WorryBusters
Story Telling App

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Who: pre-diagnosis children affected by OCD and their parents

Why: <15% of children who experience OCD as a child get access to specialist services, this is mainly due to the barriers of access to care

What: A personalisable bedtime story telling app that has embedded CBT techniques

How: Allows parents to have an active role in the management of their child's illness. Allows both parent and child access to helpful techniques with the minimum of barriers to access.
JIM AND THE STRONG KNIGHT

CHAPTER 1

Once upon a time, there lived a strong knight.

The knight needed Jim to help him bring the shield.

The knight crossed the muddy bridge across to the river bank.

END OF CHAPTER 1

CHAPTER 2

The knight needed Jim to help open the chest.

The chest opened with a loud bang.

END OF CHAPTER 2

CHAPTER 3

JIM IS UPSET BY WILD ANIMALS

What is Jim's bad thought?

This book belongs to Jim

WHAT IS YOUR CHILD'S NAME?

GET STARTED

Bedtime Worry Busters

NEXT LET'S PICK A STORY

PICK A STORY
Welcome Screen
Name is not label focussed but symptom focussed to enable pre-diagnosis use.
Introduction
This is the initial, parent-focussed, set-up section. It introduces the aim and function of the app.
Story Selection
We intend for a range of stories to be available for selection by the parent and child.
**Name Entry**
Allows the child to be included a character in the story, to improve investment by child into reading the story.
**Detail Entry**
Entering the obsession allows it to be challenged by the therapy techniques.
**Story Review**
Allows the parent to read through the story. Actions for the child are shown in two colours, green for normal actions and red for therapy actions.
Slide-out side panel
This slide-out panel allows parents to share comments on ideas for performing actions, and how to read. It also provides detail of what the therapy techniques aim to achieve.
**Ready to read**
Once the parent has reviewed the story they are ready to move to the shared interface for reading with their child.
**Front Page**
First page the child sees of the app. Title is personalised with childs name.
Chapter 1
Each chapter has a series of actions one of which is a therapy technique.
Once upon a time, there lived a strong knight...

The knight needs Jim to help him swing his sword.

Page of Text
Story is combined with an illustration and an action on each page. The actions all look the same, whether therapy or not. Tapping on the action (in red box) opens a new dialogue window.
Once upon a time, there lived a strong knight...

Say your fear outloud once to help the knight and collect your first coin.

Help him swing his sword.
Coin Burst
A coin burst animation is achieved when the action is completed. This helps positively reinforces the completion of tasks.
THE STRONG KNIGHT SWUNG HIS SWORD...

THE KNIGHT CROSSED THE WOBBLY BRIDGE. LISTEN TO THE RIVER BELOW.

Page of Text
Actions vary from performance to listening to sound affects. Actions for therapy or not look the same to child.
THE STRONG KNIGHT
SWUNG HIS SWORD...___

LISTEN TO THE RIVER

THE KNIGHT CROSSED THE
WOBBLY BRIDGE. LISTEN TO
THE RIVER BELOW.

Sound Dialogue Window
Sound plays on tapping the action.
Chapter 2
The chapters build up the therapy techniques over time so they can be read over a period of time. They also can be repeated to reinforce the actions and story for the child.
Here is a page from a story:

The knight needs Jim to help open the chest.
This time the child can collect the second coin, recognising the build-up from the day before.
Coin Burst
A coin burst animation is achieved when the action is completed. This helps positively reinforces the completion of tasks.
At the end of a chapter or the story the child can see how many coins have been collected.