National University of Computer and Emerging Sciences
- FAST
Computer Science Department

Course Project Milestone 3

User Experience Engineering

Team Name Inner Peace

Team Number AO3

Group Members

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Syed Adil Hassan 17i-0096

Zainab Aftab 17i-0225

Submitted To

Dr. Amna Basharat

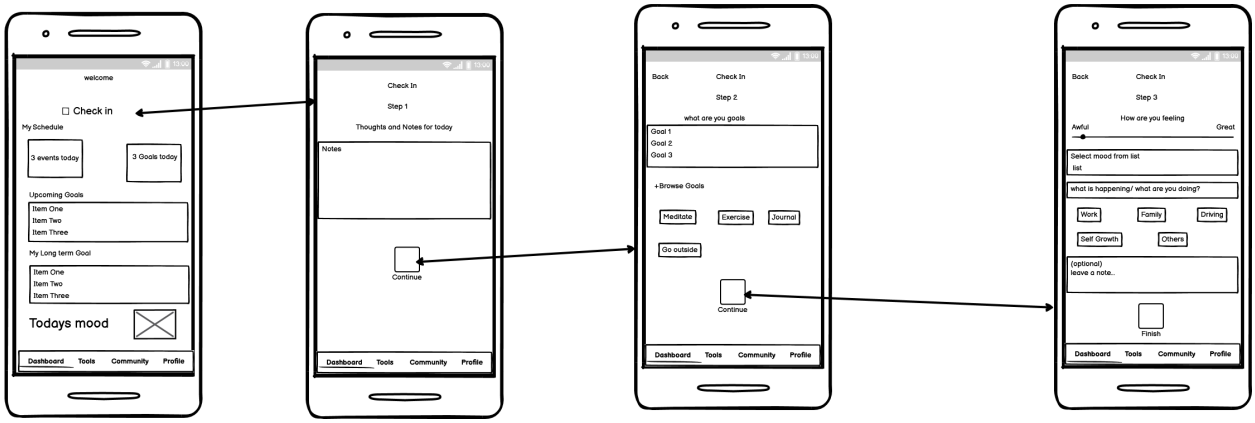
Submission Date

9/Nov/2020

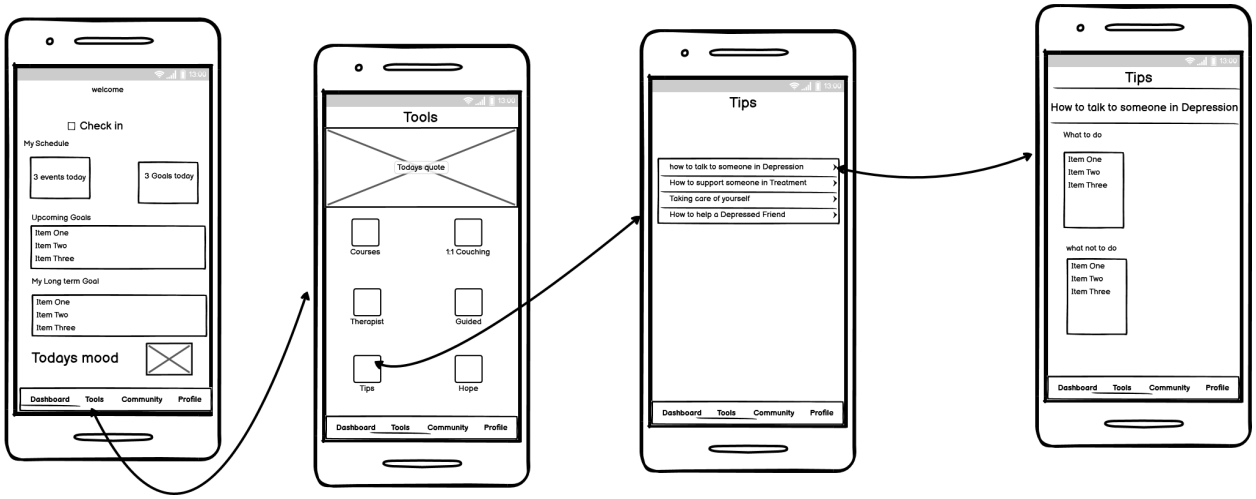
Section 1: Key wireframes Key navigation flows

