The Mood Bubble calendar feature helps you see your mood patterns visually through graphs and charts, giving you accurate information about your mental health.

Before you track:

- Assign one color to each mood you are tracking.
- Track your mood every day - the more often you track your mood, the more accurate the trends in your calendar will be.

Steps:

1. Click the “insight” button on the bottom toolbar to navigate the mood pattern tracking page.

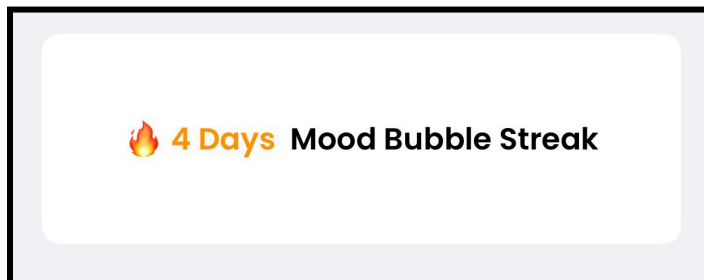


2. Use the arrows at the top of the page to choose the month you want to see your mood patterns.



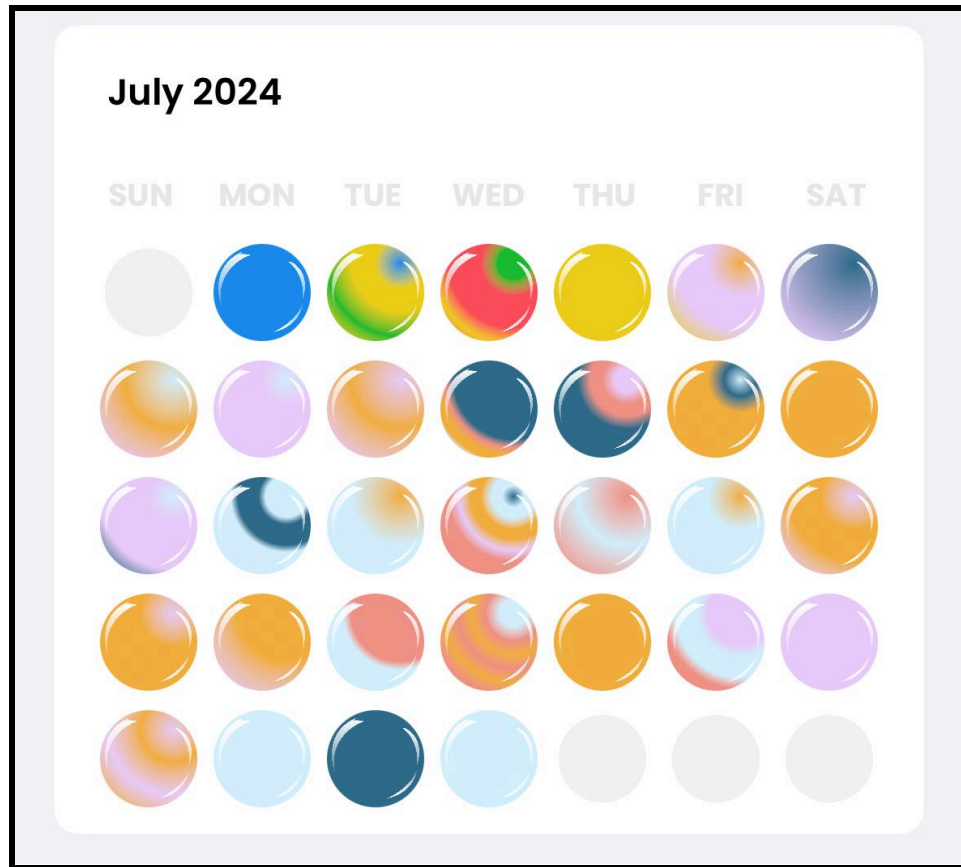
3. Choose the graphic that is easiest for you to visualize. Mood Bubble offers a daily streak count, a monthly calendar, a pie graph, and a vertical bar chart. Graphics contain the same data in different formats.

