**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?
   1. N.D.
2. How old are you?
   1. 30
3. What is your profession? How long have you been doing it? (if applicable, I want to ID those in the medical field)
   1. I’m a Family Medicine physicians, she ses her patients at her own clinic and works at her own clinic and @ McKeesport, she works in women’s health and delivers babies
   2. She just finished residency last june, 5 years - outside of res, 1 year
4. Do you know, or have any familiarity with, Dr.Row?
   1. Yes, they work side-by-side for Centering, any women’s health project and they work together at McGee
   2. They know one another through work and she’s one of my mentors
   3. Seen Dr.Row do the 555 with patients and tries to do the same w/ hers
5. Could you share with me your background regarding meditation and meditative breathing?
   1. Meditation apps - they don’t always work for me, tends to get distracted easily - does breathing exercises and breathing exercises
   2. Some versions of breathing techniques, she does 578 instead
   3. It depends on how anxious she is
   4. She does this primarily for work related work, if she’s about to give a presentation/working with patient, especially if she’s in a new settings - sometimes personal life settings, moreso for professional settings – helps her recollect
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. Looked through the first site, thinks it’s to increase awareness and how to do it
   2. Breathe the 555 - actually going into doing the exercise
   3. Learn the 555 - learn background about it
   4. About Dr.Row - learn background 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. Nice to have background on how the technique was created, depending on the patient, some want to learn more background, but if they don’t it’s not overwhelming
5. Feels very easy and simple, nice to go through
6. [ Let people give feedback ]
   1. She enjoys that it is very simplistic looking, She’s on the breathing - she plays it and is sort of trying it along and following directions (cool)
   2. Breathe
      1. Participants who want to do well always make me laugh hehe
      2. Tried to match the anxious pase for breathing regularly
      3. Didn’t seem to mind that it operates in cycle
      4. She likes that as it tells you to inhale, she likes that it follows the actual breathing patterns - the instructions are clear, the seconds are helpful !! – appreciates the timing it out
      5. She likes the reset so if she gets interrupted it’s helpful
   3. Learn
      1. Helpful to learn about the 555
      2. I wonder if having the learn the 555 first would be beneficial – for people who don’t know anything might be more helpful - they may go to the first step first as opposed to actually understanding it !!

**Wrap-up**

1. What feelings came up for you as you explored this application?
   1. Right now, bc she’s alr feeling somewhat calm - it gave a very warm, soothing vibe ; it definitely helped her feel calm to have warm colors
   2. Curious to see how it goes !! if it works for her – if it felt too slow, the pace felt good //
2. ~~How did you feel your experience was supported?~~
3. Do you have any remaining questions, comments, or concerns?
   1. N/A