

10. On a scale of 1 (hate) to 5 (love), how much do you enjoy this stress reduction exercise?

	1	2	3	4	5	N/A Have never tried
Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creative Art	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guided Imagery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tai Chi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Qi Gong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CBT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Question - Would users have an option to add the activities that they perform apart from the ones mentioned in this list during the register? (We see that once the practice calendar is generated, there is a way to add self-care activities)

Recommendation

- Option to make users add their self-care activities during registration so that we can collect personal preference information of scale and this information can be gathered as a free-text. Once users' information is accumulated enough, we could analyze this text data to add and keep updating new personalized activities based on users' preference.

11. How long have you been using the techniques from the previous question for stress reduction?

- ☐ I haven't used any of these techniques before ☐ Less than one month ☐ One - three months ☐ Four - six months
- ☐ Seven - twelve months ☐ More than twelve months

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12. How often do you use the techniques from the previous question for stress reduction?

- ☐ Every day ☐ A few times a week ☐ Once a week ☐ A few times a month
- ☐ Once a month ☐ Less than once a month ☐ Never

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These questions are general to all the activities, but when we tried to think from the user's perspective, we came to think of the activities to be independent and a user would have performed a particular activity in a timeline that is independent from another activity. Would it make more sense to add these questions as additional columns in the previous question so that each activity has its own answer.

Our understanding is that by doing this, the recommendation algorithm can include more precise information for each activity separately by including the features like 'duration' and 'frequency'.

13. On average, how often each week do you want to use Neolth?

- ☐ Two days ☒ Three days ☐ Four days ☐ Five days

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It might be helpful for users to have little more flexibility to choose how often they want to use Neolth such as 'Everyday', 'Once a Week' and so on.

Question - Our understanding from this question is that if a user chooses 3 days, they prefer to use the application 3 times a week and so the practice calendar is generated with tasks spaced between 3 days a week. However, we are not sure if we observed the same in the practice calendar.

14. What is your main goal for using the Neolth platform?

- ☐ I want to reduce my stress ☒ I want support with a mental health condition ☐ I want support with a chronic health condition ☐ I want to optimize my health

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Our understanding from a users' perspective is that there is a possibility for a user to use the application for more than one reason. Would it make more sense to convert the radio buttons as multi-select drop down or check boxes?

Add Self-Care Activity

May 2020

month

list

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Breathwork

Guided Imagery

Creative Art

CBT

Meditation

Journaling

Mindfulness

Self-care

After completing the form, the practice calendar was empty.

Question - Is there a way to go back to the form and check if something went wrong while filling in the information?

Also, Katherine mentioned that there is a way to move an activity from one date to another (in case the user is not able to complete that activity on that day). We tried to move the activity around in the calendar, but failed. Is there any other way to move them?