Key Wireframe

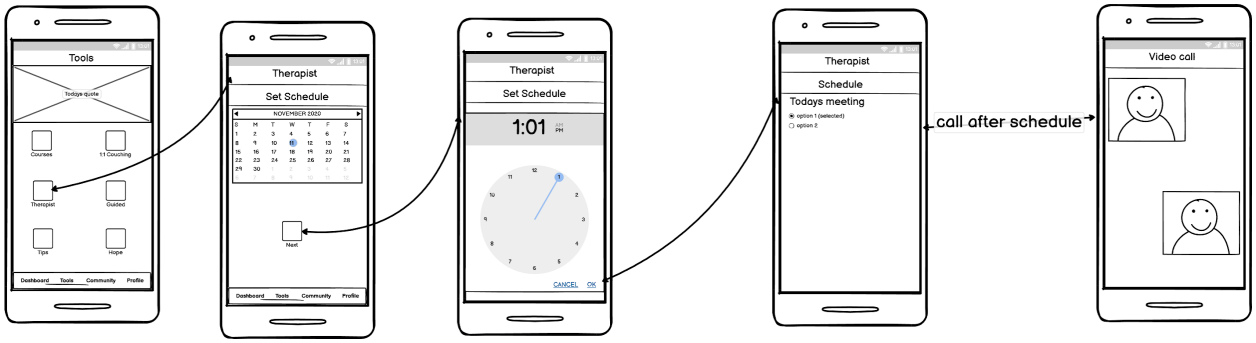
Flow 1



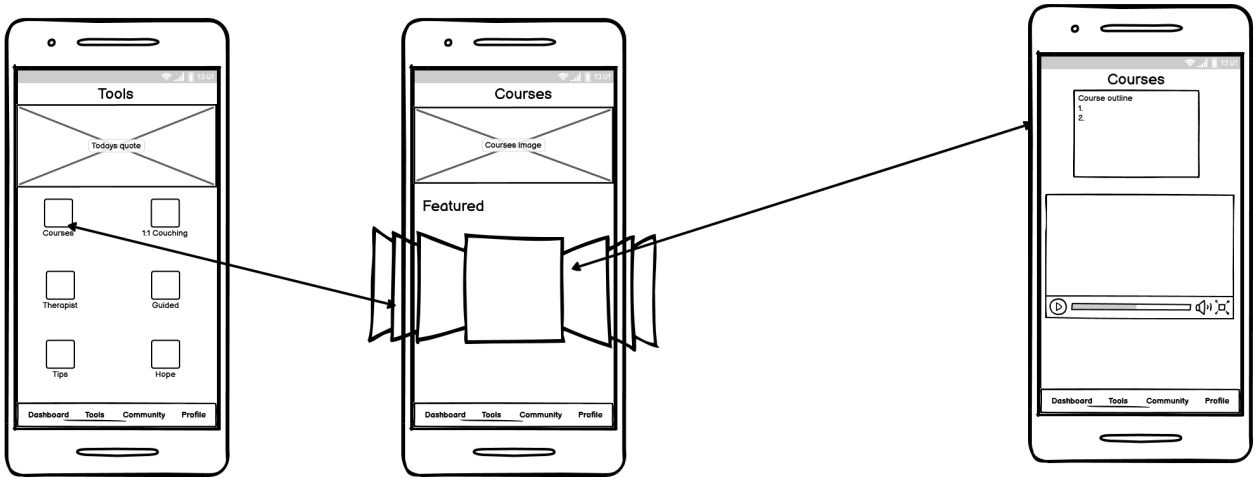
Flow 2



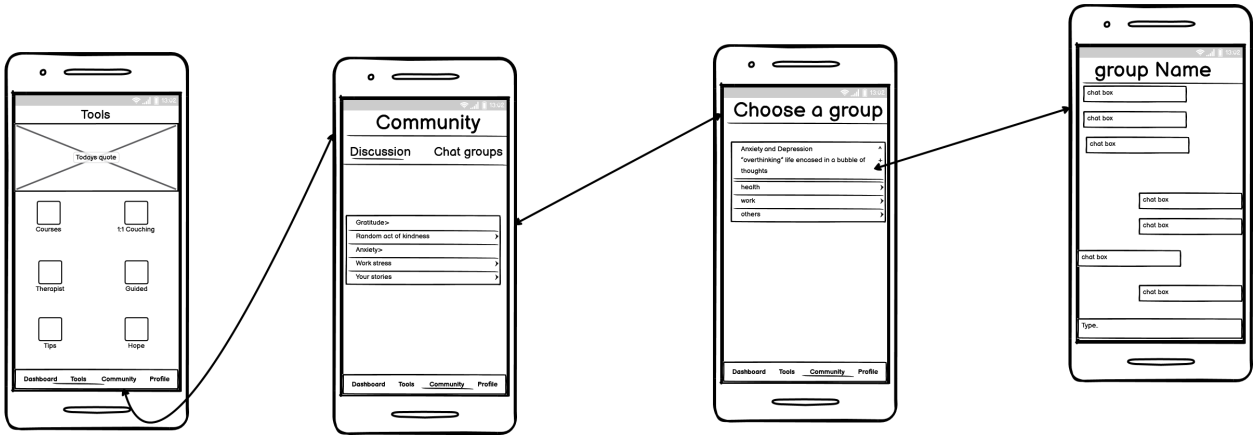
Flow3



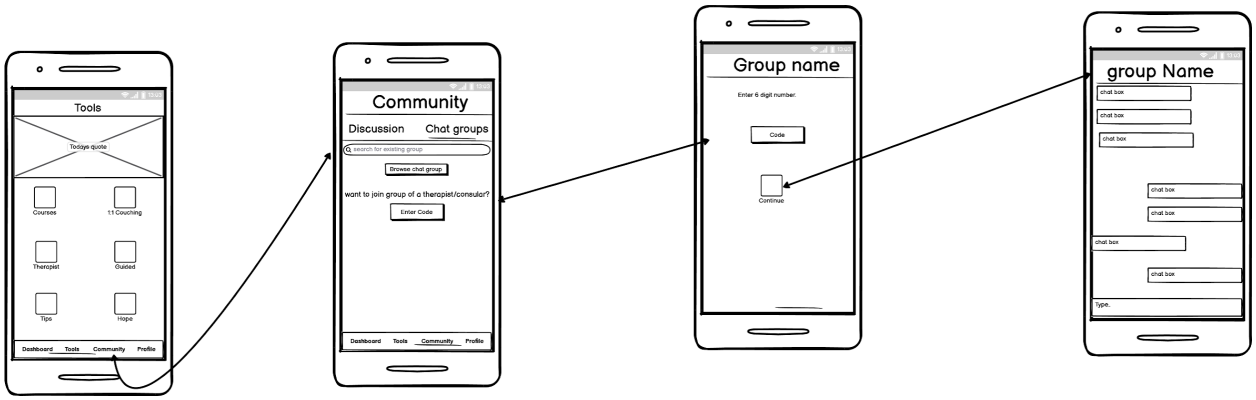
Flow4



Flow 5



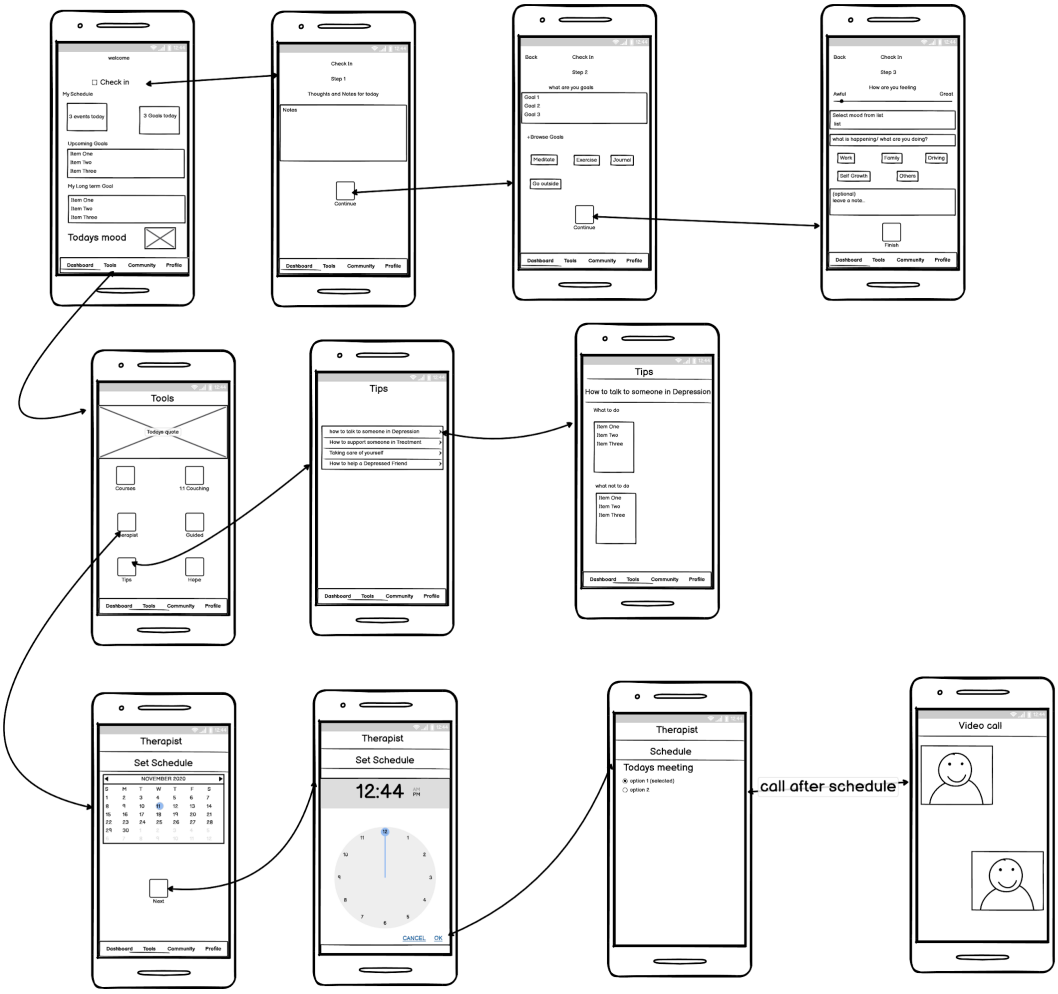
Flow 6



Note:

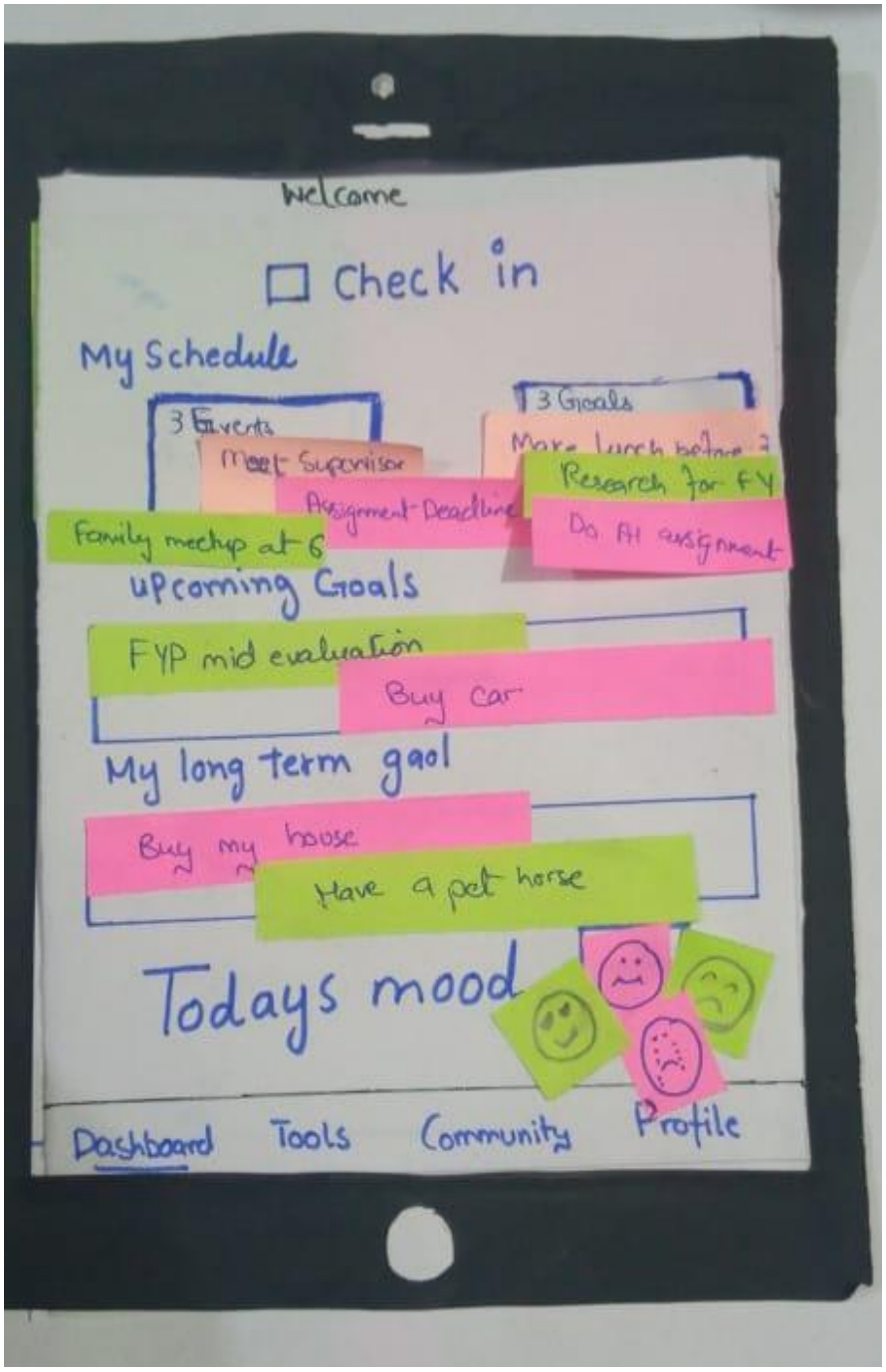
All screens will be in a zip file.

