**Feedback**

Raythe

·        **Did you find the app simple to use?**

Yes, very user friendly

·         Did you feel more calm after using the app?

N/a

·         **For young people**: Would you use this app if you were feeling stressed?

·         **For clinicians/service workers**: would you recommend this app to young people experiencing anxiety, as a tool to help them feel more calm?

Definitely would recommend. Especially for children under 12 as they love using apps and this one is easy to follow.

·         **How might the app be improved?**

Maybe have access to peaceful music; birds, sea hitting the shore, rain etc. Maybe also have some relaxation techniques steps: like progressive muscular relaxation (the kitten could show them how to do the exercises.

·         **Any additional comments​**

So easy to use and appealing graphics. definitely could be used for children known and not known to MH services. Only reservation is is maybe a little too simple or basic for those aged 15 and up.

**Cassie**

Myself and a couple of clinicians have just spent a few moments breathing with Kitty!

• The app was simple to use. I don’t know whether it would be helpful to include a picture of the cat on the instruction page which might help in showing to put the hands on the tummy and giving an idea of what will come next (this could be animated to show sitting, lying or standing?).

• Yes felt more calm. The visual cue to align your breathing with was great.

• Yes would recommend particularly for younger children, can see that being offered a moment to look at a parent’s smartphone would make the idea of sitting to do some breathing exercises for a moment more appealing.

• Would sounds be a helpful addition – would probably need to be automatically muted on starting but with an option to turn them on? Could be built into part of a larger suite of things to do when feeling anxious, guided imagery, safe place etc.

• Thought the asking of the name was a nice touch.

* **Did you find the app simple to use?**

  Yes

* **Did you feel more calm after using the app?**

Yes, a bit and the cat’s peaceful face was really nice but I found it a bit stressful not knowing how long 2-5 minutes was and if there was a timer so I could check how long I’d been doing it for I would have felt better.

* **For young people: Would you use this app if you were feeling stressed**?

I described the app to the Youth board at Minding the Gap yesterday and they were big fans.

* **For clinicians/service workers: would you recommend this app to young people experiencing anxiety, as a tool to help them feel more calm?**

Yes, I think it is quite easy to use, quite private and a strong visual image- if they could choose for example between a cat, a dog and a panda I think that would be amazing.

* **How might the app be improved**?

Different animal choices and some way to monitor the time, perhaps an options for a red flag or something if people don’t feel calmer and might need extra support? Not sure exactly how that last on might work.

Maybe a way to track how much you use it and when so you can show your clinician and possibly help identify triggers?

**Summary**

Feedback so far is positive, particularly around the look of the app – the calming animation, ease of use, and people saying that they would use it in their service. There have been some suggestions which I think we should look to include in the next development cycle, if possible. These are:

* Calming music to accompany the app, which people can turn on and off
* Some sort of timer that shows you how long you have been breathing for – perhaps showing 5 minutes, and a marker for 2 minutes?

We have then also had requests for these features which could be future development (unless we could actually do these in a month?!:

* Different animations to choose from – the ability to select a cat, dog or some other animal (panda was suggested! ☺)
* Animation of the cat putting hands on belly and showing how to breathe properly as part of instructions
* A way of capturing how long you have been breathing for and how often, which could be shown to clinicians to track progress

So, with this feedback in mind I think we should aim to include the above and I have ideas for the following games in order of priority:

* Relaxation game – this is an animation that guides user through a [progressive muscular relaxation exercise](https://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf)
* Guided mediation – using the animation to take users through a five minute mediation.
* Nice to have: Blowing the clouds away game – no idea if this is possible but really like it! Can be a way of teaching deep breathing and increasing lung capacity – though is not relaxing, more fun