



Course Project Milestone 4

User Experience Engineering

Team Name Inner Peace

Team Number AO3

Group Members

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Submitted To

Dr. Amna Basharat

Submission Date

30/Nov/2020

Section 1: User Test Report

1. Introduction

The user test plan was established to test and evaluate the usability of the application "Feel Better". Feel Better is a remedy for the depressed and stressed out people, and provides courses and help from certain sources to get themselves at ease. The user test was designed to test some of the key points from the application for the users.

Key Questions:

1. Determine the interactivity of the application to get some tips in the stressful mode
2. How well the application respond to the user in need of the community discussion group
3. Does the steps prescribed to enter the user's mood for checking in the app ample and satisfactory for the user

Motivation

We believe that our online application helps to motivate the depressed and stressed people and we want to know if the user gets the help successfully with satisfaction and our application responding to it accordingly with in the best possible time

2. Methods

The tests were conducted online and were provided the adobe xd link for completing the user tests. Furthermore each user was also asked to come online on google meet and we shared the task instructions to the user for the test.

Target Population

The target population was the youth of the age in between 18-25 who suffered from this problem the most. We specifically recruited the suffering students of FAST University.

Recruitment Method:

Figuring out the most stressed people around us by observing the close students and who were stressed

Recruitment Criteria:

A stressed out individual who has been through stress or anxiety and needs some relief but was reluctant to share with people in person and needs and support online material for the consolation. A person who is familiar with using any kind of mobile applications.

Summary of the Participants

User ID	Details	Task 1	Task 2	Task 3
1	17th Batch student who went through a lot of stress in early phases of university	✓	✓	✓
2	17th Batch student who gets some medications and is stressed out due to the pressure and stress university puts up	✓	✓	✓
3	A 16 Batch Senior who was a bit unaware of any kind of stress relief applications and was on therapists sessions last year	✓	✓	✓
4	17th Batch - Application Creator and a android application savvy, with an experience of a stressful month	✓	✓	✓

Instruments

Prototype on Adobe XD with a link to the prototype test of the application

- **Task 1 ,2 ,3, 4:**

<https://xd.adobe.com/view/a0dc946b-672a-4d16-877f-8f1be11de36d-f58f/?fullscreen>

- **Interview and observe through Google Meet**

- **Consent Form as defined (Appendix)**

- **Test Script (Appendix)**

- **3 Tasks**

- Task 1: Checking in and Getting Tips based on the current user mood
 - You are completely stressed out and want some tips to get out of this state of mind and you have an application named "Feel Better" destined to give you some tips in the stressed time. First you have to check in the application and tell application of your current mood
- Task 2: Getting into the Community discussion group
 - You are stressed out and want to speak to someone who has suffered the same as the way you are suffering right now. You will have that support group to talk to and get things at ease
- Task 3: Getting and view the list of available courses
 - You are going through some mental anxiety issues and want some experts to address your problem so you have a some courses related to anxiety and stress which you can watch and relieve yourself
- Task 4: Getting inside a Community discussion group by a given code
 - You have a certain problem and your friend who is using "Feel Better" and has some group in which similar people with similar problems gives you a code to enter the group and discuss your problems.

- **System Usability Scale**

- To be fulfilled by the user after the test (Appendix)

- **Analysis Method**

- Analysing and observing the meet interview and test session
- Logging Sheets (in appendix)
- Analysis was done by asking the questions from user after the test

3. Findings and Recommendations

a. Summary Results

The user testing was done on selected users and all of them were technical people and got familiarised with the application in no time. All of them were quite happy with what our application hopes to achieve and were glad to see the things we addressed inside our application. All of them found easy navigation of the application but for all of them the first check-in inside the application was quite vague and a bit problematic and this section of our interface was the one with most problems for our users. As termed in our following key findings

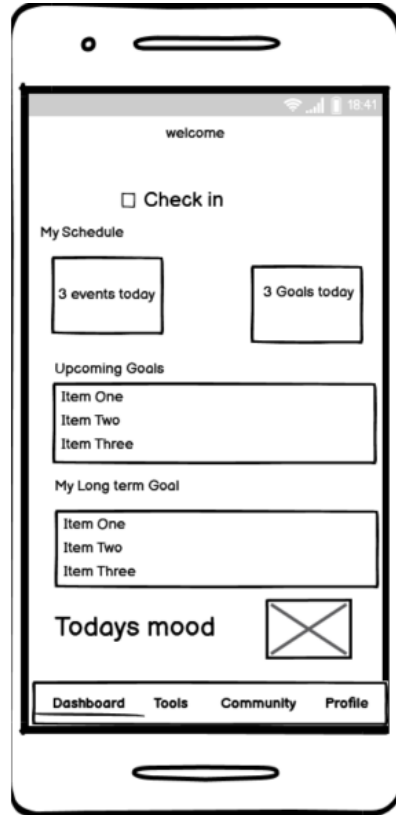
b. Key Findings

- Finding 1)** Check in Tick was not like button and the displaying elements were not useful

- Problem:**

- The user kept on clicking other elements on screen including some blocks and nothing happened unless clicked on “Check in”

2. Evidence:



3. Severity:

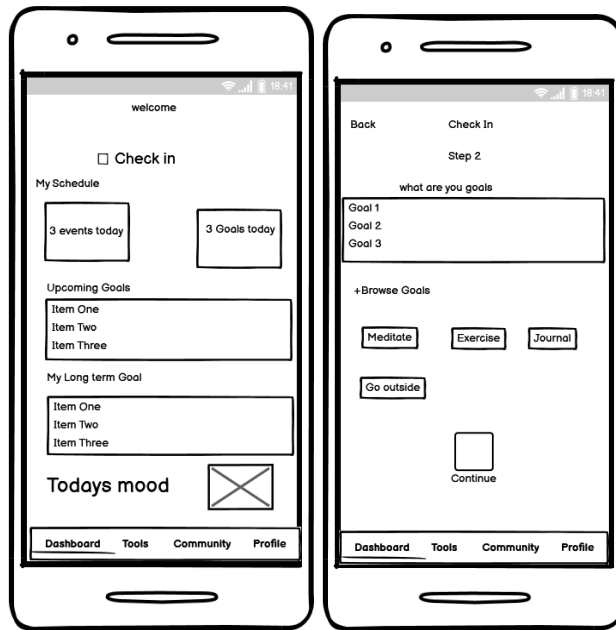
It's a rank 3 major usability problem. It should be fixed on priority to make sure user gets in to the application and access features smoothly

ii. Finding 2) Goals for the user shown twice

1. Problem:

- a. The goals for the user is shown twice and user has to choose from given four goals from the list during check-in that might create frustration for the user and creates redundancy

2. Evidence:



Step - 1

Step - 2

3. Severity:

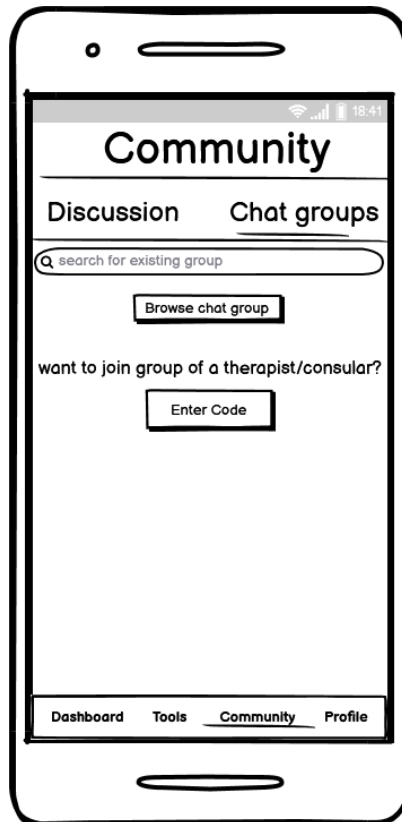
It's a rank 2 minor usability problem. It should be fixed as early as possible so that the user might not get frustrated.

iii. Finding 3) Two similar tabs creating vagueness

1. Problem:

- a. The user was quite seemed confused as there are two similar tabs and user was not sure where to go and move ahead

2. Evidence:



3. Severity:

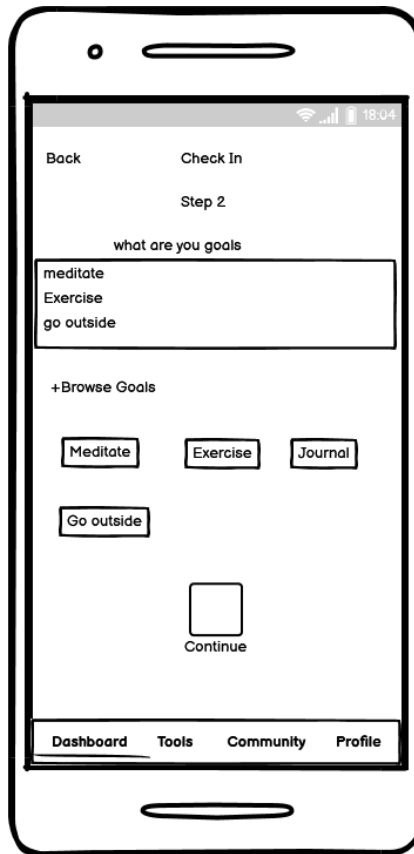
It's a rank 3 major usability problem. It should be fixed on priority to make sure user gets in to the application and access features smoothly

iv. Finding 4) Goals selection from limited scope by the user

1. Problem:

- a. There are only four options for the user to punch in the goals for creating their profile

2. Evidence:



3. Severity:

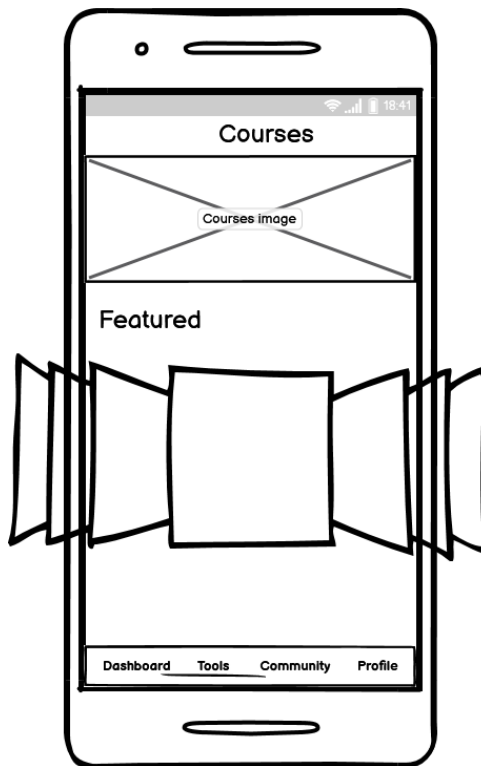
It's a rank 3 major usability problem. It should be fixed on priority to make sure user gets in to the application and access features smoothly

V. Finding 5) Scrolling issue in courses

1. Problem:

- a. The users seemed somewhat confused about navigating through the courses in the courses tab list as there wasn't any sign to scroll

2. Evidence:



3. Severity:

It's a rank 2 minor usability problem. It should be fixed as early as possible to provide complete usability to the user

c. Recommendations

Recommendations according to the key findings are as follows

- i. There are unnecessary displays on the screen and the check in button is more like a tick selection rather than a button following the usability rules there should be an intro on the homepage and the check in button should be a button by shape to which users are familiar with
- ii. As users noticed redundancy in the navigation in which users seemed confused that how the goals on the first

screen was shown and then they have to select the goals again in the same format as shown before on the homepage

- iii. In the community tab as there are two upar tabs for Discussion and chat groups which intuit the same meaning, So there should be a single bar with the name chat groups to avoid confusion
- iv. By now users are selecting goals from the limited list provided in the application and if the users want something else then there might be uncertainty and this can offend the user
- v. The scrolling on the courses screen should be more indicative and should show some signs or visuals to the user to, where to scroll in order to navigate to the courses available in the application

4. Limitations

- All participants knew how to use technology so they were able to complete the tasks.
- Online testing created confusion and vagueness in understanding in tasks.
- Participants required some communication in understanding the tasks due to online testing.

5. Conclusion

We had some limitations of conducting the test online and not being able to fully interact with the user to communicate the subject matter. After completing the user tests online and concluding the need findings we can conclude that there was no major problem detected in the application interface as the issues

that were found were only severe to the level of 3 that can be resolved in the next iteration. The issues were mostly related to the user getting some difficulty in the initial phases of the profile creation. We can further conclude that we are heading towards the right direction and look forward to improving the interface further by analysing the outcome of these user tests.

Section 2: Med-Fi Prototype

Back Check In

Step 3

How are you feeling

Awful Great

Select mood from list
list

what is happening/ what are you doing?

