

Quantified Self Mood Tracker

Research for a quantified self mood tracking application

Course: DAT610 - Human Computer Interaction

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Abstract

The quantified self-movement is a community that focuses on recording personal data to gain insights into one's behavior and well-being. Collecting and tracking your data can be time-consuming, require lots of effort, or just be generally impractical to integrate into your life. This paper aims to research and discuss a hypothetical mood and emotion tracking app for the purpose of self-tracking and awareness of one's own mood and how it changes throughout the day. For this study, we gathered data through a survey and interviews and analyzed it to pinpoint the pain points that might arise when tracking one's mood through an app. Our findings offer insight into pain points that might arise in quantified self-projects and more specifically mood tracking systems and contribute to the design of more pain-free human-computer interaction.

Introduction

Individuals need to address and recognize negative thoughts and bad behaviors, which means that self-awareness plays a key role in mental health. So, if an individual wants to reduce stress in their everyday life or improve their mood, it is important to practice self-awareness. By engaging in simple self-caring activities, you can create a more well-rounded and balanced life for yourself (Marquette Today [2024]). However, it can be a challenge to keep track of one's emotional state consistently since it requires effort and discipline.

Technology is a part of our everyday life, and the Quantified Self-movement encourages people to use their phones or

other devices to track their everyday lives, including steps, mood changes, etc. Research by Shan Feng et.al. [2021] highlights the role of self-tracking in personalized health care, showing that self-tracking is a valuable tool for health promotion and that it plays a key role in personalized health care.

As technology advances, so do mood-tracking applications. Alexandra Carmichael [2013] notes that digital tracking tools are becoming more advanced, integrating third-party applications to offer more detailed and comprehensive mood analysis. However, even though these applications can provide valuable insight into one's mood, they must also be engaging and user-friendly to encourage users to keep on using them. Studies by Shan Feng et al. [2021] show that the design and usability of these apps can have a significant impact on a user's motivation and habits when self-tracking.

This report will include our research and conceptual design for a mood and emotion tracking application called Moodiary that focuses on both usability and meaningful feedback. Our approach to design will make sure that the app minimizes the effort required for self-tracking while giving the user maximized value about their self-tracking. We have conducted surveys and interviews to gather user data to identify common pain points and preferences so our design can address these challenges.

In the sections below, we will introduce you to work related to mood and emotion tracking. We will describe our design process, outline key implementation details, and also evaluate our approach. Lastly, we will give you a discussion where we discuss key points such as potential ethical issues,

social impact, possible limitations, and also future work.

Related Work

Mood tracking apps have been studied widely, especially in relation to mental well-being and self-tracking. While they offer benefits, they also come with challenges regarding user engagement and usability. Below, we compare findings from existing research with our survey results.

Research by Shan Feng et al. [2021] suggests that simplicity is key for mood-tracking apps. Users prefer quick and easy input methods, such as emojis or number scales. Our survey supports this finding: 76% of participants preferred a simple mood scale over detailed emotion categories.

Privacy is another critical aspect of mood-tracking apps. MobiMood, for example, demonstrated how sharing one's mood with a community can foster feelings of connection and support among users (Church, Hoggan, & Oliver, [2010]). However, studies on MobiMood also revealed privacy concerns, as some users were uncomfortable with others accessing their mood data (Church et al., [2010]). While MobiMood focuses on the social aspect of mood tracking, research suggests that many users prefer to keep their mood data private. A study by Caldeira et al. [2018] found that users expressed concerns about privacy and data security, preferring to track their moods without sharing them with friends or family. This aligns with our survey findings, which show that many users prefer to keep their mood tracking private rather than sharing it with others.

Gamification has also been explored as a way to improve engagement in mood tracking. Some studies suggest that adding game-like features helps users stay consistent, while others find them distracting. For example, a study by AlMarshedi et al. [2016] found that gamification strategies can effectively enhance user engagement in mental health interventions, but not all users find these features necessary. This aligns with our research, where we observed a split in user preferences regarding gamification. As a result, we've designed a minimal gamification feature that users can toggle on or off based on their preferences.

Another important aspect of mood tracking is how apps show data. Many apps provide graphs and statistics, but a study by Caldeira et al. [2018] found that users often have trouble understanding this data and prefer features that help them make sense of their mood patterns. Our approach focuses on making the insights clear and useful, helping users spot trends in their mood over time and offering practical suggestions to improve their emotional well-being.

In short, previous research provides valuable insights into usability, privacy, engagement, and data presentation. Our findings align with these trends while also considering the unique needs of our users.

