**Feedback Evaluation**

To gather feedback, we chose to use two different methods to evaluate the prototype on the basis of its strengths and weaknesses. We used a quantitative method to gather what the overall impression of the app was, and qualitative data to get specific feedback. We chose to gather feedback from University students aged 18-24, who would be the most likely to use this app. We had eight students who responded, three of which are women. Most students were between second and third year. Every student we gathered feedback from reported feeling overwhelmed with stress within the last year. These are exactly the demographic we hope to target with our app.

**Quantitative Data**

We asked four different questions, each with a rating out of five. The first question was “how would you rate this app in terms of usefulness?”. We received mixed results, but mostly positive. The most common rating was 3, with more responses above 3 then below. This indicates to us that the basic design of the app is good, but has room for improvement. The second question was “how would you rate this app in terms of engagement?”. This question is important because one of our core objectives is to have individuals use our apps consistently. Again, the most common rating was 3, with more responses above than below that. Unlike question one, we received no 5 ratings for this aspect of our app, demonstrating that we are not effectively reaching our target demographic as efficiently as we could potentially. The next two questions were “are you likely to use this app in your everyday life?”, and “are you more likely to use mental health services available on campus as a result of this app?”. Both these responses were troubling because they both received mostly average or below average responses. While the app rated better on the engagement response, people did not see themselves using the app on a day-to-day basis. Our app is missing a link between engagement, and encouraging people to use it regularly. While some students indicated that they were not any more likely to use mental health services, this could be a result of the fact that many of the respondents were not currently in a crisis, and therefore it is difficult to picture needing the services immediately. What we learned from this part of the survey is that while our central idea and engagement were rating highly, we have some work to do to get more people to use the app on a day to day basis.

**Qualitative Data**

In this section, we gathered comments about the app. We asked what was liked and disliked about the app, how it compared to the app design that we created during the storyboard that our current design, and overall general feedback. The people surveyed agreed that this app was an improvement on the previous iteration. Some of the positives aspect of the game were taking from feedback from the storyboard. Responders liked the layout, and the fact that you could rate your day out of five for numerical feedback for the users. What was not liked were the graphs and some of the colours used. The graphs were not liked because people found them to be confusing, and not explained very well. What we can learn from this is set up the graphs in such a way to make it more intuitive why they are there, and how they give the user feedback. Finally, the additional comments showed that we needed to refine our demographic a bit, and target them more specifically. Although the students surveyed indicated that had felt stressed, some of them did not feel that this app would be as effective as other strategies. This means that more research on the types of demographics to prefer this app is needed.