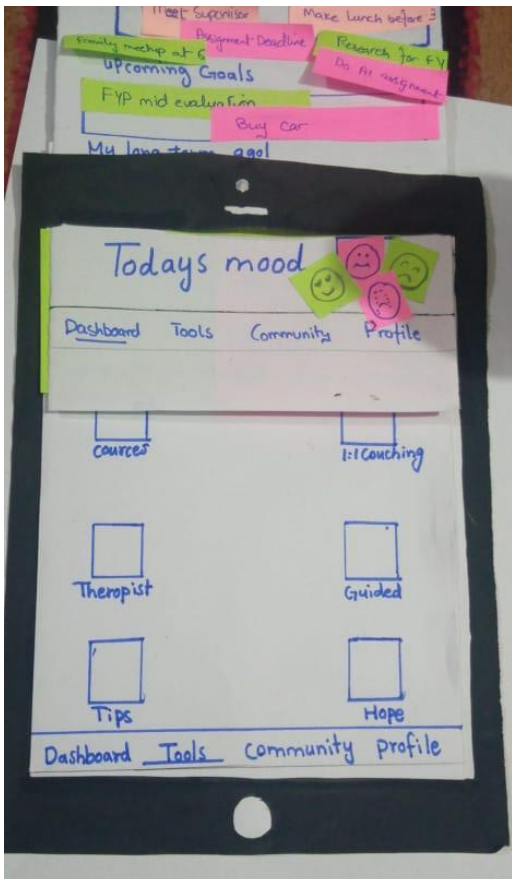
Navigation Flow

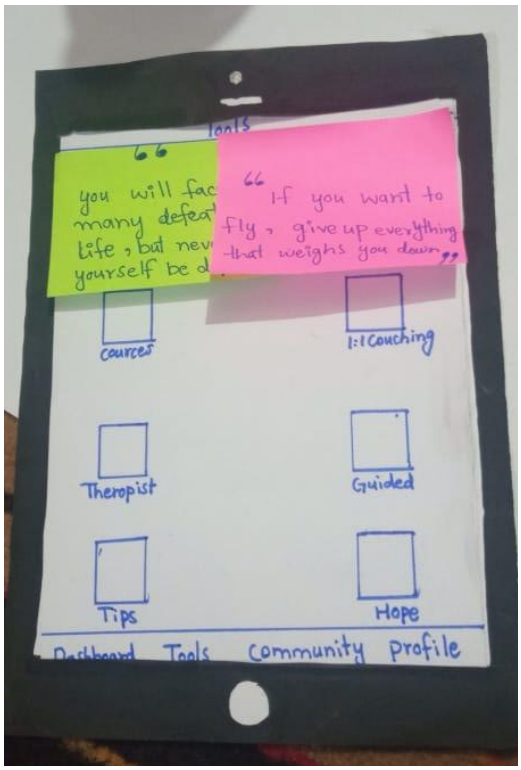


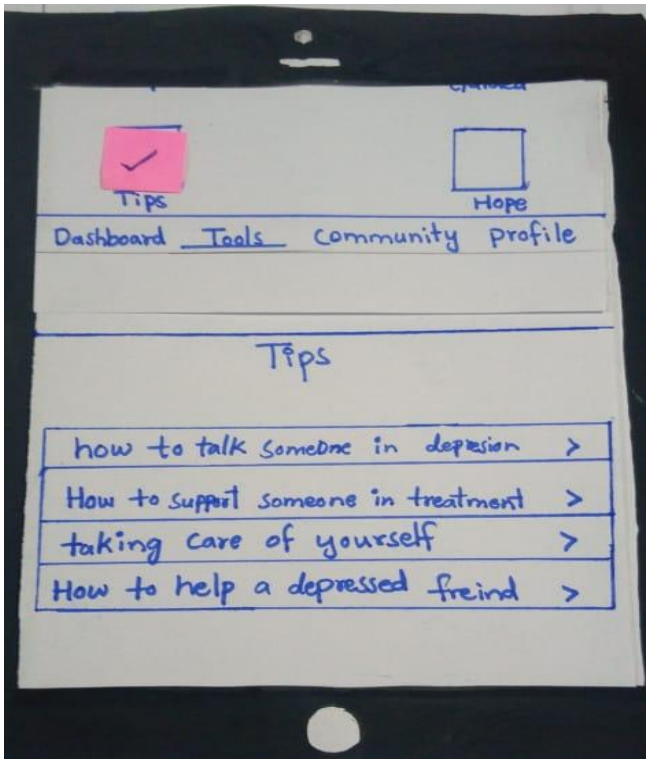
Section 2: Low-fi prototype

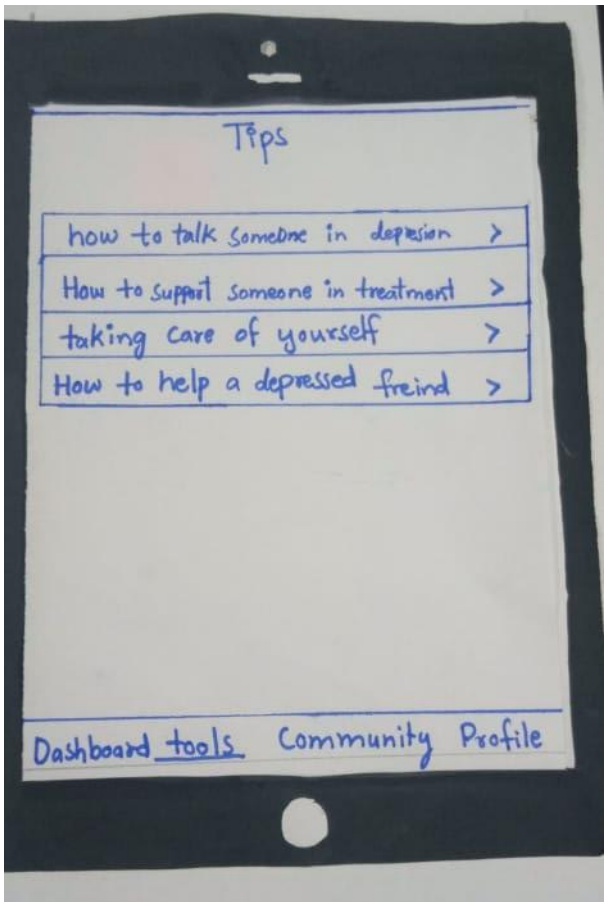
1.Get Tips

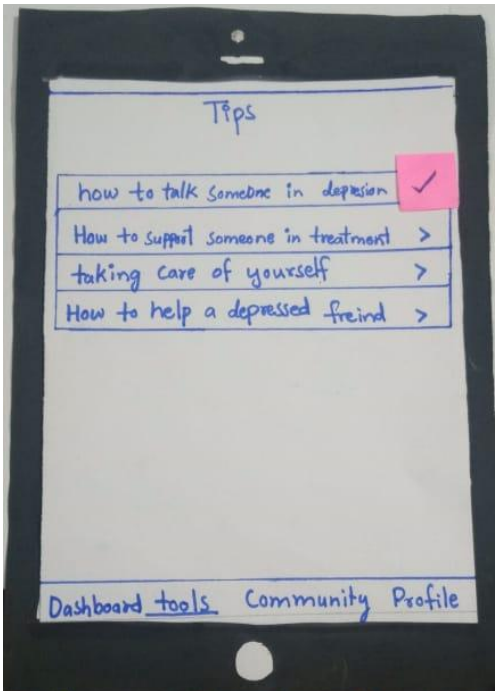

Welcome
Check in
My Schedule
3 Events
Meet Supervisor
Assignment Deadline
Family meetup at 6
3 Goals
Research for FYP
Do AI assignment
upcoming Goals
FYP mid evaluation
Buy car
My long term goal
Buy my house
Have a pet horse
Todays mood
Dashboard
Tools
Community
Profile

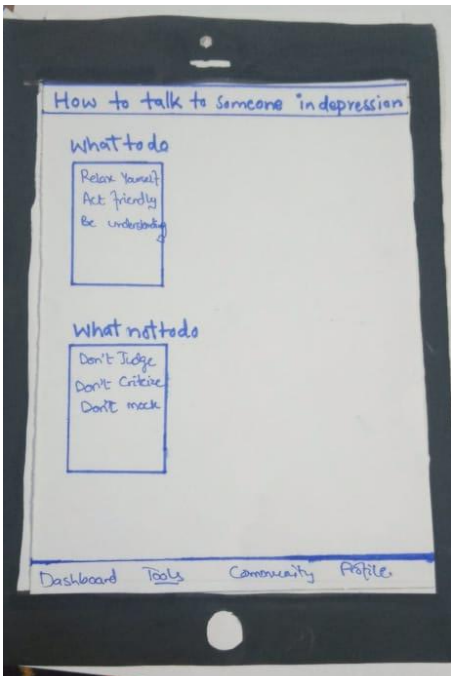

Meet Supervisor
Make lunch before
Assignment Deadline
Research for FYP
Do the assignment
Upcoming Goals
FYP mid evaluation
Buy car
Todays mood
Dashboard Tools Community Profile
courses
1:1 Couching
Theropist
Guided
Tips
Hope
Dashboard Tools community profile


you will fac
many defeat
life, but nev
yourself be d
"If you want to fly, give up everything that weights you down"
courses
1:1 Couching
Theropist
Guided
Tips
Hope
community profile