Design

During the design phase, a lot of brainstorming was done. Discussions were had regarding implementation, design, gamification, etc. The things that were agreed upon were interesting for the product of a mood and emotion tracking

application and were defined as questions for the interview and survey.

Data Gathering

To understand the demographics of our survey participants, we gathered data on gender, age, and education, as shown in **Table 1**.

Variables	Categories	Number of Percentage	
		People (N)	e (%)
Gender	Male	10	40
	Female	15	60
Age	20 years old and below	2	8
	21–25 years old	21	84
	26–30 years old	2	8
Education	Bachelor Degree	21	84
	Master Degree	4	16

Table 1. The distribution of participants' demographic data for the design of the mood tracking application.

Gender Distribution:

Out of 25 respondents, 60% were female and 40% were male, providing a balanced view on mood tracking usage.

Age Distribution:

Participants were aged 18 to 28, with most between 21-25, aligning with trends showing young adults as key users of digital self-tracking tools.

Educational Background:

84% had a bachelor's degree and 16% a master's, indicating that the people who answered the survey were mainly university students and young professionals, which aligns with the expected primary users.

Data Analytics:

While only 8% had previously tracked their mood, over 50% expressed interest in doing so, as shown in Figure 1.

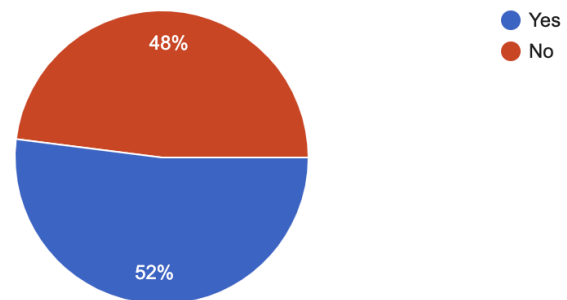


Figure 1. Pie chart highlighting survey answers on feeling the need to track one's mood or emotions.

Amongst other interesting findings in the survey, we note that 68% of the participants are not interested in sharing their data with friends or family. At the same time, 66.7% would like to participate in community challenges related to emotional wellness. From this, we could make the assumption that users don't want others to see their data, however, they don't mind anonymous data comparison for the community events. This should be taken into consideration in terms of the user agreement of the application. Furthermore, almost 50% of the survey participants agreed that it would be optimal to track their moods on a daily basis, and as shown in Figure 2, 76% agreed that the best measure would be simple mood scales, like scales from 1-10.

Furthermore, questions were asked and answered in the survey regarding the gamification of the application, and there were a lot of mixed opinions on the subject of a mood and emotion tracking application. There was a slight majority on adding some sort of gamification in the application.

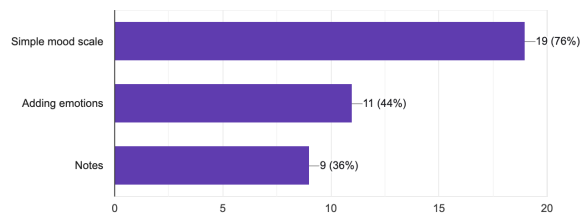


Figure 2. Bar chart highlighting survey answers on the subject of mood and emotion tracking measures.

Since this was discouraged from going into detail, we added a small image in the application prototype as a “pet”. That being said, the team agreed that any sort of gamification in the app should be configurable to the individual's preferences, meaning that all forms of gamification in the application should be disabled.

User-Centered Design Approach

As discussed in our lecture on evaluation planning, there are various approaches to measuring user satisfaction in an application. Since our goal is to create a user-centered design, usability testing was determined to be the most effective method for gathering insights into how users perceive and interact with the application.

To ensure a structured and reliable testing process, a study design was developed. This included defining a set of research questions and hypotheses aimed at evaluating the usability, effectiveness, and overall user experience of the mood-tracking app prototype.

A key factor in usability testing is selecting an appropriate target audience. For this study, participants were chosen based on the following criteria:

- Age range: 18–40 years old
- Interest in mental well-being
- Familiarity with smartphone applications

Before beginning the testing, participants were required to sign an informed consent form, acknowledging the following points:

- The study is conducted as part of an HCI course at Chalmers University.
- Participation is voluntary, and they may withdraw at any time.
- Their data will be anonymized and used solely for research purposes.
- No personal health data will be collected.

