

Mauricio Rivas Lamadrid

DID603A Multi-Platform Experience Design

Assesment 3 - User Testing

INTRODUCTION

Younger people need more mental health support and this need to be accessible financially.

MyND is a mix of information, some interactive activities plus human interaction with a specialist that can guide them in their journey. This will help them be more consistent using the app/web. Users get informed why is important to talk about mental help, how professionals work and how therapy is confidential. Younger people need to know what is mental health and how to keep it healthy. Then they can feel more confident and open to talk about their problems without judgment and look after themselves.

The testing was conducted with a variety of participants trying to cover the 4 personas.

Overall the platform was well received however the website lacked information in some sections confusing the users. Most participants had some technical issues using the website prototype because it didn't fit on their screens properly.

Participant 4 couldn't finish the test because her computer wasn't working properly for the test, however, there were interesting insights from what was tested.

The app test worked well and only minor issues were detected.



USER SCENARIOS

SCENARIO 1

Users want to find out what resources the platform offers them and how they benefit from professional psychological support. Users get encouraged to book a therapy session.

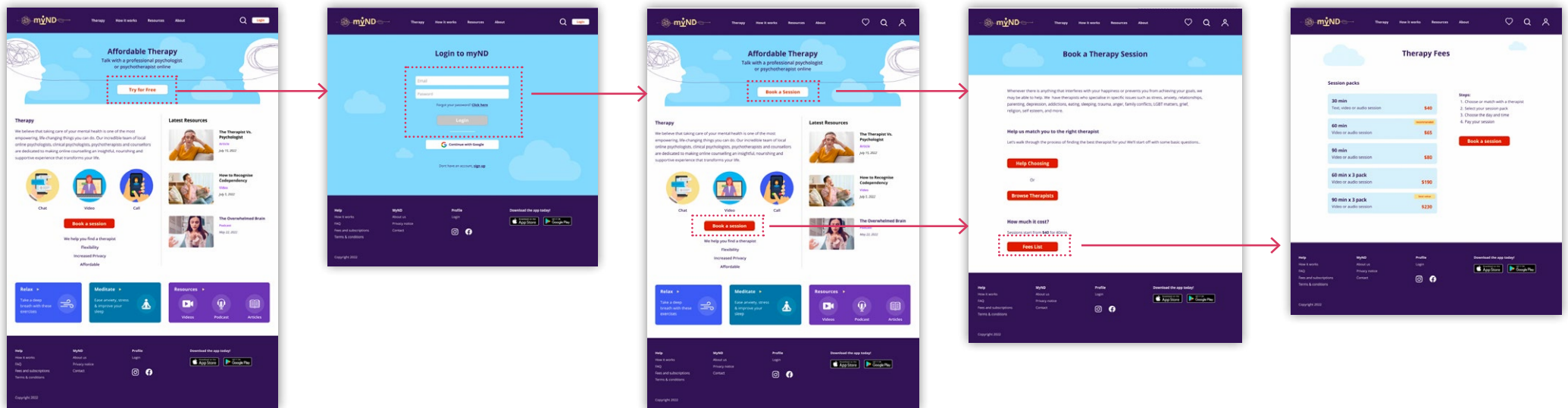
MyND offers a desktop and mobile app that provides mental health self-paced resources such as articles, podcasts and videos; some more interactive activities like breathing exercises and meditation; and finally connects users with professional psychology or psychotherapy to improve their wellbeing and manage mental distress.

User scenario script

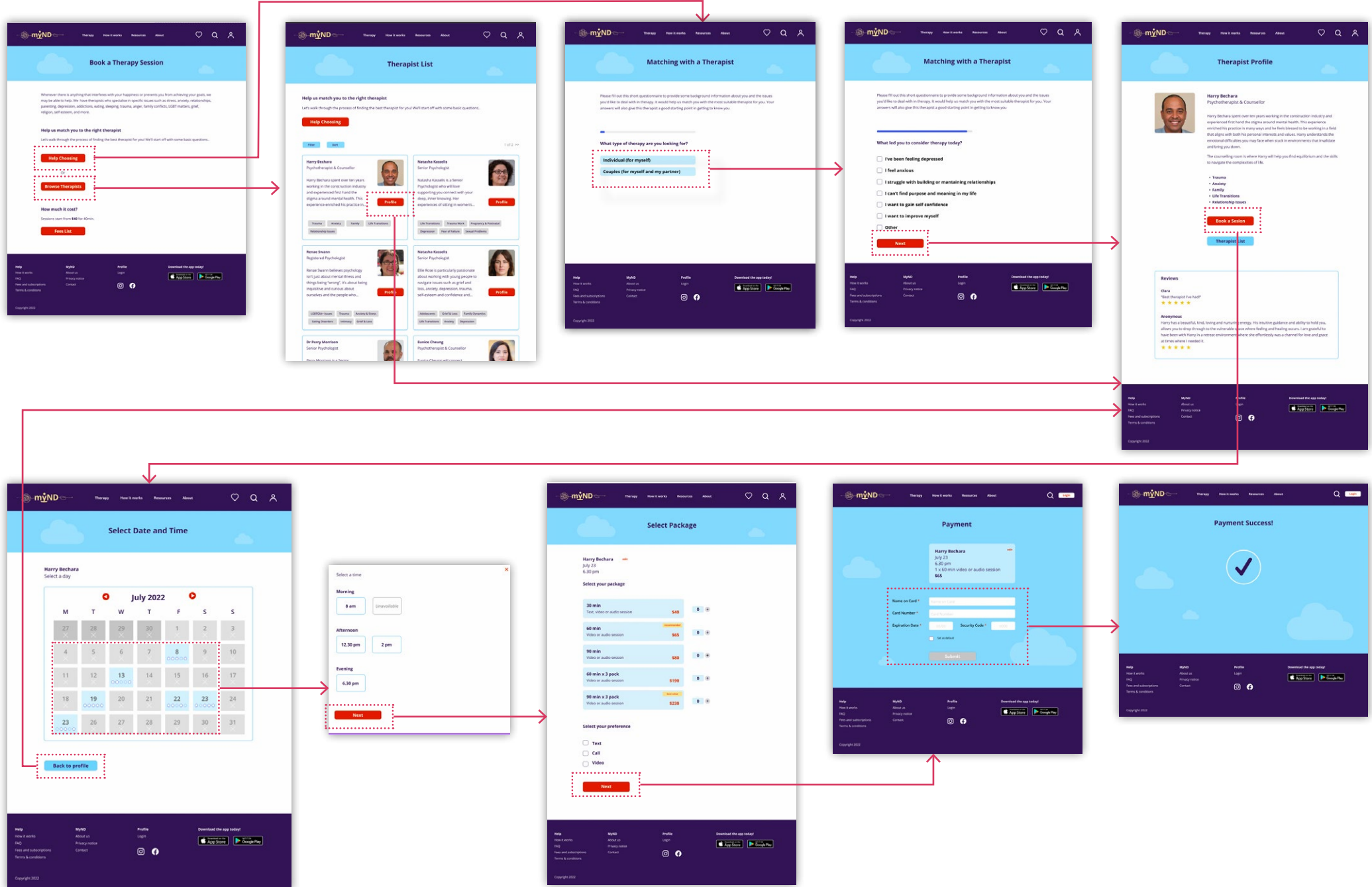
After COVID and lockdowns, psychologically you feel a bit fragile. You found on Instagram an ad promoting online therapy and other resources to support you through these difficult times. You want to check the prices and book a video therapy session.

