G KNOW



EXPLORATORY RESEARCH

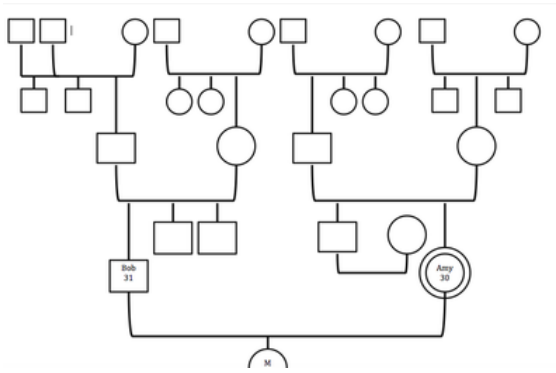
THE CLIENT



Our client, Candace Couch is a UGA alumna, and specializes in Family Systems, Structural Family Therapy, and Cognitive Behavioral Therapy. She aims to work with families to decrease conflict and increase understanding. One of the tools she uses to do this is a genogram, which is a customizable diagram of a person's family tree and relationships. Candace is seeking to create an app that allows genograms to be created in a professional setting so that therapists like her can create and store patient genograms. In addition, it would serve as a helpful resource for patients.

WHAT IS A GENOGRAM?

Diagrams/**visual representation of a family tree** or the branches of genetic or emotional relationships between a subject and their peers. It allows for analysis of patterns and dynamics across generations



"**Genograms can facilitate clients' deeper, more nuanced explorations of family** and, when created as a co-construction between therapist and client, genograms can support engagement and enhance the therapeutic alliance"
(Alexander, Callaghan, Fellin 2018)

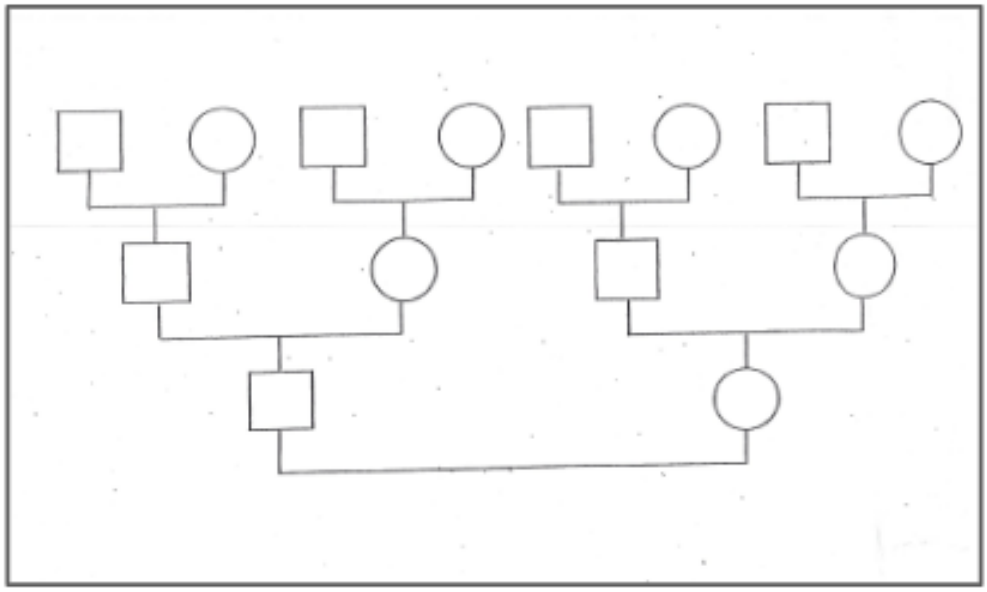
Why Genograms? Are They Effective?

Useful for "Gaining more information than from a typical interview covering family structure, important life events, recurring diseases and family relationships"
-A time-saving synthetic presentation of information, "obtaining an almost photographic view of the problems of the entire family at a specific time-the gradual evolution of the genogram into a chronogram"
(Piasecka K, Slusarska B, Drop B 2018)

THE TECH

What is currently being used:

As of now, there is not a good, quality technology method to create and store genograms. Because of this, most therapists simply create their genograms on pen and paper. While this works, it is not as easy to store/edit long-term and is not as neat as a digital version would be.



