Testing & Feedback Integration – MindEase App

# User Testing Conducted

We conducted usability testing with 6 participants:  
- 3 High School Students (ages 16–17)  
- 2 Working Professionals (ages 25–28)  
- 1 Wellness Coach  
  
Features Tested:  
- Goal-setting interface  
- Navigation flow of Home & Tracking Dashboards  
- Rewards & Relaxation Features

# Feedback & Insights Collected

* - 4 out of 6 users preferred slider-based goal input over typing durations.
* - All users appreciated the motivational badge system and visual rewards.
* - 50% wanted an emotion or mood tracker integrated with usage habits.

# Changes Implemented Based on Feedback

* - Slider Interface added to set daily social media limits.
* - Emoji Mood Tracker included for emotional reflection after detox.
* - Streak Tracker developed to display consistent detox progress over time.