

# Summary

The interviewee is a male student in his twenties living in a shared flat with seven flat mates. He has a good relationship with all of his flat mates and would like to do more together with them. However, one of his needs is that his flatmates should also try to organize get-togethers, since he is the only one in his flat who does so. Although organizing such events is a mental load for him, he gladly takes it upon himself for the reward of a nice time with his flatmates. On the other hand, planning trips and vacations, a common source of mental load, does not cause him any trouble. It is fun for him to research and plan for trips; only finding dates when all participants have time is a mental load for him. It was very interesting to hear that his participation in all aspects of his shared flat increased over time; going from being very withdrawn to actively participating in creating the cleaning schedule and planning get-togethers.

At the end of the interview, the interviewee shared his concern about having an app that tracks the distribution of mental load and tasks, since it might cause conflicts where there are none. Nonetheless, in his opinion, it might be a useful tool to remedy problems in flats where there are many people who do not do anything at all.

The most interesting insights gained through this interview were firstly that one should take care when developing an app that tries to promote fairness because it could induce unnecessary conflicts between the users. Secondly, it was interesting to hear that the participation of the interviewee in planning in the flat increased with time. Thus, the visualization and task tracking functions should also be able to dynamically change with time, showing the evolution and adapting to the behavior of the users.

## Interview Questions and Answers

### General Information

#### Do you work or study?

Study

### Living situation

#### How many people do you live with?

7

#### How long have you been in this living situation?

5 years

#### What is your relationship with these people? (Family, shared apartment, colleagues, friends, partners)

Shared apartment (WG)

**How would you rate yourself on a scale from 1 (completely spontaneous) to 10 (everything planned)?**

7

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**Cohabitation/Communication**

**How would you describe your cohabitation?**

50:50 between a practical and fun shared apartment; occasional joint activities

**Is the cohabitation as you imagined it? (What is different?)**

Yes and no; would like more activities together

**How would you describe the current communication in your living situation?**

Good; communication via group chat and in the kitchen

**Are expectations clearly communicated?**

Yes

**How do you handle differing expectations?**

Address the person directly

**How would you describe your relationships with your housemates?**

Good. Friendly

**How do you deal with conflicts?**

Discuss them in the group chat (not everyone is always in the flat, but everyone can see it there)

**How do you handle forgotten tasks?**

Many tasks are left undone because some people aren't around often but they normally do not punish them too much. He normally quickly does the forgotten tasks himself

**Are there any wishes you have regarding your communication?**

No

**How do you handle shared spaces and tasks in your living situation?**

There is a cleaning schedule that rotates with different tasks

**How active are you when it comes to planning vacations? Is that a mental burden for you?**

Very active planning. Planning the vacation itself is not a mental burden, it is fun; only scheduling is mentally draining

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## **Household Work/Tasks**

### **How is the household work divided?**

Cleaning schedule (everyone agrees) with designated areas. Tasks alternate

### **Do you think the distribution of tasks is fair? Do others see it that way?**

Yes but sometimes people are not around and can't do their tasks. But It feels good to do something for the flat thus he would not consider it a mental load (especially since most tasks are so small that they are negligible).

### **Are you supported?**

Yes

### **How often do you notice things in the household that still need to be done?**

Many small things every few days

### **How do you deal with it?**

Either do it quickly or (rarely) tell the person who was responsible

### **How is it handled when something isn't done satisfactorily?**

Address the person directly

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## **Personally (e.g., estimates, product opinions, etc.)**

### **Are there things in the household or living situation that cause you stress?**

No; just would like to do more things together

### **Do you think of other reasons for mental load?**

Organizing get togethers (e.g., organizing a nice evening), but it's a good thing, thus it is not so bad

### **Can you estimate how large your share of the household planning is?**

It has changed over time; earlier, I was new and more withdrawn -> less involved; now, I'm an old-timer -> more involved (e.g. he created the cleaning schedule)

### **Can you estimate how large your housemates' share is?**

Some do less but there are also some that do more. But he does not get mad at people who do less since he was also like them before.

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## **Product**

### **Have you ever tried to track your work in household planning?**

No

**Do you think tracking mental load would be helpful?**

For him not. Everything he does more than is written in the cleaning schedule is mostly small tasks that are not worth tracking. However, It could help if many people don't do the tasks (this indicates a bigger problem and tracking could be a helpful tool);

But if not needed he would prefer not to use it, since it could lead to unnecessary conflicts.

**What aspects would you find interesting to see or share with others?**

Time invested

**Are there things that are often underestimated in task distribution?**

Planning usually takes longer than expected, especially looking for dates where all participants have time.