There are some online tools to create genograms such as GenoPro and Canva, but most of these lack security features and HIPAA compliance. Because the goal is to be used in therapy sessions, HIPAA compliance is very important. Candace's desire is to have an app that allows patients and therapists to log in to a secure portal that nobody else has access to.

What Will We Create?

Candace is the main source of what we want to include, but looking at competitors also gave more insights of what we like and don't like.

We already have a head start on the GKnow app, thanks to last semester's capstone group. This app has a great head start that provides a log in, the ability to input and store patient information, and options to drag and drop different symbols into the genogram. However, Candace has given input on a few items that she would like us to add to the app. This includes genogram templates that can be edited as well as refining the overall functionality and branding.

We will be using Swift to refine and finish the app into responsive version of the app designed for iPad and Apple pencils

- **IPad Application, compatible with Apple Pencil**
- **Software: Swift/SwfitUI**
- **Responsive for different screen sizes**
- **HIPPA compliant**

Target Audiences

Therapists:

Therapists, Family Therapists, normally hand drawing genograms to get a better sense of patient's relationships

Patients:

Patients, wanting to access patient genograms at any point, as well as get educated on different connections

General Public (Maybe) :

If the app is a success among therapists and patients, it could be further designed in the future so that anyone could make their own genogram and explore their family patterns

Workflow:

User (Therapist)

- adds a patient, with info
- generates a genogram during a session,
- adds it to the patient profile
- can save multiple patients on file

User (Patient)

- creates a patient account,
- can view their genogram they made with therapist,
- can click on connections and symbols to generate a card with a summary of its meaning