SCENARIO 1

USER FLOW TASK 1 - LOGIN AND CHECKING PRICES



SCENARIO 1 USER FLOW TASK 2 - BOOKING



SCENARIO 2

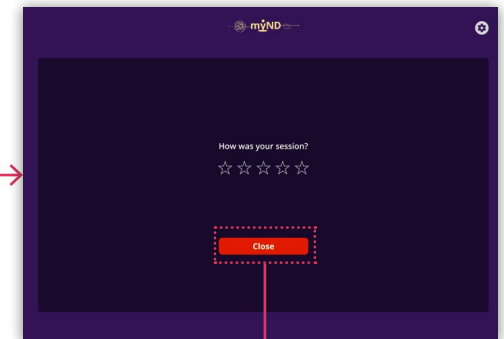
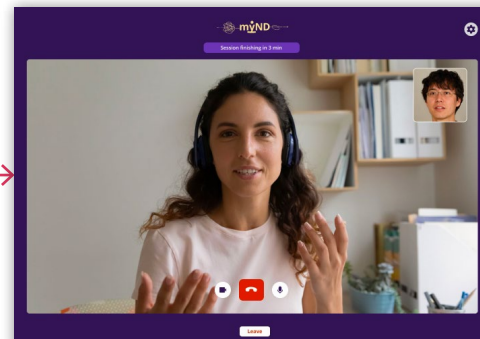
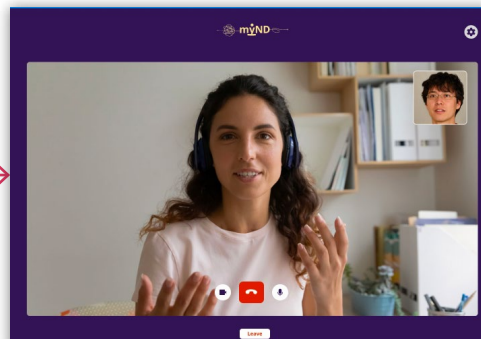
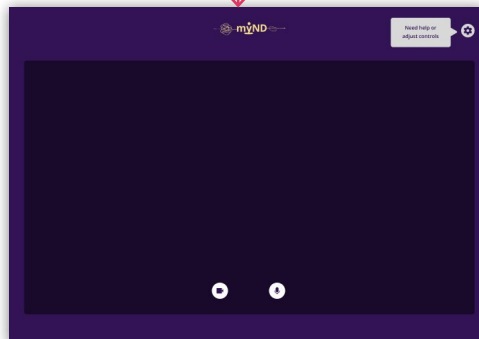
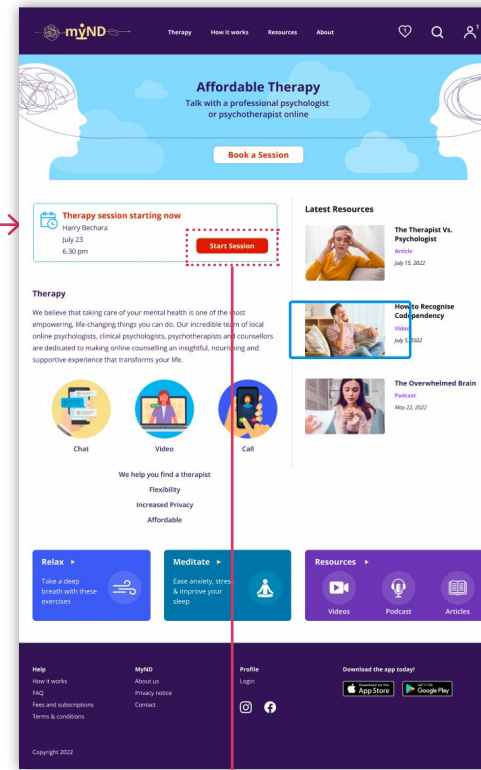
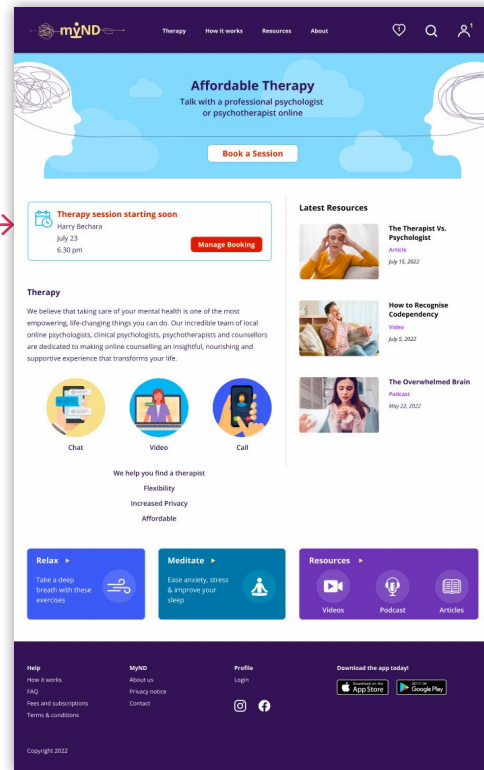
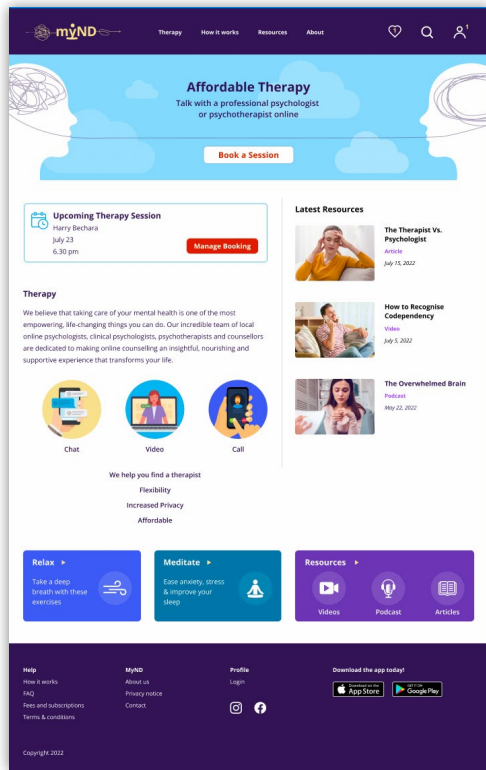
Users want to know when is the next session and join it easily.

MyND displays the next sessions in a prominent position and announces with this is about to start. Once the user starts the session, it provides a quick onboarding of the controls and displays notifications when the session is about to finish. At the end of it, users can rate the session.

User scenario script

Once you booked your therapy session for next week, you get a notification on your phone that this is about to start shortly. You return to MnND website on your laptop to join your video call with your therapist.

SCENARIO 2 USER FLOW TASK 4 - START SESSION



Homepage

SCENARIO 3

Users had a positive experience and they want to continue working for themselves. Users download the app to use the resources like listening to a podcast and doing some breathing exercises when anxiety arises.

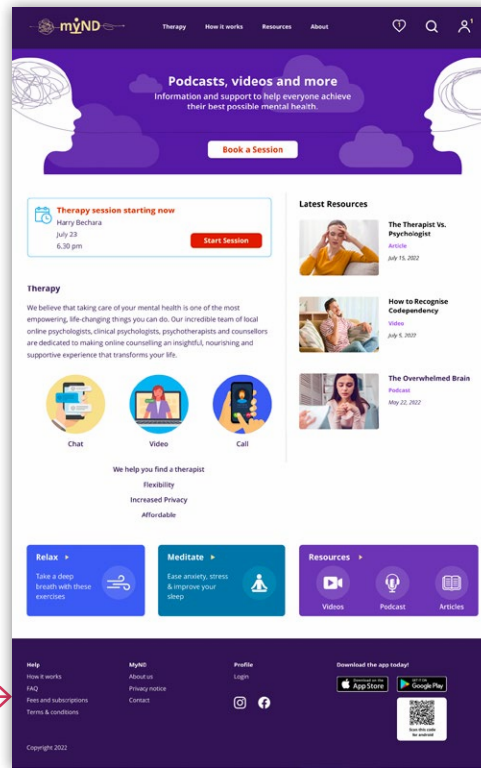
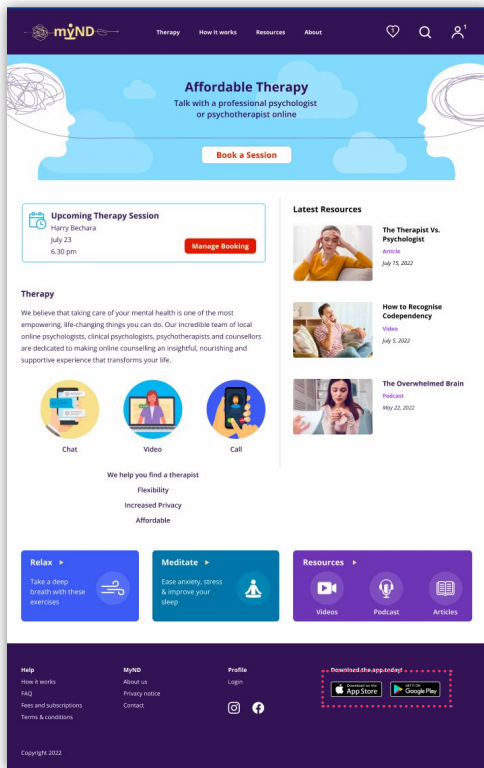
MyND website shows QR codes to users, so they can download the app faster and easier. The app has a list of several breathing exercises with an explanation and instructions on how to do them. It also has a list of podcasts updated regularly with a range of topics for people attending therapy

