**Introduction**

1. State purpose of the interview:

Hello! Thank you for your time and helping out with this project. My name is \_\_\_\_, and I am working on a project for Dr. Rowena Pingul-Ravano, or Dr.Row, associated with the family medicine department of the UPMC health system in Pittsburgh, Pennsylvania. We are currently working with her to create an application to more broadly share her care practice and breathing techniques. Dr. Pingul-Ravano's 555 Breathing Technique is a breathing technique focused on bringing awareness to the body, calming the nerve system, and bringing about a higher state of wellness.

1. Share the confidentiality statement and obtain consent to interview and record session:

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?
2. How old are you?
3. What is your profession? How long have you been doing it? (if applicable, I want to ID those in the medical field)
4. Do you know, or have any familiarity with, Dr.Row?
5. Could you share with me your background regarding meditation and meditative breathing?
6. Have you ever used an app like HeadSpace, HealthyMinds, or Calm? What drew you to them?

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 includes verbalizing about what you are doing, what you are thinking, and what you want to do, as you explore the application.

**Questions**

1. At first glance, what do you believe the purpose of this application is?
   1. Breathe the 555
   2. Learn the 555
   3. About Dr.Row
2. Could you try to learn about Dr.Row & who she is?
3. 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?
4. [ Let people give feedback ]

**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?