



Your Very Own Safe Haven

About AFLOAT:

Afloat is a mental wellness platform which facilitates students in getting the professional help they need while also giving them a space to interact and connect with new people to cater to this social need.

Main Features:

1. Find a Friend

Afloat will give an option for you to fill out your interests/hobbies and preferences you have in friends. Then Afloat will match you to recommended individuals based on your answers above. You can chat with these friends and request a meetup.

2. Find a Therapist

Afloat will give an option to fill out “What are your concerns?” and will recommend you to therapists (CAPS and external) based on your answers above.

3. Community Center

Community Center is a forum for people to discuss different topics. You can reply to people or write your own post; these posts will be divided into channels based on topic.

Consent Form

I hereby give consent...

...to use my video recordings/Pictures for educational/research purposes ☐ **YES** ☐ **NO**

...to publicize pictures from my recordings in written papers ☐ **YES** ☐ **NO**

Date: - - 2022

Gender: Male/Female

Name:

Age:

Email:

Batch:

Signature:

Pre-Test Questionnaire

For each of the questions below, circle the response that best characterizes how you feel about the statement, where: **1 = Strongly Disagree**, **2 = Disagree**, **3 = Neither Agree nor Disagree**, **4 = Agree**, and **5 = Strongly Agree**.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Your mental health is very important to you	1	2	3	4	5
You feel out of place very often at LUMS	1	2	3	4	5
It is difficult for you to make friends online	1	2	3	4	5
Your mental health is affected by your social life	1	2	3	4	5
It is very difficult to find the right therapist	1	2	3	4	5
You wish you could find a specialized therapist according to your concerns	1	2	3	4	5
You are interested in being matched to therapists based on your concerns	1	2	3	4	5
You are willing to use a mental health app catered to LUMS students	1	2	3	4	5

Task Book

Scenario 1:

“The stress of university life and personal issues are making things difficult for you, and you think it is high time you should consult a psychologist. You have downloaded the AFLOAT App and signed up, by filling in all necessary information about your demographics and situation. Now you are at the home screen of the app. Since you are on a tight budget, you want to specifically filter out CAPS psychologists, and save the one you would like to visit later.”

User Tasks:

- 1) From the App home screen navigate to “Find a Therapist” Home screen.
 - 2) Filter out CAPS psychologists.
 - 3) From the list of CAPS psychologists, view “Shakeel Ahmad” profile.
 - 4) Save psychologist “Shakeel Ahmad” profile.
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Scenario 2:

“You have used the AFLOAT App before, for checking out CAPS and other psychologist profiles and have had a meeting with one of the saved therapists in your favorites list. Now you want to give a rating to this particular therapist by first viewing the saved psychologist profile and then also remove that therapist (“Shakeel Ahmad”) from your saved list.”

User Tasks:

- 1) From the App home screen navigate to “Find a Therapist” Home screen.
- 2) Locate “Shakeel Ahmad” profile in the list of saved therapists.
- 3) Give Shakeel Ahmad a 4-star rating.
- 4) After giving the rating, remove Shakeel from this list.

Scenario 3:

“You want to make more friends but do not know how to strike up a conversation with new people in person. While scrolling on LDF you come across the LUMS specific app “AFLOAT” where you can find new people to hang out with. You download the app and complete the sign up and sign in process and have been navigated to the App’s home screen. From here you want to find new people to connect with and send them a meet up request”

User Tasks:

- 1) From the App home screen navigate to “Find a Friend” Home screen.
 - 2) After answering given questions, view recommended friends profiles.
 - 3) Open Duaa’s profile and send her a meetup request.
 - 4) Set meet-up description, time, date, location.
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Scenario 4:

“It’s another normal day and you randomly checked your friend’s recommendation from the AFLOAT App, and you found someone you don’t like. Now you want to block that person and also confirm that person has been added to the blocked persons list.”

User Tasks:

- 1) From the App home screen navigate to “Find a Friend” Home screen.
- 2) After answering the questions, view “Duaa Hassan’s” Profile.
- 3) Block Duaa Hassan’s profile.
- 4) From the menu bar, view blocked people to confirm if “Duaa Hassan” is blocked.

Scenario 5:

“Enrollment time is here and you’re still clueless about when to start and what time it is. You want to reach out to the LUMS community to ask about the enrollment timings, so you open Afloat and through the community center’s general channel, you ask for the information you’re looking for.”

User Tasks:

- 1) Sign in to the app.
 - 2) From the App home screen navigate to “Community Center” Home screen.
 - 3) Locate the “General” Channel and enter it.
 - 4) Type out your questions and send it in the channel.
 - 5) Confirm if your message has been sent.
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Scenario 6:

“It’s the perfect weather to go swimming in LUMS, but unfortunately your friends are too lazy to accompany you. You decide to check out Afloat if someone’s interested by creating a new channel in the community center, and creating a separate space for people to discuss and plan swimming activities there.”

User Tasks:

- 1) From the App home screen navigate to “Community Center” Home screen.
- 2) Find the option to create a new channel.
- 3) Fill out the channel description for the new channel “Swimming” and submit.
- 4) Confirm whether the channel “Swimming” has been created in the list of channels.

Post Questionnaire

For each of the questions below, circle the response that best characterizes how you feel about the statement, where: **1 = Strongly Disagree**, **2 = Disagree**, **3 = Neither Agree nor Disagree**, **4 = Agree**, and **5 = Strongly Agree**.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
It is easy to find the information that I need.	1	2	3	4	5
I am able to efficiently complete my work using this app.	1	2	3	4	5
This app has all the functions and capabilities I expect it to have	1	2	3	4	5
Using this app for the first time is easy.	1	2	3	4	5
It was easy to learn to use this app.	1	2	3	4	5
The app uses colors and structures that are easy on the eyes.	1	2	3	4	5
This app provides good navigation facilities for information content.	1	2	3	4	5
The interface of this app is pleasant.	1	2	3	4	5
I would be willing to use this app again.	1	2	3	4	5

Question: Mention something you liked about the app. (optional)

Question: Mention something you did not like about the app. (optional)

Question: Any suggestion about the overall interface, color scheme, design, or navigation of the app? (optional)