User scenario script

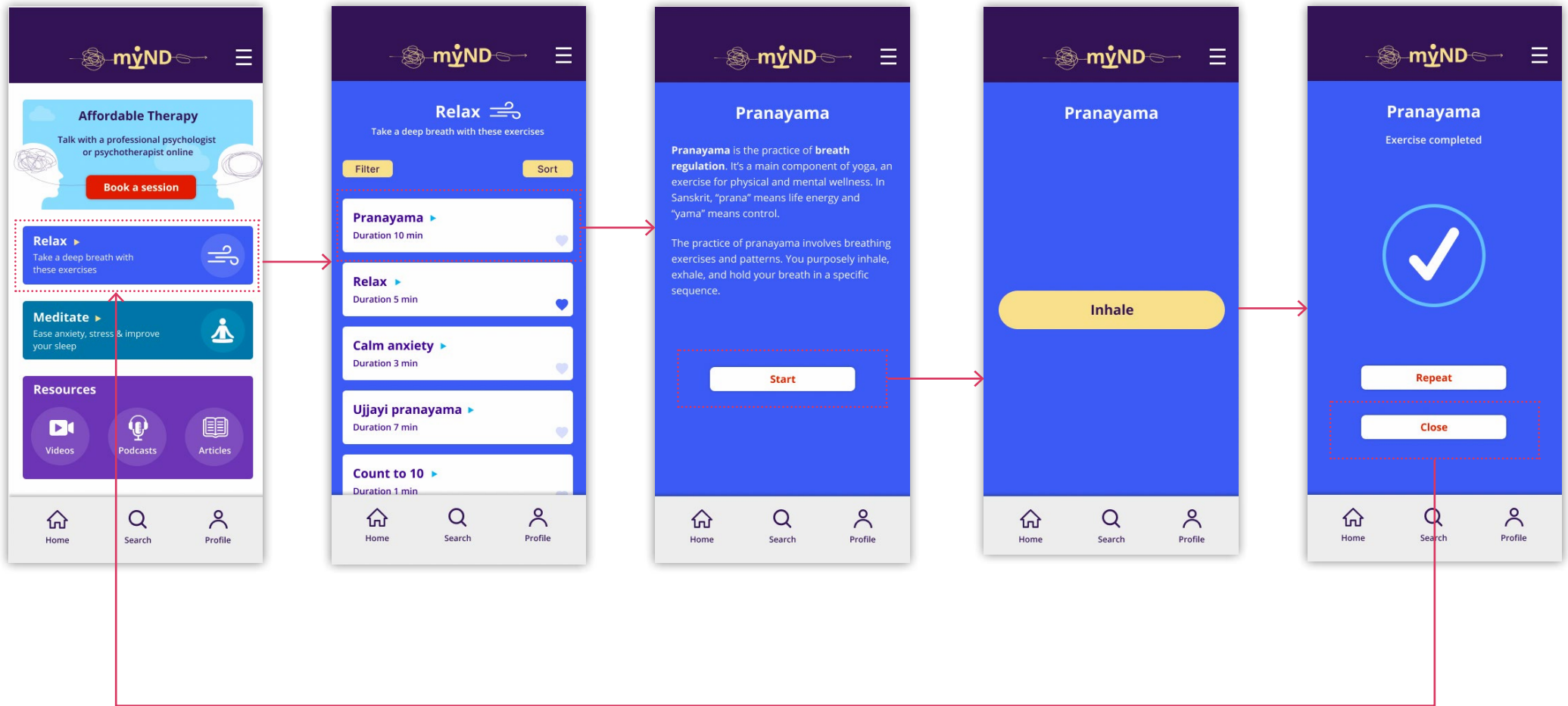
You want to download the app so you look on the website for how to do so. Once you download the app, you want to try a breathing exercise to calm you down. After that, you would like to listen to a podcast.

SCENARIO 3

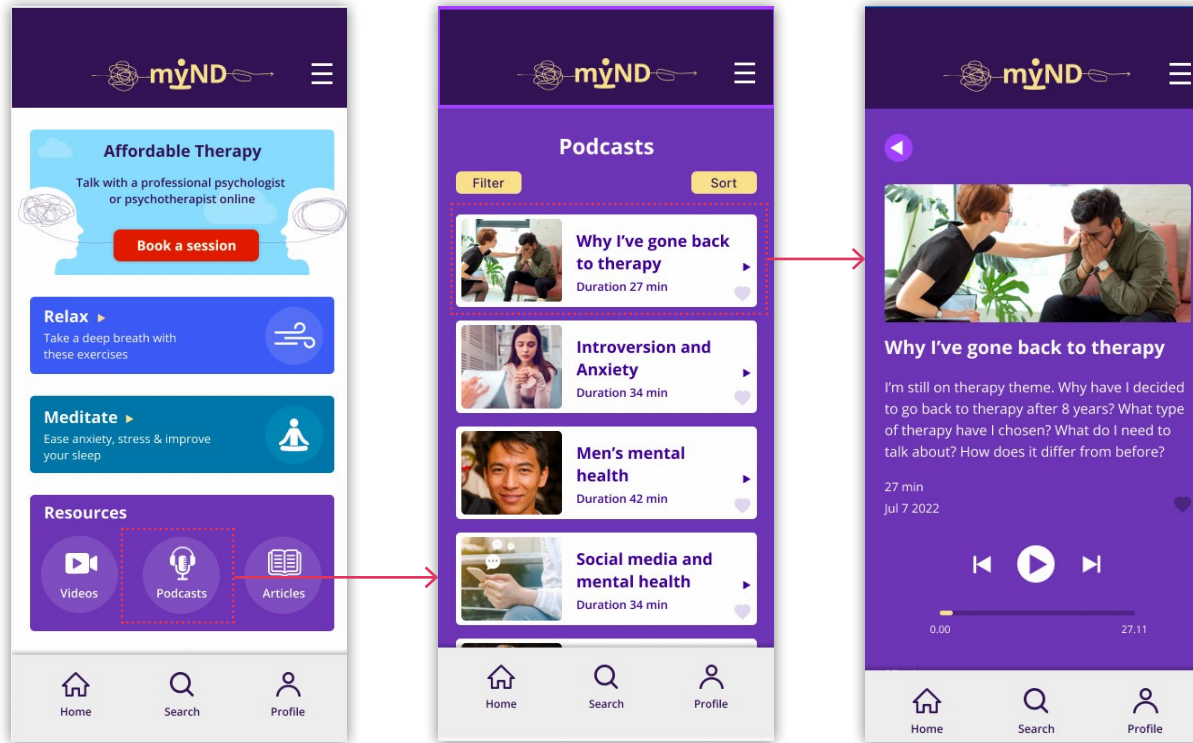
USER FLOW TASK 5 - DOWNLOAD THE APP



SCENARIO 3 USER FLOW TASK 5 - BREATHING EXERCISE



SCENARIO 3 USER FLOW TASK 6 - BREATHING EXERCISE



SCENARIO 4

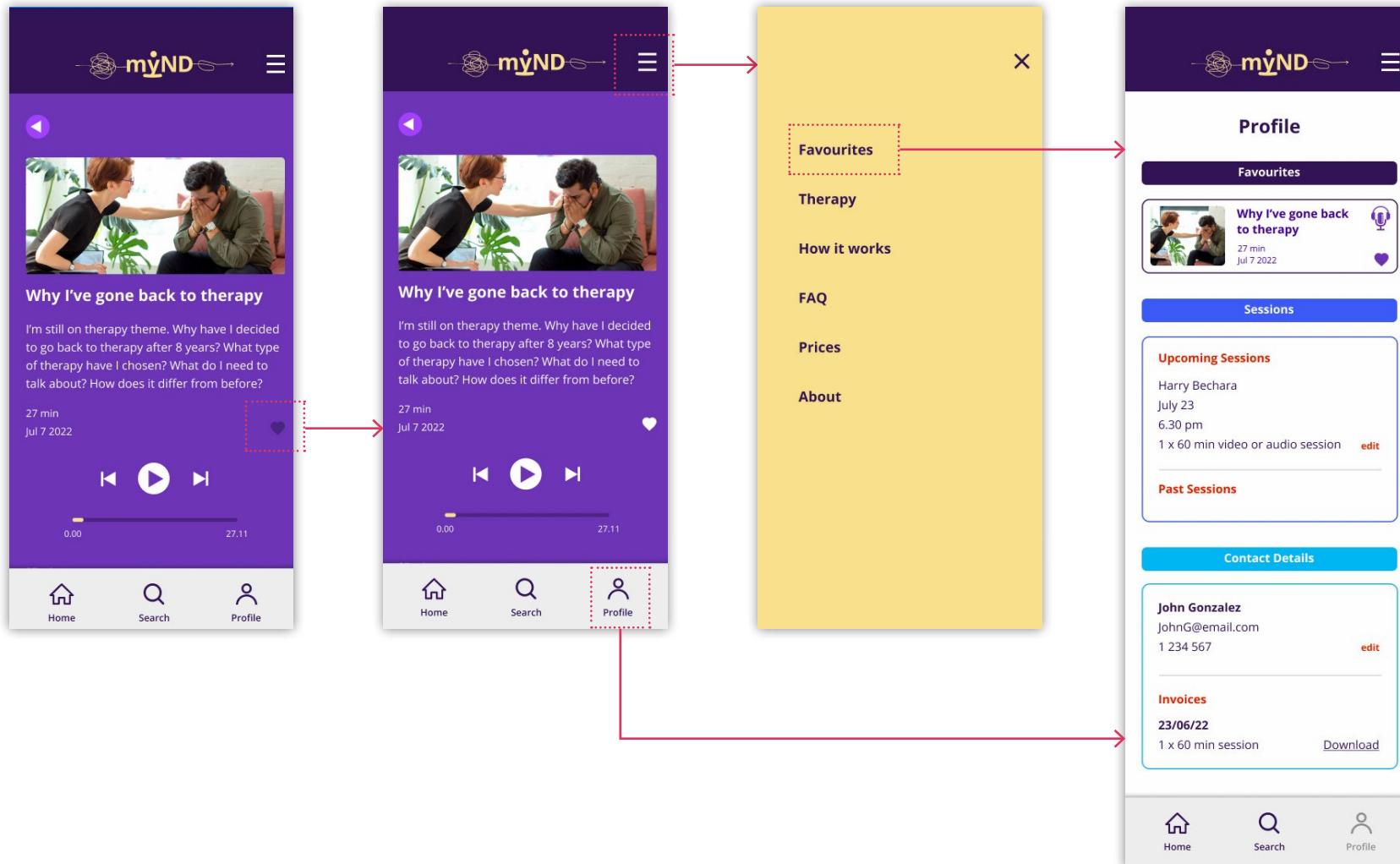
Users had a positive experience and they want to continue working for themselves. Users download the app to use the resources like listening to a podcast and doing some breathing exercises when anxiety arises.