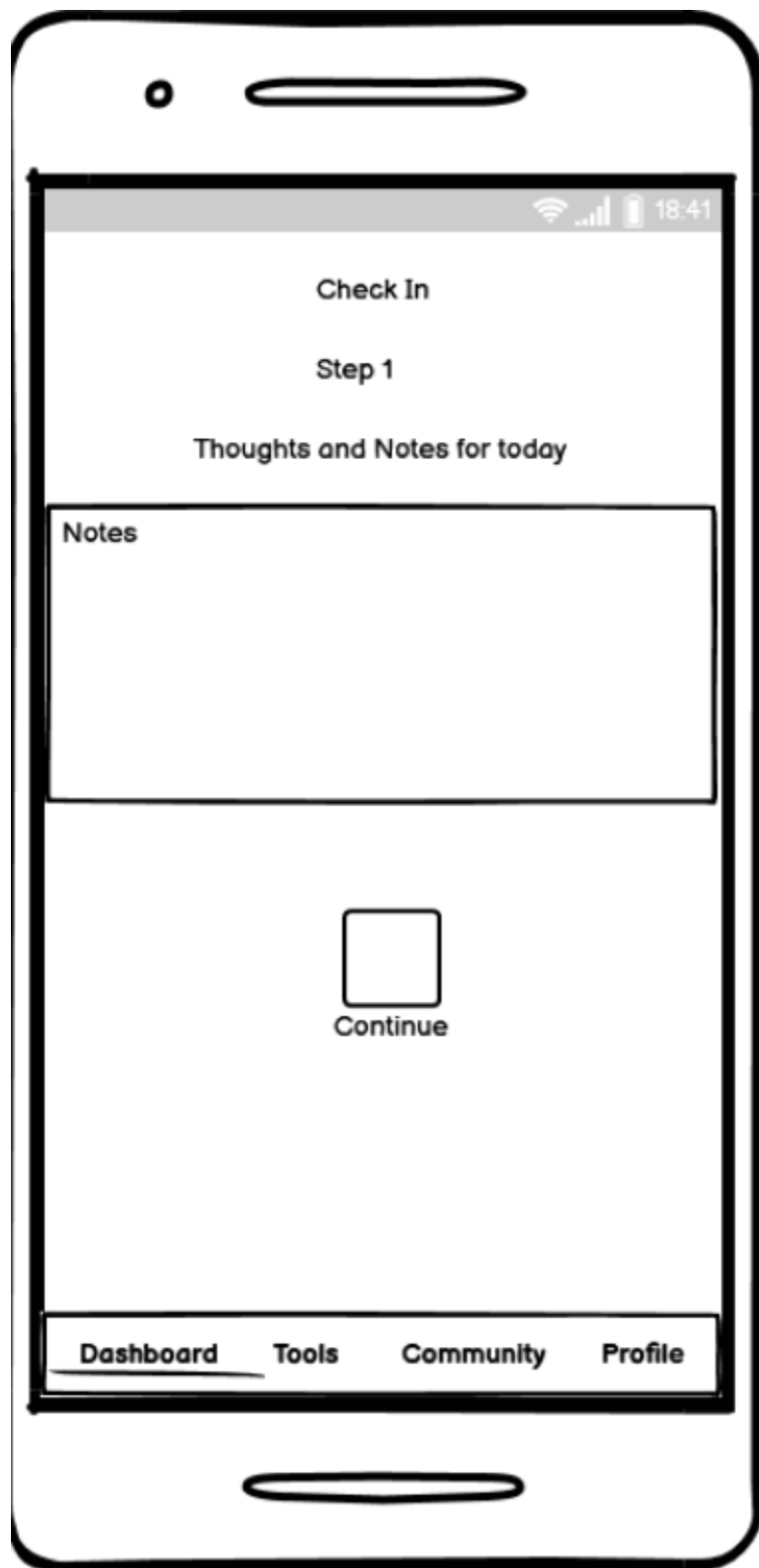
Work Family Driving

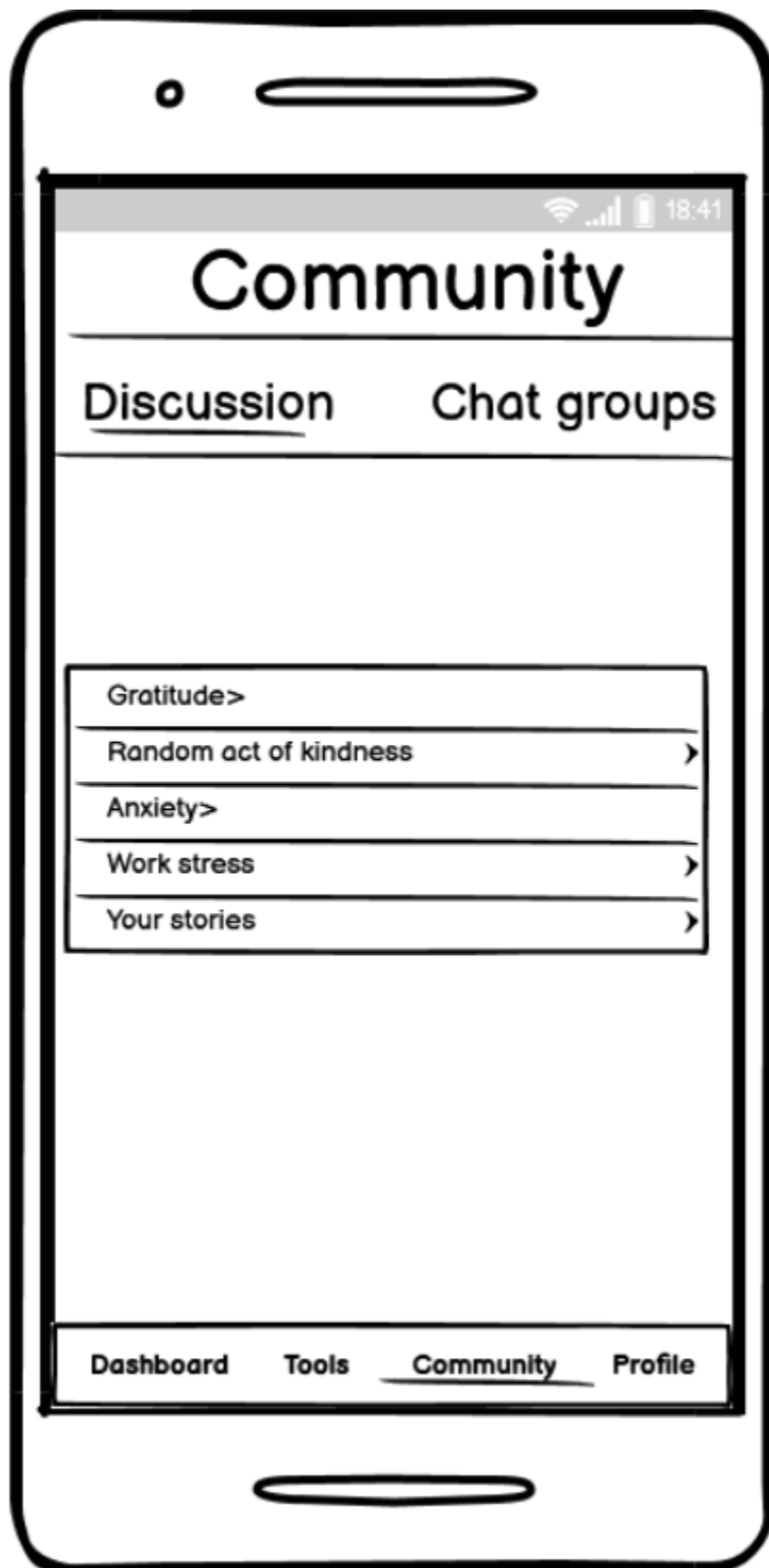
Self Growth Others

(optional)
leave a note...

Finish

Dashboard Tools Community Profile





Wi-Fi Signal Battery 18:41

Community

Discussion

Chat groups

Gratitude>

Random act of kindness



Anxiety>

Work stress



Your stories

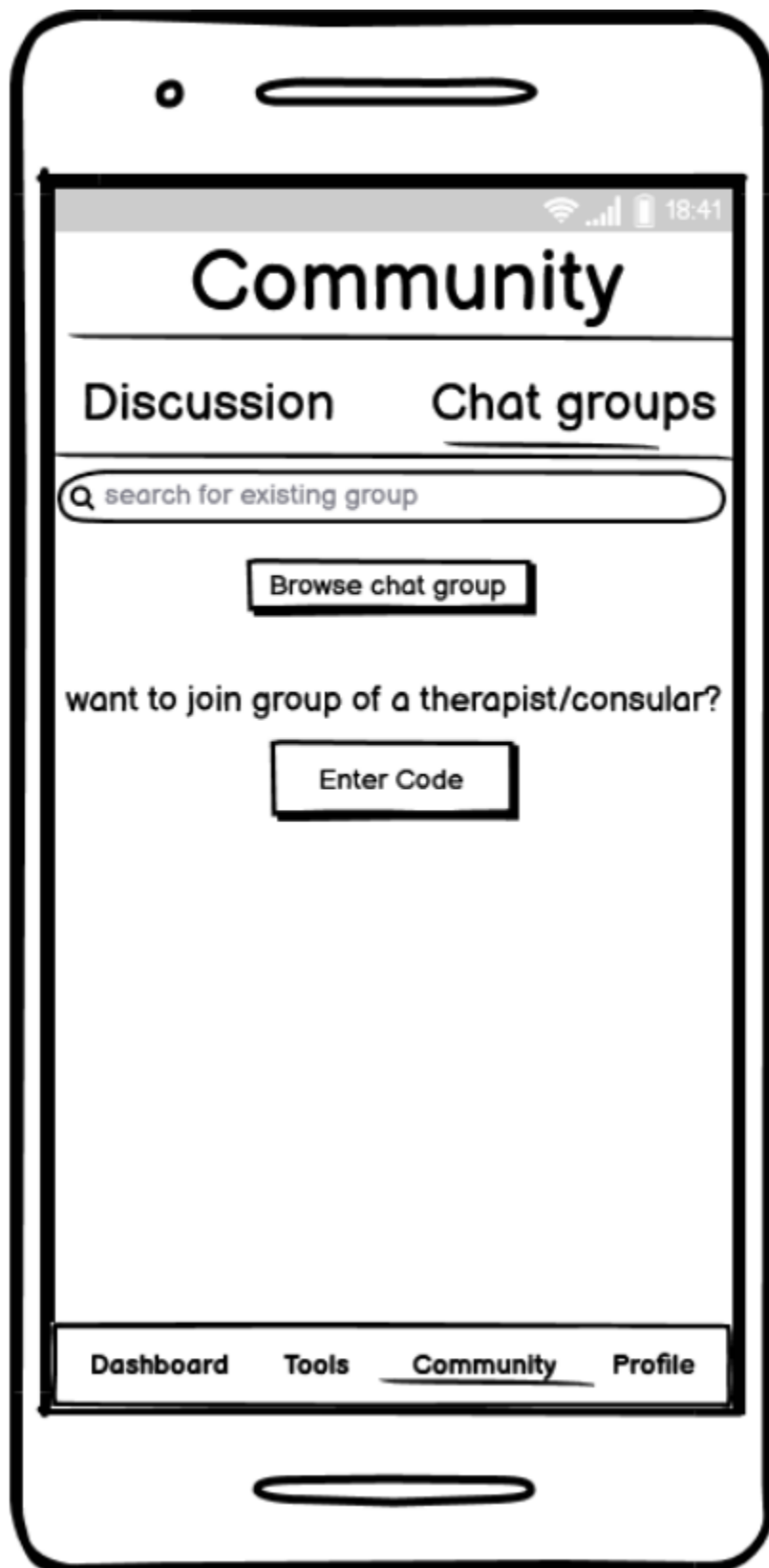


Dashboard

Tools

Community

Profile



18:41

Community

Discussion

Chat groups

Q search for existing group

Browse chat group

want to join group of a therapist/consular?