During the testing phase, participants were asked to perform predefined tasks within the app while thinking aloud. This method allowed us to capture real-time insights into the user's thoughts and reactions while interacting with the interface. All observations were recorded to facilitate data analysis.

After completing the tasks, participants filled out a System Usability Scale (SUS) questionnaire, where they rated their experience using a 1–5 scale (strongly disagree – strongly agree). This was followed by a semi-structured interview, which provided additional qualitative insights, allowing users to elaborate on their experience beyond the structured questionnaire.

Through this approach, we collected both quantitative data (from the SUS survey) and

qualitative data (from think-aloud observations and interviews). This combination enabled a comprehensive evaluation of the application's usability and user experience, ensuring that the final design aligns with user needs and expectations.

Final Design

After collecting data from a survey and multiple interviews, an initial prototype was created, as shown in the figures in the following section. This first version is not as detailed or comprehensive as later iterations but effectively highlights the application's key features in a simple and intuitive way. To ensure a user-centered design, the procedures described earlier were followed. Further details on this process can be found in the Evaluation section later in the report.

Implementation

Using all the information gathered in the data gathering phase and the design phase, the implementation of the prototype could start. We now knew that users wanted to collect data on a daily basis, and that, initially, users wanted to keep their data completely private. An app was needed that lives up to the standards of the apps produced today, with seamless user interaction so as to not affect the user's mood negatively when interacting with it. We wanted a simple user interface that allowed users to track their mood using different emotions. As highlighted in Figure 3, until the user has logged their mood at least once for a given day, the tracker is still asking them to track their mood. This would also, in a functioning app, allow the app to send notifications at given intervals during the day to prompt the user to fill out their

mood. Once the mood is filled out at least once, the app is happy. If the user then wishes to add more records of their mood that day, that is just seen as additional data for the app to use for tracking and data analysis.

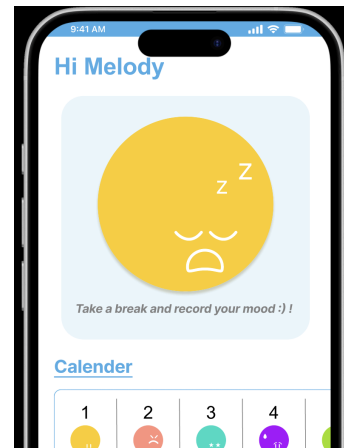


Figure 3. The app main/home screen

For data tracking and mood analysis, the data page gives an overview of all the collected data for a given period.

< Month's Emotion Trends



Figure 4. Emotion score/trend for the month, shown on the data page of the app.

Users can get an overview of the recorded mood for the given period, as highlighted in Figure 4, as well as get an overview of

trends for the given period by looking at the diagram for the selected period. Depending on the swings of the diagram, users can then use that information to make hypotheses regarding what causes the spikes and pits of the diagram. The diagram for the mood analysis is shown in Figure 5.

Mood Analysis

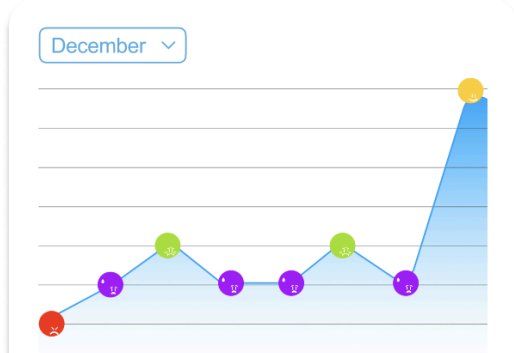


Figure 5. Mood analysis diagram shown on the data page of the app.

The full prototype can be found and tried by using the following link: [Figma prototype](#).

Gamification has also been discussed for the application. Initially, we do not want to make that a big part of the app. We ended up adding a small “pet” to the home page as a little side game where you keep the pet alive and make it happy by remembering to record your mood during the day. The idea is that this functionality could be turned off in the settings, as well as that a choice would be given to the user when first installing and opening the app whether they want a pet or not. This, however, was not included in the prototype, since the whole settings menu and configurability were left out of the prototype to be further defined for a possible first iteration of the app.

Evaluation

Study Design

As mentioned in the subsection User-Centered Approach above, the purpose of this study is to evaluate the usability, effectiveness, and user experience of the mood-tracking application. To evaluate these aspects, a set of research questions and hypotheses were written down:

- **RQ1:** How intuitive and easy to use is the mood tracking app for first-time users?
- **RQ2:** How well does the app help users reflect on their emotions over time?
- **RQ3:** Will gamification increase user engagement?
- **H1:** Users will be able to complete core tasks (e.g., logging a mood entry, and viewing past moods) with minimal difficulty.
- **H2:** Users who frequently track their emotions will find the app more beneficial for self-reflection.
- **H3:** Users who engage with gamified elements (e.g., earning rewards, and completing challenges) will show higher app retention rates compared to those who do not.