MyND website shows QR codes to users, so they can download the app faster and easier. The app has a list of several breathing exercises with an explanation and instructions on how to do them. It also has a list of podcasts updated regularly with a range of topics for people attending therapy

User scenario script

You want to download the app so you look on the website for how to do so. Once you download the app, you want to try a breathing exercise to calm you down. After that, you would like to listen to a podcast.

SCENARIO 3 USER FLOW TASK 7 AND 8 - LIKE BOOKMARK PODCAST





TEST PLAN & FINDINGS

MODERATOR SCRIPT

INTRODUCTION

Thank you for your time today, I really appreciate it. My name is Mauricio and I'll be running this session with you today.

We should be here for about 35 min today.

If you don't mind, I'm going to read the next couple of things from my script to make sure I cover everything.

PAPERWORK

Before we start, I'll send you a consent form that sets out what we will and won't do with the information you give me today. I'll be recording the session so I can review the tasks and take notes.

CONCEPT

For my assignment, I've been tasked with creating a website and an app prototype. The prototype was designed for a social awareness campaign about mental health. In recent times 15% of Australians have suffered some mental distress. A large group of these people don't take care of their mental health, keeping their problems to themselves. My solution is a website and mobile app that provides mental support through online therapy, meditation and breathing exercises and some other resources.

The platform brings professional help to vulnerable people at an affordable price, convenience and flexibility.

SESSION

The prototype we're testing today is an early-stage prototype so not everything works and it may not show the right information.

Click the buttons you feel are the correct ones. For typing, just click the text field and this will be filled with mock-up text.

This isn't a test of you. There are no right or wrong answers. Instead, you are helping me to study the application and improve it.

If something unexpected happens, don't worry, you didn't break it. If there are any questions that you don't want to answer, again, just let me know.

I'm going to give you 8 tasks to complete to test the website and app. I'll appreciate your feedback and allowing me to observe so I can see what can be improved.

There's one thing you can do that will really help me as we go through the session today, and that is I'd like you to think out loud. By that, I mean while you are working with the application I want you to tell me what you're thinking as you go along. For instance, if anything acts differently than you expected, or if you are trying to work out what to do next, say those things out loud.

I'm going to be giving you things to do with the app. I'd like you to go as far as you would if you were working on your own. I will be right here, but I might not be able to answer your questions. When you are done, say "I'm done" or "I would stop here."

Do you have any questions?

USABILITY SCALE (SUS) SURVEY

After we finish the session, I'll send you a short survey asking you how you feel overall about the website and app

START THE RECORDING

Let's start then. I'll press record

I'm going to send you a link to the desktop prototype, can you please keep sharing your screen?

I'm going to send you a link to the mobile prototype, can you please share your screen?

RECRUITMENT PLAN

Participant	Details	Persona they target	Session	Notes	Tools
1	Tonny 39 Never been to therapy Thinks therapy is for people with illness	Gary	Sat 13 Aug 2022 12pm		Zoom Figma Google Forms Paper and pen
2	Terry 42 Never been to therapy Trust therapists	Tom, Veronica	Sat 13 Aug 2022 4pm		
3	Mitch 30 Has been to therapy Don't trust therapists	Anne, Tom	Sun 14 Aug 2022 10am		
4	Adrienne 45 Has been to therapy Believes in therapy	Veronica	Mon 16, 2022 1.30pm	Participant couldn't finish the test because of technical issues.	
5	Vic 52 Has been to therapy Believes in therapy	Veronica	Sat 20 Aug,2022 11am		

Test schedule

Warming chat	5-10min
Briefing	5min
User Tasks	15-18min (recorded on camera)
SUS Scale	2min
Additional feedback	3min
Total time	25-40min

TEST PLAN - TASK 1

Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe this section will help users understand the main focus of the platform and guides them to use it	Desktop	<p>After COVID and lockdowns, psychologically you feel a bit fragile. You found on Instagram an ad promoting online therapy and other resources to support you through these difficult times.</p> <p>Task 1 If you would like to learn more about booking an online psychological therapy and the prices, where would you?</p> <p>1. After reading the website, how would you summarise the platform?</p>	Gary 44yrs old	<p>Success criteria Comprehension Participants understand how the platform works and they get answers to FAQ</p> <p>Findability: Participants easily can access this section</p> <p>Design solution paths 1 Banner Try for Free>Log in>Book a session>Book a Therapy Session> Therapy Fees</p> <p>2 Body content Book a session>Log in>Book a session>Book a Therapy Session> Therapy Fees</p> <p>3 Header menu Therapy>Therapy Fees</p>

User	Pass	Fail	Notes
1	✓		<ul style="list-style-type: none"> Specialists need descriptions and they therapy styles need descriptions More information on how to choose Understands website is focused on therapy and has resources
2	✓		<ul style="list-style-type: none"> Understands the website is to get therapy through different methods, it has activities and resources
3	✓		<ul style="list-style-type: none"> The main focus is getting therapy and has other resources such as news, articles, podcasts Feeling you need to pay straight away
4	✓		<ul style="list-style-type: none"> Described the website as a package of different resources and as a hub
5	✓		<ul style="list-style-type: none"> Understands the site is for online therapy and therapeutic resources Thinks some things are for free and others you may need to pay

TEST PLAN - TASK 2

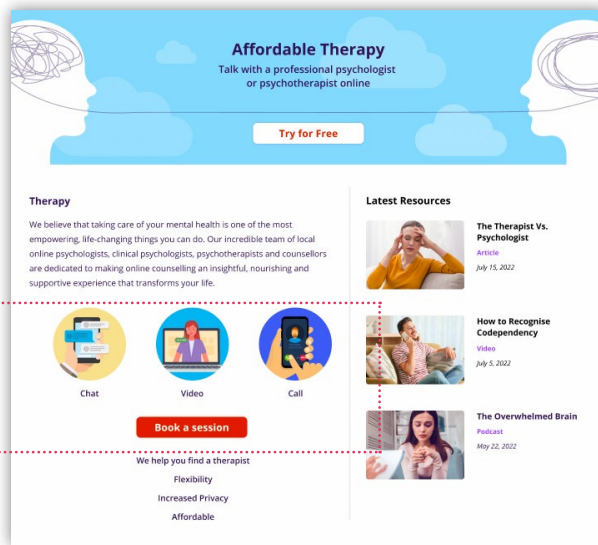
Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe participants can navigate to book an online therapy session	Desktop	<p>After reading how having an online session works, you decide to book a session with a therapist.</p> <p>Task 2 How do you book a video call session with a therapist in the evening?</p> <ol style="list-style-type: none"> 1. Is the process easy enough to help you choose a therapist? 2. Why you prefer to browse for a therapist/ get help to match with a therapist? 	Ann 19yrs old	<p>Success criteria</p> <p>Findability Participants click therapy and navigate until they book their desired session</p> <p>Comprehension Participants understand they need to choose a therapist, session time and package for their booking.</p> <p>Design solution paths</p> <p>1 Banner/body content or header menu Book Session>Help Choosing>Questionnaire>Book a Session>Select Day>Select Time>Select package>Enter payment details>Submit</p> <p>2 Banner/body content or header menu Book Session>Browse therapists>Profile>Book a Session>Select Day>Select Time>Select package>Enter payment details>Submit</p>

TEST PLAN - TASK 2

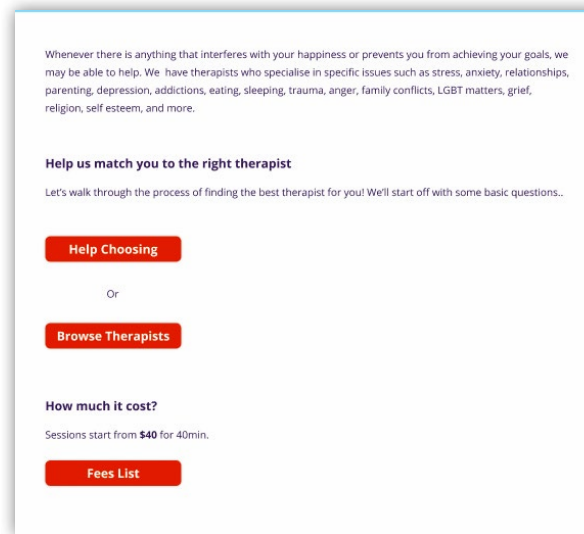
User	Pass	Fail	Notes
1	✓		<ul style="list-style-type: none"> Quickly finds how to book a session. The participant has a very direct approach and he is task-oriented. Chose Match with Therapist Session packages are confusing, they state video and below you have to tick video again
2	✓		<ul style="list-style-type: none"> Confused that Book Session takes him to log in and then back to the homepage where he had to click again to book a session. Chose Match with Therapist Wonders why they aren't times to select before therapist Easy and clear
3		x	<ul style="list-style-type: none"> Confused with homepage icons, he tries to click the video icon He doesn't scroll down to find the signup, the prototype doesn't fit his screen Clicks on therapy fees He is focused in searching for the video option and time slot before choosing therapist
4		x	<ul style="list-style-type: none"> Clicks try for free first and sign up She tries to click the icons before the booking session button She doesn't understand the difference between Browsing Therapists and Help Choosing buttons Chose Browse Therapist Finds typo in button 'sesion' Understands the dotted circles in the calendar mean are time slots are unavailable Couldn't complete the task because of technical problems, the prototype wasn't loading in her computer and wasn't fitting properly the screen
5	✓		<ul style="list-style-type: none"> The participant clicks How it Works menu first but this page is not active After signing up, she clicks the profile icon first and shows an upcoming session. This is a prototype error. She goes back to the homepage and chose Browse Therapists because she wanted to see which one suits her The reviews helped in making the decision Call out 'recommended' in the Session Packages helped make the decision

