

## **USER STUDY FORM: HEALTH MONITORING APP**

### **Section 1: Participant Information**

- **Participant Name:**
- **Date:**
- **Age:**
- **Gender:**
- **Occupation:**
- **Do you regularly use health apps or wearables?**  
☐ Yes ☐ No
- **How would you rate your technical skills?**  
☐ Beginner ☐ Intermediate ☐ Advanced

**DISCLAIMER:** the following measurements and stress states can differ from your real values. This user study focuses on user-friendly design and not on the accuracy of the parameter measurements.

### **Section 2: Device and App Setup**

#### **Task 1: Device Pairing**

*Pair the device with the app via Bluetooth.*

1. How easy was it to pair the device?  
(1 = Very difficult, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5
2. Did you encounter any issues?  
☐ Yes ☐ No  
If yes, please describe: \_\_\_\_\_
3. Were the on-screen instructions clear?  
☐ Yes ☐ No

## Task 2: User Profile Selection

*Create and setup your own user profile.*

4. Was the user profile selection/creation process intuitive?

(1 = Not at all, 5 = Very intuitive): ☐1 ☐2 ☐3 ☐4 ☐5

## Section 3: Measuring Health Parameters

### Task 3: Individual Measurements

*Measure each parameter separately:*

- Heart Rate

What was your heart rate?

- Galvanic Skin Response

What was your GSR?

- Oxygen Saturation

What was your blood-oxygen saturation?

- Respiration Rate

How many breaths/min were measured?

For each parameter, answer:

a. How easy was it to start the measurement? (1 = Very difficult, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5

b. Did the app clearly display the result? ☐ Yes ☐ No

c. Did you understand what this parameter means for your health? ☐ Yes ☐ No ☐ Not sure

d. Did you use the info button for more explanation? ☐ Yes ☐ No

If yes, was the explanation helpful? ☐ Yes ☐ No

#### **Task 4: Combined Measurement**

*Use the "All" function to measure all parameters at once.*

1. Was it clear that the "All" function provides the most accurate stress indicator?  
☐ Yes ☐ No
2. Did you notice any difference in results or app behavior compared to individual measurements?  
☐ Yes ☐ No  
If yes, please describe: \_\_\_\_\_

#### **Section 4: Data Visualization and Interpretation**

*Before starting the following tasks, please return to the user selection screen and use the username 'Mika'.*

#### **Task 5: Data Display**

*Observe the gauges for each parameter.*

1. How clear were the visualizations (gauges, progress bars, charts)?  
(1 = Not clear at all, 5 = Very clear): ☐1 ☐2 ☐3 ☐4 ☐5
2. Did the color coding (e.g., red/orange/green) help you interpret your state?  
☐ Yes ☐ No ☐ Not sure
3. Did the *gauges* themselves help to interpret your state?  
☐ Yes ☐ No ☐ Not sure

#### **Task 6: Stress Indicator**

*Review the stress indicator and open the info dialog.*

1. What color did the stress indicator show?  
☐ Green (No stress) ☐ Orange (Moderate stress) ☐ Red (Stressed)
2. Did the explanation in the info dialog help you understand your stress level?  
☐ Yes ☐ No  
If no, please explain: \_\_\_\_\_

### **Task 7: Historical Data & Filtering**

*View your historical data for each parameter. Filter data by "Today," "Last 7 days," and "Last 30 days."*

*Switch between graph and table views.*

What was the lowest and highest heart rate in the last 30 days?

And what about the last 7 days?

1. How easy was it to find and use the history feature? (1 = Very difficult, 5 = Very easy):

☐1 ☐2 ☐3 ☐4 ☐5

2. Did you understand how to filter by date range? ☐ Yes ☐ No

3. Which view did you prefer for reviewing your data?

☐ Graph ☐ Table ☐ Both equally

4. Did the min/max data rows help you understand your health trends? ☐ Yes ☐ No

5. Did the graph help you understand your health trends? ☐ Yes ☐ No

## **Section 5: Configuration and Troubleshooting**

### **Task 8: Threshold Configuration**

*Adjust your personal min/max values for heart rate and GSR.*

1. Was it easy to find and adjust these settings? ☐ Yes ☐ No

2. Did you understand why setting thresholds is important? ☐ Yes ☐ No

## Section 6: System Usability Scale (SUS)

Please rate your agreement with the following statements (1 = Strongly disagree, 5 = Strongly agree):

1. I think I would like to use this app frequently. ☐1 ☐2 ☐3 ☐4 ☐5
2. I found the app unnecessarily complex. ☐1 ☐2 ☐3 ☐4 ☐5
3. I thought the app was easy to use. ☐1 ☐2 ☐3 ☐4 ☐5
4. I think I would need the support of a technical person to use this app. ☐1 ☐2 ☐3 ☐4 ☐5
5. I found the various functions in this app were well integrated. ☐1 ☐2 ☐3 ☐4 ☐5
6. I thought there was too much inconsistency in this app. ☐1 ☐2 ☐3 ☐4 ☐5
7. I would imagine that most people would learn to use this app very quickly. ☐1 ☐2 ☐3 ☐4 ☐5
8. I found the app very cumbersome to use. ☐1 ☐2 ☐3 ☐4 ☐5
9. I felt very confident using the app. ☐1 ☐2 ☐3 ☐4 ☐5
10. I needed to learn a lot of things before I could get going with this app. ☐1 ☐2 ☐3 ☐4 ☐5

## Section 7: Open Feedback

1. What did you like most about the app?
  
  
  
  
  
  
  
  
  
  
2. What did you like least about the app?

3. Was there anything confusing or frustrating?

4. Do you have suggestions for new features or improvements?

5. Would you recommend this app to others? Why or why not?

**Thank you for your participation!**