**Introduction**

1. **State purpose of the interview:**

Hello! Thank you for your time and helping out with this project. My name is \_\_\_\_, this is my teammate \_\_\_\_. We are student developers from CMU. This summer, we’re working with Dr. Rowena Pingul-Ravano, or Dr.Row, a doctor associated with the family medicine department of the UPMC health system in Pittsburgh, Pennsylvania. Our work is centered around her Dr.Row’s care practice and her breathing techniques. Specifically, today, we’ll be focused on Dr. Row’s 555 Breathing Technique, a technique focused on bringing awareness to the body, calming the nerve system, and bringing about a higher state of wellness. We are currently working with her to create an application to more broadly share her technique.

Before we start: None of the information gathered in this interview will be utilized outside of this course project. This information will only be used by the research team to refer back to for our project and we will never disclose your name or data to outside parties without your permission. Could you please confirm that we have your consent to record this interview in writing?

**Introduction/Ice breaker/get to know**

1. What is your name?
   1. M. J.
2. How old are you?
   1. 65
3. What is your profession? (if applicable, I want to ID those in the medical field)
   1. RN, Initially in labor and delivery for 20~ years in ShadySide, then moved different locations (ambulatory surgery), has been here at FHC for over 10 years in OB
4. Do you know, or have any familiarity with, Dr.Row?
   1. Yes!
5. Could you share with me your background regarding meditation and meditative breathing?
   1. I do, just as far as some work in therapy – my therapist is always recommending meditation, deep breathing – also utilizes it within her personal life, especially due to her son’s influence ; He talks often about meditation and listens to motivational speaking as well
   2. Child Breath educator, knows techniques for labor and helps women during the process
6. Have you ever used an app like HeadSpace, HealthyMinds, or Calm? What drew you to them?
   1. Has used Calm a little bit, maybe 3 times or so
   2. Didn’t have time
7. In what spaces do you perform breathing practices – in public, in private, with other people?
   1. N/A

The next section of this interview will be exploring this application through self-guided experience as well as a set of tasks we’re going to give you. As you explore the application, I’d like to encourage you to engage in a Think Aloud protocol. A Think Aloud protocol is a practice in which we ask you to say aloud everything you are thinking as you are completing tasks. This just means, we’d like to ask you to talk aloud any thoughts you’re having as you have them- this means positive thoughts, feelings, concerns, confusions, any of that sort.

**Questions**

1. At first glance, what do you believe the purpose of this application is?
   1. To decrease stress, if you’re in a bad state – just to use and learn ways to decrease stress even ways before it begins
   2. What do you think these buttons will do?
      1. Had to put on her glasses to see (maybe accessibility to increase text)
   3. Breathe the 555
      1. Felt confusion between what this might mean or be different from Learn the 555
   4. Learn the 555
      1. Understood what that you go here to learn – would want to know how to do it (provide drop downs to)
      2. Would like to know → How often you might do it, how long it takes out of your day, the amount of time it takes
      3. Likes that that info is on the front page, information should maybe be brought higher (?)
      4. The colors and imagery feels soothing, instead of feeling very bright – appreciate soft tones
   5. About Dr.Row
      1. Didn’t explore this page nearly as much- higher emphasis on who this is for- app purpose
2. If you could, would you explore the webpage, tell me what you think each aspect of the app is for/what you might learn as you interact with the page?
   1. Abby im so tired
   2. Went on to the 555 breathing page, enjoyed the visuals – it feels nice to be able to see what it looks like- yayyyy!!! It helps measuring what you’re supposed to do/feel
   3. Would be helpful to have Dr.Row’s voice within the application to go through it with you, the visual does help massively
3. [ Let people give feedback ]
4. With audio
   1. Would you prefer listening to a longer meditation/something mute/unmute – prefers mute/unmute, some people likely wouldn’t want a whole 5 minute long – it might be helpful to just be able to sit; a lot of the work is her voice itself
      1. Lends itself to personal usage, it feels good that way

**Wrap-up**

1. ~~What feelings came up for you as you explored this application?~~
2. ~~How did you feel your experience was supported?~~
3. Do you have any remaining questions, comments, or concerns?
   1. It felt very easy, there’s no choosing of what you have to look at, there’s a lot of simplicity and it’s right to the point that tells you exactly what to do
   2. Enjoys that you don’t have to download an app, so it’s nice to be able to just load something and take a look at it