Section 1: Background & Context

1. Have you ever used mental health or wellness apps before?
   ○ Which ones, and what was your experience like?
2. How do you typically respond when you feel anxious or panicked?
3. What do you usually look for in an app meant to help with anxiety or stress?

Section 2: First Impressions of DARE

1. What was your first reaction to the app's home screen and overall design?
   ○ Did the color scheme, layout, or tone make you feel comfortable?
2. Did the app feel trustworthy to you? Why or why not?
3. How confident did you feel navigating the app without guidance?

Section 3: Interaction With Key Features

DARE Response method

1. If you explored the DARE response steps, how did that process feel?
   ○ Clear? Confusing? Supportive?
2. Could you imagine using this tool during a moment of high anxiety or panic? Why or why not?

Daily Lessons & Audio Guidance

3. How engaging or helpful did you find the daily lessons or audio guides?
4. Was the pacing or amount of content comfortable for you?

Exposure-Based Activities

5. How did you feel about the exposure or challenge exercises?
   ○ Were instructions clear?
   ○ Did the tone feel reassuring or overwhelming?

Section 4: Emotional Comfort & Safety

1. At any point, did the app feel emotionally unsafe, triggering, or too intense?
2. What parts of the app felt especially supportive or calming?
3. Did the app's language feel empathetic, judgment-free, and relatable?

Section 5: Accessibility & Equity

1. Was all content understandable without medical or psychological knowledge?
2. Did the app feel usable regardless of your background, culture, or ability level?
3. Are there barriers that could make it difficult for some people to use this app?
   (e.g., reading level, tech literacy, internet access, cost)

Section 6: Privacy, Security, and Trust

1. How comfortable do you feel entering personal information in the app?
2. Was the app's explanation of privacy and data use clear enough for you to trust it?

Section 7: Overall Experience & Recommendations

1. What was your favorite feature, and why?
2. What did you find frustrating, confusing, or unnecessary?
3. If you could change one thing immediately, what would it be?
4. What would make this app easier to use during an actual panic attack?
5. Is there anything missing that you expected the app to provide?
6. Would you recommend this app to someone who experiences panic? Why or why not?