**Overall Experience: During Activity**

* How would you describe the experience during the activity? Please Explain?
  + P5- It was fun, I mean in the application the amount of time for exhaling and inhaling was the same, inhaling was alright for me, but my exhaling took a shorter amount of time than the visual. So, it was difficult to exhale, and I had to lengthen the amount of time for my exhaling.
  + P6- I think it’s interesting because nobody usually cares about their breathing rate, at first it was hard because you have to adjust your breathing rate but then you get used to it.
* What would be some words you use to describe this experience? Why?
  + P5- Weird, because this is something you usually never do but at the same time it was interesting. You don’t breathe together with people it’s just an individual thing, it’s automatic. You don’t do it consciously, it just happens. But for this activity you have to follow the instructions and put effort into doing it which isn’t the case in real life.
  + P6- It felt like if I didn’t do this study, I wouldn’t have noticed that. Because you’re never breathing together with someone intentionally.
* Do you think it was easy to breathe together? Please Explain? How/Why?
  + P5- At first it wasn’t easy because I didn’t know how much time I need to exhale or inhale, and I also didn’t know how much time my partner needed. So, at first we needed time to get used to it but I think at the 3rd session both of us got used to it and it was fine.
  + P6- I think it was ok but at the start I didn’t know my own breathing rate so I needed time to adjust it.

**Overall Experience: After Activity**

* How did you feel after the activity?
  + P5- Dizzy, I think in normal life I inhale and exhale at a lower length, so I think I consumed a lot more oxygen during the activity.
  + P6- I feel a little sleepy, I’m not sure whether this time I felt abit tired before the activity or maybe it’s because of the activity.
* Do you think the activity was beneficial in any way? Please Explain, How and Why?
  + P5- Kind of, I think it may be good for taking a rest or meditation because during the activity I didn’t do anything except breathing. These days we always have some stimuli from our cell phones or sound/lights, but I didn’t do anything except this, maybe it might have been beneficial for my body
  + P6- I’m not sure because this time I feel sleepy after the activity so maybe when I can’t sleep at night I can do this activity.
* Did you experience anything during your participation that you didn’t initially expect?

* + P5- The dizziness was not what I expected but I think I feel refreshed.
  + P6- I didn’t expect to feel sleepy after the activity, yeah it was relaxing. Its like your brain totally blanks, its like you’re cut off from the outside world. You know not thinking about your mobile or your social things.

**App feedback**

* Did you use anything similar before? If yes, what does it do?
  + P5- No, but when I do yoga or stretching I do breathing exercises without any application but I don’t use any device for that purpose.
  + P6- No I don’t think so
* Did you ever engaged in breathing together with anyone? If yes, how was the experience?
  + P5- I mean when I took yoga class the instructor told the whole class to breath and inhale and exhale, if I count that as breathing together I think I have but not on a small scale
  + P6- No never.
* What do you think about the breathing feedback in the app? Was the feedback helpful in guiding your breathing together? (Were you able to breathe with the feedback – expanding/contracting circle)
  + P5- Partly yes, and partly no because I was thinking if it was audio instructions it might have been more helpful. Because you have to look at the device and it constrains your posture and your behaviour, but what if you want to do it on your bed? If it was audio feedback you’d have more flexibility in your behaviour. I think it depends on your purpose when using the app, so if you aim to get rid of any random ideas or concentrate on something you might benefit from looking at the visual. But otherwise if its ok to daydream then yeah maybe audio.
  + P6- I think it’s helpful because it’s easy to observe when to breathe in and breathe out, it was very easy to follow.
* If any? what improvements, you think could be made?
  + P5- Giving an option between audio and visual representation, also adjusting the time amount for exhaling and inhaling separately and maybe an option for some background music if I get bored. During the second 5-minute session I got abit bored.
  + P6- I’m not sure, maybe the circle could make people dizzy since it changes constantly but for me it was fine. For me I prefer a visual representation, but I think it depends on what you want to use this for, so if you want to use it to just adjust your breathing maybe audio is better, but if you want to concentrate on one thing visual would be better.

**Overall Picture of the Project:**

* Do you see any benefit of doing this activity together compared to when you are doing this remotely in separate locations? How/Why?

* + P5- It was good in a sense that I got to spend some time with my partner, but I think because we were together it was good. If we did it separately I’m not quite sure, maybe it’d be different.
  + P6- I’m not sure, because I haven’t tried to do it alone so I’m not sure of the benefits of doing it together. But it’s nice you know, you hear someone breathing like you.
* Do you think you learn/gained anything from performing this activity together?
  + P5- I mean I think I got more conscious of how I breathe but in terms of interpersonal relationship I don’t think I learned anything because we didn’t talk. At first, I think I was conscious of my partners breathing pattern but I was just for the first couple minutes, for the rest of the time I think I was more concentrated on my own breathing. I don’t think breathing helped us build or relationship.
  + P6- I think I got a basic idea of both our breathing rates. I think I was conscious of my partners breathing rate because I could hear her breathe.
* If you were given access to the application how often/long would you use it?
  + P5- Probably 10 minutes every day, I would use it for stress management. Maybe before bed.
  + P6- Maybe 5 to 10 minutes before I go to bed, I think I might use it with another person to see the effect, like my boyfriend.
* What makes you feel that way?
  + P5-
  + P6-