Since the main focus is to create a user-friendly app with a user-centered design, the most suitable choice for testing the application was user testing. To get better insights, we decided that the participants should think aloud when trying the application and answer a SUT questionnaire and a semi-structured interview to collect both qualitative and quantitative data. Usability testing,

combining a SUS survey with a semi-structured interview, was our only study design because it was the best fit for the project.

Participants and Apparatus

As mentioned in the User-Centered Design Approach subsection, the target audience for this study consisted of individuals aged 18 to 40 with an interest in mental well-being or self-tracking and familiarity with smartphone applications.

Participants were recruited from friends and family, who took part voluntarily without remuneration. Using friends and family as participants has both advantages and drawbacks. On the upside, recruitment is faster, scheduling is more flexible, and participants tend to be more engaged, leading to richer feedback. However, potential downsides include bias in responses, limited representativeness, and the tendency for participants to give answers they think we want to hear rather than their genuine opinions because they do not want to hurt our “feelings”.

The study was conducted either face-to-face or online via Discord, Zoom, and similar platforms, with the prototype presented through Figma. At the start of each session, participants were introduced to the app through a front screen, along with alternative login and account creation screens, which were included for completeness but not meant for interaction. Once past these introductory screens, participants engaged with the app by completing predefined tasks, including:

- Recording their daily emotion
- Viewing their recorded and analyzed data

- Changing their recently recorded mood
- Disliking the pet

These tasks allowed participants to interact with three of the app’s core screens, providing hands-on experience with its main features.

Data was collected through observations, usability testing, and self-reported feedback, ensuring a mix of quantitative and qualitative insights. While multiple iterative usability tests would ideally refine the prototype, time constraints limited the study to a single round of feedback. Nevertheless, the gathered insights helped improve the prototype while maintaining a user-centered design. A more detailed breakdown of the study process can be found in the User-Centered Design Approach subsection.

Results Study Design

Quantitative Usability (SUS Scores)

Calculation Method: The System Usability Scale (SUS) was administered to evaluate the app’s usability.

Key Findings:

- **Mean SUS Score:** 78.57 (\pm [SD], range:62.5-100). The mean score of 78.57 places the app in the 80th percentile of usability scores.
- **Statistical Comparison:** A Wilcoxon signed-rank test compared the app’s SUS scores to the industry benchmark of 68. The test revealed a statistically significant difference ($W = 1, N = 7, p < 0.05$), with the app’s usability exceeding the benchmark significantly and 6 out of

7 participants rating the app above this benchmark.

- Impact of Small Sample Size:** While the results are promising, the small number of participants ($N = 7$) limits the generalizability of the findings. As $N(7)$ is not large enough for the distribution of the Wilcoxon W statistic to form a normal distribution. Therefore, it is not possible to calculate an accurate p-value. Additionally, with fewer participants, the mean SUS score may not fully represent the broader user population.

Box Plot Analysis of User Ratings

Quantitative results of the interview. The following boxplot visualizes the distribution of ratings provided by six participants across different usability and experience categories. Based on the median values, P3 has the highest median rating, indicating strong satisfaction, while P5 has the lowest, suggesting areas for improvement. The spread of ratings highlights the variability in user experience, with some participants reporting consistently high satisfaction and others showing a wider range of responses.

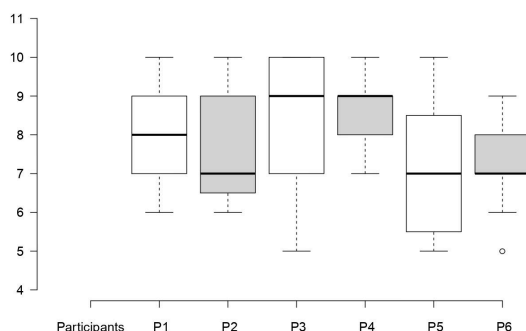


Figure 6. Post-interview scores about the app design.

