# **EXPLORING INTERACTIONS**FINAL PRESENTATION

LIVING ON MEDICATION

Lydia The | January 24, 2014

# Taking the birth control pill

#### Who is involved?

About 1,6 million women between 16-49 years in The Netherlands

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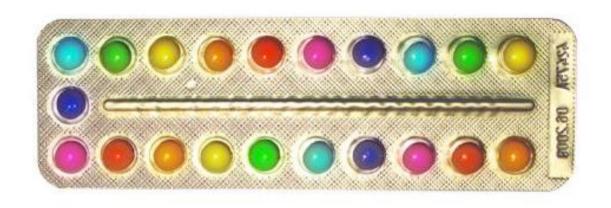
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#### Who is involved?

About 1,6 million women between 16-49 years in The Netherlands

On average 60,3% of Dutch girls between 16-20 years old where involved in 2012

The age of these girls involved is 16,1 years on average



A pill-tool for teenage girls



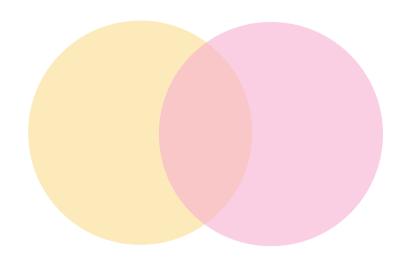




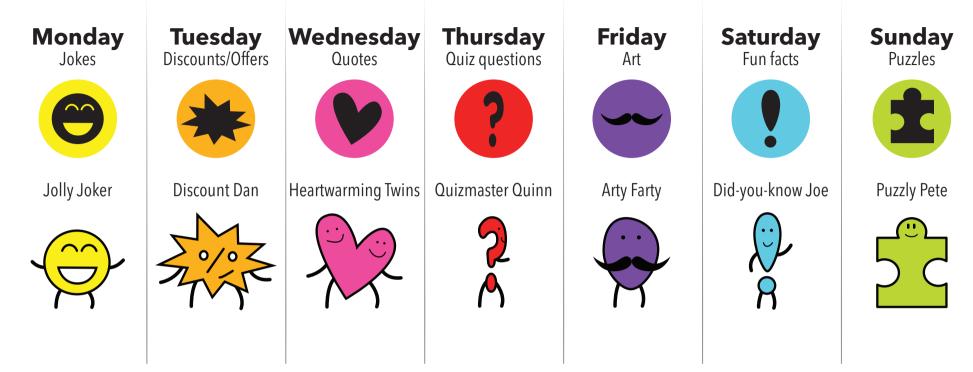
Design a tool for teenage girls that reminds to take their daily birth control pill and makes them feel sure they took it.

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How does it work?