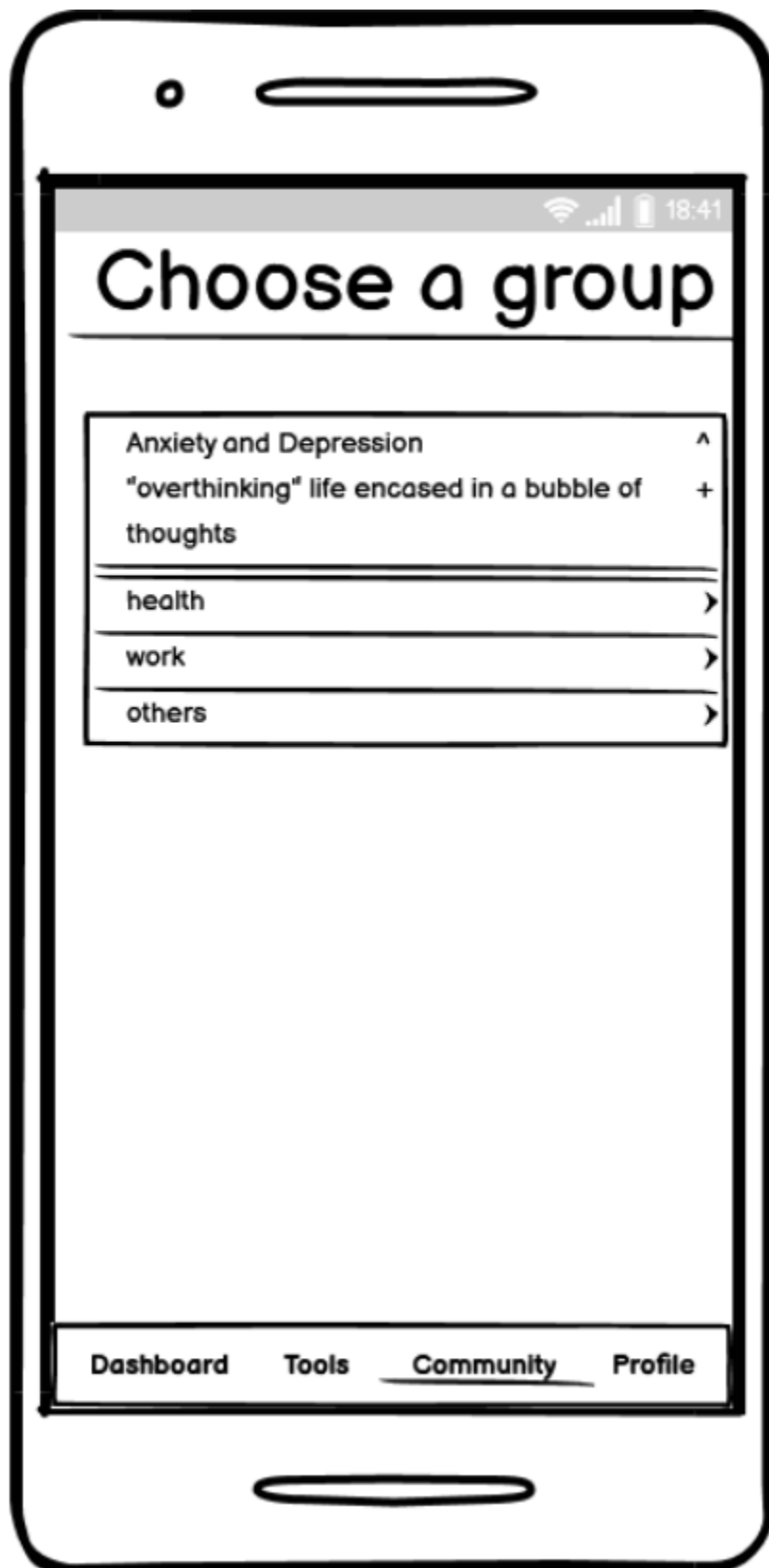
Enter Code

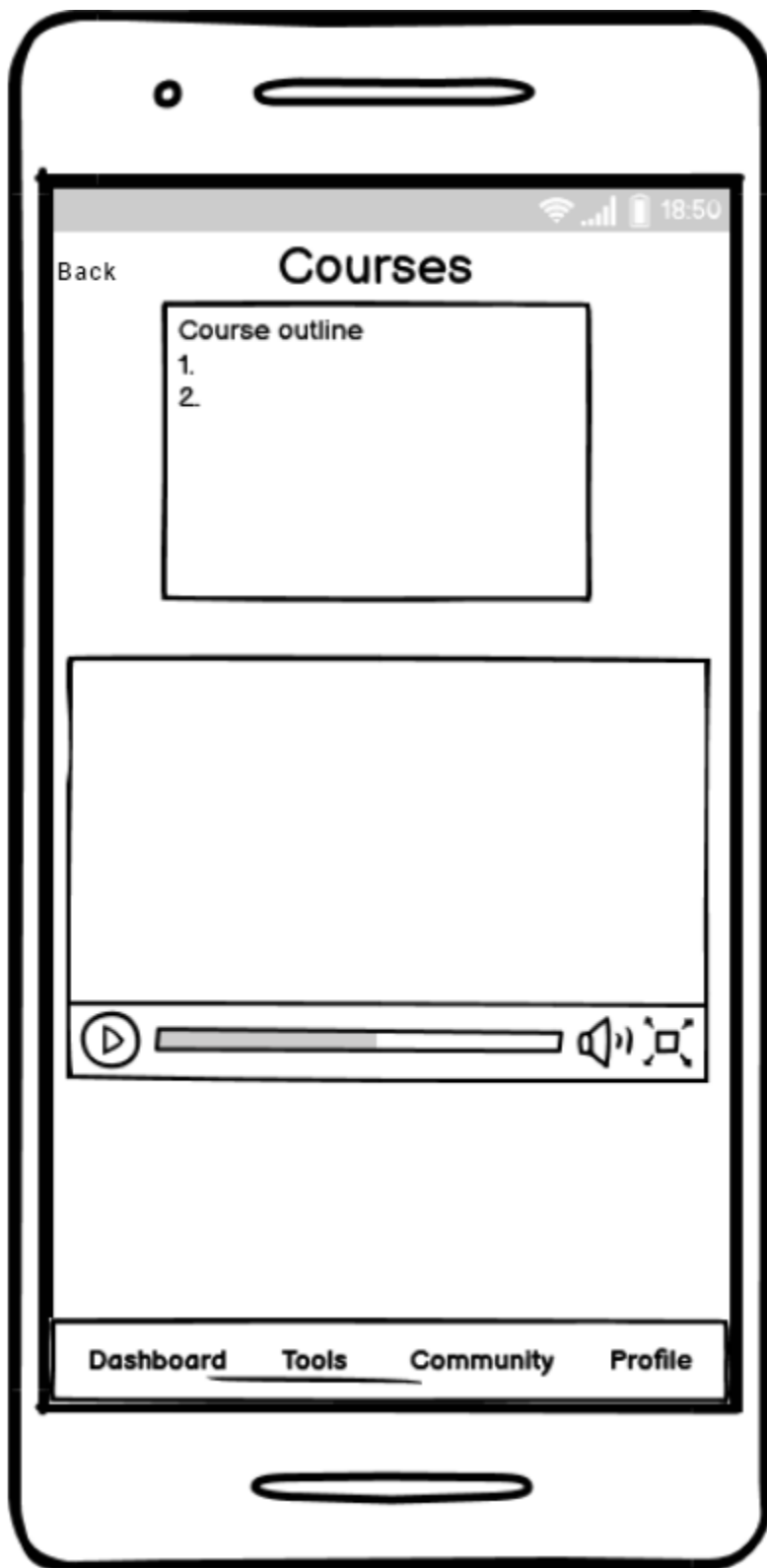
Dashboard

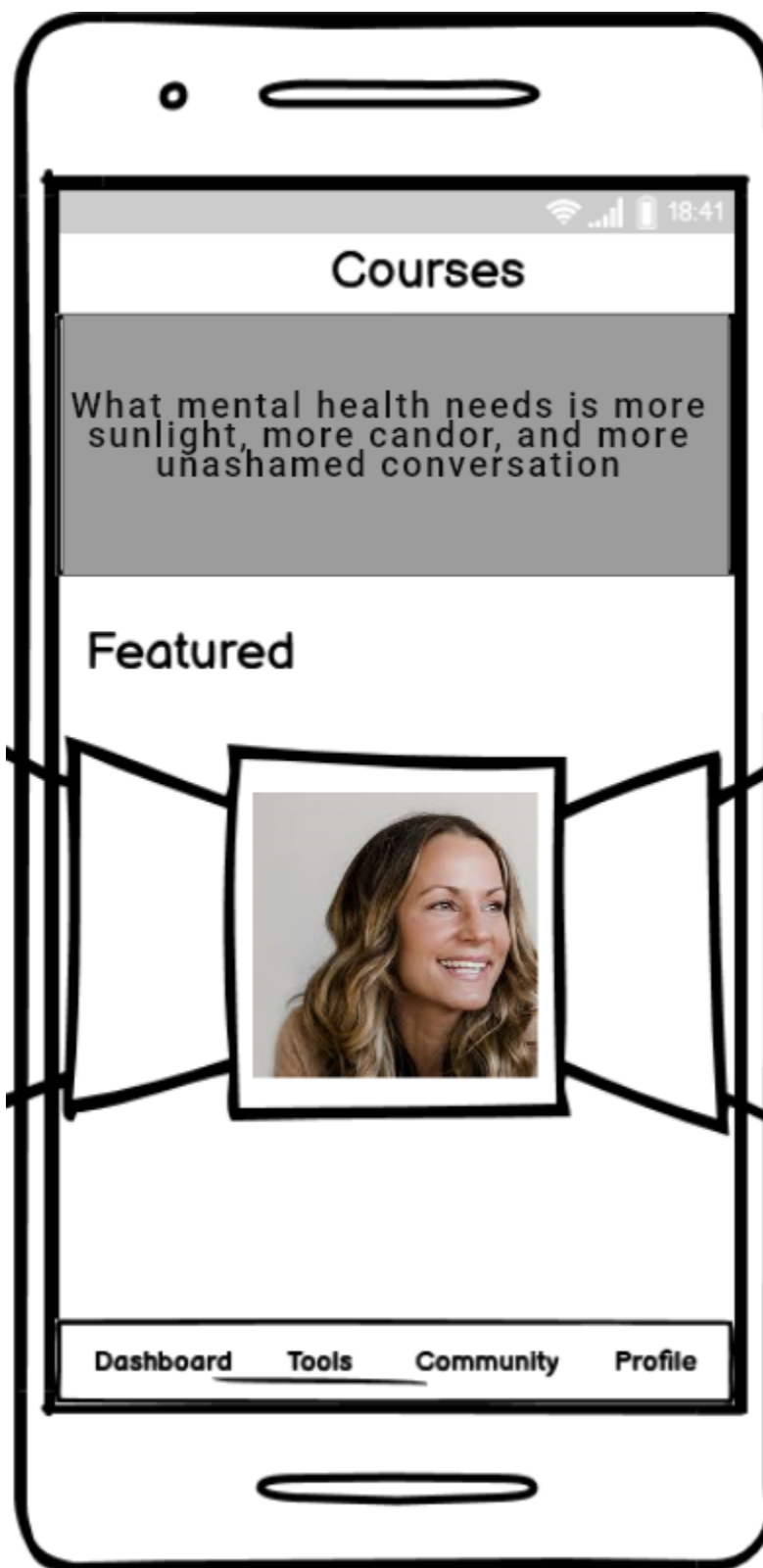
Tools

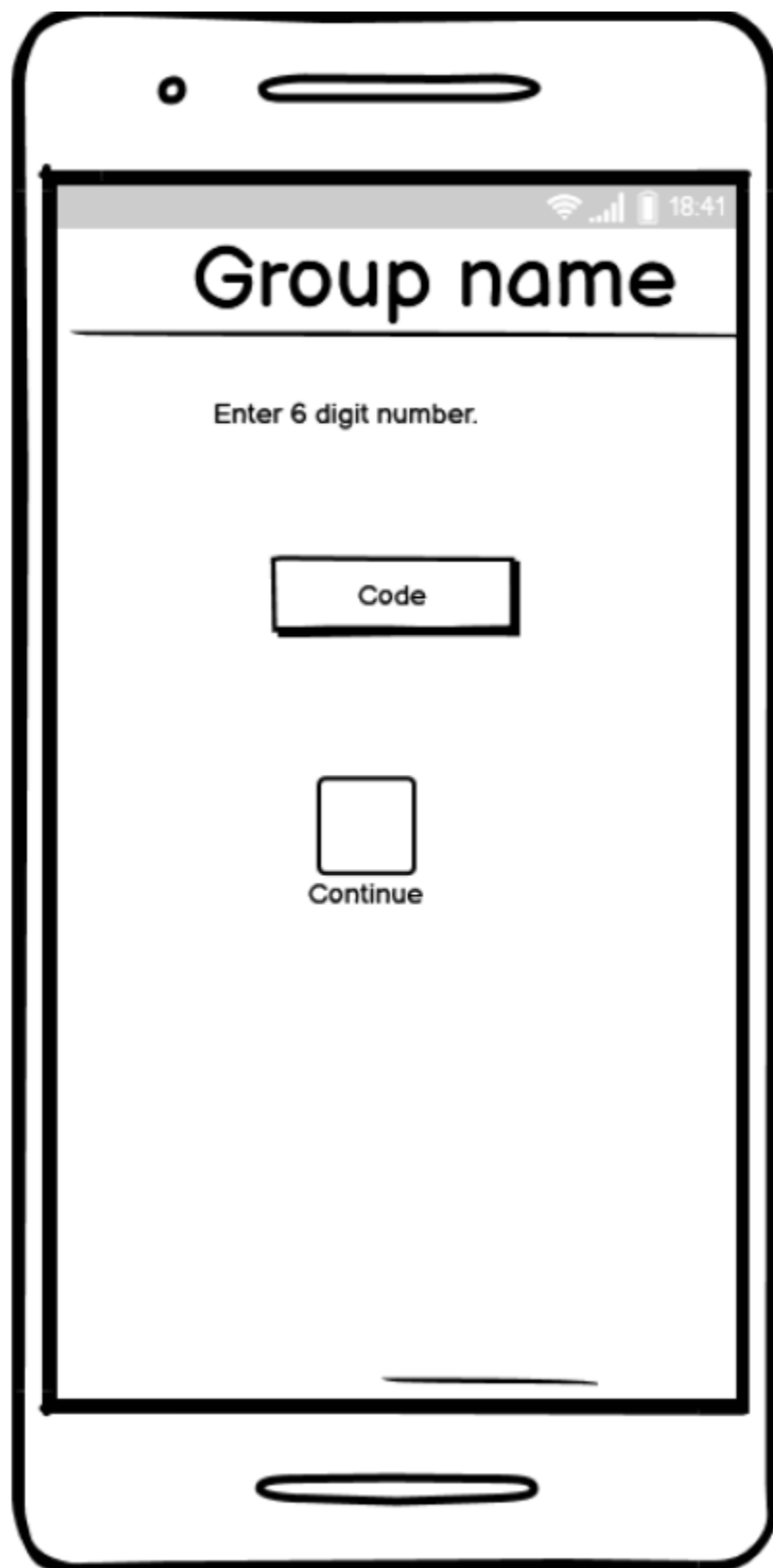
Community

Profile









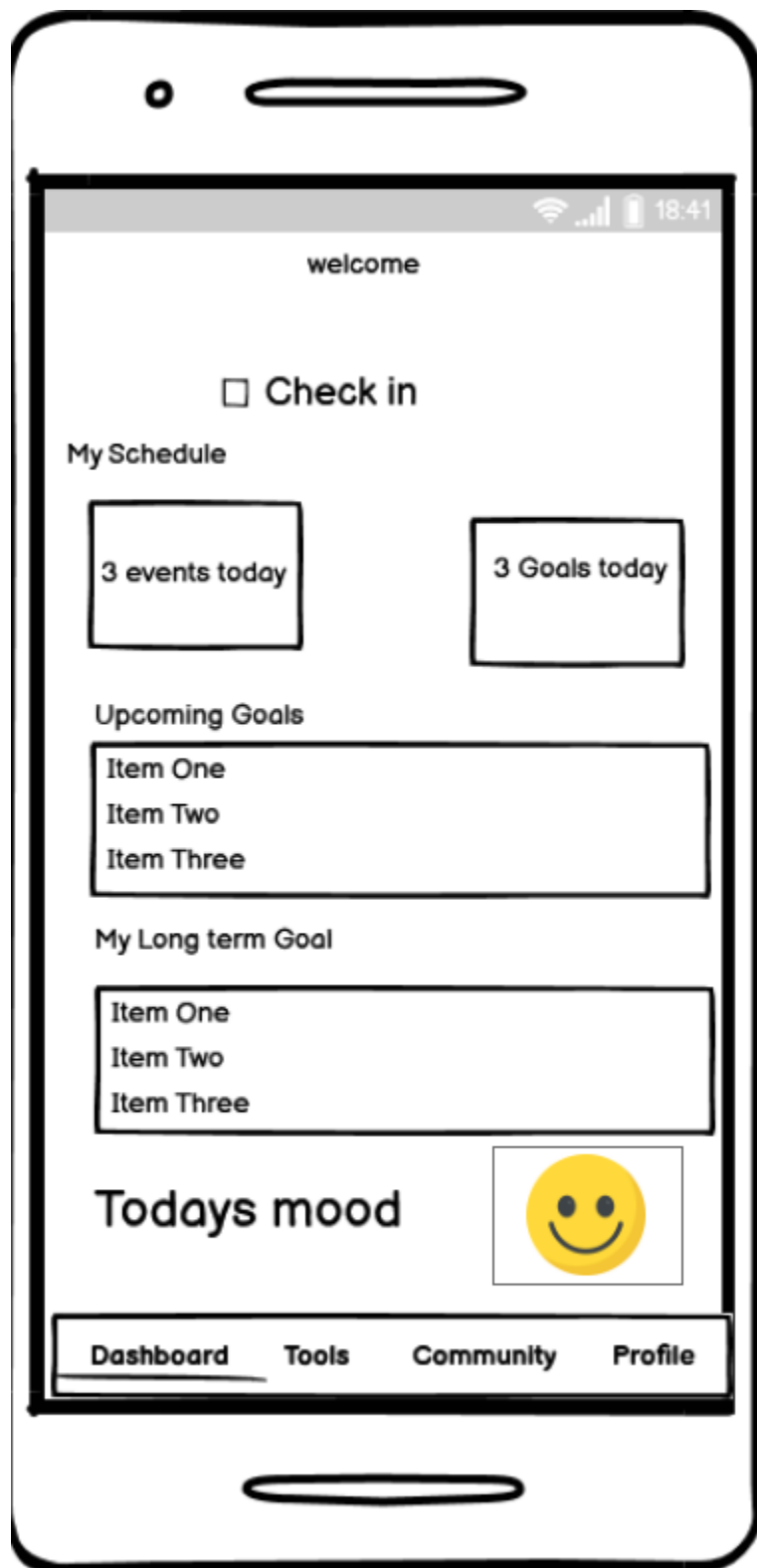
Group name

Enter 6 digit number.

