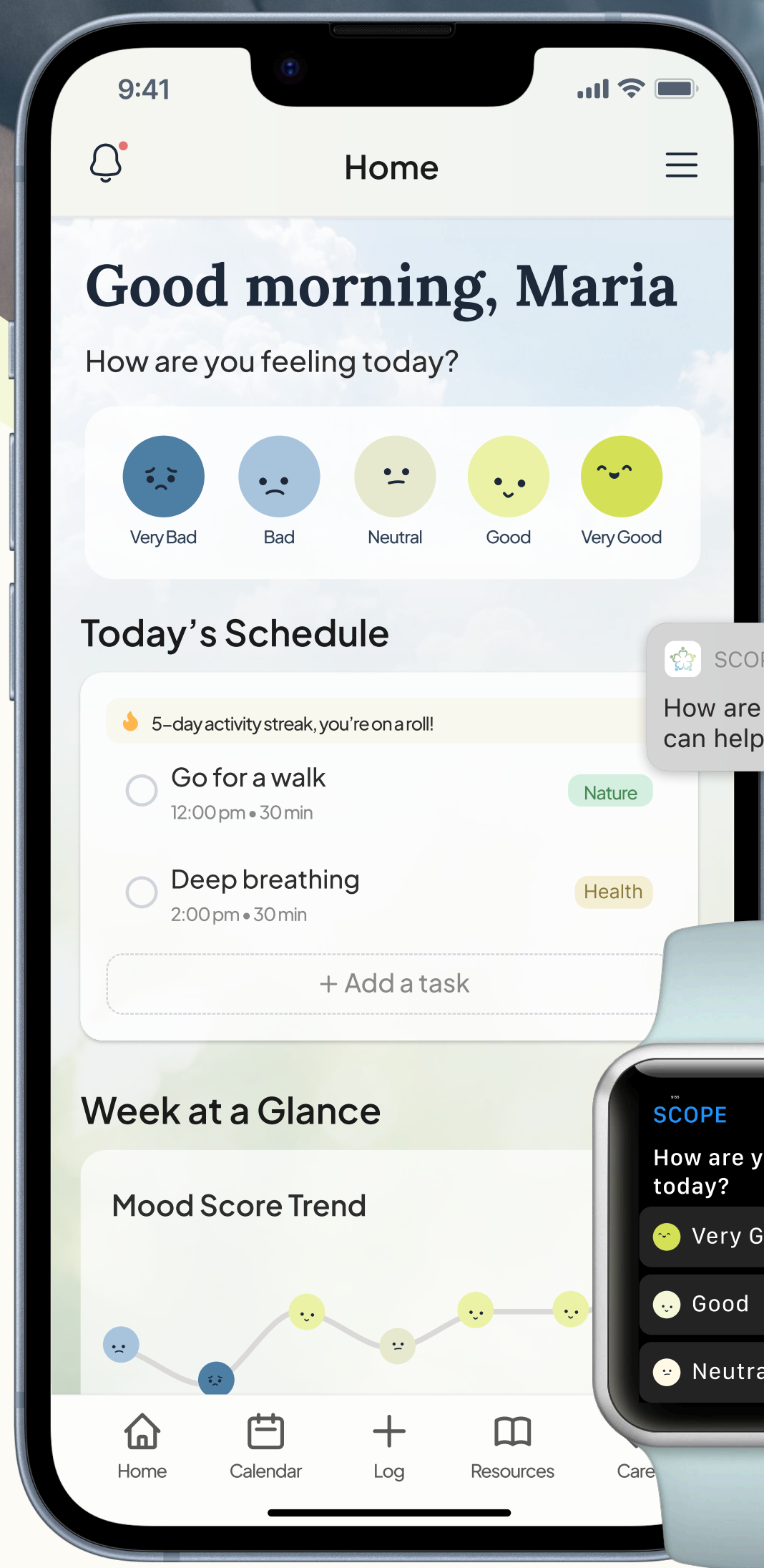




SCOPE 1m ago
You've had a tough few days—want to try a short grounding exercise?

SCOPE 5m ago
How are you feeling today? A quick check-in can help you and your care team.



Technology-supported Collaborative Care

An app for cancer patients that supports mental well-being through low-burden check-ins, actionable planning, and connection to care

Scan to explore the SCOPE prototype



Background

Patients with cancer often experience depression, anxiety, and emotional distress, yet face critical barriers to accessing mental health support.



Users

Primary: cancer patients at Fred Hutch with depression and/or anxiety symptoms; Secondary: Fred Hutch social workers, psychiatrists, and oncologists.



Goal

Improve patient outcomes through technology-supported collaborative care and behavioral activation therapy by redesigning the SCOPE mobile application.