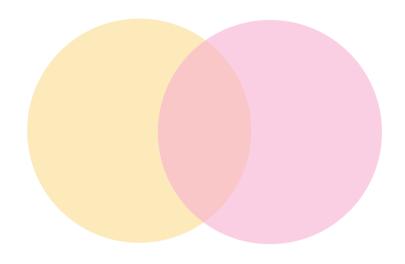


Daily themes create a weekly pattern





ReMind phone application



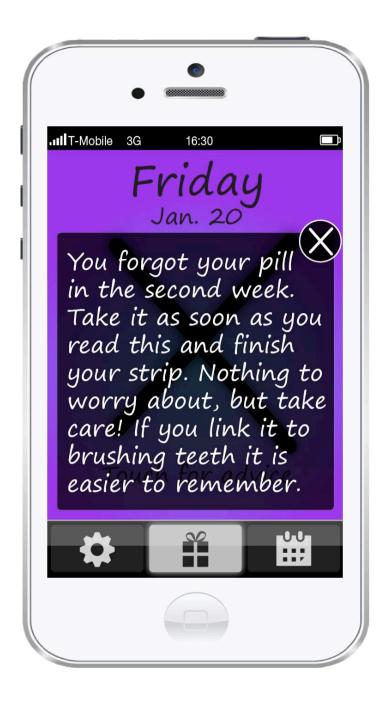
Interaction & effects



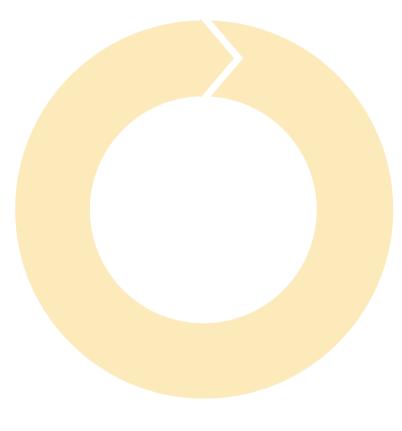




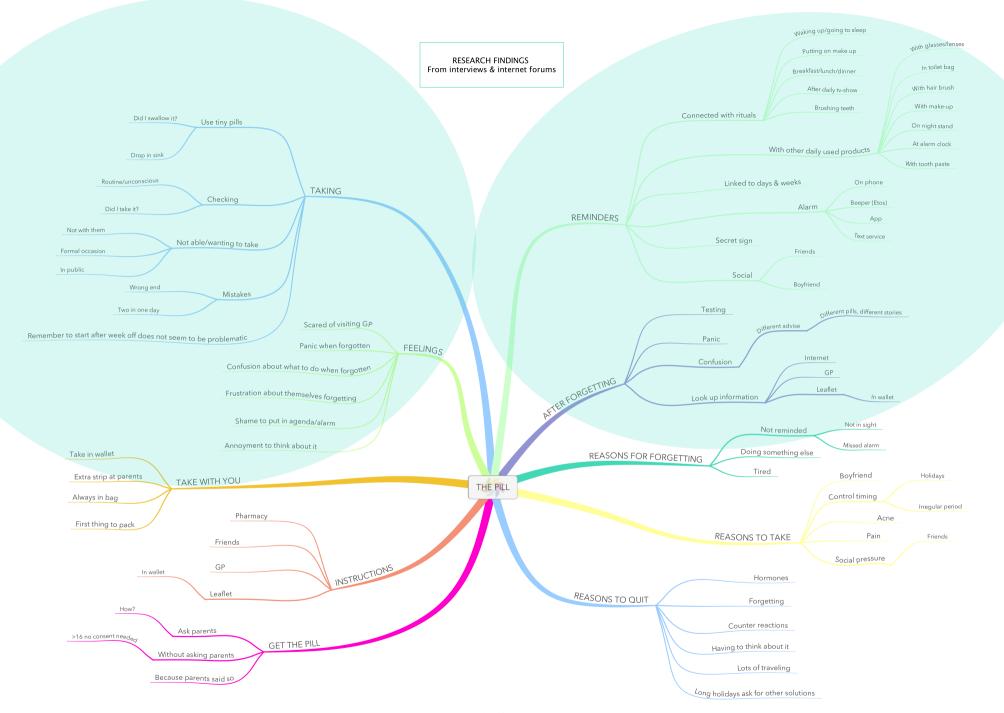








First cycle



"I have the pill strip on my night stand and take one when going to bed. When I wake up, I check again."

"Last year I took a lot of vitamin pills and I knew I had been taking a pill in the morning. But then it was not THE pill."







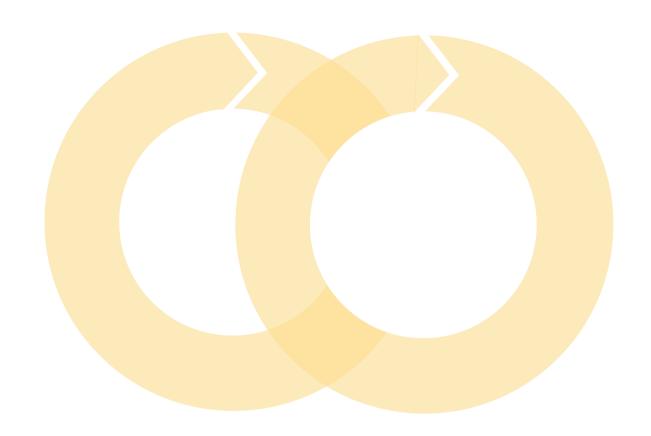


"Combine it with something nice. Not a standardized message to my brain every day! It should trigger me to look at it each day. Something silly, happy, really girly even."

"I have cut out the overview of what to do when you forget from my leaflet and have it with the pill strip in my wallet."



"Often I forgot to take it and woke up in the middle of the night, panicking."

