Post-Test Questionnaire for Doomscrolling Prevention Prototype

The following table outlines the post-test questionnaire for the doomscrolling prevention prototype. These questions are designed to measure perceived clarity, usability, comfort, and behavioral impact of the interventions tested during the paper prototype stage.

#	Question	Response Type	Motivation
1	How clear and understandable were the interventions (e.g., fading colors, soft timers, or pauses)?	Scale (1 = Not clear at all, 10 = Very clear)	Evaluate the perceptibility and clarity of calm-technology cues.
2	How likely are you to say that the system made you more aware of your scrolling habits?	Scale (1 = Not at all likely, 10 = Extremely likely)	Assess whether the intervention increases self-awareness of time spent.
3	How likely are you to find these interventions intrusive or distracting once implemented in a real app?	Scale (1 = Not at all likely, 10 = Very likely)	Gauge whether the intervention concept remains subtle rather than disruptive.
4	How intuitive did you find the interface layout and visual feedback?	Scale (1 = Very confusing, 10 = Very intuitive)	Determine perceived ease of interaction and interface learnability.
5	How likely are you to stop scrolling after noticing the gradual cues (e.g., color fading, brightness change, timer)?	Scale (1 = Not likely, 10 = Very likely)	Gauge the behavioral influence of the intervention.
6	Which prototype or combination of interventions (e.g., color fading + timer, timer + pause prompt) felt most effective to you?	Blank Space, Unstructured Interview Style	Compare the perceived effectiveness of design variations.
7	How confusing or inconsistent did you find the interaction flow?	Scale (1 = Very consistent, 10 = Very confusing)	Identify usability issues and user friction points.
8	How comfortable would you feel using this app for a longer session (e.g., 30+ minutes)?	Scale (1 = Not comfortable, 10 = Very comfortable)	Measure comfort and user tolerance for prolonged use.
9	How likely are you to find the dashboard or usage summary helpful in reflecting on your screen-time behavior?	Scale (1 = Not helpful, 10 = Very helpful)	Evaluate the reflective and awareness-building value of post-use summaries.
10	If you could suggest one improvement to the system, what would it be?	Blank Space, Unstructured Interview Style	Collect direct feedback for refinement of features and interactions.
11	How likely are you to recommend this type of system to your peers?	Scale (1 = Not likely, 10 = Very likely)	Gauge perceived usefulness and likelihood of adoption.
12	How would you describe your overall experience with the app?	Blank Space, Unstructured Interview Style	Capture qualitative impressions, emotional responses, and satisfaction.