- The prototype failed by not fitting properly on the screen, all users had to adjust the prototype view when choosing the time slot

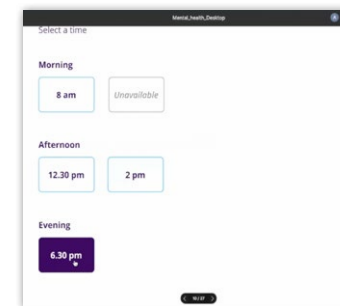
FINDINGS - TASK 2



- A couple of participants tried to click the 'chat', 'video' and 'call' icons.
- Off camera one participant commented that the icons, images and top banner have a different look and feel. He thought the icons minimise the seriousness of therapy.

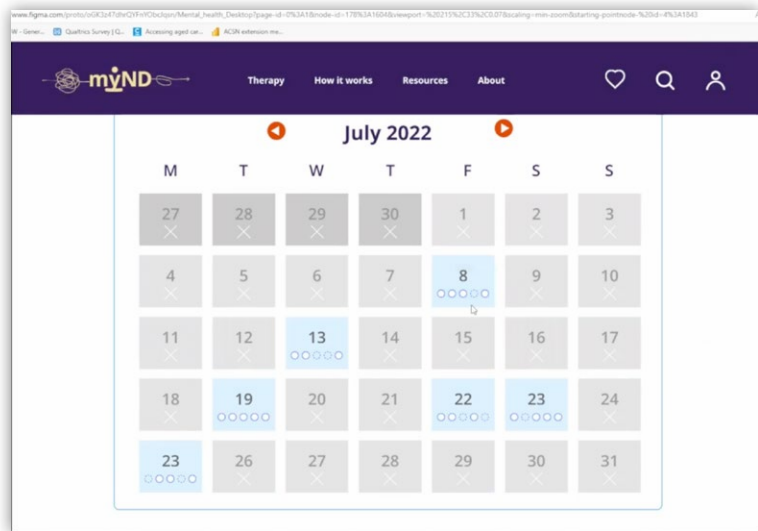


- Participants who had therapy before browsing for therapists, while the ones who haven't clicked 'Help Choosing'
- A couple of participants were confused about the difference between help choosing and browsing
- People needed more instructions when landing in this page.



- The Time slot modal was too big to fit on all of the participant's screen

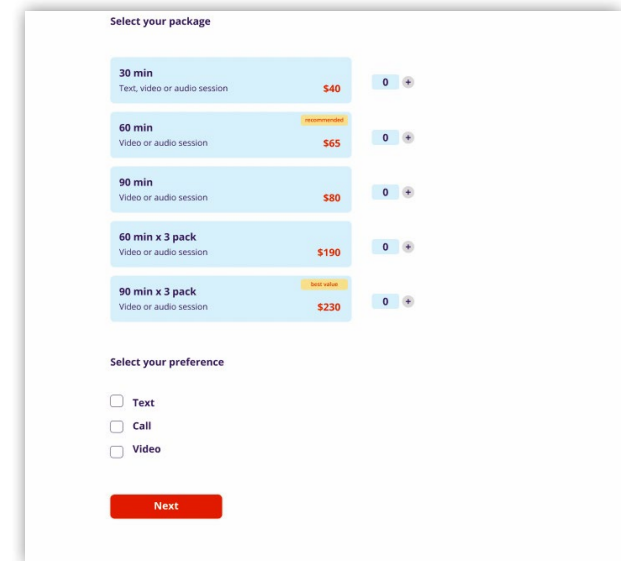
FINDINGS - TASK 2



- The calendar was a bit too big filling all the participants screen. Some had to reduce the prototype view to fit the screen
- The instructions and button were hidden at this size



- They were comments about the meaning of the dots. Although they understood the dotted line meant the time slot is not available, it created some confusion at the start.



- There was confusion about why the packages have the session modality and after selecting the modality of preference

TEST PLAN - TASK 3

Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe users can access their upcoming therapy session through the start session button	Desktop	<p>Once you booked your session, you want to know when is the next session and how to start.</p> <p>Task 3 Where do you find your next session and where you should click to start it?</p>	Tom 25yrs old	<p>Success criteria Discoverability Participants discover the upcoming session appears in the homepage with option to manage this</p> <p>Design solution paths 1 Homepage message under the banner 2 Profile>Sessions section</p>

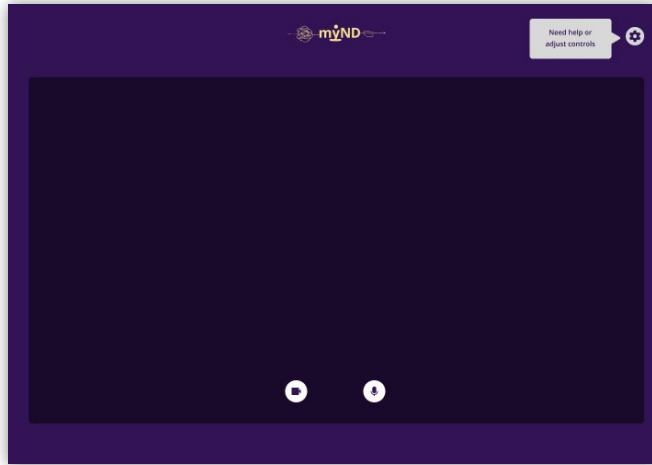
User	Pass	Fail	Notes
1	✓		<ul style="list-style-type: none"> Finds the upcoming session in the profile icon
2	✓		<ul style="list-style-type: none"> Recognises immediately the tile for upcoming session
3	✓		<ul style="list-style-type: none"> Recognises the tile for upcoming session and would expect an email confirming this
4			Not tested
5	✓		<ul style="list-style-type: none"> Finds the upcoming session in the profile icon Tile with upcoming session in homepage is clear

TEST PLAN - TASK 4

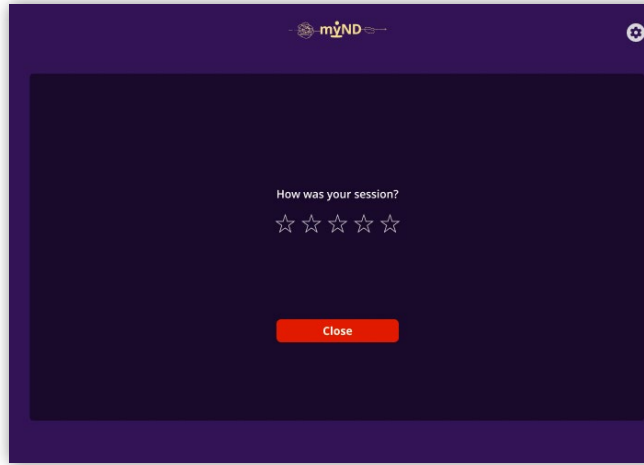
Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe users are able to start their session easily and understand the video call controls.	Desktop	<p>Once you join the session, you want to understand the video call controls.</p> <p>Task 4 How does the session work?</p> <ol style="list-style-type: none"> Describe the video controls and any notifications you had while having your session. Describe the impression you had of the video session. 	Veronica 44yrs old	<p>Success criteria Recognition Participants understand how the video call interface work</p> <p>Design solution paths 1 Homepage> Start Session>Close</p>

User	Pass	Fail	Notes
1		✘	<ul style="list-style-type: none"> The participant starts this task from the Profile page section and can't go back to the homepage. The prototype for the upcoming session section on this page didn't have a start session button. No rating interaction After the therapy session flow, he didn't have any recollection of notifications or onboarding messages. He felt screens in this flow changed quickly. He suggested having something for people with speech impairment He suggested an option for masking people's faces
2	✓		<ul style="list-style-type: none"> Checks video control buttons Uses the rating system The flow and information was clear and easy to ready
3	✓		<ul style="list-style-type: none"> Plays with the video control buttons He didn't like the rating at the end of the session because he felt it about rating the therapist and they will his feedback
4			Not tested
5	✓		<ul style="list-style-type: none"> Easy to move around Similar experience to other video applications The participant didn't use the rating system

FINDINGS - TASK 4



- One person thought the onboarding and prototype flow for the video call was a bit quick