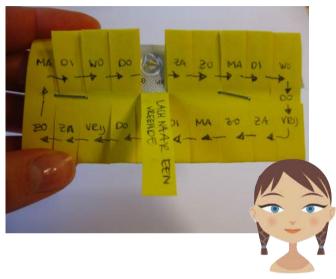


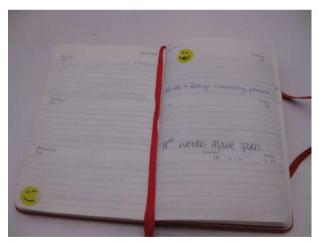
Second cycle

#### Testing









Fun, but extra actions take too much time

Days are not always a clear indication; another pattern?

"When I take my pill, I try to think 'I am taking it' and remember something in that moment" The consequence of forgetting has no direct feedback

I want to know without the strip I took it

#### Context mapping











Creating a remembrance

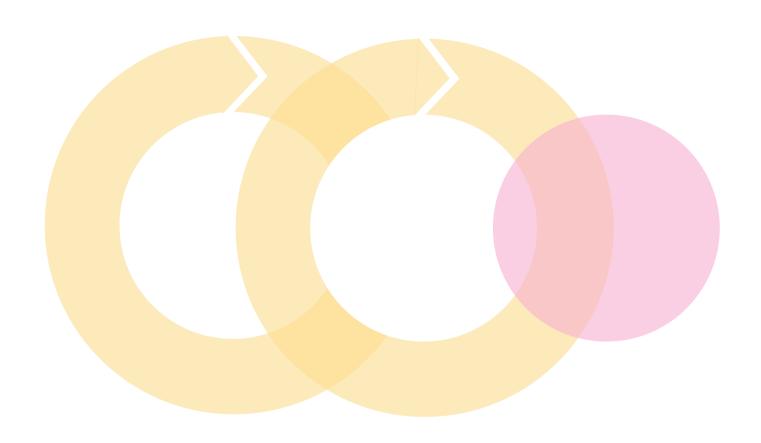
Color indications

Creating a weekly pattern

A smartphone application







Final cycle



Situation

Sound on

Sound off

#### Interview

Response testing

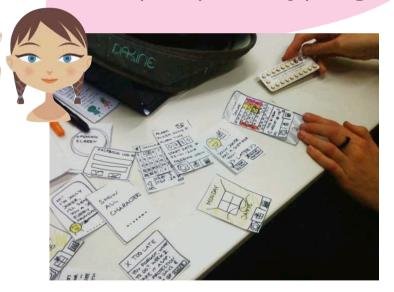
Response girl 1

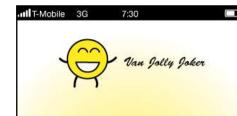
2 minutes

37 minutes



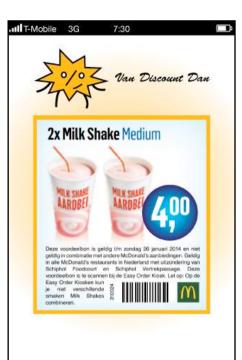
#### Paper prototyping

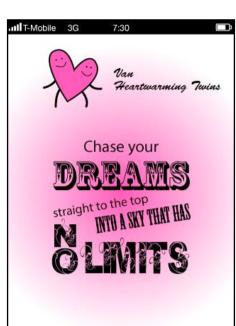




Hoe weet je dat wortels goed zijn voor je ogen?

Omdat je nooit een konijn ziet met een bril!

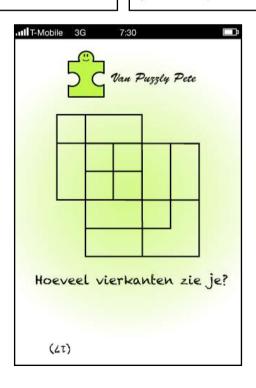












### "I found it really handy. It is a confirmation I took my pill."

"When I got your message, I first went to take my pill before proceeding my breakfast."



"There was no gift I did not like. They all connected to my interests."

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"There was no gift I did not like. They all connected to my interests."

"Receiving those images was fun. Every day was a new surprise." "You are more aware of taking it. Normally you do it so quickly and now I really thought 'I am first going to take it'."

#### Recommendations

Research effect of pill strip



Personalized gifts



Monthly themes







## THANK

## YOU!