

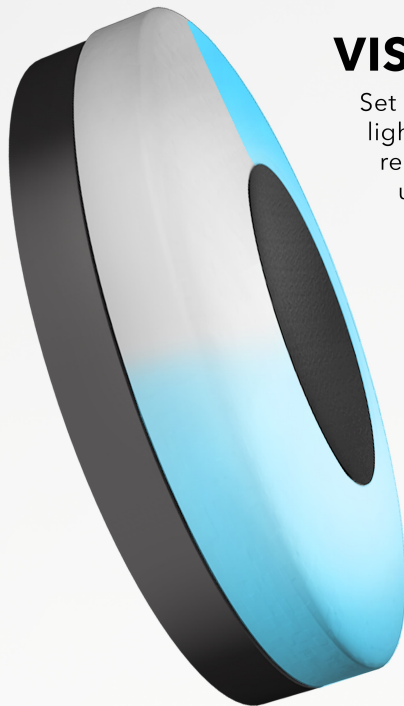
takt

time for change

Key Features

Takt is a wearable timepiece that uses lights to visualise the duration of activities and a haptic feedback to indicate the passage of time, supporting people with ADHD to conceptualise time through their sensorial perceptions.

WHAT



VISUALISE TIME

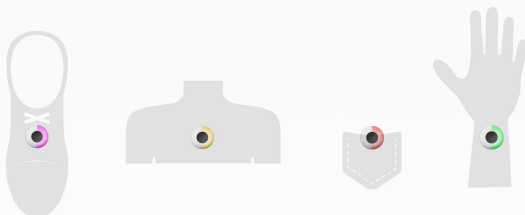
Set up takt when you start a new activity and let lights visualise the duration of your activity, reducing the cognitive load required of the user by making time less abstract.

ACTIVITY BASED

Instead of focusing on activities occurring at points in time, activities are organized in terms of the duration of the activity.

HAPTIC FEEDBACK

A gentle vibration set on a given interval helps reminding users of the passage of time, even when they're not paying attention to it.

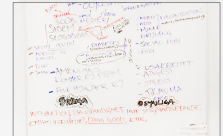


CUSTOMISABLE FEATURES

You are unique and so is takt. Set up takt to your preferences, choosing the colors displayed, casing used, interval of the vibration and how it's worn.

HOW

Preliminary research



Future workshop



Lo-Fi prototype



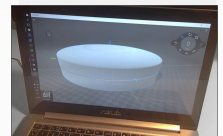
Hi-Fi prototype



Circulated workshop



Final design



WHY

5% diagnosed with ADHD*



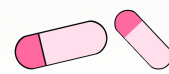
There's been a continuous growth in the number of people diagnosed with ADHD and prescribed with Methylphenidate, mainly among people between the ages of 10-17.

Perceives time differently



Youths with ADHD perceives time differently. They mainly use a visual-spatial cognitive processing and lack an internal clock to tell the passage of time**.

25% abstain from medical treatment*



More and more people newly diagnosed with ADHD chooses not to begin any medical treatment of their ADHD.

*Based on a rapport conducted by The National Board of Health and Welfare regarding the prescription of methylphenidate in Sweden.

**Vincent Quartier, Grégoire Zimmermann and Sadegh Nashat. 2010. Sense of Time in Children with Attention-Deficit/Hyperactivity Disorder (ADHD): A Comparative Study