About the semi-structured interview result. Overall, the emotion tracking app was well-received for its simplicity, intuitiveness, and fun pet feature. However, there are several important areas for improvement:

- Data Visualization:** When visualizing data, the choice of chart type can influence user behavior. A line graph may encourage users to select emotions that appear more favorable on the graph. Consider using more neutral visualizations, such as pie charts or bar graphs, to minimize this effect.
- Mood Options and Analysis:** Expand mood selection options, especially adding more positive emotions, and enhance data analysis, we discuss adding multiple choices to users, and this possibly includes deeper insights into the causes of emotions.
- User Guidance and Text Prompts:** Provide more hints and explanations, particularly on the homepage not only just the smile or sad face and in key app functions, to reduce the learning curve for new users.
- Feature Enhancements:** Consider adding a guest mode, a photo upload feature for someone who doesn't want to text at the tracking moment, and more flexible mood recording methods, such as allowing multiple selections.

These improvements could enhance the app's usability, user engagement, and appeal to a broader audience, leading to a more satisfying and effective user experience. Based on the evaluation results, we have optimized the final version of the prototype. Here is the final Figma

version which can be viewed by clicking on the link. <https://reurl.cc/lzk3zj>

Discussion

In developing the mood-tracking app, several important aspects were considered to ensure its functionality and ethical responsibility. This section reflects on the broader implications of its design and use, exploring its potential impact on users' understanding of mental well-being, its role within the context of self-care, and its ability to influence societal attitudes toward mental health. Furthermore, it examines the limitations of the app and identifies opportunities for future development, emphasizing continuous improvement and ethical considerations moving forward.

Potential Ethical Issues

It is important to consider potential ethical misuse beyond user privacy and data security when developing a mood-tracking application. By integrating an adversarial design fiction approach, as explored in one of our Friday sessions, we were able to delve deeper into possible negative consequences of misuse and how to mitigate them.

Using the adversary design fiction method, we identified ethical risks and designed our system to support users' well-being rather than exploit them. Our top priority is to create an application that is safe for users, one that does no harm but instead serves as a responsible, user-friendly tool to help people track their emotions. The journey maps and storyboards were especially useful in pinpointing potential risks and guiding us on how to prevent them.

By broadening our ethical considerations beyond user privacy and data security, we ensure that our application addresses a wider range of potential misuse. This approach strengthens our commitment to building a supportive tool that empowers users by giving them full control over their data and overall experience.

Social Impact

The app provides valuable insights regarding the users' mood patterns and helps them track their emotions over time. However, it is crucial to note that the app does not diagnose, treat, or regulate health conditions. Instead, it can be beneficial to the user as a self-reflection and tracking tool to support users in understanding their emotional well-being. Over-reliance on the app without seeking professional help for serious concerns is not advised, as it cannot replace the expertise and personalized care provided by mental health professionals.

Limitations

The integration of technology that assists people with tracking their mood in daily life has the potential to significantly influence how well-being is practiced by individuals and potentially contribute to a shift in how mental health is perceived in society. By providing users with a structured and methodological way to monitor and reflect on their emotions, individuals can be empowered to better understand and recognize patterns and mental states through time. The widespread use of mood-tracking apps could have a significant cultural impact by reinforcing the importance of self-awareness and self-care while actively reducing the stigma surrounding mental health.

Future Work

Looking ahead, there are many potential enhancements and opportunities for further app development. For example, personalization could be further enhanced by using AI-driven insights and interactions. The app's gamification aspects could be refined to further support users, promoting long-term engagement without pressure and better enhancing their well-being. Additionally, expanding the app's accessibility across platforms would ensure a more seamless and inclusive experience for a broader range of users.

Along with technological enhancements, collaborating with mental health professionals is crucial. They could provide insights and expertise, ensuring that the app's design and features align with practices based on scientific recommendations. Such collaboration could help refine the existing functionality and introduce new evidence-based features, eventually enhancing the app's overall effectiveness while maintaining ethical integrity.

Conclusion

Collecting and tracking your data can be time-consuming, require lots of effort, or just be generally impractical to integrate into your life. Through this study, data was gathered to provide evidence to conclude that a lot of people in their twenties have thought about or considered trying to track their mood. Almost all of the subjects of the study confirmed that they would want all their information and data to be private, but that it could be used anonymously for generalization and comparison to for example make community events.

Gamification was equally liked and disliked by the survey-group, so this should be based on our data be either not included, or should have some sort of configuration or feature toggle to enable and disable it. In terms of potential ethical issues and limitations, it is fundamental that users should know that the app by itself doesn't solve any issues or help the user with anything besides insight: the app itself won't change your life". Users should use the app and the insight it provides to understand themselves better, and if necessary seek a professional to help solve their potential problems.

