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

1. What is your name?
   1. Dr.K.
2. How old are you?
   1. 60
3. What is your profession? (if applicable, I want to ID those in the medical field)
   1. Holistic Psychotherapist as of ~33 years
   2. I’ve worked at the Cleveland Clinic for Integrative & Lifestyle Medicine
4. Do you know, or have any familiarity with, Dr.Row?
   1. What about her breathing practices?
   2. No, I do not!
5. Could you share with me your background regarding meditation and meditative breathing?
   1. I have a high-level of familiarity with different breathing techniques and breath work in general. I have taught in hospitals and clinical settings all over the world. I use breathing techniques as my own daily personal practices, I teach different forms of breathwork to my clients and groups that I consult with.
6. Have you ever used an app like HeadSpace, HealthyMinds, or Calm? What drew you to them?
   1. Yes, I consulted with some of the teams at HeadSpace for the creation of some of their protocols– I’ve used Calm before just to experiment. I’ve used Insight Timer because I like to refer my clients to different applications outside of their sessions. I also use Peloton Meditation for myself, several times a week.
7. In what spaces do you perform breathing practices – in public, in private, with other people?
   1. I do them, I’ll do them before I go to bed (in bed). Sometimes, I’ll do them in the morning before I get out of bed. Sometimes I’ll do a walking meditation with prayer and breath. I often see my client (in person) at the park, so I’ll do these in person with them as well. Even when I drive.

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. Relaxation/Calming – (read title) It seems like it’s giving me a tool or help me practice a tool to calm, center, to ground.
   2. What do you think these buttons will do?
      1. One takes me to the experience, one takes me to learning about the experience, and one is about who IS this Dr.Row?
2. Could you try to learn about Dr.Row & who she is?
   1. It tells me is in family medicine, is from the Philippines, and has her qualifications.
   2. I would like to know how long she’s been practicing this technique, I’d like to know – I’m always interested if someone is using the techniques that they’re sharing with me. How does she know - in terms of a lived experience - that this is beneficial, is she using this for herself? I want to know her personal experience with breathwork. I don’t want to be taught something from a theoretical POV, I care more about learning from a lived vantage point. I’d like to know more about her personal journey because there are a lot of physicians that don’t necessarily believe in the power of breathwork so how did she begin this path – did she start learning it in medical school, is this something she learned/taught in the Philippines?
   3. I’m more curious about her!
3. [ Let people give feedback ]
   1. [Learn the 555] – She actually liked the visual of the meditative ocean – she really enjoyed that! Maybe if there was something that said - scroll down to see instructions, she would’ve noticed that.
      1. On the desk-top, she didn’t scroll back down. Maybe the video itself would instruct people to scroll down.
   2. [Breathe the 555]
      1. Pressed play, went through the experience
      2. Got lost in the 5 rounds, didn’t feel that was explanatory
      3. When it says breathe regularly, the image is going too fast. That’s an anxious pace of breathing – people don’t breathe that quickly unless they’re running or anxious.
      4. I like the imagery, I like the colors. – I like the interlocking circles, it’s attractive! I like the lotus, the colors are nice and calming.

**Wrap-up**

1. What feelings came up for you as you explored the application, if any?
   1. It feels super user-friendly, if someone is feeling some anxiety and they want to get a bit of relief– it feels simple enough that we don’t have to overthink to engage with the app. I didn’t like the fast pulsing for the normal breathing, even though the faster pulse doesn’t mean that’s your normal breathe, people might want to match that which isn’t a good idea necessarily and might rev them back up.
2. Do you see yourself using something like this in a moment of stress?
   1. Sure, especially if it’s a nice little app - it’s just easy to get to!
3. Do you have any remaining questions, comments, or concerns?
   1. Is this going to be an application that people have to pay for?
   2. Are there going to be additional pages on this?
      1. I like that it’s super simple, if you have anxiety you don’t want to navigate through a bunch of stuff!

[**Potential take-aways:**](https://docs.google.com/document/d/1PsNOBDeo2Tr9N3iaOZjmSzrrU8-7iqp1uGxFi3dMkVU/edit) **<- overall design notes link**

* Slowing down breathing imagery for ‘breathe normally’
* Maybe keep the visuals of calming things and then have Dr.Row speak over it!
* More information about Dr.Row and her personal life practices

\*will write some copy-text for the above pages !!