Code



Continue



welcome

☐ Check in

My Schedule

3 events today

3 Goals today

Upcoming Goals

Item One

Item Two

Item Three

My Long term Goal

Item One

Item Two

Item Three

Todays mood

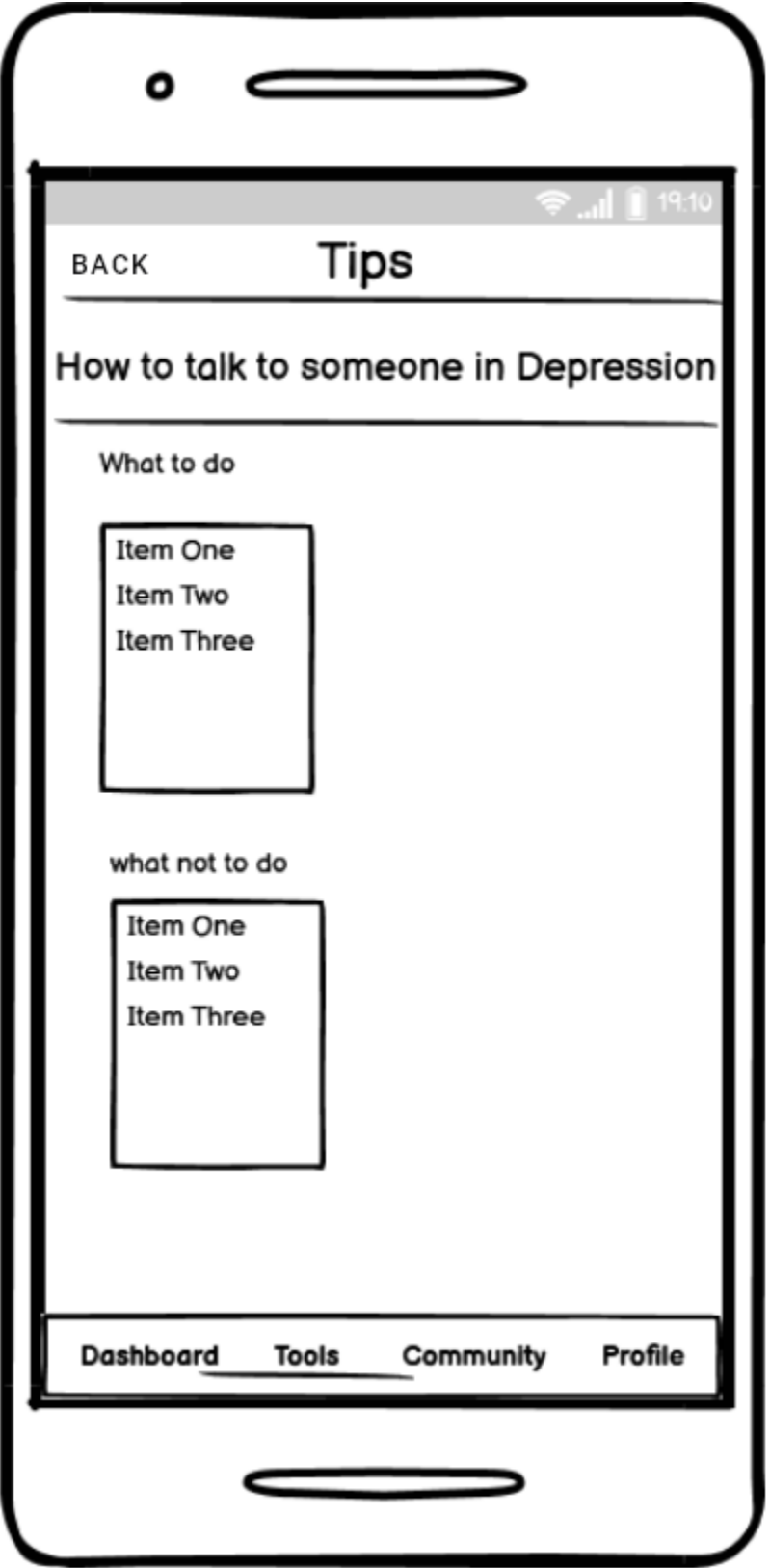


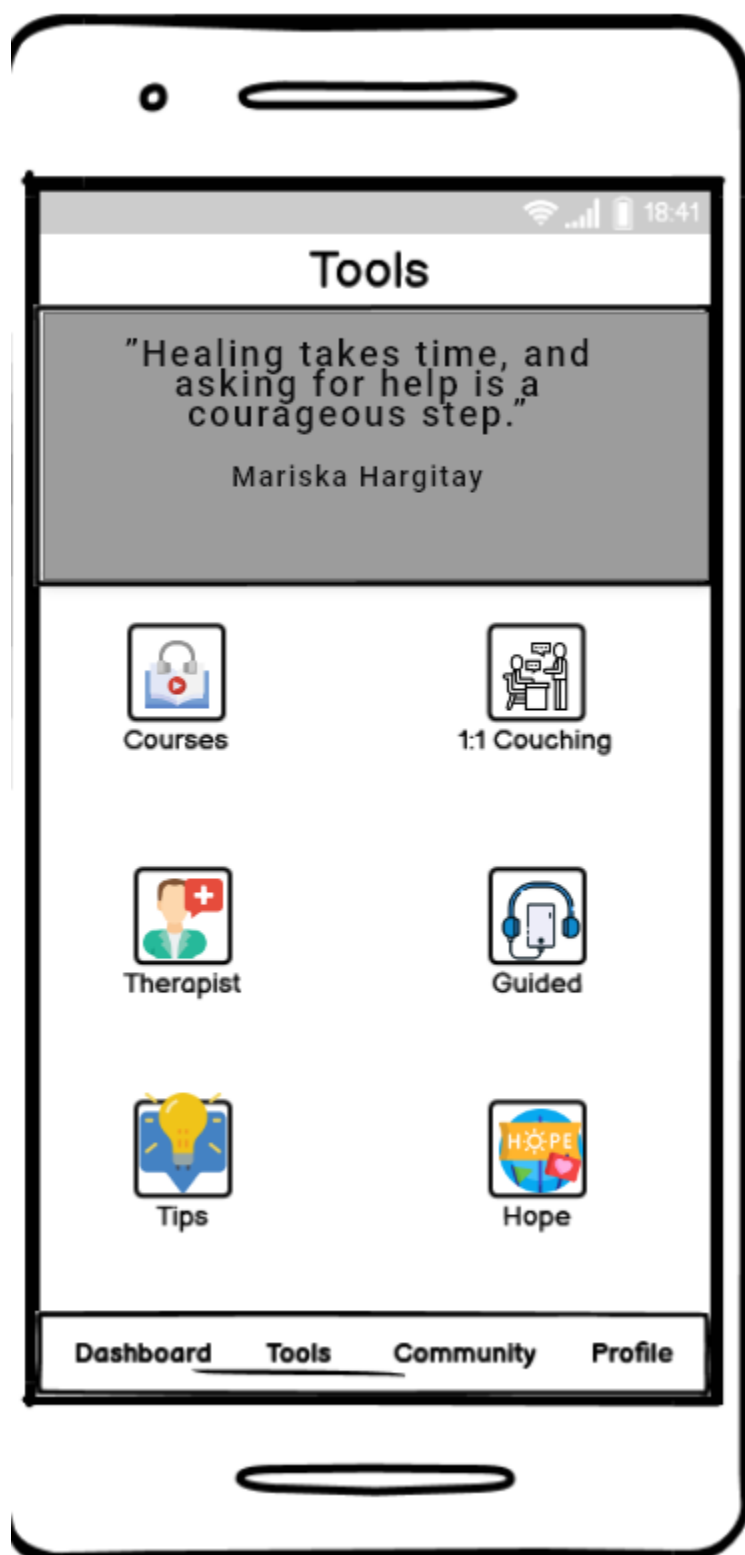
Dashboard

Tools

Community

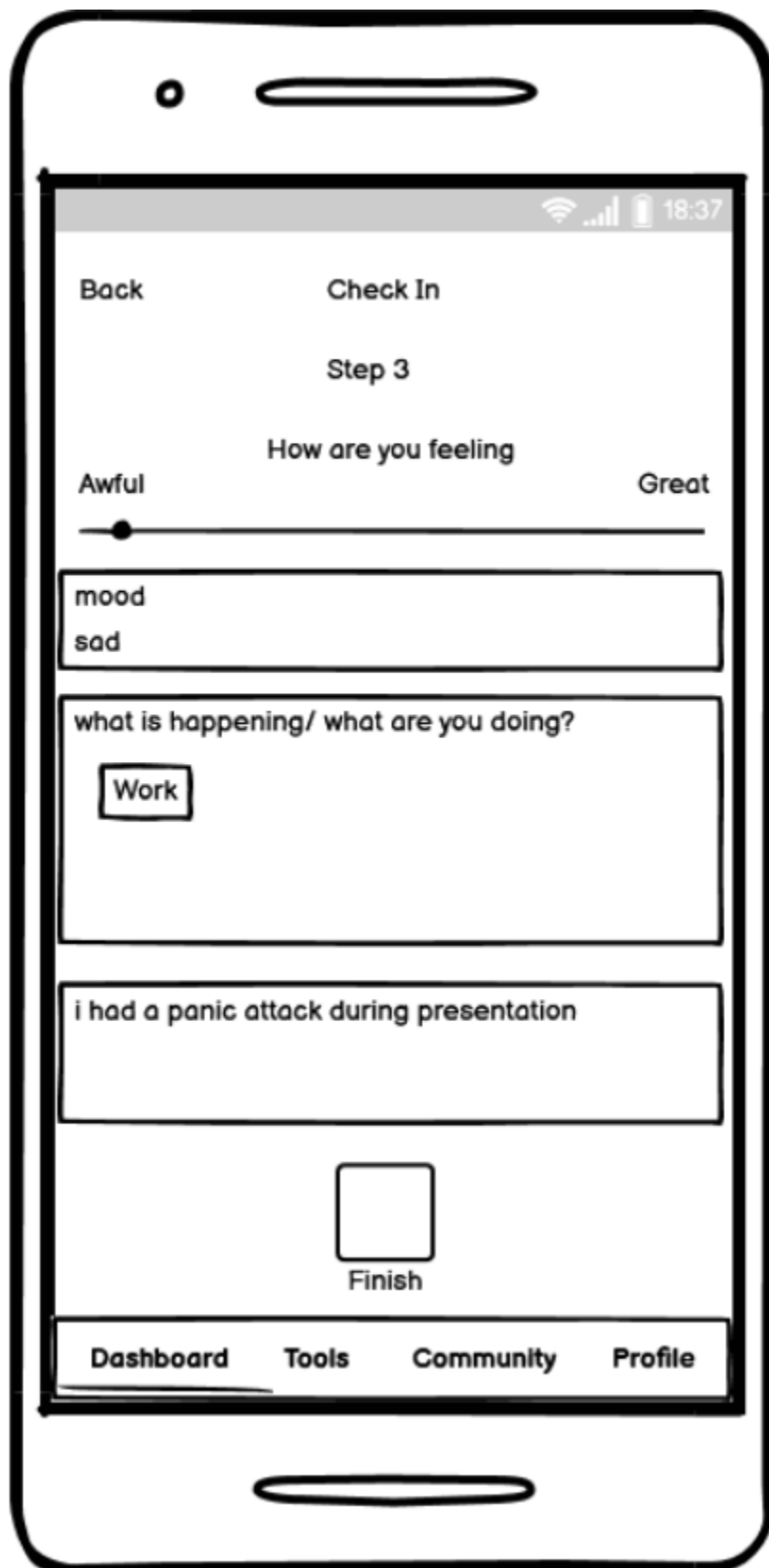
Profile

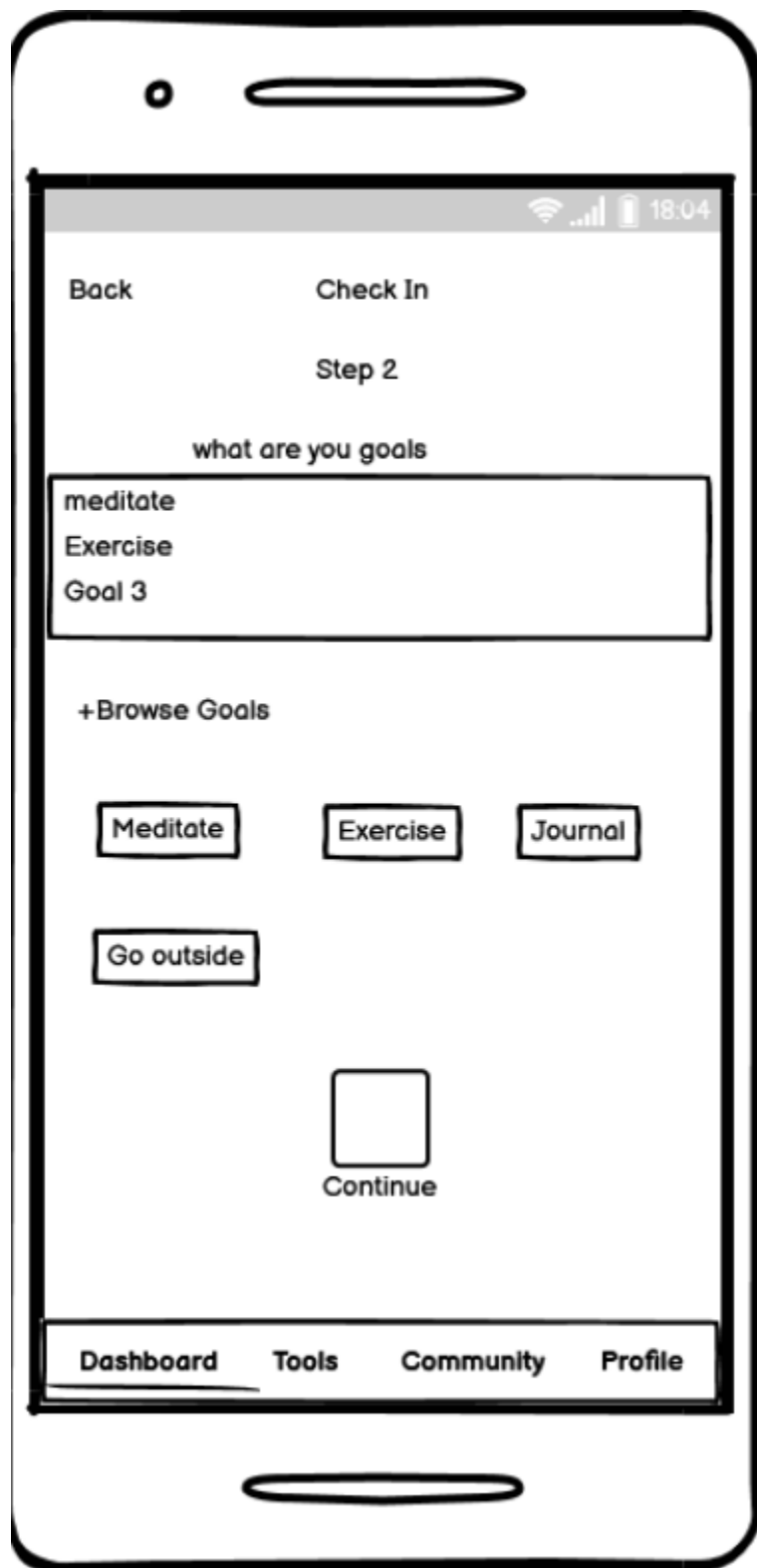


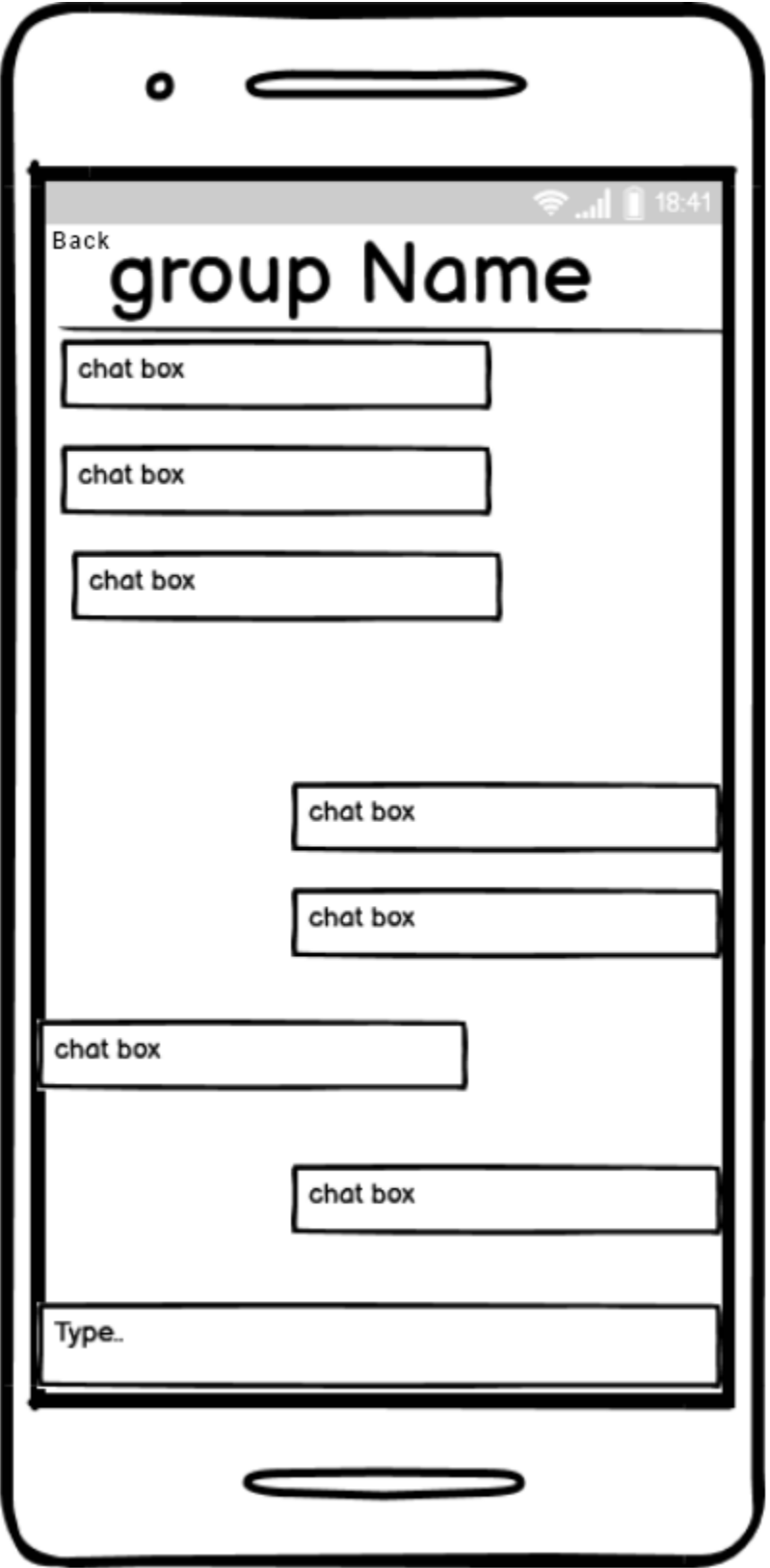


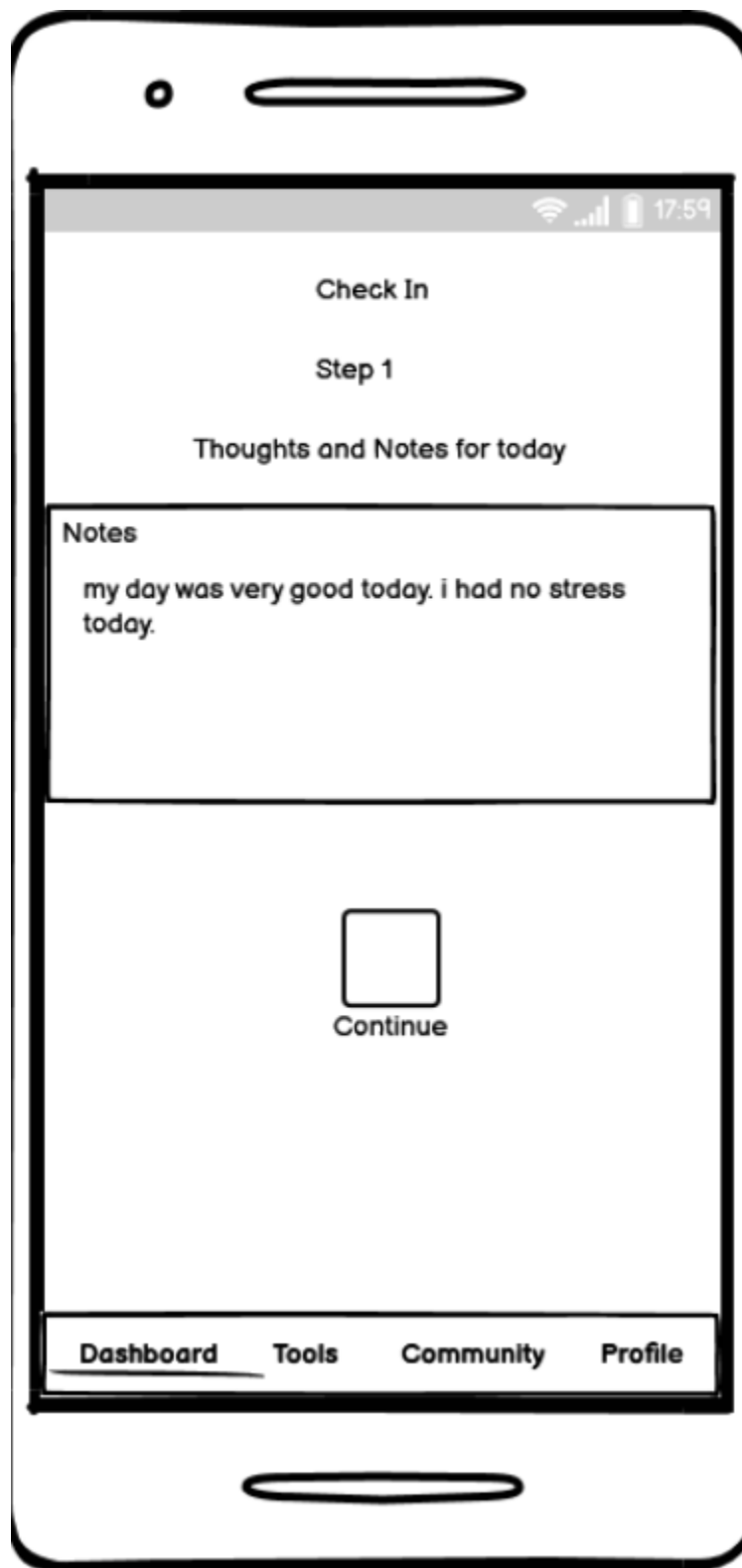


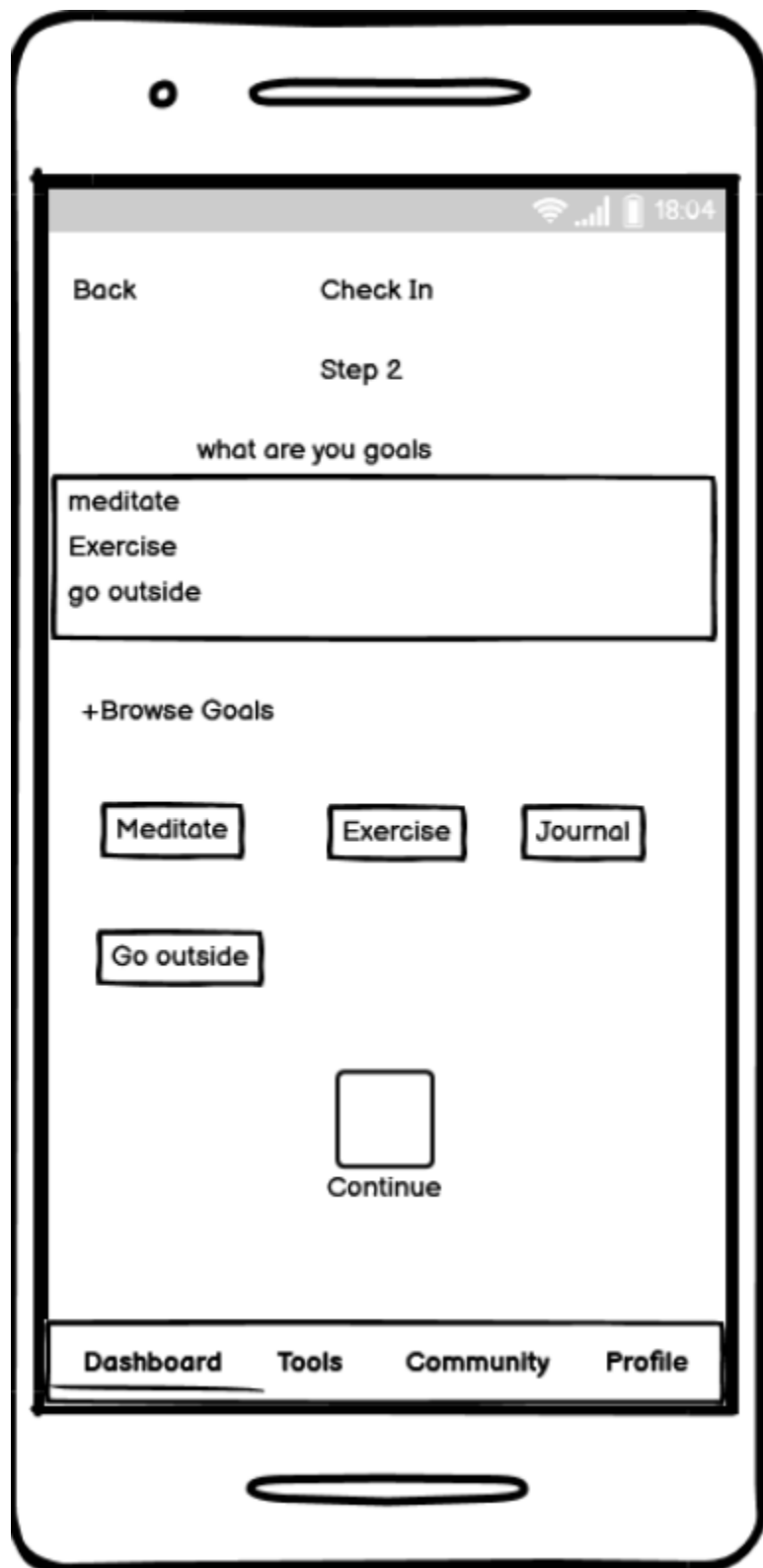


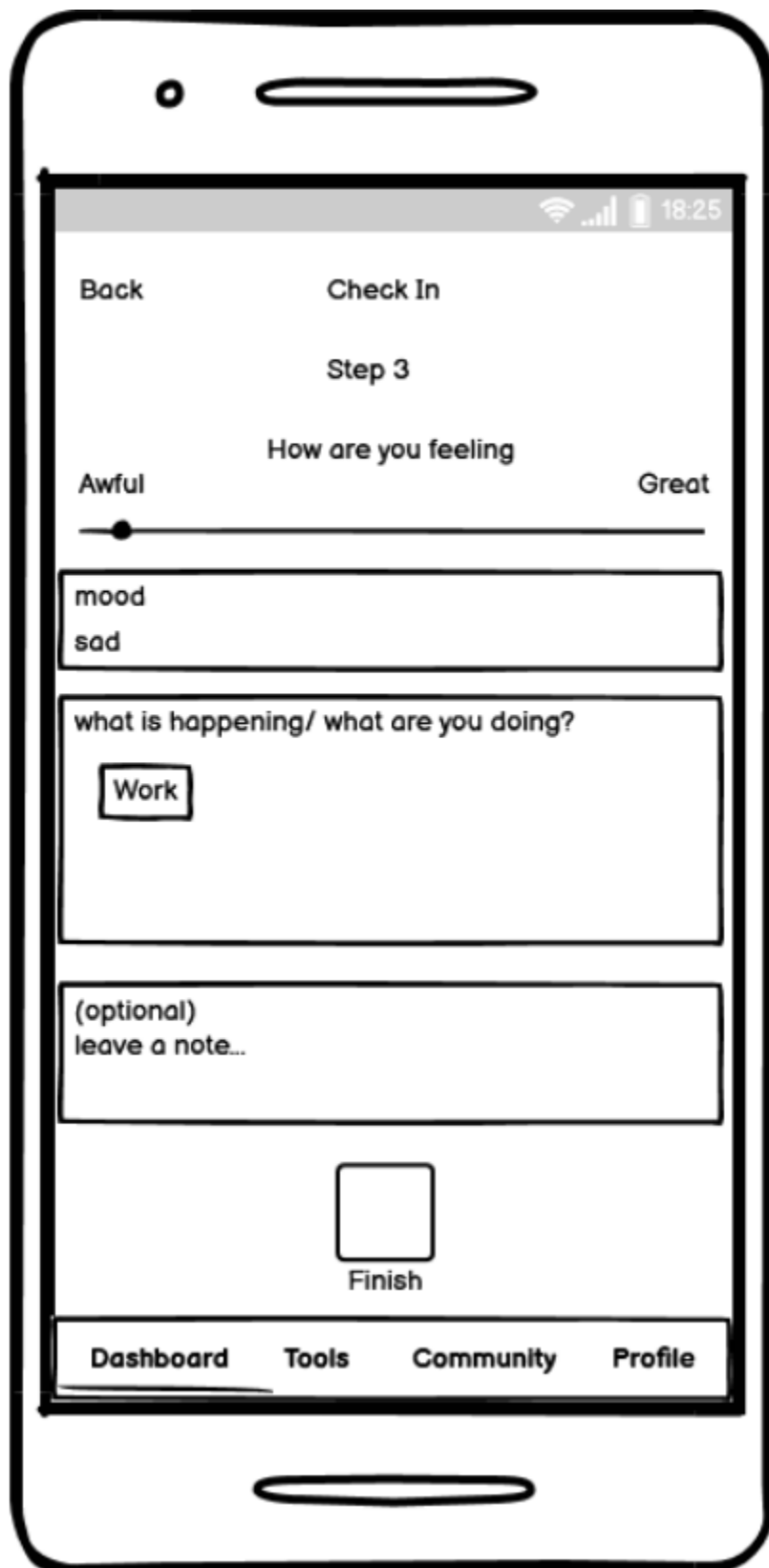


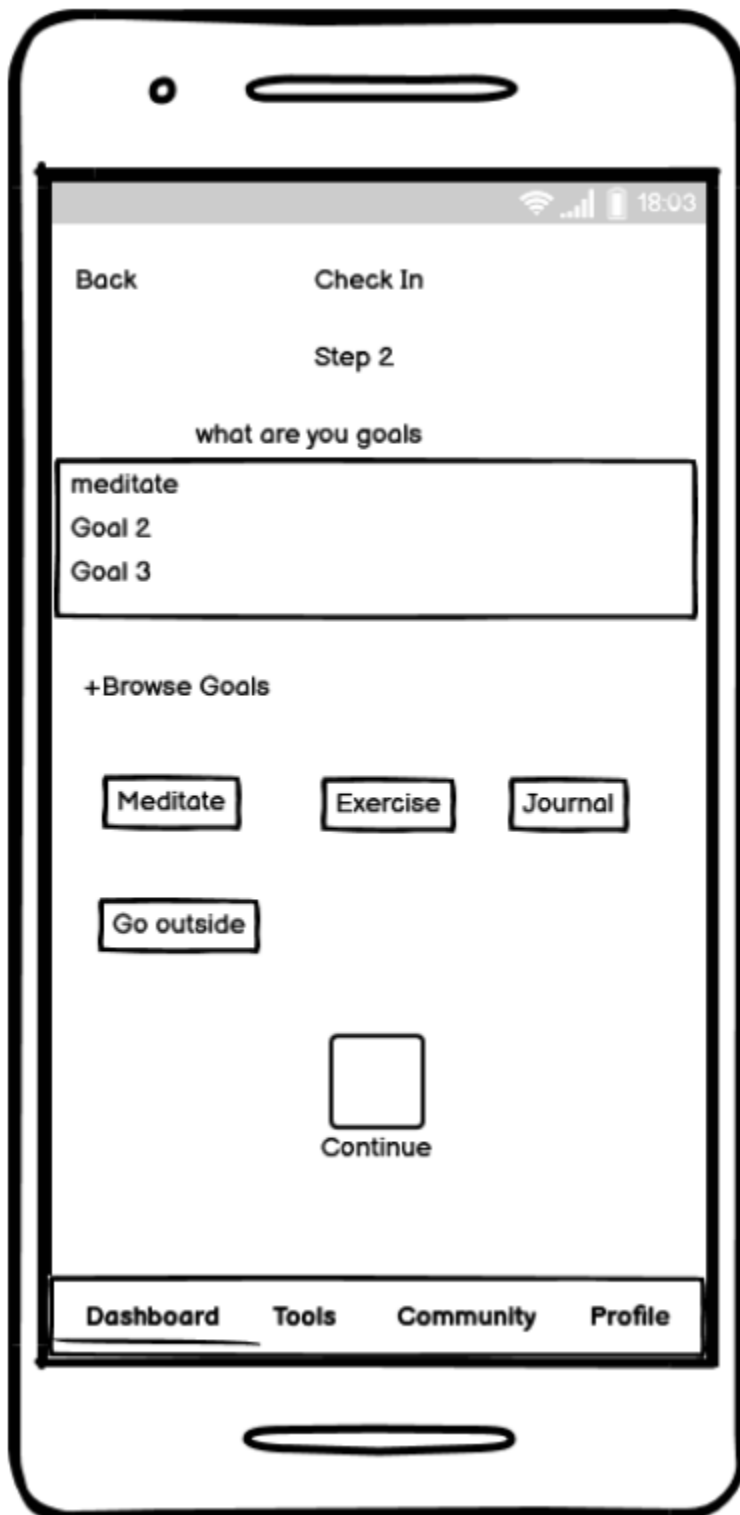


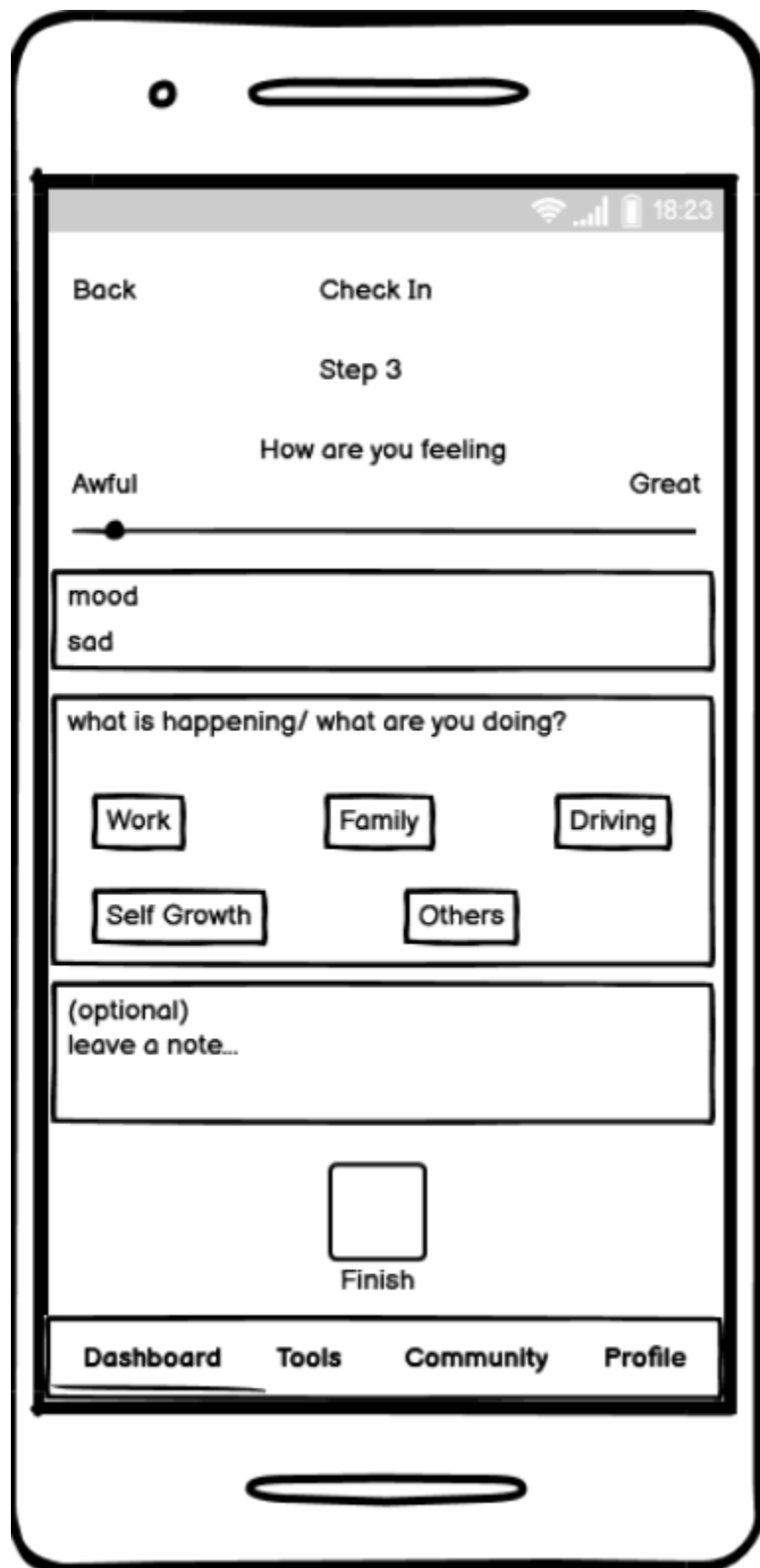


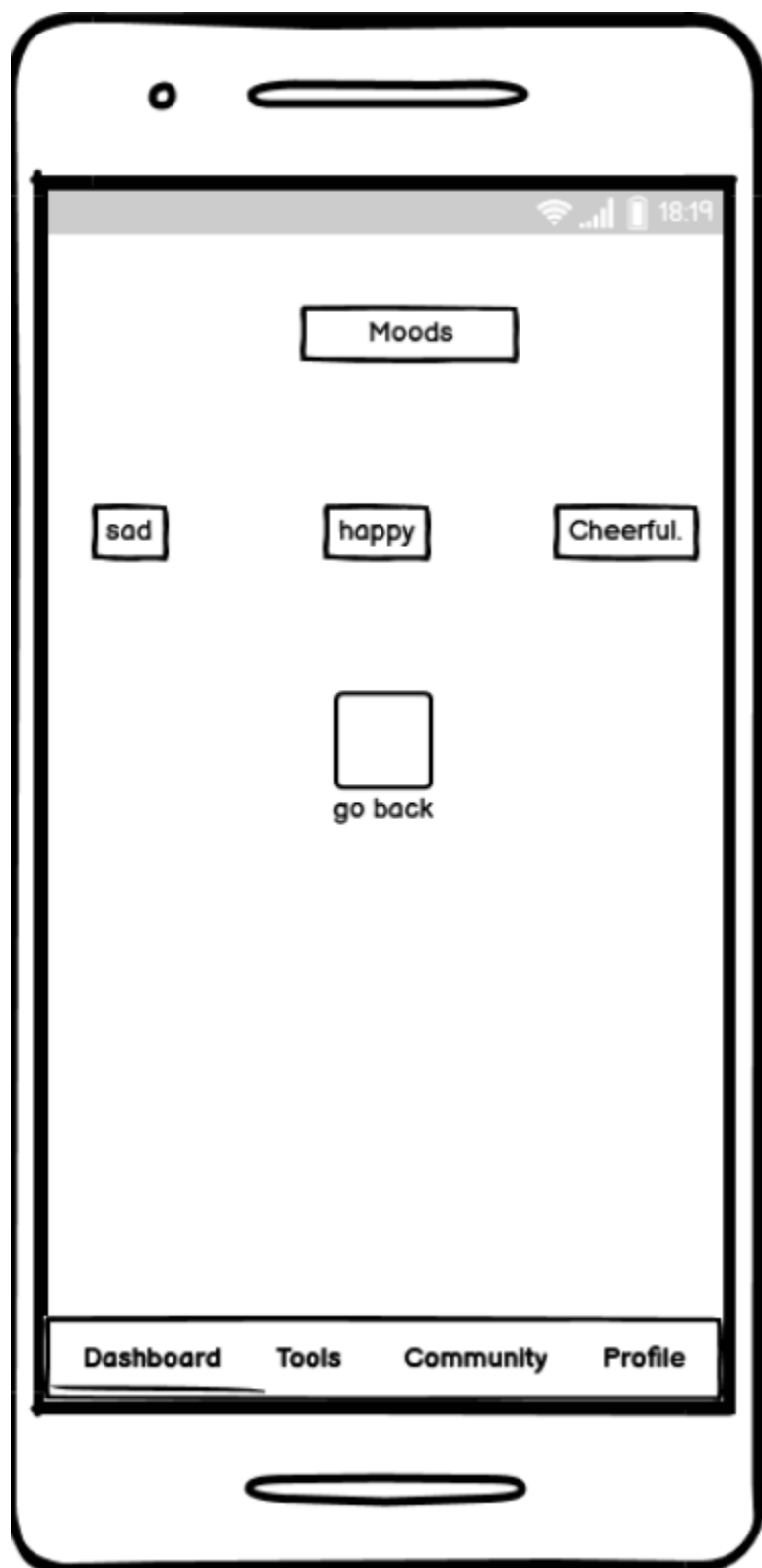


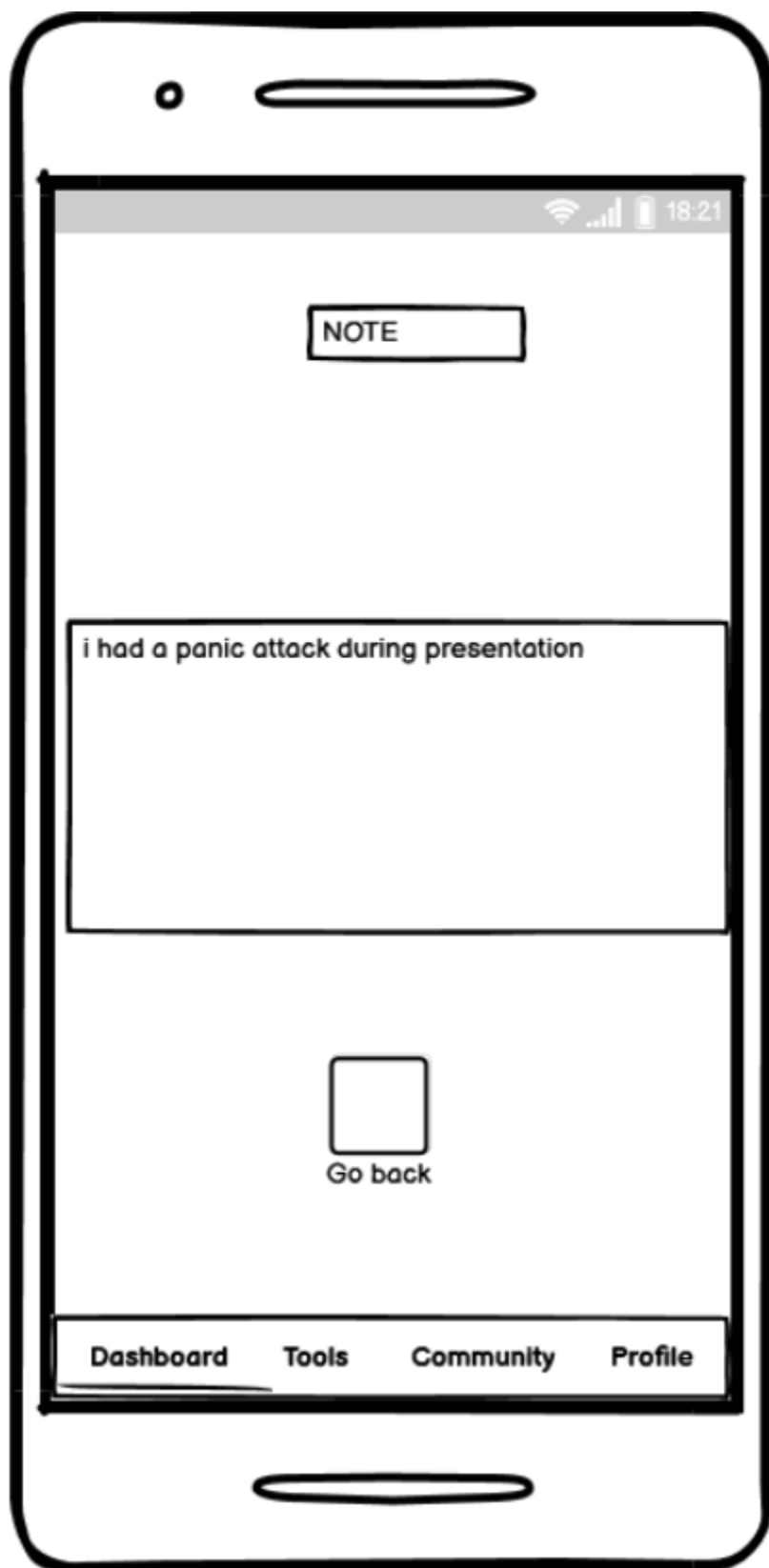


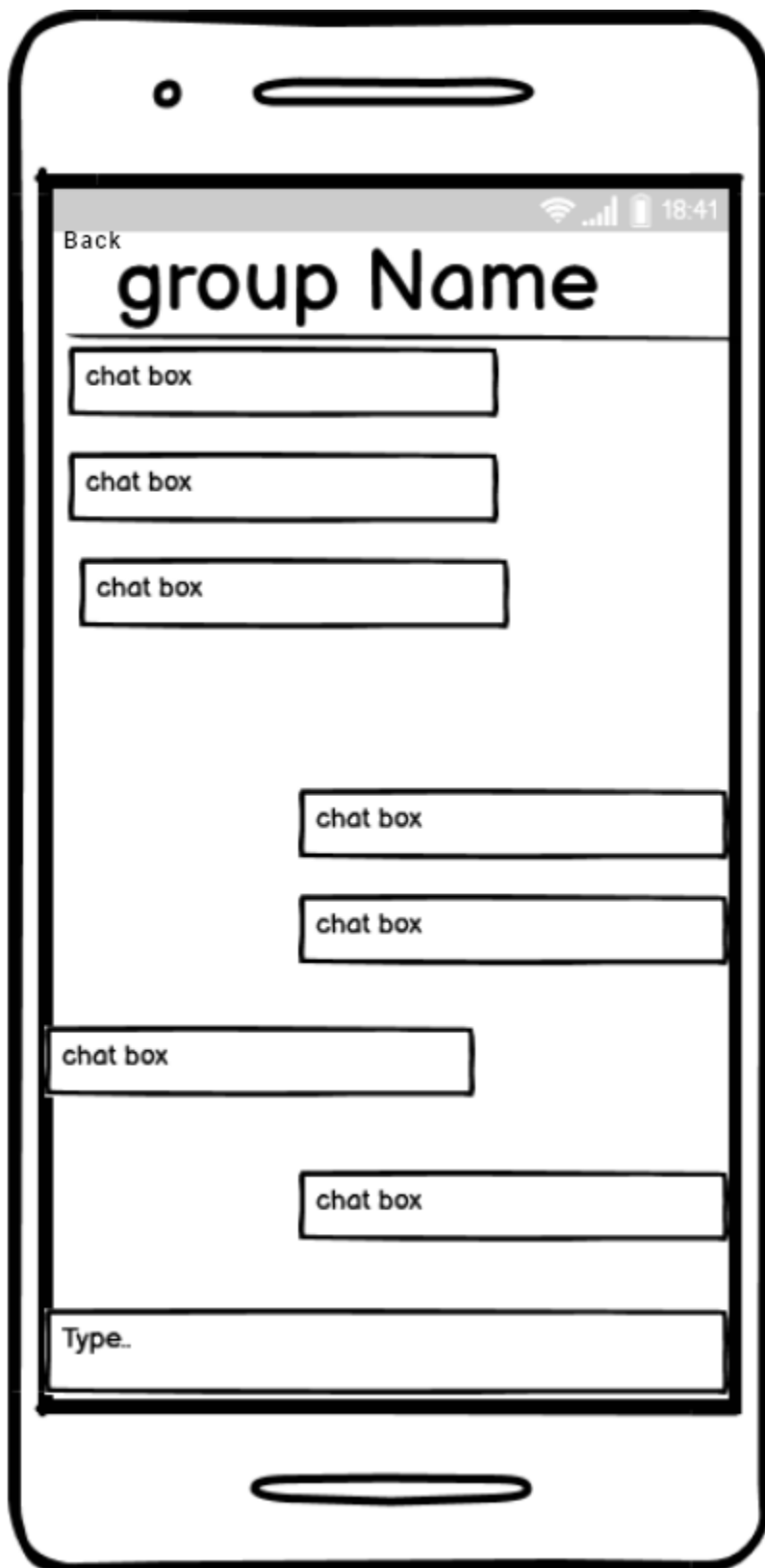




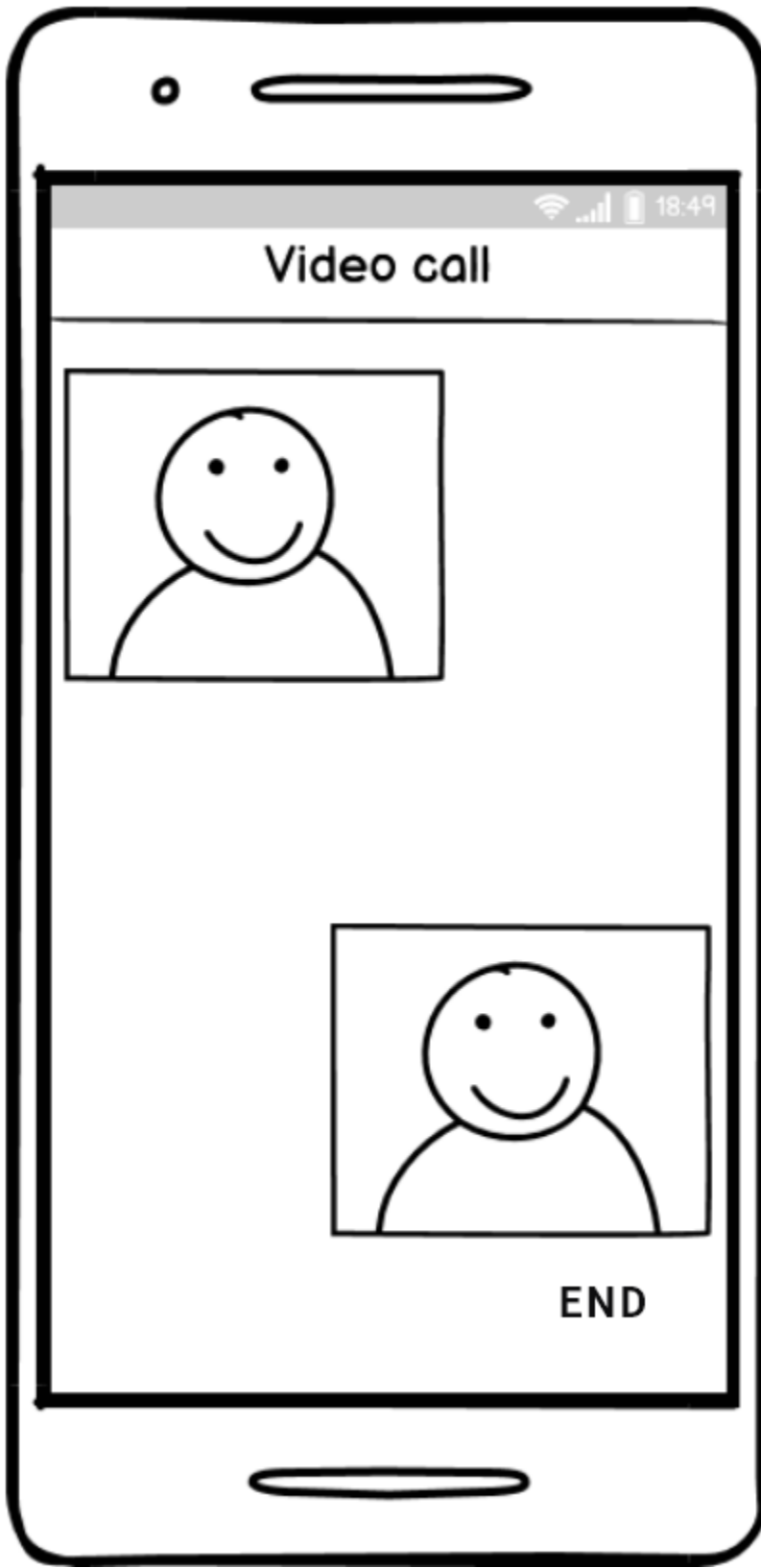








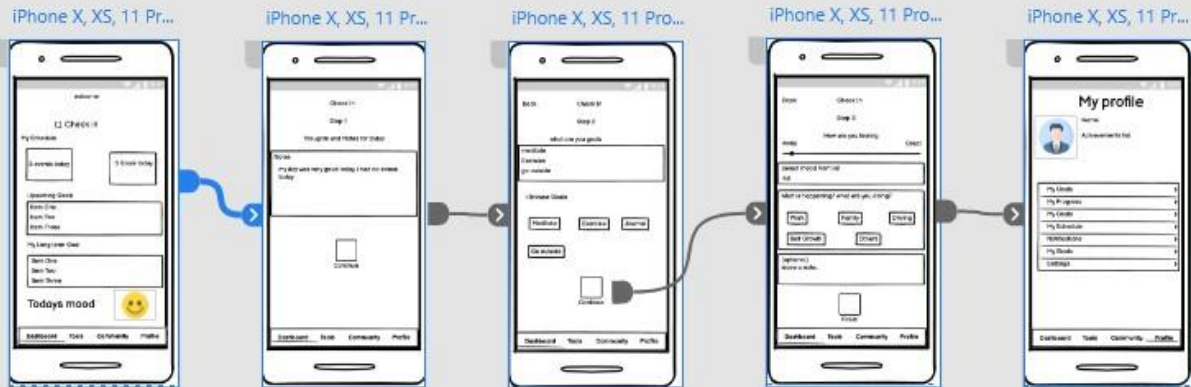






Major Task Flow

Flow 1



Flow 2



Flow 3

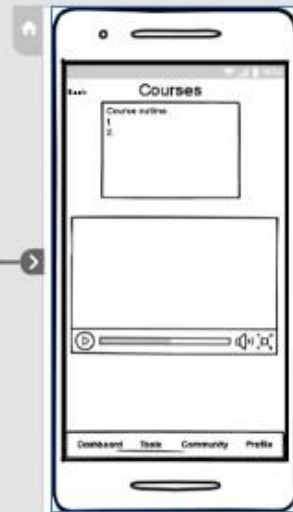
iPhone X, XS, 11 Pro – 47



iPhone X, XS, 11 Pro – 59



iPhone X, XS, 11 Pro – 56



Flow 4

iPhone X, XS, 11 Pro...



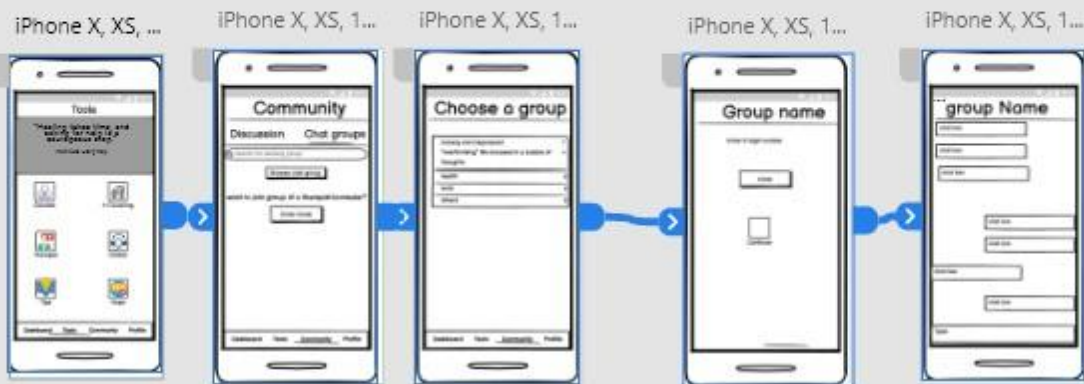
iPhone X, XS, 11 Pro ...



iPhone X, XS, 11 Pro...



Flow 5



Flow 6



