**Overall Experience: After Activity**

**•** How long did you end up using the app over the 3-day period and how was your overall experience with it?

* P5- Yeah, it was pretty much the same as the experience we had in the lab, I got kind of used to it. The first two days of the activity were boring since the 15 minutes felt really long, however on the last day time seemed to fly by quite fast and it was enjoyable I think, 10 minutes would be better.

* P6- For the first two days I was really into it and I felt really sleepy, but on the third day I don’t know why but I got really bored with doing it.
* Do you think the activity was beneficial in any way? Please Explain, How and Why?
* P5- It was beneficial in that I spent more time with my partner. If I met new people or if I had a date, I’d suggest doing this. I think it’s beneficial for building an interpersonal relationship.
* P6- Yeah, I think so because me and my partner spent more time together doing the same thing, it made us closer. Sometimes when we spend time together, we’re doing different things but this time it focused on something more personal. I don’t think there was any difference in doing the activity together compared to something else though.
* Did you experience anything during your participation that you didn’t initially expect?

* P5- We set 2 seconds for inhaling and exhaling, and It was pretty long, because I don’t consciously try to learn how long it takes to breath so I wouldn’t have known 2 seconds for breathing was so long.
* P6- It was surprising how long 15 minutes are when you’re only breathing, also at the start we tried to talk to each other while breathing however we quickly found out that trying to control your breath and speak at the same time is very hard.

**App feedback**

* If any? what improvements, you think could be made?
* Both Participants - Maybe if one person follows the phones instructions and the other tries to sync their breathing to the other person instead of the phone, it might be better to build a relationship. In this activity we were too concentrated on the phones and not that concentrated on each other.

My partner and I tend to spend a lot of time together in the kitchen and usually we communicate verbally but for the breathing session we hardly communicate with each other, we just stared at the mobile phone and I didn’t feel anything. So, if the activity included more communicative things it might benefit interpersonal relationships a lot more. I’d prefer audio feedback to visual, and maybe some physical or verbal activity and a softer colour for the background of the app.

**Overall Picture of the Project:**

• How long did you end up using the app over the 3-day period?

* P5- We used the app for 45 minutes in total, three 15-minute sessions in total.