Mood Streak



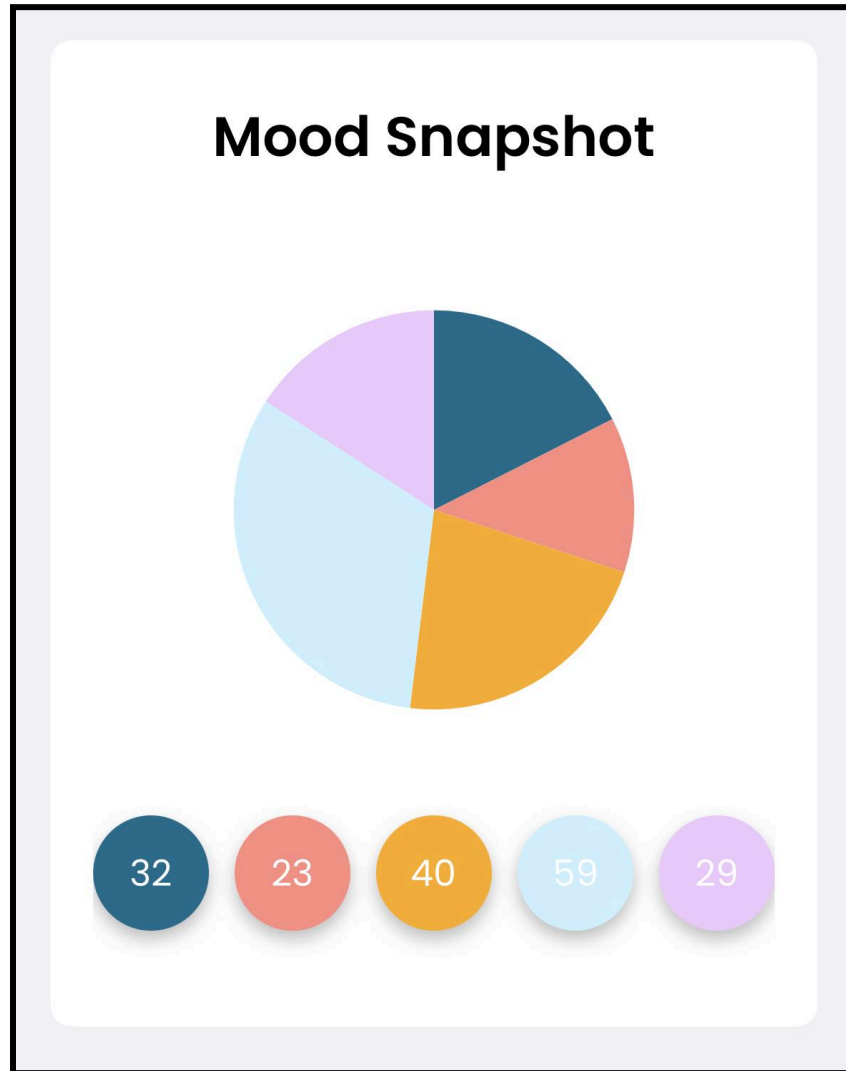
- The mood streak shows the number of days you have tracked your mood using the Mood Bubble app.