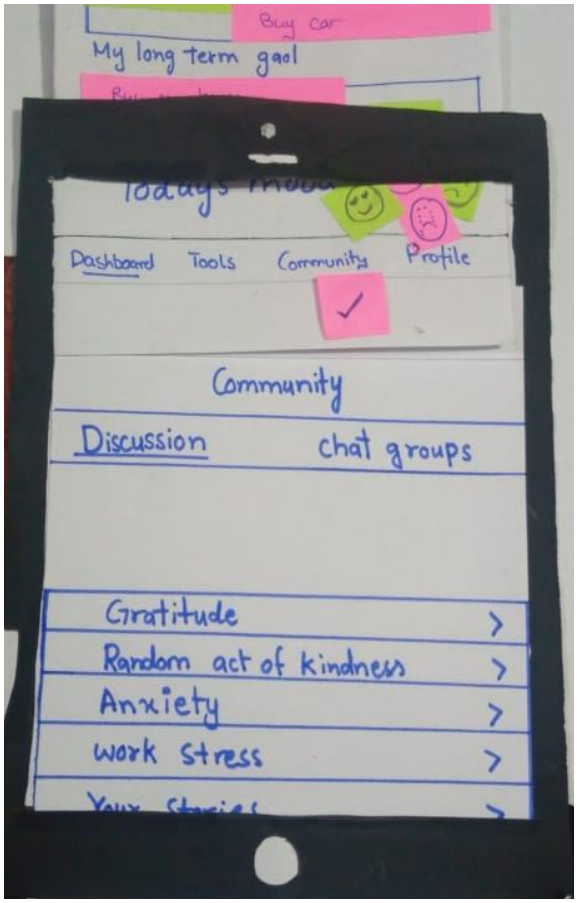

Tips
Hope
Dashboard Tools community profile
Tips
how to talk someone in depresion >
How to support someone in treatment >
taking care of yourself >
How to help a depressed freind >

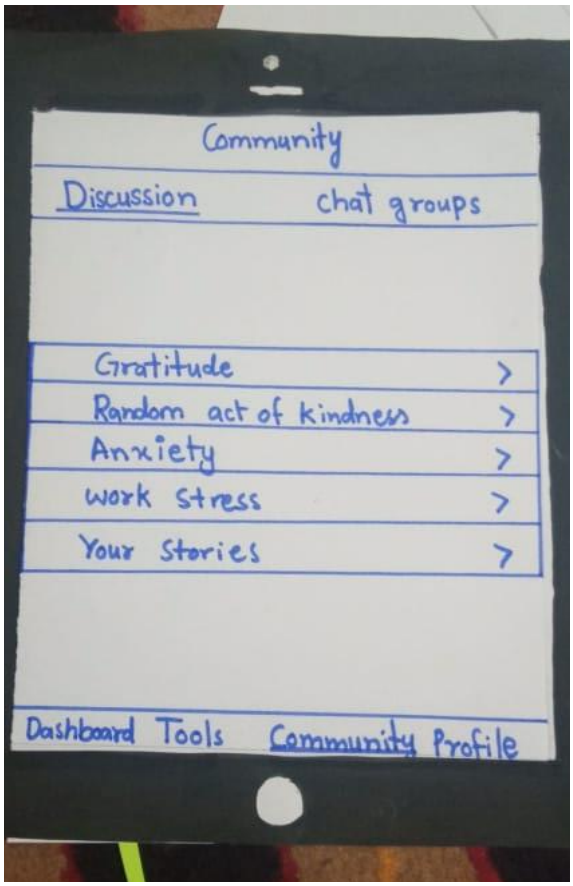

Tips
how to talk someone in depresion >
How to support someone in treatment >
taking care of yourself >
How to help a depressed freind >
Dashboard tools Community Profile

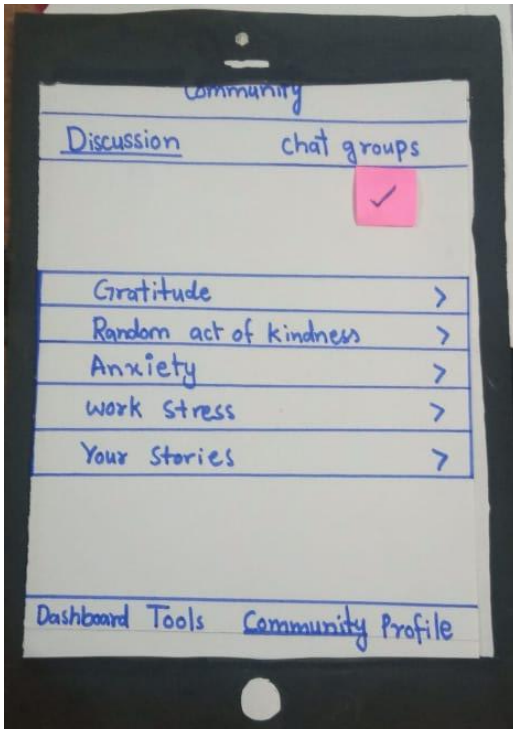




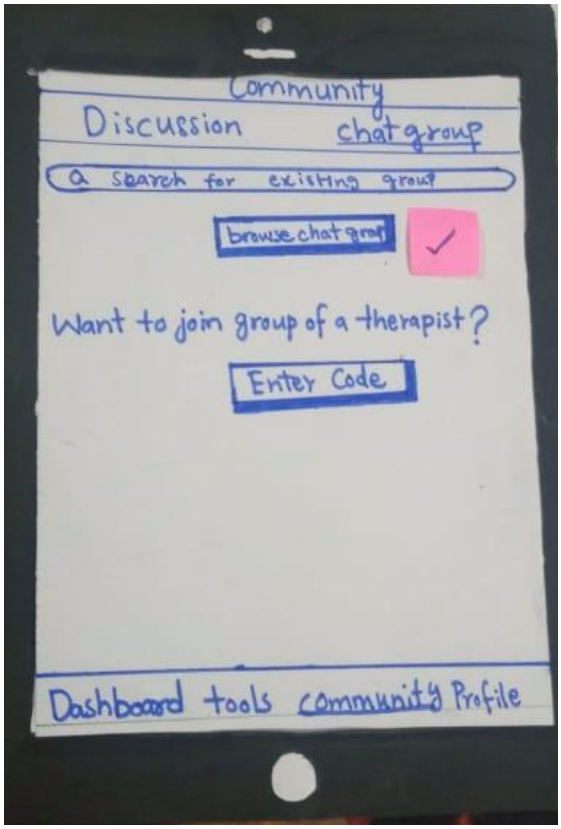
2. Community Discussions

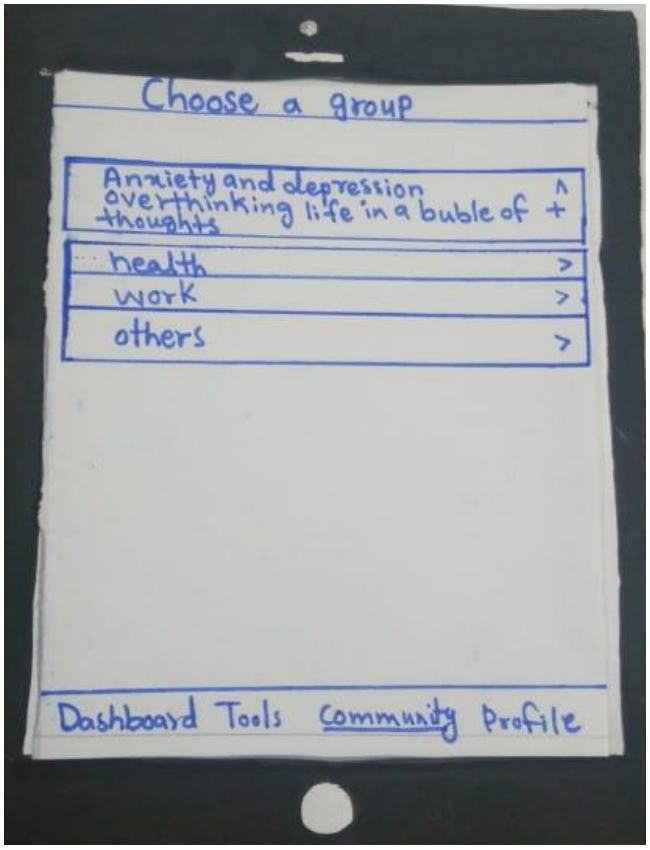

Buy car
My long term gaol
Dashboard Tools Community Profile
Community
Discussion chat groups
Gratitude
Random act of kindness
Anxiety
work stress