Competitors

Pen and Paper

iGenogram

GenoPro

Canva

Genograms.com

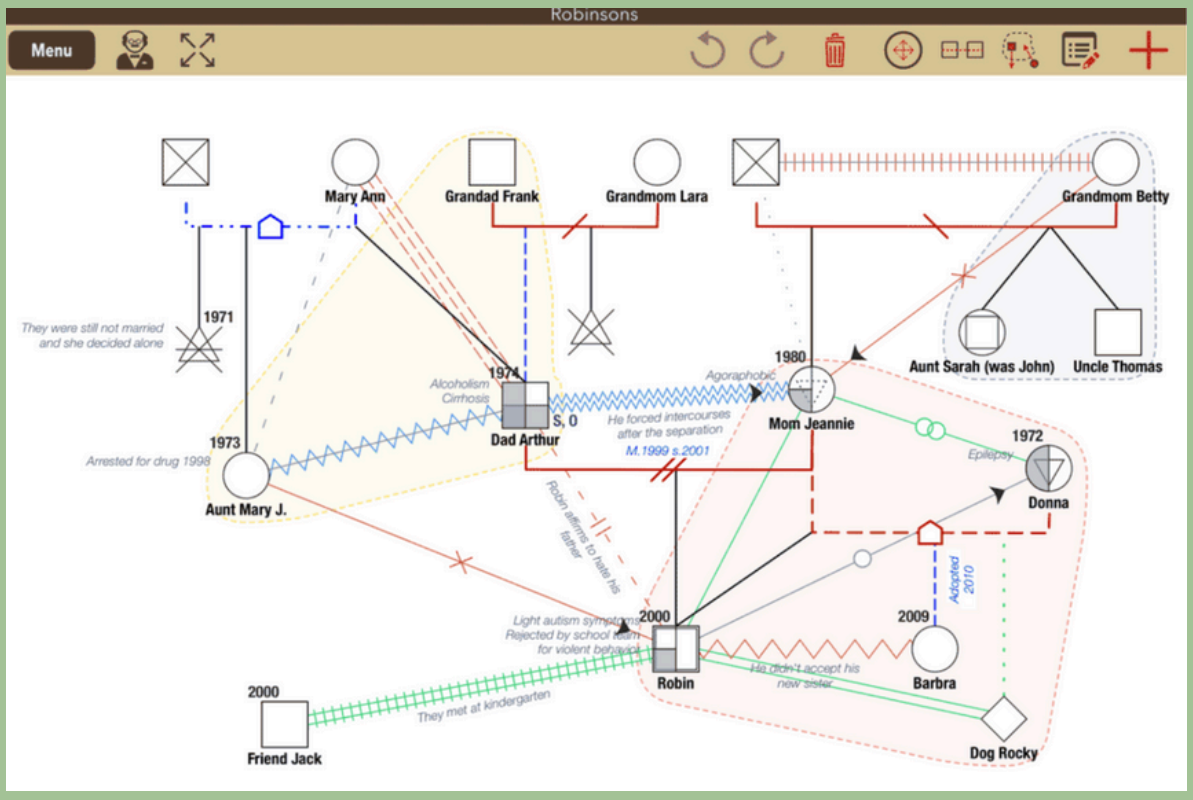
Pen and Paper

Pen and paper is what most therapists currently use to make genograms, even though it is extremely outdated. Many prefer this over the current software available.

iGenogram

Pro: Made for iPad

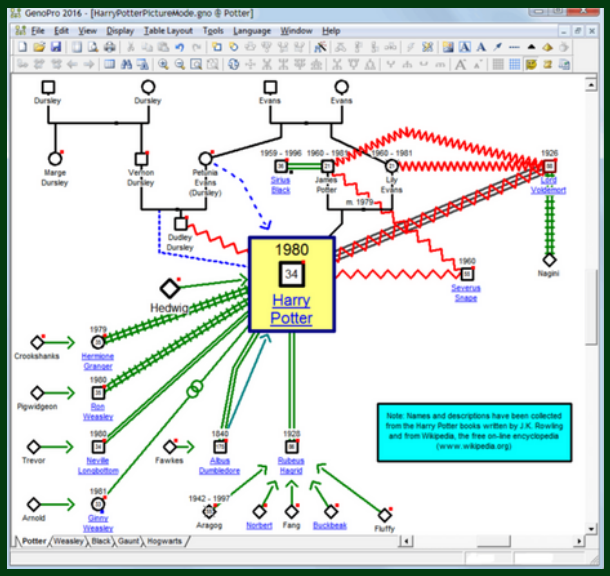
Cons: UI is too complex and overwhelming for most patients to understand on their own, too much going on and one page (the comments should be clicked into instead of always being displayed)

