

Mindful User Manual

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1. Prerequisites

a. Chrome Browser

To install the application “Mindful”, you will need to have the Chrome Browser installed. You can download it from here: <https://www.google.com/chrome/>. Follow the instructions provided by Chrome to install it properly.

b. Activating Chrome Developer mode

To be able to install the extension, you will need to enter the following url: `chrome://extensions`, and activate developer mode, which is located on the top right corner of the screen.

2. Installation

a. Download

You can download the extension from the following link:
<http://www.ece.mcgill.ca/~smouss16/hci/mindful-master.zip>

b. Extract

Once you have downloaded the zipped folder, you will need to extract the folder “mindful-master” from it and place it anywhere on your computer.

c. Load

To load the extension on your Chrome Browser go to the url “`chrome://extensions`” and press the button “load unpacked” on the top left corner. Then, select the folder “mindful-master” that you previously extracted and load it to chrome. You should now see the extension on the top right corner of your screen, where Chrome extensions are shown.

3. Usage guide

a. General usage

The application Mindful allows a user to add a website that they deem distracting to a list of “blacklisted” websites. Then, whenever the user accesses one of these websites, they get asked to answer a challenging question before accessing the website. This question intends to keep the user mindful of their behavior, while also learning something new.

b. How to Access the Settings

To access the settings, you will need to press the extension button on the top right corner of your chrome browser, indicated by the logo “M”. If you don’t see the button there, click the three dots button in the top right of chrome, and you will find it in the popup.

i. How to change question settings

You can change the “Programming Language” and “Difficulty” of the questions directly from the settings page simply by using the dropdown menu.

ii. How to change question set

To change the question set, you can press the “Questions” button in the settings, which leads you to a page where you can change the “Type” of the questions, the “Repeat Interval”, which is the amount of time elapsed on a website until you get prompted to answer a question again, as well as the “# of Questions”, which is the number of questions you have to answer every time to access the website. To get this information, the user can hover over these settings.

iii. How to add a website to the blacklist

To add a website to blacklist, you will need to access the settings page and click the “Blacklist” button. From here, you can add a website to the blacklist by entering the URL in the box, and pressing the button “Add”. (functionality not implemented yet, currently only works with facebook.com, messenger.com, and reddit.com)

c. How to Answer questions

To answer a question, simply press the answer you think is appropriate for the question from the list of possible answers.

i. What to do once you answered the question

When you answer a question, the application will indicate in green the correct answer, and in red if you answered wrong. You will then be prompted to either answer another question by pressing “Another Question” or to access the website you were trying to access by pressing “Access Website”.