**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. She is the director of the only accredited Centering Pregnancy site in Western Pennsylvania. 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. We are currently working with her to create an application to more broadly share her technique.

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. T.
2. How old are you?
   1. 41
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 am an OB Nurse Coordinator and a registered nurse for 19 years
   2. I’m from another facility in Ladderman, McKeesPort
   3. Looking to set up a new Centering Pregnancy
4. Do you know, or have any familiarity with, Dr.Row?
   1. First time meeting her today
5. Could you share with me your background regarding meditation and meditative breathing?
   1. I’ve heard very little - I used to do labor and delivery, but that is the extent
6. Have you ever used an app like HeadSpace, HealthyMinds, or Calm? What drew you to them?
   1. I’ve heard of them, but haven’t used – I work out, guided meditations on youtube, but my brain doesn’t slow down long enough.

The next section of this interview will be exploring this application through self-guided experience as well as aset 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. Meditation/calming
   2. What do you think these buttons will do?
   3. Breathe/Learn/About - explaining what the 555 is, how to do it, who Dr.Row is and what she’s about.
2. Could you try to learn about Dr.Row & who she is?
   1. What she’s certified in, where she works, where she’s from – medical training, background
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 ]
   1. Guarded body language, is more closed off to meditative practices - has just been looking through Breathing the 555- it’s very self explanatory and easy to do, feels simple to do based on how it set up
   2. This is likely one of the things that we’ll be talking about with them, we’re hoping to follow step by step.
   3. She clearly did not want to do this!
5. Wishes/Wants
   1. N/A - for what it is and what you’re trying to achieve, it’s very to the point!

**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?~~