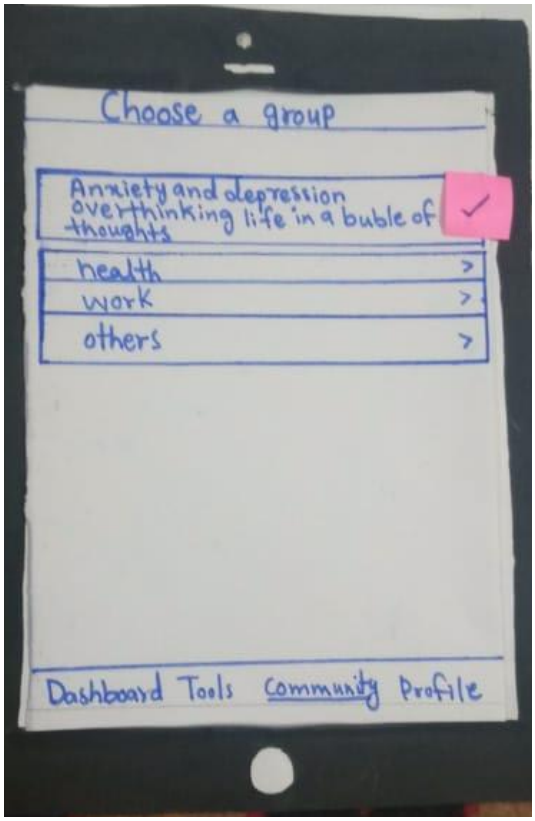

Community
Discussion chat groups
Gratitude
Random act of kindness
Anxiety
work stress
Your Stories
Dashboard Tools Community Profile

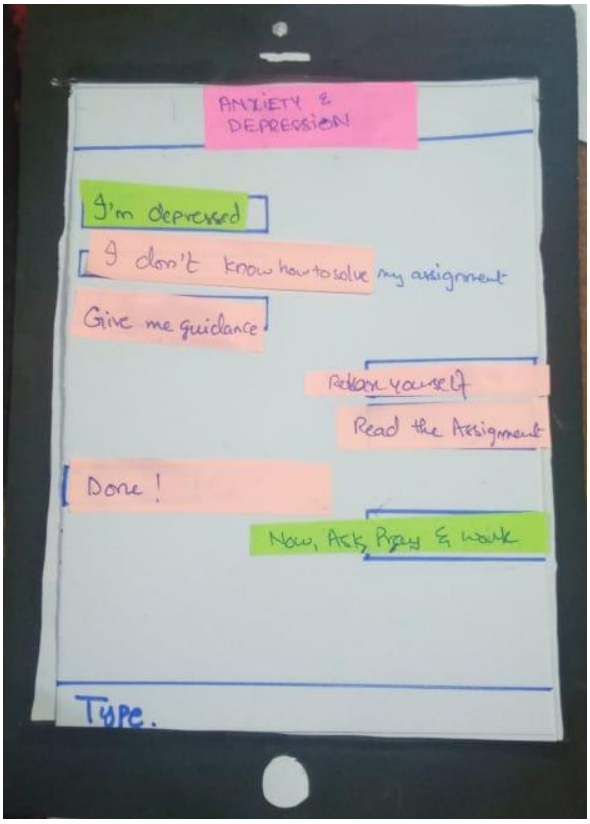

Discussion chat groups
Gratitude
Random act of kindness
Anxiety
work stress
Your Stories
Dashboard Tools Community Profile

3. Community Chat in groups:

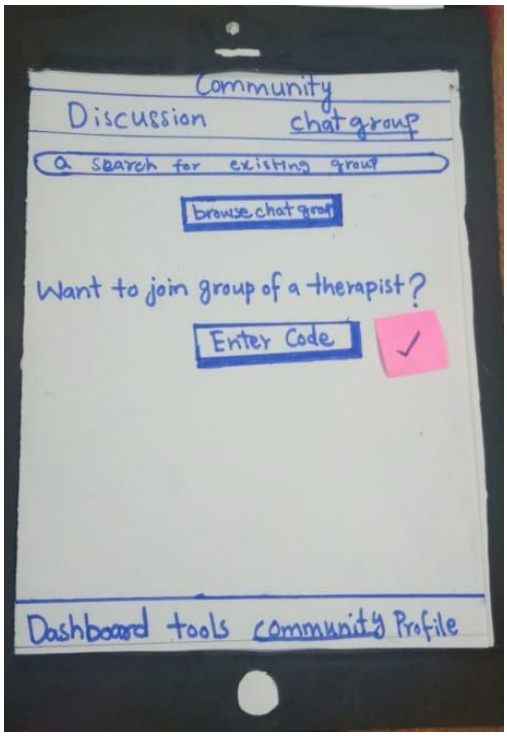


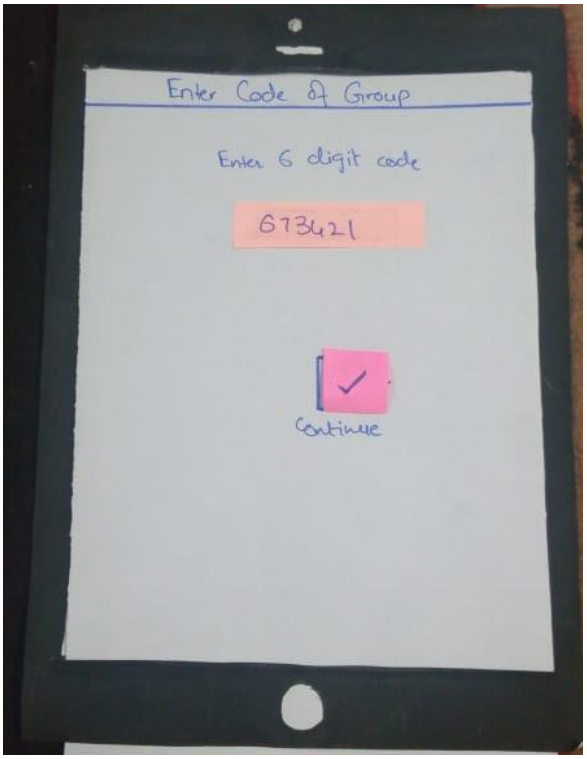

Choose a group
Anxiety and depression overthinking life in a buble of thoughts
health
work
others
Dashboard Tools Community Profile