Appendices:

Consent Forms:

Participant 01:

User Testing Consent Form

Description:

- I **Sana Fatima** 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 **Sana / 27.11.2020**

Participant 02:

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**

Participant 03:**User Testing Consent Form****Description:**

- I **Ahmed** 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 **Ahmed / 27.11.2020**

Participant 04:**User Testing Consent Form****Description:**

- I **Aleeza** 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 **Aleeza / 27.11.2020**

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.

System Usability Scale:

Please enter your participant number: __01__

System Usability Scale (SUS)

This is a standard questionnaire that measures the overall usability of a system. Please select the answer that best expresses how you feel about each statement after using the website today.

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

How likely are you to recommend this website to others? (please circle your answer)

Not at all likely 0 1 2 3 4 5 6 7 8 9 10 Extremely likely

Please enter your participant number: ____02 ____

System Usability Scale (SUS)

This is a standard questionnaire that measures the overall usability of a system. Please select the answer that best expresses how you feel about each statement after using the website today.

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

How likely are you to recommend this website to others? (please circle your answer)

Not at all likely 0 1 2 3 4 5 6 7 8 9 10 Extremely likely

Please enter your participant number: __03__

System Usability Scale (SUS)

This is a standard questionnaire that measures the overall usability of a system. Please select the answer that best expresses how you feel about each statement after using the website today.

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

How likely are you to recommend this website to others? (please circle your answer)

Not at all likely 0 1 2 3 4 5 6 7 8 9 10 Extremely likely

Please enter your participant number: __04__

System Usability Scale (SUS)

This is a standard questionnaire that measures the overall usability of a system. Please select the answer that best expresses how you feel about each statement after using the website today.

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

How likely are you to recommend this website to others? (please circle your answer)

