

Stage 5: Testing and Refining

Male, 17-25

Ongoing Major Depressive Order

- + Statistics View was most interesting
- + Mood logging would be beneficial in seeing how he has progressed over time
- + Well designed

- Suggestion cards are too general
- He would not do any of the suggested
- Cater to people who want to maintain a lifestyle, not improve it
- Would not help him out of depression relapse
- Simpler suggestions
- Wider range of activities

Tasks

1. Take some time to explore the app. Try to go to different menus. When doing this think your thoughts aloud, like what you are trying to do and whenever interface does something that you don't expect.
 - a. Takes time to look through the activities
 - b. I don't know if there should be a difference between work and homework.
 - c. Planning a hike? No thanks
 - d. None of these things interest me
 - e. Calling doesn't work. I guess I don't have good friends :(
 - f. I can log more than once in a day?
 - g. Kind of wanders the app but doesn't know what anything does
 - h. I would not connect the app to any social media.
 - i. Top contacts makes me think it is generated automatically
 - i. But gives me option to change who I want, so it makes sense
 - ii. From my phone contacts
 - j. Clicking furiously nothing works... that's upsetting
 - k. A lot of these are very general healthy life wellbeing activities
 - l. Who wants a quinoa salad? Are you kidding me?
 - m. I also don't want to go on a hike
 - n. Are you just going to tell me how to take bath
2. From home screen try to log your mood for today, and then add a custom activity to the list.
 - a. Games are not on here. That's a very common activity
 - b. How is hiking more common than watching tv or playing a game
 - c. "Play game" then choose an icon? None of these really fit
 - d. The feature wasn't implemented. Doesn't work.

3. From the suggestions card find the ones that interests you if any and click on them and look at the details about each suggestion, and tell us how it meets your expectations.
 - a. Chose hot bath
 - b. Favorite doesn't work
 - c. I never take baths
 - d. I would like to un favorite the quinoa salad!!

Interview questions

1. How was your experience in using the app? What worked well and what didn't why?
 - a. Well:
 - i. Logging mood process is straightforward
 - ii. Would like to be able to add my own, common activities that I like
 - iii. I would be fine with suggestions coming up
 - iv. I like (the calendar) Long term it would like to see progress
 - v. Unclear how i got to this screen (month view) would like more clarity in headers and back buttons
 1. Distinction between the calendar cards would be nice
 - b. Bad:
 - i. Suggestions SHOULD be personalized
 - ii. I can't judge based on this since I know you ideally want it to be personalized
 - iii. Not intuitive (calendar)
 - iv. No explicit way to add an event through the page
2. How useful do you think the suggestion cards were? Why?
 - a. To the average person, hard to say since subjective... I don't think these would be very useful. People who would be using this app
 - b. Someone who's already doing well
 - i. Improve health
 - c. I would like to see simpler things. I feel these are too broad and too big to do on my own. It's hard for me to evaluate how good the suggestions are since they should be made inherently
 - d. Not really appropriate for me
3. If we were to redesign the app what features would you like to see? Why?
 - a. More personalized suggestions and simpler ideas
 - b. More information on calendar page - what is its functionality? I want to know what it does before i click on it
 - c. Add more relevant activities. Please
 - d. Games. Better default
 - e. Personal hygiene may be a good activity
 - f. Gym!!!!!!!!!!!! Take out hiking that's not everyday
 - g. TV / entertainment (movies film)
 - h. In calendar (statistics view)

- i. Rate the activities that made you feel this happy
 - ii. Days you played x or did y made you feel z
 - iii. Do more of this because it made you feel amazing
4. What kinds of suggestions would you like to see in the suggestions card? How would you like them to be customized for you?
 - a. Less of a 'maintaining lifestyle' and more of improving - depression would not really allow a user to go out and do all these things

When would i log my mood? End of the day?

“depression would not really allow a user to go out and do all these things” (Participant 1)