CA326

Well-being as a Measure of User-interface design(Time Out)

Time Out User Manual

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Installation Guide

In order to install our web application you can go to the following link to find the steps.

Link: https://gitlab.computing.dcu.ie/hossaia5/2022-ca326-hossaia5-tothi2/-/blob/master/docs/3-final-reports/Technical_Specification.pdf

After installation the user must disable all ad blockers and enable notifications.

Abstract

Time Out is a web extension that allows the user to set a timer with or without intervals(sessions), in order for the user to take timely breaks. Allowing the user to reduce the chance for the user to receive any form of mental or physical strain. We achieved this by allowing the user to receive a message box once their time is up, where they have 2 choices: either agree to take a break or indicate that they are busy at the moment.
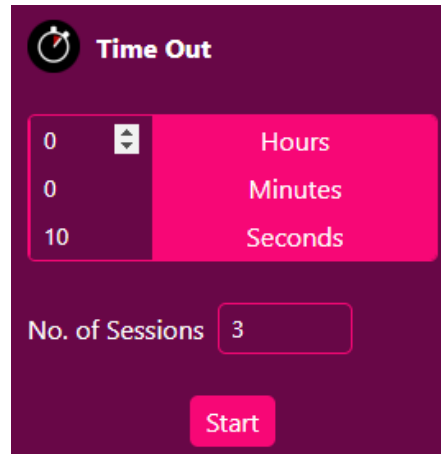
Time Out is fully operational on 4 major web browsers(Google Chrome, Brave, Mozilla Firefox and Microsoft Edge). It does not get overridden by existing tabs or a browser minimization. It has a lot of high level functionalities running both on the frontend and the backend of the application.

Through multiple forms of testing (user testing, Integration testing and Compatibility testing) we have found the product to be useful and fulfilling its purpose to help users well being. Our main focus was user testing which we conducted on 5 people for over 24 hours. This was beneficial as we got to do testing in a manner where there was ecological validity.

App system

Layout/System Architecture: The layout of our web application is minimalistic yet informative. We have kept in mind not everyone may be familiar with an extension such as this and to make sure all users new or old were able to utilise it.
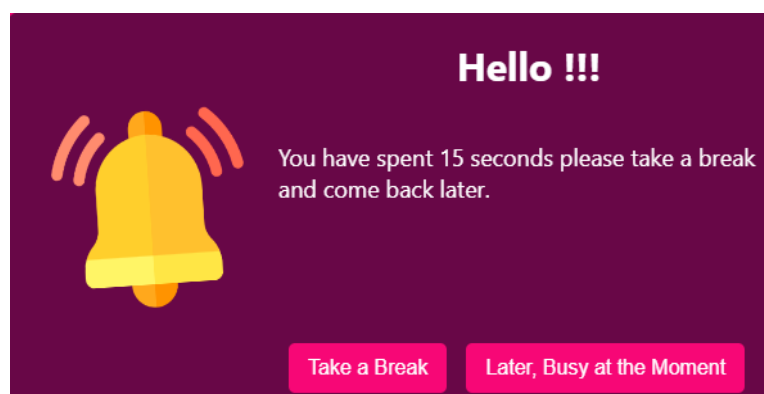

Once the user clicks on the extension icon they are presented with a pop up box and given the options to choose their time and intervals. Once they click start the time starts and the user can go about their business browsing the web or doing other browser related work. As long as it is fully closed the extension will continue to run in the background. The user can also see a progress bar on the pop up box and is also provided a badge in front of the extension icon where they can see the remaining time left on their timer.
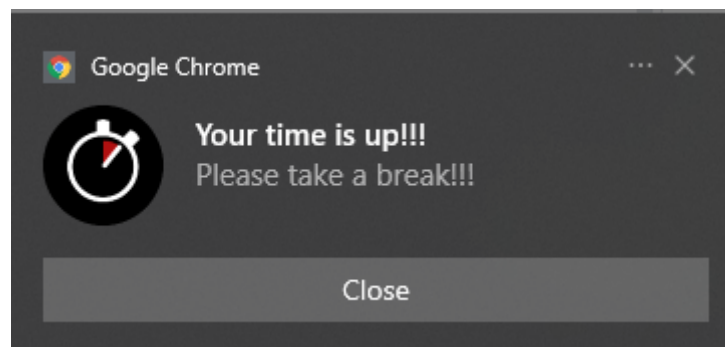

Once the time is up on the timer the user receives a message box with a ring bell animation and a message indicating how much time they have spent and whether or not they want to either agree to take a break or indicate their busy at the moment. If the user agrees to take a break the time is completed if it was on 1 interval or it's paused if it was set on multiple intervals. If the user decides to not take a break the time continues to run until it reaches its next interval, if no other intervals are left then it is complete.

The message box is strongly visible against its faded background and uses colourful animation to attract the users attention. It is placed at the centre of the screen.

The message box is also accompanied by a browser notification that appears on the bottom right corner of the screen. The notification indicates the users time is up, this is provided as some users that may minimise the browser can still use the web application and have it be running in the background.

The extension and all its features are provided on all of the 4 different browsers.

Key Features:

Like other timer extensions our application provides the necessary functions and options but as well as that we have incorporated a number of features that are unique to our application. Hence setting us apart from our competitors and attracting a larger audience. We felt many of these features were needed in order to complete the chosen topic and frankly these are features that the users wanted to see these screen timers include. Below are some of these features:

Timer Sessions: Users are able to select and input their own and allocate their preferred intervals/sessions. This was important for us to incorporate as the user needed to be able to pick their own time slots and sessions as every user's unique and required specific needs.

Icon Time: Providing the users with the remaining time left on their timer was crucial as we left it would keep the users informed and up to date. We achieved this by using a slot in front of the extension icon to visually display the remaining time and provide the user with the exact hours, minutes and seconds remaining.

Progress Bar: We also provided the user with a progress bar which is visible when the user clicks the extension icon and the pop up box opens. The progress bar displays the remaining time left in terms of percentage out of 100.

Different Tabs: If the user has multiple tabs open while the timer is running then all tabs will be frozen with the popup until an action is selected.

Notification: Users operating on Chrome, Mozilla or Brave will receive a notification from the browser itself once the timer has run out, therefore if the user is tabbed out of the browser they will receive a notification popup either way.

Multiple Browsers: The extension is fully functional and working in 4 different browsers; Google Chrome, Microsoft Edge, Brave Browser and Mozilla Firefox