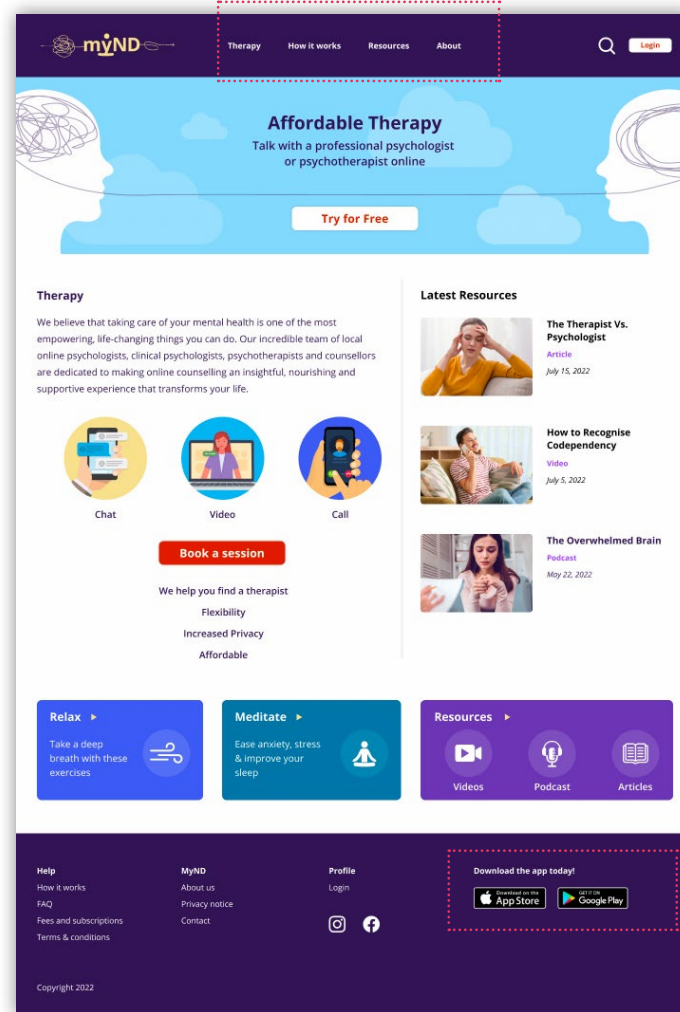
- Is not clear what is the rating, the participant thinks is about the session with the therapist and has privacy concerns
- Half of participants skipped the rating

TEST PLAN - TASK 5

Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe participants can find the download app code from the website.	Desktop	<p>You are interested in downloading the app to keep enjoying all the platform features.</p> <p>Task 5 Where would you find links to download the app?</p> <p>1. Describe your thoughts about the QR code</p>	Gary 44yrs old	<p>Success criteria</p> <p>Findability Participants find the Google and Apple logos in the website footer</p> <p>Sentiment Participants discover that by hovering they can get a QR code for their phones rather than searching for the app in each app store</p> <p>Design solution paths 1 Homepage footer</p>

User	Pass	Fail	Notes
1	✓		<ul style="list-style-type: none"> Quickly he finds the app badges in the footer and understands the QR code
2	✓		<ul style="list-style-type: none"> The participant searches first in the resources menu and then it looks in the footer
3	✓		<ul style="list-style-type: none"> It took the participant some time to find the app badges in the footer
4			Not tested
5	✓		<ul style="list-style-type: none"> It takes a bit of time for the participant to find the app badges. She thinks the app should be announced somewhere else on the homepage beside the footer The QR code was very useful

FINDING- TASK 5



- Many participants started hovering and clicking Resources in the main menu to find the app badges before scrolling down
- For all participants it was hard to find the app badges
- Participants didn't comment much when hovering over the badges and discovering the QR code, only after asking they commented this was useful

TEST PLAN - TASK 6

Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe that participants can use the breathing exercise section as an extra tool to keep their minds relax.	Mobile	<p>After having a busy and difficult day, you feel you need to calm down and relax when you get home from work.</p> <p>Task 6 How do you relax using the app features?</p>	Veronica 44yrs old	<p>Success criteria</p> <p>Recognition Participants understand how the exercise works intuitively and by reading some hints</p> <p>Sentiment Participants feel confident about trying the exercise</p> <p>Usability Participants can use and access this feature easily</p> <p>Design solution paths 1 Dashboard Relax>select an exercise>Follow instructions</p>

User	Pass	Fail	Notes
1	✓		<ul style="list-style-type: none"> • He finds quickly the relaxing exercises and follows the flow
2	✓		<ul style="list-style-type: none"> • Very easy to use and intuitive
3	✓		<ul style="list-style-type: none"> • Reads instructions first to learn how to do the activity • Animation is helpful because reflects what you should be doing physically
4			Not tested
5	✓		<ul style="list-style-type: none"> • Confused about the difference between Relax and Meditate • Participant likes the breathing exercise and think is 'cool'

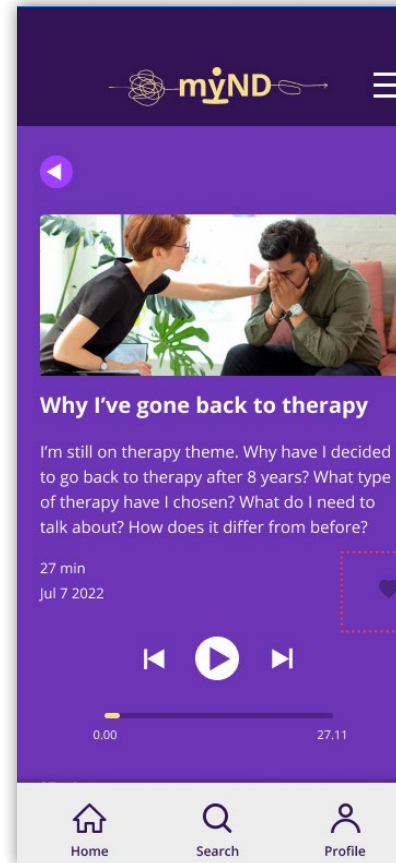
TEST PLAN - TASK 7

Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe users can access podcast content from the dashboard and easily save the ones they like.	Mobile	<p>You're interested in learning more about mental health and decided to listen to a podcast while commuting to work.</p> <p>Task 7A How would you listen to the podcast?</p> <p>Task 7B You didn't finish listening to it and want to save to listen when commuting back home. How would you do this?</p>	Tom 25yrs old	<p>Success criteria</p> <p>Findability Participants can find podcast content within the resources section</p> <p>Usability Participants can play the podcast</p> <p>Recognition Participants understand the meaning of the heart button-icon</p> <p>Design solution paths 1 Dashboard Resources/Podcast>select a podcast>click the heart</p>

TEST PLAN - TASK 7

User	Task	Pass	Fail	Notes
1	7A	✓		<ul style="list-style-type: none"> Very quickly finds the podcasts list
	7B	✓		<ul style="list-style-type: none"> Very quickly finds and understands the Heart icon
2	7A	✓		<ul style="list-style-type: none"> He checked first the hamburger menu He finds the podcasts. He comments that the dashboard has everything he needs
	7B	✓		<ul style="list-style-type: none"> Very quickly finds and understands the Heart icon
3	7A		x	<ul style="list-style-type: none"> He starts the task from the Relax exercise and can't navigate to the dashboard. He tries going back through the hamburger menu but is not possible. The prototype wasn't fitting on his screen and the home button was partially hidden.
	7B		x	<ul style="list-style-type: none"> He would pause and come back later rather than bookmarking the podcast He didn't see the Heart icon
4				Not tested
5	7A	✓		<ul style="list-style-type: none"> She would leave the podcast on her phone and come back later rather than saving She didn't see the Heart icon
	7B		x	<ul style="list-style-type: none"> She would leave the podcast on her phone and come back later rather than saving She didn't see the Heart icon

FINDINGS - TASK 7



- 50% of participants didn't see the Like icon

TEST PLAN - TASK 8

Hypothesis	Device	Task script	Persona segment	Designed solution paths
I believe that by having the profile available from all screens will give users access to view, edit their information at any time	Mobile	<p>You have been using the app for some time and you would like to access your liked items.</p> <p>Task 8 Where do you find your liked items?</p> <p>1. How do you feel having these liked items in your profile?</p>	Tom 25yrs old	<p>Success criteria Findability Participants can access their bookmarked/favourite items within the profile section</p> <p>Design solution paths 1 Dashboard Profile>Favourite section 2 Hamburger menu>Favourite section</p>

User	Pass	Fail	Notes
1	✓		<ul style="list-style-type: none"> Uses the hamburger menu to find Favourities
2	✓		<ul style="list-style-type: none"> He uses the hamburger menu to find Favourites He commented he always checks the hamburger menu first
3	✓		<ul style="list-style-type: none"> Found Favourites through the hamburger menu
4			Not tested
5	✓		<ul style="list-style-type: none"> Found Favourites through the hamburger menu She wouldn't expect to have Favourites as part of the Profile page, it should be separated

FINDINGS - TASK 8

The first screenshot shows a mobile app interface with a purple header containing the 'myND' logo and a hamburger menu icon. Below the header is a video player with a purple background. The video title is 'Why I've gone back to therapy' and the duration is 27 min. The video player has a play button and a progress bar. At the bottom is a navigation bar with three icons: Home, Search, and Profile. Red dashed boxes highlight the hamburger menu and the Profile icon.

The second screenshot shows a yellow sidebar menu with a close button (X) at the top. The menu items are: Favourites, Therapy, How it works, FAQ, Prices, and About. A red dashed box highlights the 'Favourites' item.