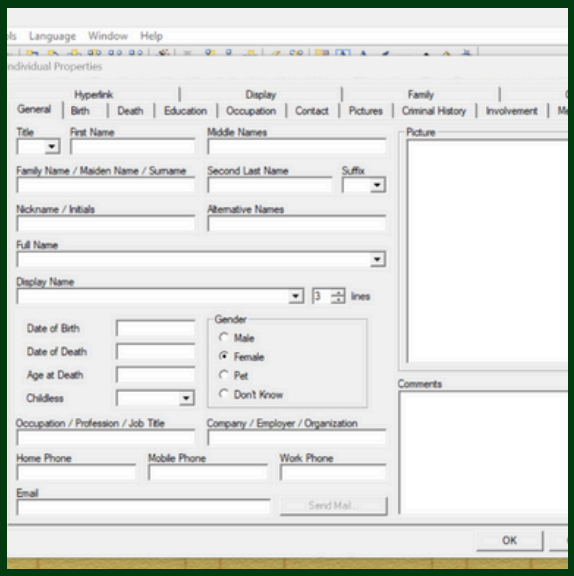


GenoPro

Pro: Most commonly used software

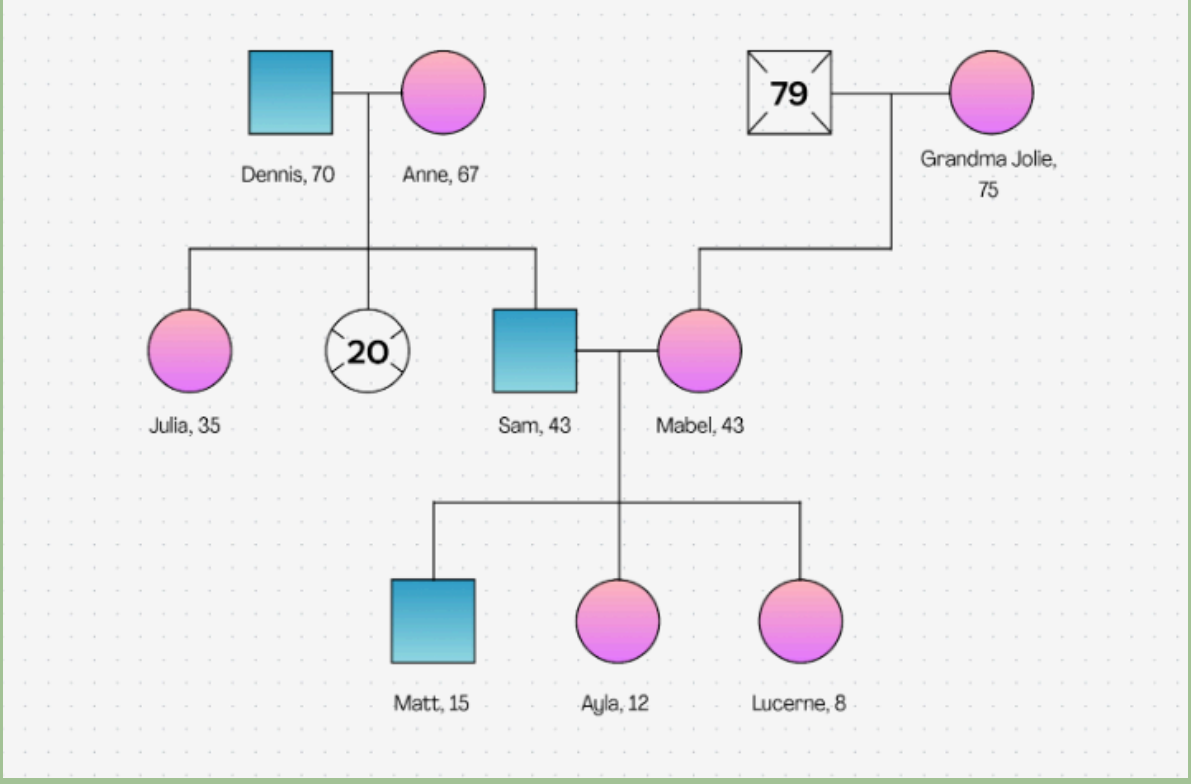
Cons: Has to be on computer, extremely out of date (particualrly the info form)





