



WorkOut will take the user through a 4-step interactive test to gauge their 'mental fitness'. On completion of the test, users will be presented with a personalised report card and a series of 'missions' that have been designed to improve or maintain their fitness. On completion of each mission users will unlock a badge. After a set number of missions have been completed, users will be prompted to retake the test and to track changes in their results.

On arriving at the site, the user will be presented with a video introduction featuring peer role models, explaining the application and the benefits of 'WorkingOut'. The application will also include: scientific facts; links to services and online tools that will assist users to complete missions or access support; additional videos from peers acting as guides and detailing their personal experiences; and streaming site data providing information like most popular mission, highest rated mission, and the number of users currently completing missions.

Key features are detailed below.

<b>Mini test</b>	On the homepage, users will be presented with the option to take a 'mini test'. The 'mini-test' is short test designed to give the user a taste of what the site has to offer and to quickly get them interacting with the program and receiving personalised results. After completing the mini test, the user will receive a report card and be prompted to register and take the full test.
<b>Registration</b>	Once registered, users will be able to: <ul style="list-style-type: none"> <li>- Take repeat tests</li> <li>- View graphical reminders - a 'Data Visualisation' of the areas requiring improvement based on their latest test score.</li> <li>- Generate, track and rate missions</li> <li>- Read more detail on each of the four program areas (taking control, handling pressure, being practical and building confidence) - this will also sit outside the registered areas of the site</li> <li>- Record personal achievements as a result of completing missions</li> <li>- Monitor their progress by viewing their report card history</li> </ul>
<b>Full test</b>	After registration, users will be directed to the full test, which will be broken into four stages, reflecting the 4 program areas: <ul style="list-style-type: none"> <li>- <b>Taking control:</b> Mastery Scale</li> <li>- <b>Handling pressure:</b> K6</li> <li>- <b>Being practical:</b> Barriers to Help-seeking Scale</li> <li>- <b>Building confidence:</b> 10-item Rosenberg Self-Esteem Scale</li> </ul>
<b>Report card</b>	Once their test is complete, the user is given a report card which will include: <ul style="list-style-type: none"> <li>- A short narrative describing how they tracked in the four areas</li> <li>- A visualisation of their results, benchmarked against a 'healthy' report card so they can see how they compare and where they are aiming to get to.</li> <li>- A recommended set of missions covering each program area designed to improve and/or maintain their results in each of the four areas.</li> </ul>

	Users with test results indicating that they are experiencing high levels of psychological distress will receive a unique report card detailing help information including phone numbers and online resources.
<b>Missions</b>	<p>At the end of each test the user will be presented with a proposed program of missions. Missions are clinically validated exercises that have been translated for audience appropriateness. There will be 40 missions designed for the pilot (10 per program area). Example exercises underpinning missions include:</p> <ul style="list-style-type: none"> <li>- <b>Taking control:</b> Goal setting; identifying self-limiting thoughts</li> <li>- <b>Handling pressure:</b> Regulating Sleep/Wake; awareness, substitution and challenging of negative thoughts</li> <li>- <b>Being practical:</b> Identifying domains of support; working with someone to solve a problem</li> <li>- <b>Building confidence:</b> Skills in having difficult conversations; identifying achievements; practising assertiveness</li> </ul> <p>Each mission will include:</p> <ul style="list-style-type: none"> <li>- Step-by step instructions</li> <li>- Two, three-part interactive quizzes, taken before and after the mission, allowing users to track the impact of each mission</li> <li>- A toolbox detailing interactive resources that could help the user complete a mission (i.e. phone app), links to further information and services, information about the science behind each mission</li> <li>- The option to subscribe to mission reminders and tips</li> </ul> <p>To complete a mission the user needs to take the post-mission interactive quiz. They are then rewarded with a mission badge and have the opportunity to rate the mission.</p>
<b>Role models</b>	The program will be peppered with video from peer-based role models that will act as an inspirational resource for the user. Role model videos will be used to guide users through the site, as well as to provide instructional tips or reflections on the experience of undertaking missions.
<b>Sharing</b>	Users will have the option of sharing the WorkOut program via social networking sites.
<b>Stats and facts</b>	A feed will be present on the site displaying information such as how many missions have been completed by the community, how many registered users there are, most popular missions etc. The feed will also be interspersed with facts and figures related to the science behind the missions and the WorkOut program.
<b>Help-seeking information</b>	There will be a consistent page on the site providing emergency information and links to support services and information.

**Facebook application**

A teaser Facebook application replicating the 'mini test' will be developed to promote the site and recruit users. On completion of the mini test, Facebook users will receive indicative results and see a 'call to action' directing them to do the full test on the website.