

Statement of Informed Consent

As a **UX/UI designer student** at Computer Science Faculty from Iasi, me, Ungurean Ana-Maria and my team are currently working on a new project about designing a **Mental Health app** that focuses on keeping track of the user's mental health. We are conducting **user research** to gain insights into the mental health practices, challenges, and preferences of individuals like you. Your participation in this survey is invaluable and will contribute to the development of innovative solutions to support mental well-being.

I understand that data and information I share will be handled confidentially and anonymously.

** Indică o întrebare obligatorie*

1. Do you understand and agree with the terms described above? *

Marchează un singur oval.

☐ I understand and agree with the terms described above

Current Mental Health Practices

2. Do you currently use to do specific activities maintain your mental health and well-being? *

Marchează un singur oval.

☐ Yes

☐ No

3. If yes, please choose which of the following activities do you practice? (Check all that apply)

Bifează toate variantele aplicabile.

- ☐ Exercise or physical activity
- ☐ Meditation or mindfulness practices
- ☐ Taking breaks throughout the day
- ☐ Interacting with positive-energy people
- ☐ Using mental health apps or tools
- ☐ Altele: _____

4. On average, how often do you practice in these mental health activities?

Marchează un singur oval.

- ☐ Daily
- ☐ Several times a week
- ☐ Weekly
- ☐ Occasionally
- ☐ Rarely

5. How effective do you find your current mental health practices in managing stress and promoting overall well-being?

Marchează un singur oval.

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Have you noticed any changes in your mental health since starting these practices?

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

7. If yes, please describe the changes you've noticed (e.g., improved mood, reduced anxiety).

8. Do you use any apps to assist you with your mental health practices?

Marchează un singur oval.

- ☐ Yes
- ☐ No

9. If yes, please specify the apps you use and how you find them helpful.

10. On which devices do you typically use mental health apps? (Select all that apply)

Bifează toate variantele aplicabile.

- ☐ Smartphone
- ☐ Tablet
- ☐ Laptop/Desktop computer
- ☐ Smartwatch
- ☐ Altele: _____

11. Would you find using mental health apps on a smartwatch to be convenient and effective? *

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

Challenges and Pain Points

12. Do you often experience burnout or stress from work or daily life? *

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

13. Do you find it challenging to open up to other people and discuss your mental health? *

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

14. Do you find it challenging to maintain good mental health and well-being *

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

15. What are some methods you currently use to de-stress? *

Bifează toate variantele aplicabile.

- ☐ Speak to someone
- ☐ Workout
- ☐ Music/TV Shows
- ☐ Yoga/Meditate
- ☐ Read/Study
- ☐ Internet/Social Media
- ☐ Food and Alcohol
- ☐ Art
- ☐ Altele: _____

Treci la întrebarea 20

Preferences for Mental Health Support

16. How important do you consider having access to mental health support and resources? *

Marchează un singur oval.

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. In what ways do you prefer to receive mental health support? (Select all that apply)

Bifează toate variantele aplicabile.

- ☐ Through mobile apps
- ☐ Through online platforms/websites
- ☐ Through in-person counseling or therapy
- ☐ Through support groups or communities
- ☐ Altele: _____

18. Would you find the following features helpful in a mental health companion app like MeHe? (Check all that apply) *

Bifează toate variantele aplicabile.

- ☐ Meditation guidance
- ☐ Maintain a journal
- ☐ Learn more about mental health via courses/podcast
- ☐ Daily exercise/movement tracking
- ☐ Break reminders
- ☐ Interaction with positive-energy people
- ☐ Tracking burnout levels at work
- ☐ Gamification elements like streaks
- ☐ Altele: _____

19. Do you prefer mental health support tools that offer real-time feedback or guidance based on your mood? *

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

Motivation and Engagement

20. What motivates you to engage with mental health and well-being practices? *

Bifează toate variantele aplicabile.

- ☐ Personal well-being
- ☐ Stress reduction
- ☐ Productivity improvement
- ☐ Altele: _____

21. Would gamification elements or rewards encourage you to use a mental health companion app more regularly? *

Marchează un singur oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

Demographic Information

22. Age *

23. Gender *

Marchează un singur oval.

- ☐ Female
- ☐ Male

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Formulare Google