Research Methods

Competitive Analysis

Patient Interviews (10)

Literature Review

Heuristic Evaluation

Social Worker Interviews (10)

Survey Analysis

Usability Testing (6)

Key Design Principles



Reduce burden during moments of low capacity



Prioritize meaningful and accessible experiences



Make care visible, shared, and responsive



Encourage collaboration and respect autonomy



Design for the full arc of the care journey

Core Features

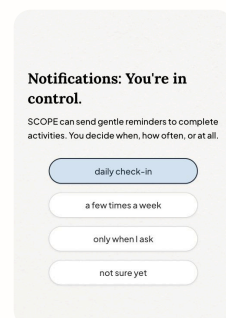
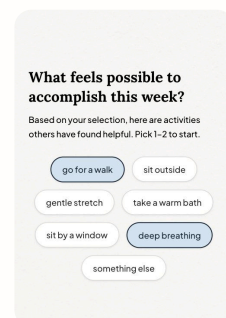
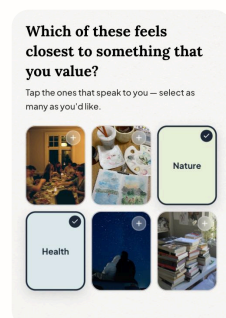
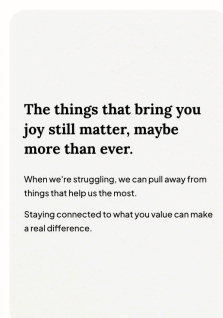
1 Behavioral Activation Onboarding

Pain Point

Onboarding relied on clinicians to explain the app's value and features

Solution

In-app onboarding walks users through the core BA features: scheduling at least 1 recurring value-based activity



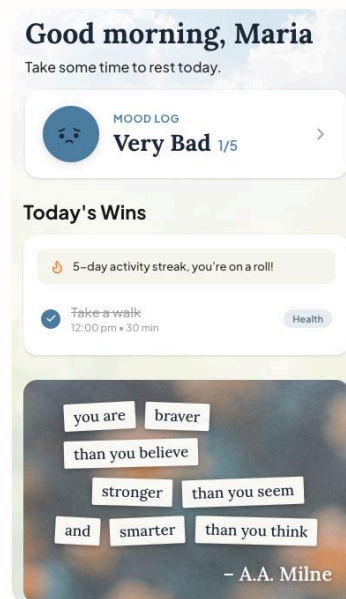
2 Dynamic Home Screen

Pain Point

Content was static, regardless of patient mood, energy, treatment stage, tech literacy, background, etc.

Solution

Home screen is dynamic and surfaces context-aware content to meet patients where they are



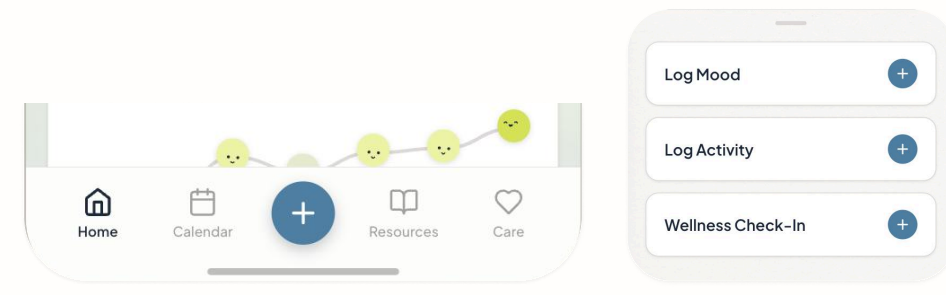
3 Prominent Quick Actions

Pain Point

With heavy emotional and physical symptoms, patients found friction in logging symptoms and activities

Solution

Quick '+' actions easily capture patient moods, activities, and depression and anxiety risk signals



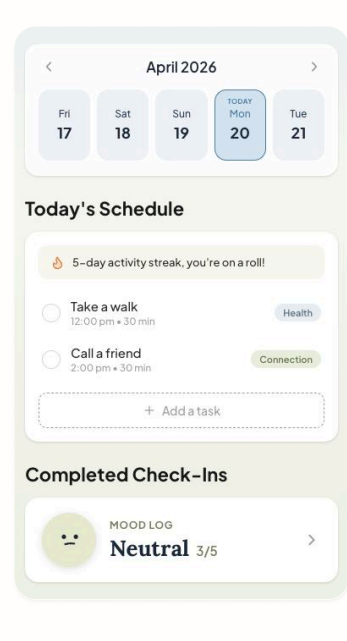
4 Consolidated Activity Planning

Pain Point

Activity progress and history were scattered throughout the app, limiting data interpretation

Solution

Centralized calendar view of past, present, and future activities, with a dedicated detailed insights page



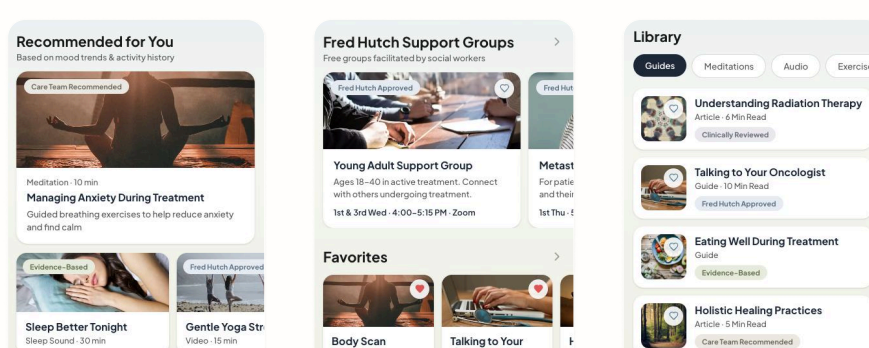
5 Holistic Resource Library

Pain Point

Resources were buried within a nested 'tools' menu and most patients missed them entirely

Solution

'Resource' tab surfaces content requested by patients: clinician-approved, treatment-aware, and hyper-specific



6 Always-available Care

Pain Point

Cancer patients with depression are high-risk, yet crisis lines required multiple clicks to access

Solution

'Care' tab surfaces crisis lines and safety plan, while concurrently supporting session prep and communication with care team