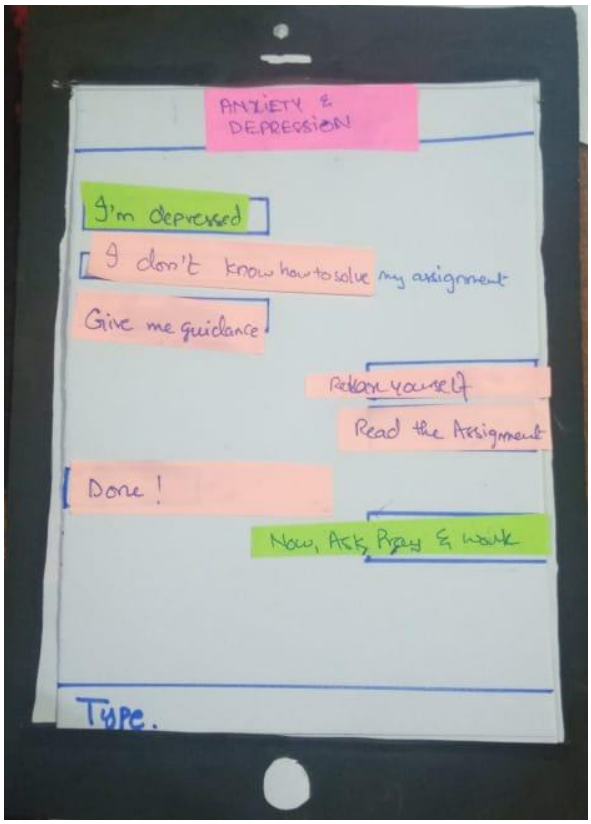

Choose a group
Anxiety and depression overthinking life in a buble of thoughts
health
work
others
Dashboard Tools community Profile


ANXIETY & DEPRESSION
I'm depressed
I don't know how to solve my assignment
Give me guidance
Relax yourself
Read the Assignment
Done !
Now, Ask, Pray & work
Type.

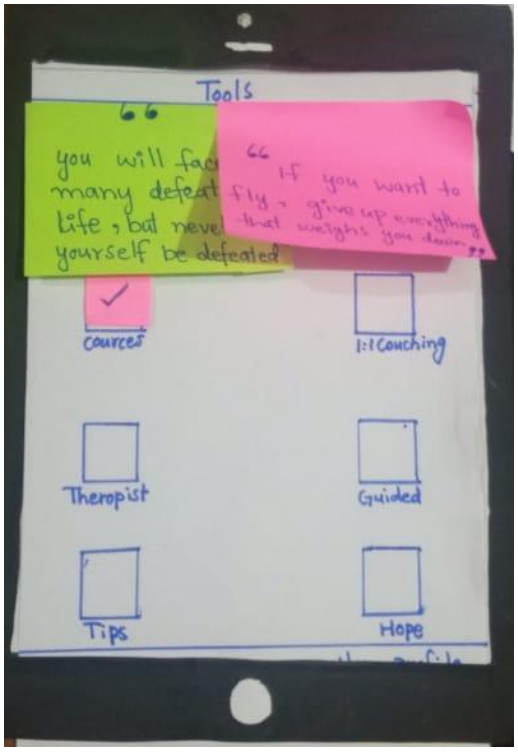
4. Enter a new Group with code

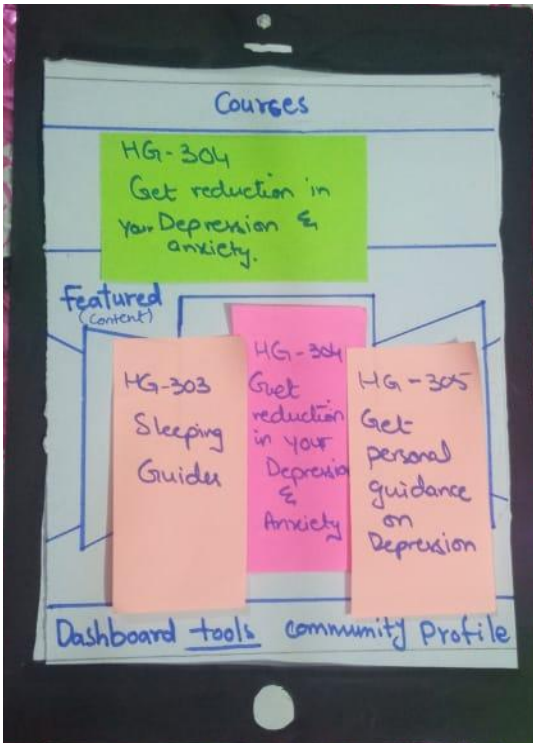


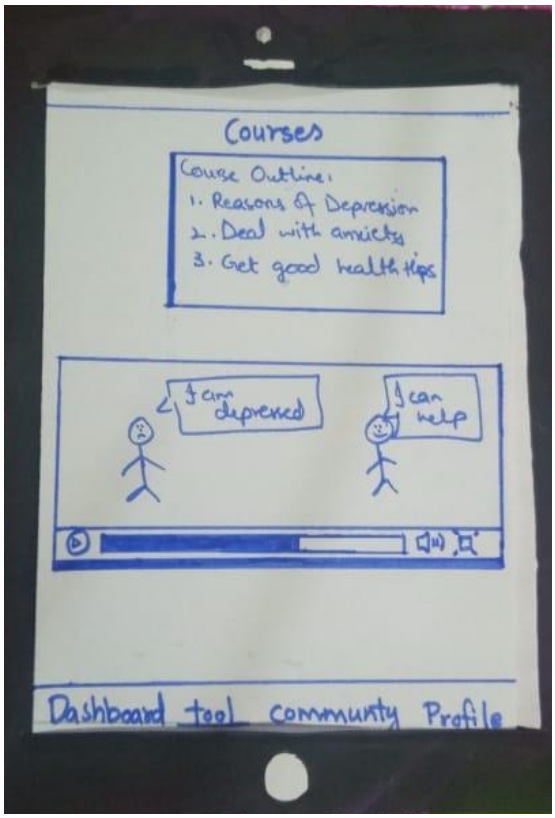




5. Courses


Tools
you will fac
many defeat
life, but neve
yourself be defeated
"If you want to fly, give up everything that weighs you down"
Cources
1:1 Couching
Theropist
Guided
Tips
Hope


Courses
HG-304
Get reduction in your Depression & anxiety.
Featured (Content)
HG-303
Sleeping Guides
HG-304
Get reduction in your Depression & Anxiety
HG-305
Get personal guidance on Depression
Dashboard tools community Profile


Courses
Course Outline:
1. Reasons of Depression
2. Deal with anxiety
3. Get good health tips
I am depressed
I can help
Dashboard tool community Profile

Section 3: Test design and Test materials

User Test Plan:

A description of the test, including high level goals, recruiting criteria, components of the test, and sequence of activities for the test sessions. This document should also include the specific task instructions that you will give to users.

AIM:

Our main aim of conducting this user test was to get the feedback from the potential users those were our testers. We aim to test the usability of our application to how much extent user friendly it is and how easily user can interact with the application

Recruitment Criteria:

To identify these users first of all we recruited the people from which we interviewed in our milestone 3 and we further selected those people who were in favor of application and had knowledge of using an application over a mobile phone.