The third screenshot shows a 'Profile' page with a purple header containing the 'myND' logo and a hamburger menu icon. The page has several sections: 'Favourites' (with a video player), 'Sessions' (with 'Upcoming Sessions' and 'Past Sessions'), 'Contact Details' (with 'John Gonzalez' and 'Invoices'), and a bottom navigation bar with three icons: Home, Search, and Profile.

- Everybody searched for favourites through the hamburger menu, but no one clicked profile to search for this
- They were questions about why favourites are in the profile section next to where you have the contact details and invoices. One participant expressed she would prefer this would have its own page

SYSTEM USABILITY SCALE VALUE

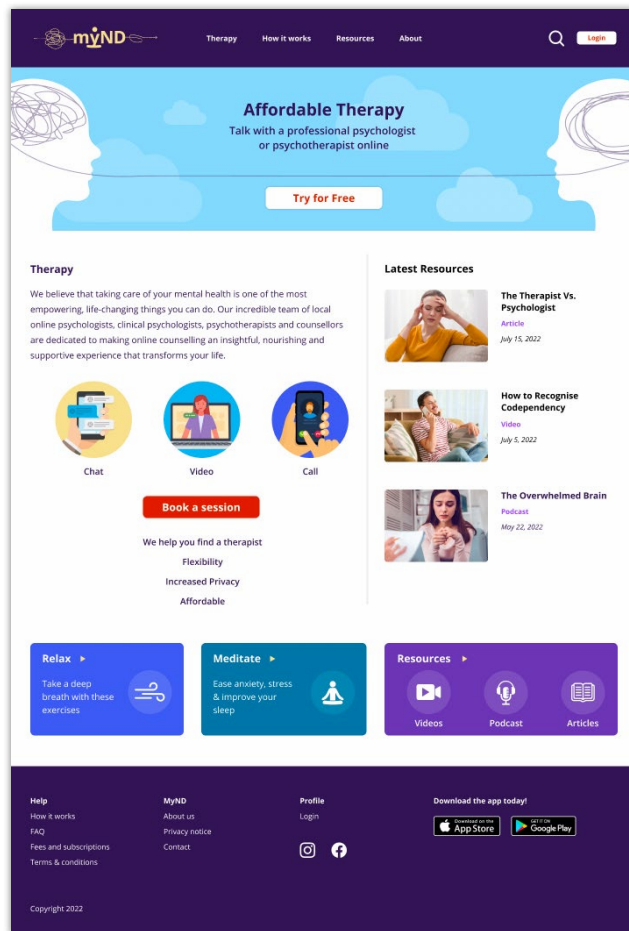


Question	User 1	User 2	User 3	User 4	User 5
I think that I would like to use this system frequently.	2	3	2		3
I found the system unnecessarily complex.	4	1	3		1
I thought the system was easy to use.	5	4	3		5
I think that I would need the support of a technical person to be able to use this system.	1	1	2		1
I found the various functions in this system were well integrated.	4	5	3		4
I thought there was too much inconsistency in this system.	2	1	2		2
I would imagine that most people would learn to use this system very quickly.	5	4	5		5
I found the system very cumbersome to use.	1	1	2		2
I felt very confident using the system.	5	5	3		4
I needed to learn a lot of things before I could get going with this system.	1	1	1		1
SUS Score	80	90	65		85



RECOMMENDATIONS

RECOMMENDATIONS



Correct flow:

- Try for Free>Login>Therapy
- Book a session>Login>Therapy
- Apply this flow change to the app

Therapy paragraph:

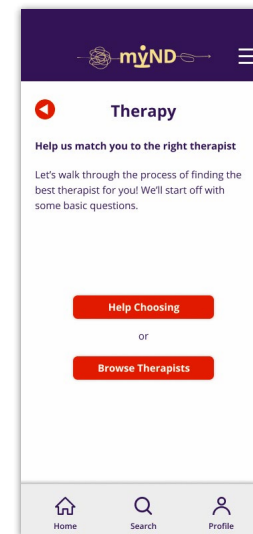
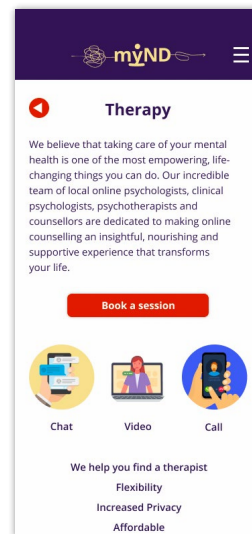
- Have the different specialists hyperlinked so when clicked it navigates to How it Works. Add to How it Work as page a section describing specialist and types of therapy.
- Add call out directing people to How it Works
- Apply these changes ti the app

Icons:

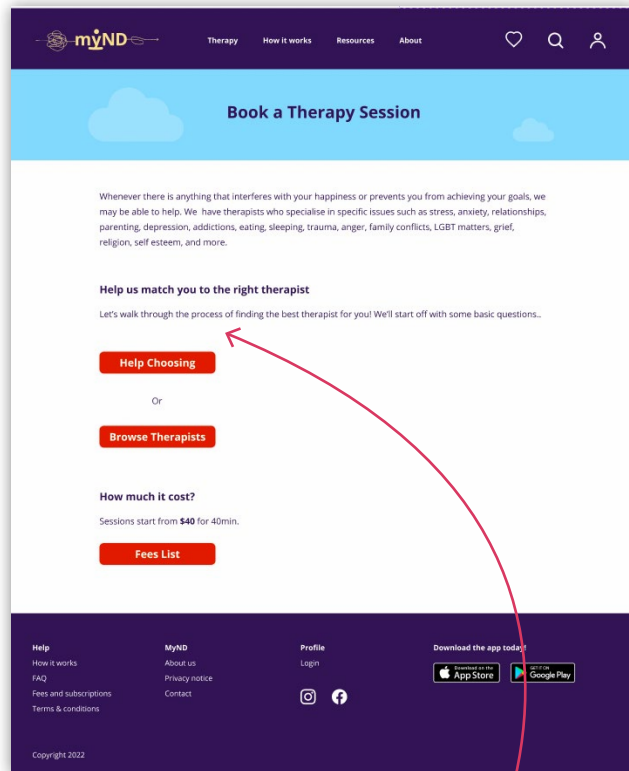
- Add heading to icons group explaining the 3 therapy modalities
- Remove the words chat, video and call under the icons
- Group the 3 icons under one container rather than 3 circles
- Apply these changes ti the app

App badges

- Keep badges in footer but add a call out in the top banner promoting the app

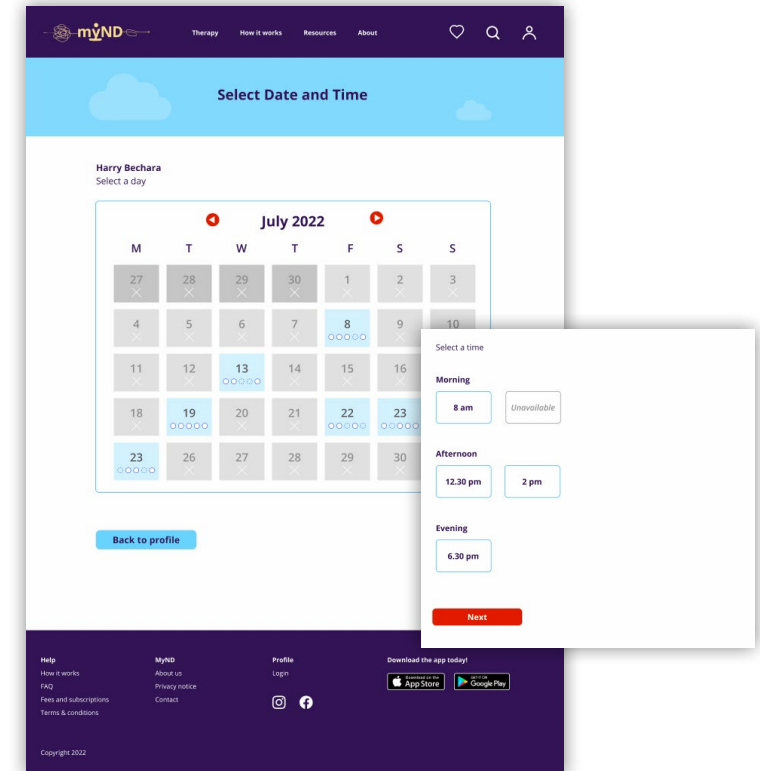


RECOMMENDATIONS



Therapy Page:

- Copy instructions from the Fees page before the booking buttons
- Add before the Help Choosing button 'I need help choosing a therapist'
- Add before Browse Therapist button 'I want to browse from the therapist list and choose my own therapist'
- Add link after paragraphs to 'How it Works'



Calendar:

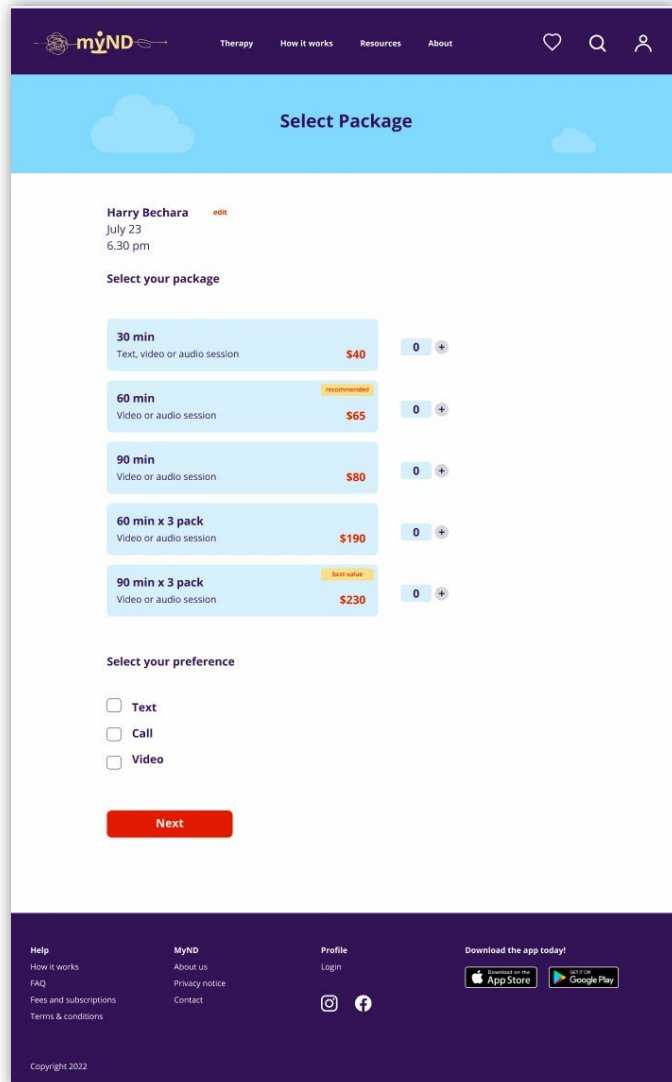
- Reduce the size of the calendar to fit small desktop screens
- Underneath the calendar explain what the dots mean
- Reduce the size of the time slot modal 50-60%
- Test the calendar on the app

Steps:

1. Choose or match with a therapist
2. Select your session pack
3. Choose the day and time
4. Pay your session

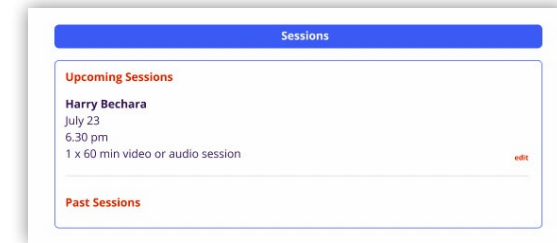
[Book a session](#)

RECOMMENDATIONS



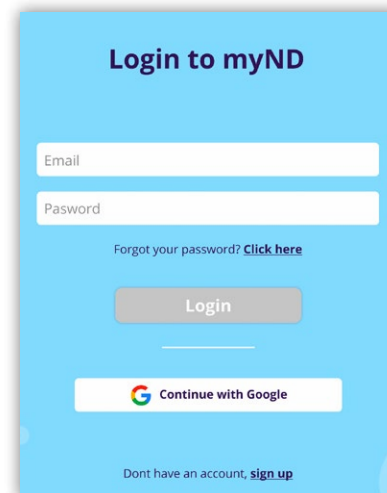
Select Package

- Split this page into 2:
- The first screen is to select the therapy modality
- The second screen displays only the packages available for that modality
- Make Next button active after completing both screens
- Apply these changes to the app



Profile Page

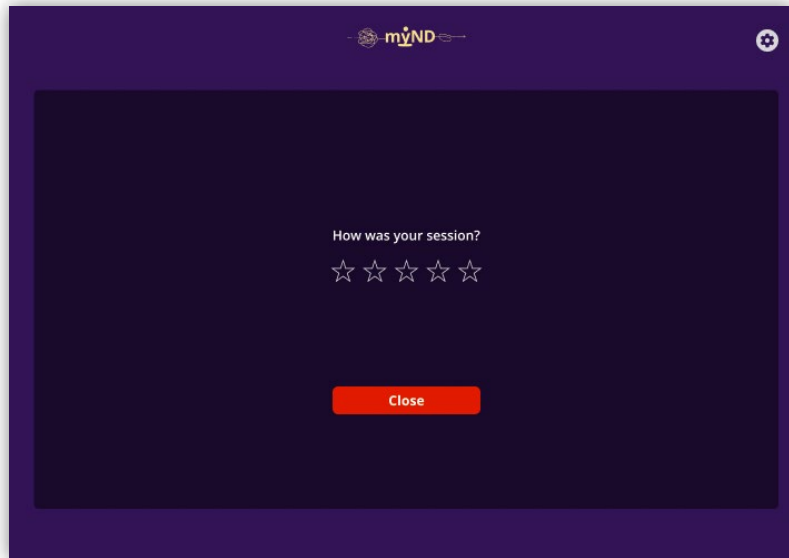
- Add Start Session button into the Upcoming Session section. This button will remain inactive in grey until 10min before the session starts
- Apply this change to the app



Login.signup

- Reduce the vertical spacing between all elements to fit small screens
- After signup have a short onboarding screen describing what's for free and what is paid.

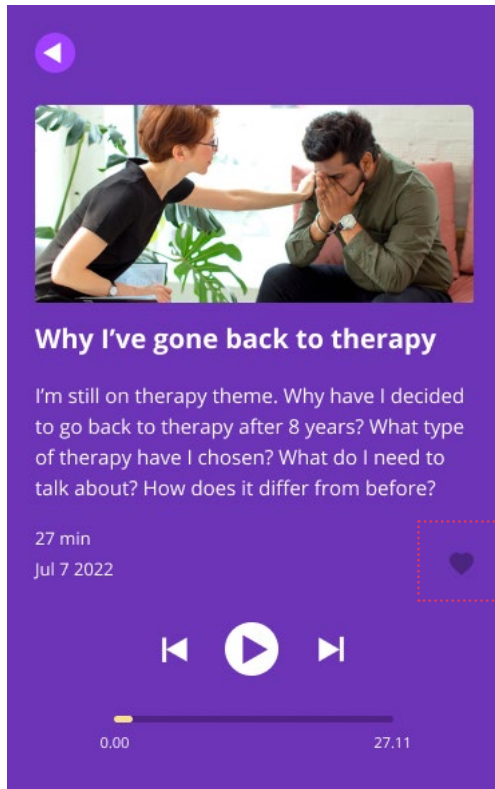
RECOMMENDATIONS



Video call

- On the left top corner add a small 'i' icon for information. When hovering display 'How to use controls. When clicked play the onboarding call messages.
- Change text for ratings to 'How was the quality of the video and sound'
- After the session, send an email to rate and review the actual session. Give the option to be anonymous and display privacy notice.
- Apply this change to the app

RECOMMENDATIONS

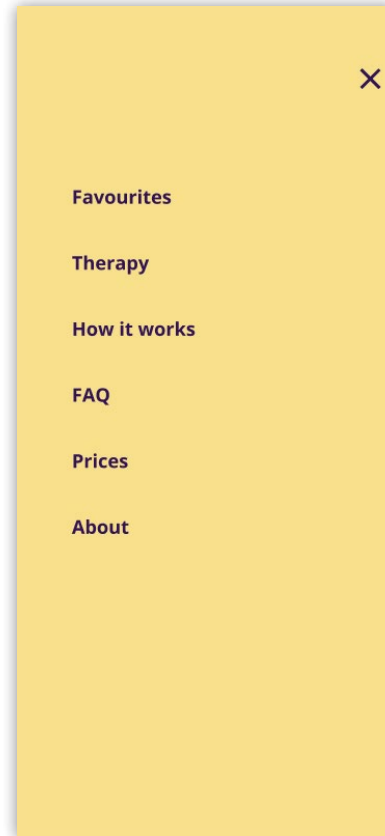


Like Icon

- Modify all icon instances to be larger. Change inactive icon to outline.

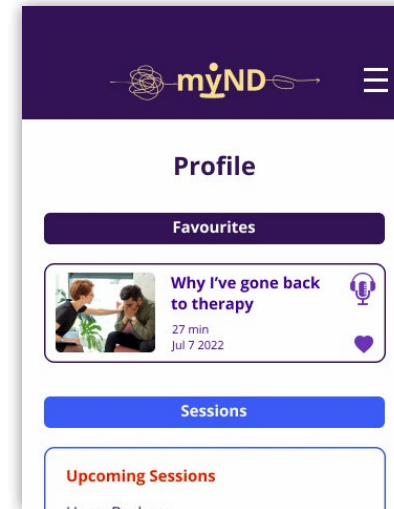
Podcast

- Add volume icon



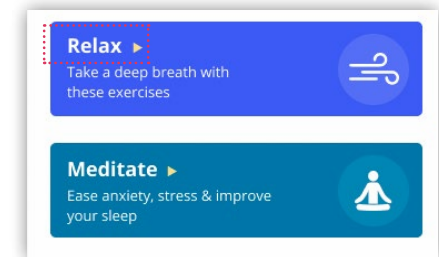
Hamburger menu

- Add a link to Home Page



Favourites

- Remove Favourites from the Profile section and create a separate screen for this section



Naming Sections

- Rename Relax to Breathing Exercises to make a bigger differentiation between both activities