

# Summary

The interviewee is a mother living with her family. She does the most work in the household. The other family members contribute to the household, but she usually thinks about the important things. They don't plan that much, rather do one task at the time. The interviewee mentioned that the world situation and the environment could also cause mental load. She thinks that it wouldn't be very helpful to visualise mental load.

## General Information

**Do you work or study?**

Work (part-time)

## Living situation

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

3

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

15 years

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

family

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

6

## Cohabitation/Communication

**How would you describe your cohabitation?**

versatile, entertaining, emotional, familiar, self-evident

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

yes

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

human (sometimes misunderstood), clear, open

**Are expectations clearly communicated?**

not always, in the household rather clear

**How do you handle differing expectations?**

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

warm

**How do you deal with conflicts?**

talk, find solutions together

**How do you handle forgotten tasks?**

Then do the tasks

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

Communicate more clearly in some cases (expectations, etc.)

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

Tasks intuitively assigned, everyday things more to mom

## Household Work/Tasks

**How is the household work divided?**

Mom does everything, the others do the rest

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

Not really

**Are you supported?**

no, but actually no major planning

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

always

**How do you deal with it?**

Do one thing at a time, set priorities

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

redo, improve

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

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

Don't take things for granted

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

World situation, environment

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

100%, but not really planning

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

small, because no planning, but thinking along

## Product

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

no

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

no

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

how others do it, compare with others

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

Responsibility for certain things, e.g. doing the right shopping or making appointments