**Overall Experience: After Activity**

* How did you feel about the overall experience after using the app over the 3-day period?

P1 - The overall experience was pretty much the same as the first time, nothing much changed over repeated use and then it kind of got easier I’d say, since I knew what to expect. Still got the same feelings of slight relaxation and it was kind of nice to know someone was there doing it with me. There were no real problems with it or anything.

P2 – It was very similar, it was relaxing to do, it was easy to use and there wasn’t any difficulty in what I was being asked to do and yeah it wasn’t unpleasant, it was quite a pleasant thing to do.

* Do you think doing the activity over 3-days was beneficial in any way? Please Explain, How and Why?

P1 – I do think it was beneficial, I think it was beneficial because it was good to take time out of doing other stuff to do something specifically and this exercise of breathing is a good way to achieve that, to achieve a break, to achieve a time-out, so it was a good activity to relax in a sense.

P2 - Yeah, I do. From what I’ve already said about taking time out to do that, so again from more of a relaxation point of view. Doing that over a few days cements those feelings, doing anything regularly is always sort of comforting.

* Did you experience anything during your participation over the 3-day period that you didn’t initially expect?

P2- I don’t think there was anything I didn’t expect, I suppose I expected it to increase comfort or intimacy with my partner but that didn’t really happen. Although I will say it was more relaxing to do it when we were in a room not being observed, so it certainly felt more comfortable to do, so I suppose an increased level of comfort was expected that was definitely confirmed. But no there was nothing unexpected I don’t think.

**App feedback**

* Do you think the app feedback was able to facilitate a higher awareness of your partners breathing?

P1 – Yes, but not really as a product of the app itself. Again, the circle on its own helps both people to breathe at the same rate but the activity itself just helps you realise that someone else is breathing with you, rather than you seeing that someone else is breathing with you. Because as I’m seeing that I’m semantically aware that my partner is also doing it with me but beyond that there’s nothing else.

Similar to what I said last time, I really like the design of the app as it is, I think that should be kept the same with other stuff added on top. If it had a white circle moving in and out that everyone guided themselves to, and maybe if it was on two separate phones with two separate circles and sensor data was being sent across to represent our breathing, and then maybe when you match those circles up some relaxing music plays.

Some kind of reactive sound thing would be good, because at the moment that on its own is kind of leading us to synchronize our breathing. But if it wasn’t just one circle on its own moving in and out, maybe I could see my partners circle moving in and out, and then I’d be able to see or hear that it’s at a different rate than mine, and then I could use it to try and synchronize them up. It allows for exploration around the whole breathing thing rather than just, having a logical end of breathing at the same time at the same rate. I think my experience would be vastly different if it was two different apps and we were physically apart and using it.

* P2 - It’s weird because it’s abit speculative but there is an increased awareness of your partners breathing, you do then begin to listen out to the rhythm of their breathing. But it was mentioned that it was difficult to actually show what my breath is doing without some sort of sensor. There are different ways to do, visually I think the circle would be good, that would make me very aware of the breathing. I don’t know if you could do it by audio as well. I know it was mentioned last time but if you were remote you would really need that kind of visual guide to make you aware of your partners breathing. It would enable me to maybe phone my partner and suggest doing the activity.
* If any what improvements, do you think could be made to the experience?

P1 – Erm yeah, there are things I really liked about it, similar to what I said in the first interview. I really liked how it looks and the colour used and the shape, that all works fine, and I think it’s really easy to understand and makes perfect sense, that was really good. It would be good to have some sort of breakdown of the time you used it for and what days to be able to look back at, it might also be good to have some sound, some kind of other feedback. It would be good if I could see my partners breathing over the guide too, oh and maybe if it had some sort of daily reminder actually. It’d help build a routine and that’d be nice.

P2 – Yeah, I think there could afford to be some more media to be involved with it. Visually I think that’s a really simple thing to see and follow, I quite like the idea of the circle. Daily reminders, maybe a tutorial when you first launch the app but obviously, we didn’t need that as we were shown how to use it initially.

**Overall Picture of the Project:**

* Do you see any benefit of doing this activity together with your partner over the 3-day time period? How/Why?

P2 - Yeah, I mean, I suppose it could do. Where I might think it might come in useful is if I felt particularly stressed or anxious or perhaps distant from said partner or friend, which I currently don’t. I’m quite lucky to not feel that way at the minute but I imagine if I was it would be kind of beneficial in relaxing me abit.

* Do you think you learn/gained anything from performing this activity together?

P1 – No, not obviously but I imagine there definitely is some effect but it’s just not completely obvious to me.

* P2 – No, other than taking some time out to breathe, there wasn’t anything new I discovered. Actually maybe how my breathe is the most comfortable at a certain amount of seconds but not anything else.
* How long did you end up using the app over the 3-day period?

Both Participants – So we used it over Saturday, Sunday and Monday and we used it for 15minutes in a similar fashion as we did in the labs.