

User Testing Report

Well-being as a measure of User Interface Design (Time Out)

A brief report on feedback from users

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Introduction:

This report provides the results of a test that was ethically approved by the DCU GDPR committee and the findings collected after we had our product tested by users **over a 24 hour period or longer**, we did our best to ensure **ecological validity** as we wanted this test to be as natural as possible due to the responsibility of our extension.

Goals and Objectives:

Our intention was to introduce the user to all features of the program. We wanted to learn as much as we could about our application. We needed to know the application's strengths, but also, and most significantly, its faults. A test path was created to guarantee that the user saw and tested all of the critical features and capabilities. The purpose was not to hide problems and errors but to bring them to light.

Test Route:

1. Installed the web extension(Follow installation guide)
2. Clicked extension icon
3. Tested in small increments first in order to get familiar with the extension.
4. Picked a preferred time for the timer and chose their preferred intervals.
5. Used the extension on their own terms for a 24 hour period or longer.
6. Filled out the consent form and the survey.
7. Sent the consent form and filled the survey back to the investigators(Alif Hossain, Imrich Toth).

Survey Participants:

For our testing and feedback for our web extension, we decided to do a survey. For this survey, we chose **5 people** that showed interest in the application. The

individuals were kept anonymous throughout the entire process. We made sure to provide them with a consent form informing them of everything they had to do.

Survey Questions and results:

1. Do you think the product is a good idea?

From the survey results, we were really pleased to find out that 100% (5 out of 5) of the participants found the extension idea to be great. This shows people have an interest in an application like this.

2. Would you find yourself using a product like this?

From the survey, we found that 80% (4 out of 5) of the participants found the application to be useful and would use the application in their day-to-day lives.

As well as that we found that 20% (1 out of 5) of the participants did not feel the need for an application such as this one. The participant gave their reasoning as “It was too distracting” to have on their web browser.

3. Do you think this product will help your mental health over time?

As our chosen topic was to improve mental health through the implementation of a better user interface. We were pleased to find all (5 out of 5) the participants to find the extension to help with their mental health.

We believe this was the case as our web extension allows the user to improve their mental and physical health over time by monitoring their screen time.

4. What other features would you like to see our product incorporate?

Among the survey results, one of the things that stood out to us was the ability to use the web extension in the form of an application on a mobile device.

Many wanted to see the inclusion of statistical data implemented within the extension. This would allow the user to monitor their daily/weekly/monthly usage, times, and breaks.

5. How would you rate our product in terms of ease of use?

The survey results indicated that 40% (2 out of 5) found the ease of use to be very easy, another 40% (2 out of 5) found it to be easy and the final 20% (1 out of 5) found it to be mediocre.

We were happy with the results from the survey as we do not want an application such as this one to be hard to use, due to its focus on the well-being of the user.

Conclusion:

The testing went well in general. We obtained a wide range of findings. These consequences were not totally positive, and we learnt a lot from the criticism. What it accomplished was determined via testing. That was done to bring to light issues that we would not have noticed otherwise. The Technical Specification contains further information about future intentions to make these enhancements.