For future work, there are many thoughts that have been shared amongst the team. One major addition that is the hype of the world currently is AI and machine learning. This could be utilized to help recognize patterns and give advice as to when to seek out professional help and what type. Additionally, core functionality and "nice-to-haves" in terms of features, design, and usability always exist. After the initial release of the product, design ideas could also be tested using something like A/B testing, however, that is outside the scope of this course.

Use of AI Statement

AI has been used in different ways in this report. First, ChatGPT helped improve the natural flow and quality of sentences and sections, making the report easier to read and follow. This also helped create a better structure so the reader could understand the content more clearly.

Secondly, ChatGPT was used to format references according to ACM guidelines. Instead of manually formatting them, we provided the references to ChatGPT, allowing for consistent and accurate citation formatting. Additionally, ChatGPT was used to generate potential sources for the report. However, all suggested sources were carefully reviewed to ensure their relevance and reliability before including them.

Example: *"We are making a university project on Quantified self and mood tracking. List me 5 possible scientific articles that regard the subject of mood and emotion tracking"*

All text in the report was initially written by the group. Some members then used ChatGPT to process and refine their text to eliminate redundancy, improve readability, and ensure clarity. By leveraging AI in this way, we increased the likelihood that the structure and overall quality of the report met higher standards, making it easier to read while reducing potential unclarity and misunderstandings.

Example: *"The following text is for a university report. Please highlight grammatical issues as well as redundancy so that I may improve the quality of the text myself rather than you fixing it for me."*

Furthermore, ChatGPT was used to summarize responses from both interviews

and surveys. This not only saved significant time but also helped organize key insights in a structured manner. As a result, we efficiently incorporated user-requested features into the prototype based on the collected feedback.

References (ACM format)

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Table of Contribution

Date/Time	Author	Change
Feb 11 10:1...	Tim	Set up drive and report skeleton.
Feb 11	Maria Katerina	Interview questions
Feb 11	Wei, Iris, Jung	Pre-test survey questions
Feb 15	Wei, Iris, Jung	Create Google form regarding pre-test survey
Feb 14 11:0...	Simon	Added potential references
Feb 18 10:0...	Tim	Abstract
Feb 20 12:0...	Simon	Introduction
Feb 20	Wei, Iris, Jung	UI (Figma) finish version 1
22 feb. 14:00	Simon	Summarized the answers from the survey and interviews
Feb 26 9:30 ...	Tim	Added data analytics subsection in the Design, highlighting what we found in our survey.
Feb 26	Wei, Iris, Jung	UI (Figma) finish version 2
Feb 27 5:15 ...	Simon	Added some content to the Use of AI section, not done yet
Feb 27	Maria	Research on balance between gamification and mood tracking - mental health apps and added potential references
Feb 27	Katerina	Related Work Section
Mar 1	Wei	Post-test SUS survey questions
Mar 2	Wei, Iris	Create Google form regarding post-test SUS survey
Mar 4	Tim	Added example prompts in the AI section
Mar 4	Simon	Added subsection user-centered design approach in section design
Mar 4	Maria	Added text in discussion section in the ethics and

		limitations part
4 mars	Iris	Added data gathering section and statistical chart
2025-03-05	Wei, Iris, Jung	post-test interview for 4 person and records
2025-03-06	Iris	Do the interview.
2025-03-06	Jung	Organize and summarize the post-interview records
2025-03-06	Wei	Do the interview.
7 mars	Tim	Restructuring, formatting, proof-reading
7 mars	Katerina	Running your evaluation
7 mars	Maria	Evaluation on data
7 mars	Katerina	Corrected the related work section
7 mars	Katerina	Analyzed Results
7 mars	Simon	Started on the evaluation section
7 mars	Simon	Made some comments on the related work section; need some references
7 mars	Wei, Iris, Jung	Organize all the interview records
7 mars	Wei, Iris, Jung	Started optimizing figma design according to analyzed results
13 mars	Simon	Added the participants and apparatus subsection in the evaluation section
13 mars	Katerina, Maria	Looking at the statistics from the evaluation
13 mars	Katerina, Maria	Wrote the results section in evaluation
2025-03-13	Wei, Iris, Jung	Refine context in the evaluation section
2025-03-13	Wei, Iris, Jung	Finish figma final design
20 mars	Simon	Rewrote the ethical issues subsection so it aligns with the exercise

Mar 21	Tim	Reference check, figure text check, grammar fixes
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Table 2.