Calendar



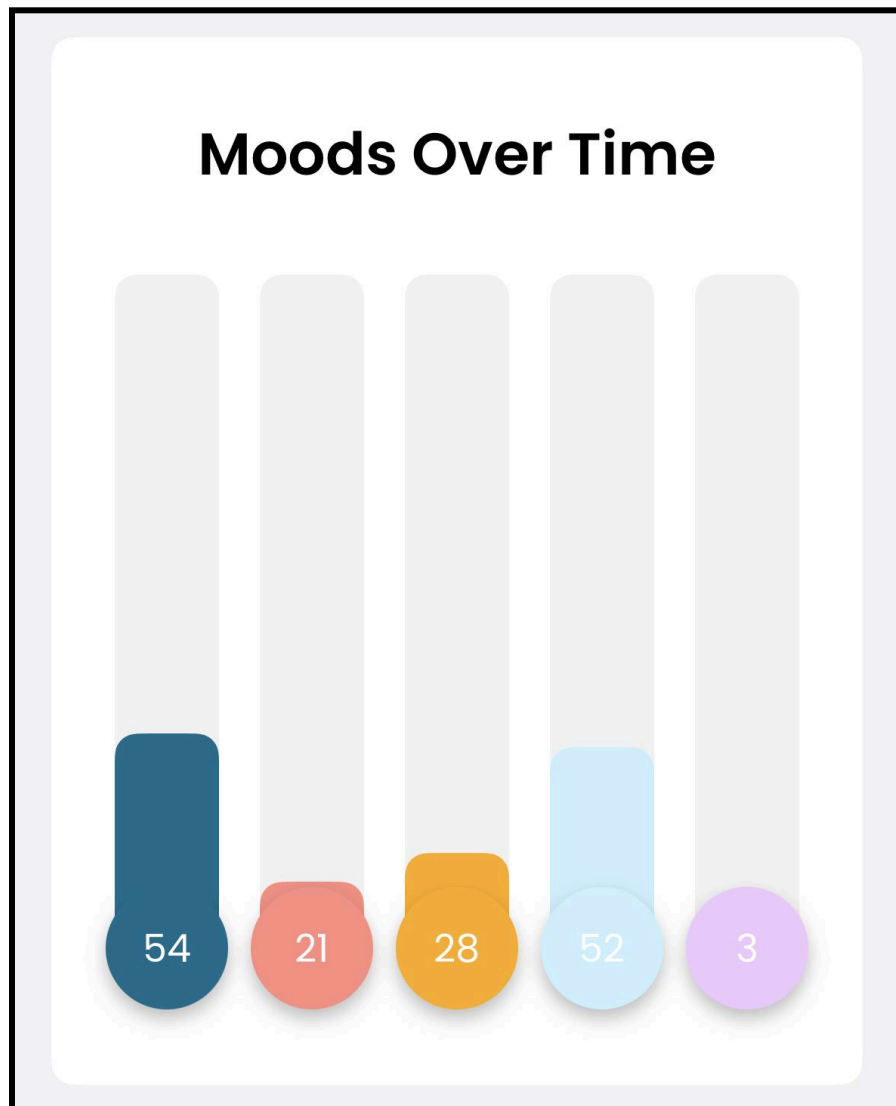
- The calendar shows each day you tracked your mood using the app, and each bubble uses your pre-selected emotion colors to represent the emotions you felt the most that day.

Pie Chart



- The pie chart shows the number of times you recorded each mood. Each color represents your pre-selected emotion. Larger sections represent more frequent moods.

Vertical Bar Chart



- The vertical bar chart shows the number of times you recorded each mood. Each color represents your pre-selected emotion. Higher bars represent more frequent moods.

4. Once you have selected your preferred graphic, choose the specific mood you want to track and look at the data it gives you.

- Written numbers show the number of times you experienced that mood in the last month.
- Colors show how often you experienced that mood in the last month.

5. Use the numbers and colors to analyze your mood patterns in the last month.

- What color was used the most? You experienced this mood more than the other colors.
- What number was written the most? You experienced this mood more than the other numbers.

6. Share your mood pattern data with your friends, families, or care team to discuss how your mood impacts you.

Conceptual Documentation

Why do I need to use graphs to track mood trends accurately?

Importance:

Tracking mood patterns accurately is an important part of monitoring your mental health. A change in mood can signal a change in mental health, and tracking these changes can help you analyze the emotions you experience the most and the days you experience them frequently. Graphs organize numerical data in one location and show trends visually. Mood Bubble graphs provide data that can be analyzed by the therapists and psychiatrists you work with to improve your mental health treatment plan.

Key Components

- Consistently tracking your mood patterns with Mood Bubble gives accurate data on how often you experience emotions during the month.
- Tracking mood patterns gives insight into how these emotions affect your mental health.

Details

- The graphs on the Mood Bubble insight page organize numerical data in a manner that is easy to read.
- This numerical data shows what emotions you feel frequently and when you feel them.

Application

- Mental health conditions focus on the frequency with which you feel your emotions and how often your mood shifts, creating a need for graphs to use with your care team.
- Mood trends recorded in Mood Bubble may be used as data that informs therapists and psychiatrists of patterns used to diagnose anxiety and mood disorders.
- Continuously monitoring mood trends using the app will allow you to monitor your mood's stability and provide insight on when to adjust how you manage your mental health.

Summary

Consistently tracking your mood using the Mood Bubble app gives you accurate data organized in different graphs. This data is helpful for therapists, psychiatrists, and other people caring for your mental health. Monitoring your mood patterns can inform you of emotions that may be used to diagnose mental health conditions.