

Interview Guide – Evaluating the Dala Wellbeing App

Introduction

- **Welcome & Purpose:**

Thank you for joining this interview. My name is [Your Name], and I'm conducting research on how the Dala Wellbeing App can better support students who work part-time or full-time. This interview will help us understand your experiences, challenges, and how digital technologies can improve mental wellbeing.

- **Consent & Recording:**

Before we begin, please review the consent form and let me know if you have any questions? Is it okay if I record this interview for research purposes?

Topic 1: Background & Context (Warm-up Questions)

1. Can you tell me a little about yourself? What are you studying?
 2. Are you currently working part-time or full-time? What is your role?
 3. How do you balance work, study, and personal life?
 4. Have you faced any challenges managing your time and mental wellbeing?
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Topic 2: Understanding Wellbeing Needs

5. What does mental wellbeing mean to you?
 6. Can you describe a recent situation where you felt stressed or overwhelmed?
 7. What strategies do you use to manage stress and maintain wellbeing?
 8. Have you used any apps or digital tools for mental wellbeing before? If so, which ones?
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Topic 3: Experience with Wellbeing Apps (Usability & UX)

9. Have you heard of or used the Dala Wellbeing App?
10. If yes, what was your experience like? What features do you use the most?
11. If no, what would you expect from a wellbeing app?

12. What challenges or frustrations have you faced while using wellbeing apps?

Topic 4: Designing a Better Experience (Make Method - Card Sorting)

13. If you were designing a wellbeing app, what features would be most important to you?

14. How would you categorize different wellbeing-related features (e.g., meditation, journaling, peer support, scheduling tools)?

15. Would you prefer personalized recommendations based on your work-study balance?

Conclusion & Next Steps

16. Is there anything else you'd like to share about your mental wellbeing or experience with wellbeing apps?

17. Would you be open to participating in future studies or usability testing?

18. Thank you for your time! I will now stop recording. We will analyze the responses and may follow up for additional insights.