Canva

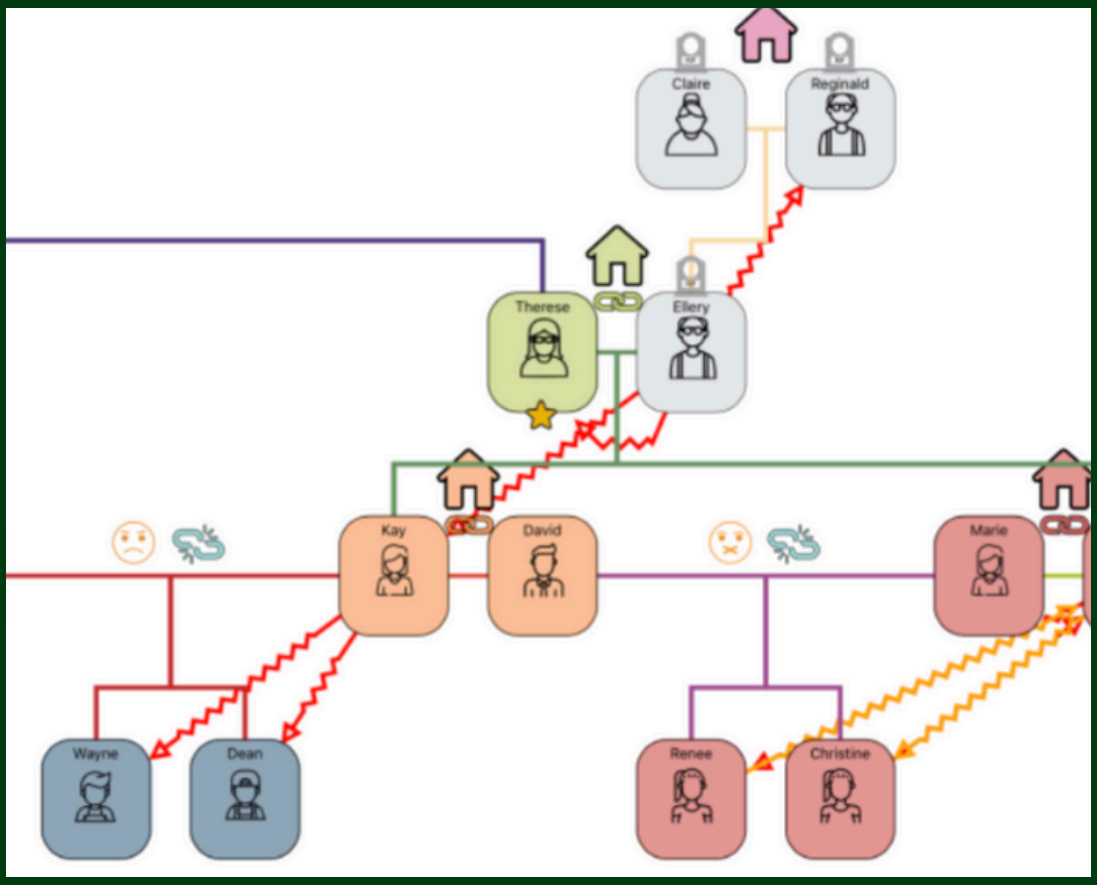
Pro: Simple/easy to use
Cons: Not for using daily in a professional setting (not HIPPA compliant), more for a one-time job



Genograms.com

Pros: HIPAA compliant, Made for therapist use

Con: Not for iPad



Candace's Survey:

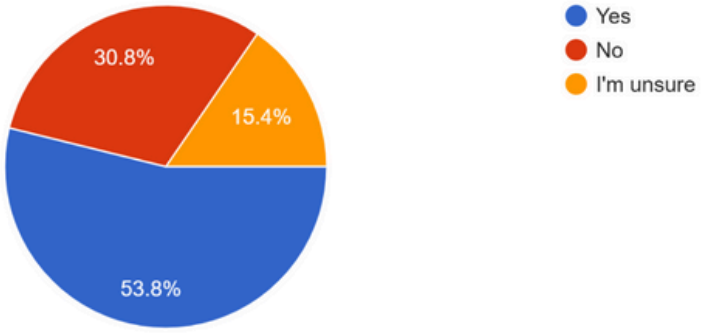
If you currently use Genograms or Family Diagrams, what best describes how you create them?

12 responses



Would you be more willing to use Genograms or Family Diagrams if there was easy, up to date and HIPPA compliant technology to create it?

13 responses





Conclusions:

Candace's survey, which was sent to many of her colleague's, reveals a lot of interesting information. Not a single respondent uses genogram software to create their genograms. Most use pen and paper and some do not do it at all. However, over 50% of respondents said that they would be more apt to use genograms if there was a good software to make them. This proves that there is simply not a software that combines everything that therapists want, including being made for iPads, up to date, HIPPA compliant, made for therapists in mind, and having a simple/easy UI. This is why GKnow would fill an empty space in the market.

Sources:

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https://www.ilogotec.com/igenogram-1-8/
https://apps.apple.com/us/app/igenogram-genogram-editor/id574295698
Candace Couch
Piasecka K, Slusarska B, Drop B (2018) Genograms in Nursing Education and Practice a Sensitive but Very Effective Technique: A Systematic Review. J Community Med Health Educ 8: 640. doi:10.4172/2161-0711.1000640
Joanne H. Alexander, Jane E.M. Callaghan & Lisa C. Fellin (2022) Genograms in research: participants' reflections of the genogram process, Qualitative Research in Psychology, 19:1, 91-111, DOI: 10.1080/14780887.2018.1545066