Not at all likely 0 1 2 3 4 5 6 7 8 **9** 10 Extremely likely

Logger Sheets:

Sheet1:

Participant: 1 Logger: Adil	Date: 21 November 2020	Tasks: 1,2,3,4
Time	Event	Comments/Notes
	Task1	1. Selecting mood was a problem, 2.Profile and mood not separated 3. Selecting mood from list issue 4.Tips getting was easy

	Task2	Entering Communication group was easy and easy navigation
	Task3	Easy navigation around application and Courses
	Task4	Easily navigated to entering the code screen and entering the group to chat

Sheet2:

Participant: 2 Logger: Adil	Date: 27 November 2020	Tasks: 1,2,3,4
Time	Event	Comments/Notes
	Task1	<p>Steps for making profile was not good what to do</p> <p>Navigation of making profile is not good not understandable at the moment that are we creating profile or entering our current mood</p> <p>Getting Tips navigation was easy but only one tip showing</p>
	Task2	Support Chat group entrance was smooth
	Task3	Courses List navigation was smooth but wasn't clear k where the list of courses are.
	Task4	Code entrance was a bit vague but smooth because the discussion tab and chat tab was confusing

Sheet3:

Participant: 3 Logger: Adil	Date: 27 November 2020	Tasks: 1,2,3,4
Time	Event	Comments/Notes
	Task1	Making profile for only once or is it based on or current mood only this is confusing Navigation was a bit vague and not clearly obvious After checking in Getting Tips navigation was easy
	Task2	Support Chat group entrance smooth but the two tabs "Discussion" and "Chat groups" is vague
	Task3	Courses List navigation was smooth but the way it was showing was not appealing
	Task4	Code entrance was smooth but faced same problems as entering an existing group

Sheet4:

Participant: 4 Logger: Zainab	Date: 27 November 2020	Tasks: 1,2,3,4
Time	Event	Comments/Notes
	Task1	Didn't understand why 3 steps 3 steps to check-in were needed. Upcoming goals is step 1 and what are your goals in step 2 of check in seemed redundant. Typing goals instead of selecting will be more helpful Tips were quite helpful
	Task2	Purpose of discussion and chat groups being different was confusing
	Task3	Providing courses options were quite interesting. Where the list of courses are was vague,
	Task4	Entering group code was easy with an understandable flow.

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: User Test Report	-	✓	✓
Section 2: Med-Fi Prototype	✓	-	-