Post-Test Questionnaire for Doomscrolling Prevention Prototype

Participant 1:

#	Question	Response Type	Response
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)	8
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)	7
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)	1
4	How intuitive did you find the interface layout and visual feedback?	Scale (1 = Very confusing, 10 = Very intuitive)	8
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)	9
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	Timer and monochrome
7	How confusing or inconsistent did you find the interaction flow?	Scale (1 = Very consistent, 10 = Very confusing)	1
8	How comfortable would you feel using this app for a longer session (e.g., 30+ minutes)?	Scale (1 = Not comfortable, 10 = Very comfortable)	8
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)	9
10	If you could suggest one improvement to the system, what would it be?	Blank Space, Unstructured Interview Style	Just the icons, maybe not the best representation of time

#	Question	Response Type	Response
11	How likely are you to recommend this type of system to your peers?	Scale (1 = Not likely, 10 = Very likely)	9
12	How would you describe your overall experience with the app?	Blank Space, Unstructured Interview Style	Pretty good

Participant 2:

#	Question	Response Type	Response
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)	10
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)	9
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)	5
4	How intuitive did you find the interface layout and visual feedback?	Scale (1 = Very confusing, 10 = Very intuitive)	8
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)	10
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	Monochrome, slow scrolling, and timer
7	How confusing or inconsistent did you find the interaction flow?	Scale (1 = Very consistent, 10 = Very confusing)	3
8	How comfortable would you feel using this app for a longer session (e.g., 30+ minutes)?	Scale (1 = Not comfortable, 10 = Very comfortable)	8

#	Question	Response Type	Response
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)	5
10	If you could suggest one improvement to the system, what would it be?	Blank Space, Unstructured Interview Style	For Brightness, add blue light or a warm tone.
11	How likely are you to recommend this type of system to your peers?	Scale (1 = Not likely, 10 = Very likely)	10
12	How would you describe your overall experience with the app?	Blank Space, Unstructured Interview Style	It was good

Participant 3:

#	Question	Response Type	Response
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)	10
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)	9
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)	1
4	How intuitive did you find the interface layout and visual feedback?	Scale (1 = Very confusing, 10 = Very intuitive)	10
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)	8
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	Monochrome and timer

7	How confusing or inconsistent did you find the interaction flow?	Scale (1 = Very consistent, 10 = Very confusing)	2
8	How comfortable would you feel using this app for a longer session (e.g., 30+ minutes)?	Scale (1 = Not comfortable, 10 = Very comfortable)	10
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)	9
10	If you could suggest one improvement to the system, what would it be?	Blank Space, Unstructured Interview Style	I would like to have the home and controls next to each other, and I would like to be able to set the timer count up or down.
11	How likely are you to recommend this type of system to your peers?	Scale (1 = Not likely, 10 = Very likely)	9
12	How would you describe your overall experience with the app?	Blank Space, Unstructured Interview Style	It was good, and I like that I can choose, and the platform has a cute interface.