Components of the application testing:

Our components (features) of application for tests include:

- Get tips
    - In this module we created a prototype and tested how a stressful person will get some tips in his anxious and stressful situation to get ease the test includes
        - The outcome of the user tapping and clicking the the “Tips” bar and will select a question that suits his need and a pop up will appear of how and what to do in their scenario
- Community discussions groups
    - In this module user was tested based on their problems and relevant support groups in which
        - User will be able to enter any group by tapping the bar mentioning and discuss his or her issue with the group

- Enter a new group with code
    - Provided a code user will be able to enter a new group
        - User will enter a new code in the text field and and will hit the continue button and user will land on the chat window of the group
- View the list of available of courses

For our test sessions we took appointments then we passed some testing instructions, the forms and asked them to sign them, and then the module to test and observe the user testing.

Consent Form:

User Testing Consent Form

Description:

- I **Waqar** deliberately consent to take part in this observation study.
- I know that regardless of whether I consent to take an interest now, I can pull out whenever.
- I have had the reason and nature of the test disclosed to me recorded as a hard copy print and I have had the occasion to pose inquiries about it.
- I consent to my meeting being sound recorded and video recorded for full observation.
- I comprehend that all data I accommodate this examination will be dealt with confidentiality.
- I comprehend that my personality for the test will be anonymous.
- I comprehend that hidden observations might be cited in the report for the observation purposes.

Declaration for the User:

Any type of confidentiality will be maintained furthermore you reserve the right to retreat at any time. We urge you to kindly read carefully before signing.

Signature/Date **Waqar / 27.11.2020**

Usability Logging Sheet:

Participant:_____ **Logger:** _____	**Date: _____**	**Starting Time: _____**
Time	**Event**	**Comments/Notes**

User Test Script:

Script is termed as :
Hey, my name is Adil/Aadil/Zainab,

Much obliged to you such a great amount for setting aside some effort for this usability test. Today we'd like you to assist us with the understanding of our application “Feel Better”

We need your assistance to comprehend the application "Feel Better" which results in establishing a healthy environment in your life by giving the capacity of asking help from Support groups or professionals.

Along these lines, we'd like you to do a few assignments utilizing this application and gather your input. Explicitly we'd prefer to know whether the said highlights function are admirable for you or not. Your criticism will assist us with figuring out how we can improve this application.

Before we start, here are things we'd like you to know. Most importantly, we're trying the application yet not you. There's nothing you can mess up. So don't stress over doing any missteps. In the event that you can't get something to work, or you believe there's anything broken or off-base or unusual or befuddling, it isn't your issue however the application's missing features. Kindly let us know precisely your opinion of the application. You can be straightforward. You won't offend anyone in the event that you say something awful regarding it. This is really why we are carrying you here today to tell us which highlights of the application don't work admirably.

Furthermore, I'll request you to mention what errands utilizing the site. After you start, if it's not too much trouble attempt to zero in on the undertakings, however I may ask you a couple of questions during the test. You can likewise ask me, yet I will be unable to answer every one of them, since we're attempting to observe what individuals do when there's no application professional close to them. Be that as it may, I'll attempt to respond to questions you actually have when we are finished. As we come, I will request that you verbally speak up some times if it is easier for you, which implies that you talk the entirety of your considerations while you're utilizing the application features, for instance: what you're seeing, what you're attempting to do, what you're doing and thinking, why you're doing that way. On the off chance that you can't figure out how to finish a task and you believe you're trapped, tell us and you can proceed onward to the following one.Kindly mention it after completing every assigned task. Do you have any inquiries for us before we start?

Pre-Test Questions:

- Welcome on board how are you feeling?
- Can you give us this much time to carry out our user test
- If you have any questions before the test you may ask

Post-Test Questions:

- It was so nice to had you on board
- We look forward to your cooperation and using our application in future with further clearances
- We will do our best to protect your information as per our agreement
- So nice of you Regards.

Post-Test Questionnaire:

Participant Name:

Date:

System Usability Scale:

SUS		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.	I think that I would like to use this website frequently.	☐	☐	☐	☐	☐
2.	I found the website unnecessarily complex.	☐	☐	☐	☐	☐
3.	I thought the website was easy to use.	☐	☐	☐	☐	☐
4.	I think that I would need the support of a technical person to be able to use this website.	☐	☐	☐	☐	☐
5.	I found the various functions in this website were well integrated.	☐	☐	☐	☐	☐
6.	I thought there was too much inconsistency in this website.	☐	☐	☐	☐	☐
7.	I would imagine that most people would learn to use this website very quickly.	☐	☐	☐	☐	☐
8.	I found the website very cumbersome / awkward to use.	☐	☐	☐	☐	☐
9.	I felt very confident using the website.	☐	☐	☐	☐	☐
10.	I needed to learn a lot of things before I could get going with this system.	☐	☐	☐	☐	☐

Appendix:

1. **Updated Project Brief**

1.1) Description:

Every person in their life is dealing with one or another kind of stress or depression issue. Young adults who are currently enrolled in universities and colleges have issues like proper career selection, they may not consider their field as to where they belong to and other such studies or career-related issues that need to be addressed. A problem within a family can also cause a person to suffer from mental illness. Bypassing such issues creates confusion and anxiety in a person's mind which if not resolved on time becomes part of their personality.

Research has shown that people in this age group (18-25) who meet the criteria for a disorder do not receive required treatment. They do not reach out for help because of the thought of what people around will think about them. All of these issues lead to high-level psychological problems and this eventually triggers the thought of suicides and personal physical torture.

Our aim is to provide adequate support for people suffering from stress, anxiety, depression, and minimizing the effect of these issues on their life.

1.2) Preliminary Overview

Currently different ways are adopted by the people to cater and cure their mental health problems. Right now there are certain websites that contain information and soothing content to help people cope with their mental health problems. These contain some music and motivational talks. Apart from these, people with severe mental health problems often get therapy sessions with the therapists and psychiatrists to get themselves consoled. These therapies often include long extensive talks to dig out the problem of the patient. In some severe cases often medicines are the last resort. Currently anti- anxiety pills are the most demanding and selling product in the market as this is the most common problem for today's people.

1.3) Requirements

A list of features/capabilities of our system that will help our user in their journey towards a healthy life.

- Provide clinically validated techniques to help manage the user's moods and thoughts, so they can understand what works for them to feel better.

- Daily mood tracking, Guided Journeys, coping tools, meditations, and progress assessments help them find relief when they need it and feel better over time.

- Find a fresh perspective in a judgment-free space. Anonymously participate in active discussion boards and chat groups in the FeelBetter community, exploring a diverse range of topics from stress relief techniques to words of encouragement and gratitude. Users are in charge and surrounded by peer insights—a simple way to feel less alone.

- Provide direction, support, and motivation through one on one messaging, group coaching sessions and live classes that can help them apply the concepts of (cognitive behavioral therapy) CBT to real life.

- Allow our user to speak to a licensed therapist from the comfort of their couch with live video sessions on the phone, tablet, laptop, or desktop.

Summary of work division

Work	Aadil	Adil	Zainab
Section 1: Key wireframes Key navigation flows	✔	✔	-
Section 2: Low-fi prototype	-	✔	✔
Section 3: Test design and Test materials	✔	-	✔