

Joseph:

4th year cdm -- reading intro to our project

Panning over buttons, chooses character

Clicks around screen, looks for more buttons to select

Clicks instead of swipes the thoughts away

End of game

Feels like the game -- you play these games but it was different, maybe not in a good way that the choices were so limited, couldn't go back to sleep, couldn't hit snooze, did catch me off guard a little way, lets the story progress -- so in a way that was nice. Felt sort of like the art wasn't sober, felt like i already hated myself sort of way, already felt like i hated myself already like had been drinking

Wanted more -- wanted to test the interaction -- expecting to interact with environment (such a beautiful day, touch the flowers or something),

How feel about the bus or walk scene? Because it was an html popup -- at first thought i broke the game, don't open the dialogue box again -- can't identify the people

The words were coming fast, screen was dialating -- very fast -- gotta win, wasn't really reading Click and drag feels clunky -- maybe click and swipe vs dragging, wish could just click, or get responsiveness to work

Dysphoria -- stress anxiety game -- big part of the game was the reading part -- might take away from the narrative to not have time to read

Felt like i was losing

Kelly

Used to be design advisor, now in social sciences

Understands disclaimer, start -- deep breath before game, makes decision carefully -- decides to go with other click -- hits continue, reads dialogue box carefully. Swipes away at screen. Seems to have gotten slightly nervous. Exploring page, clicks share, resources, explore.

At first didn't fully realize what the intent of the application would be, simulating someone who experiences anxiety disorder panic attack, from a mental health aspect -- that would be actually helpful. What they could be thinking through, helps a lot -- most powerful -- trying to get rid of all the thoughts of someone to be thinking, swiping is kind of good therapeutic tool to try to remove negative self talk -- cognitive behavioral therapy - visually moving thoughts to side -- an immediate coping mechanism -- brain overload and can't manage everything they're processing. Certain gestures -- mindful breathing --focusing on breathing and recentering self

Liked the interface -- like how its not clear photography/images, feeling about it feels kind of surrealistic, people who are in this state of mind feels kind of walking through life things feel foggy -- instead of crisp. Pop-ups are interesting, this is what the person is thinking in their head? Is their conscience? Don't really see people playing this game for fun --

Yes incorporating the breathing and heartbeat and chatter of people would be useful

Like the take-the-bus or walk -- wasn't clear if was just able to continue -- wasn't as intuitive on "unlocking continue"

Tought it was going to more educational/testing someone's knowledge rather than from first person narrative-- experiential. Not exactly knowing -- good thing -- panic attacks come up on any time,

Characters -- maybe not do names -- faceless, someone tellable physical characteristics

Maybe very brief descriptions

Esther

Is design major and classmate

Reads through altert buttons very thoroughly, wait s for the thoughts, clicks instead os swipes, is reading text instead of swiping more, keeps clicking text off-screen.

I really liked it! I liked the idea of having different characters and you can choose what you want, makes feel personal -- would you have a description ? feels like of less personal, no pupils feels scary? I like these decisions -- are you tring to imply that one is better than another or that one decision means i'm depressed. one , you continue, another, you can't do this,

Likes the clicking back and forth -- not commonly accepted

Bus scene had to click a lot -- maybe didn't see, or maybe have an arrow pointing to instruction
How you felt about this interaction? Yeah i thought it was interesting, maybe toward the end
Maybe as getting blacker, another message come up -- don't understand what the darkness is --
but then understand especially because a lot happening, claustrophobic?

More feeling -- have more imagery -- not just words (bus scene) but other punctuation or feelings

Didn't know what to do right away, what woul happen if time run out -- what do i do? Panic???

Maybe use "drag" instead of "swipe"

Maybe have chatter -- maybe dialogue box come up and also have audio with it?

*does dialogue box come off as game feedback or conseience

Iris

This is too real --

Accurate -- reminds a lot of simultaneous thoughts and fears and closed in experience -- intentionally -- bus is a panic attack

-- been able to go to class during a panic attack -- force yourself to go on the bus (button)
automatic maneuver to do it, get off the bus -- ok what happened -- there's different levels of awareness in terms of someone's ability to cope -- how aware are they of their anxiety and what's their management methods?

-- bus scene is full blown panic attack --

Depression Game -- cool because for sometimes manifests as physical symptoms --
stomachaches or tight chest or lie down and can't work -- when trying to explain to mom, had to develop a lot of language and do research -- purpose of interactive games to simulate same response, how close to this design is to the experience. I'm not sure if i would program this, but like i would

Everything gets kind of blurry -- the swipes -- first time playing wtf are those -- feels like stuff caves in -- use CBT "cognitive behavioral therapy" -- capture the thought and intterupt it and replace it and let it go -- literal anxiety management tool -- requires many different approaches of management, deep breathing to interrupt sematic -- if you interrupt your thoughts, you give yourself more time to go through thoughts -- body mind mental system . overwhelmign stimulus from brain or external and don't know how to handle -- shut down. Bus scene is escalation without intterruption.

A pass to calm down -- everything is triggered because mind -- anxiety is overreactive fight or flight response. Panic attack at grocery store -- anxiety made it so that everything is dangerous, potential trigger.

- When panic attack in grocery store -- i am freaking out, everything seems blank and constant stream i have 10 min wht if i dont find it what if i dont find my box of cereal,

everything really blown out -- blurry. What did i do -- remmeber trying to "ok these are going to settle, whats the first thing i need"

- Only got one thing and not what needed
- Freaked out DC -- didn't know how to get in line, order, look at food, glitchy like matrix. Only thing recognized the soft serve machine
- Undiagnosed anxiety -- not knowing where to have focus be, didn't know how to ask questions or know who to go to or know where to focus on -- gona go to grocery store, oh the bus what am i gonna do on the bus am i going to get there do i know how to get there, incessant mosquito buzz -- can't make decisions anymore -- no button option to. No "wait 15 minutes", it's "panic". Very close to experience.
- What do i know is here -- first thing that i knew -- there is cheese here, and left the store. Had the panic attack and then had to leave. Helped overcome . didn't have the means to calm down, hazy, needed to buy food.
- A lot of people get used to being uncomfortable and not articulate that this is an uncomfortable experience. People who dont know whta it's like to not be able to make decisions to experience this.
- Friends of anxiety sufferers, and peopel who have themselves
- Speech bubbles "this is what happens when"
- Directed toward user "you are experiencing an anxiety attack"
- Know and seek out help -- people in CAPS in crisis because dont know they're experiencing an attack -- esp in asian american community -- i am miserable because i dont have a 4.0, rationalize "this is just a pasta run"
- Pastitive self talk -- " i am uncomfortable, i should get treatment"
- Might build more empathy
- Point of therapy to get you to a point so you not affected so negatively so you can have baseline of "this is what life should be like" doesnt have to be so miserable
- Dbtselfhelp
- Mindfulness meditation -- mindfulness to focus on present moment and stop disassociating and panicking -- diverting attention from trigger on what's actually going on. "I dont' know hwat it's like to have ti divert attention from an axiety attack"
- People without anxiety have coping mechanisms that they dont know that they already use. Sometimes people can get antagonistic -- people who dont suffer from it prob dont recognize that they have good habits already.
- This is a peaceful day
- Have thought, transform into cloud, and have it float away
 - Meditation - "intrusive thought" -- catch, bubble it, release it. Practice enough with it to just let go. Unchecked become chain that lead to meltdown. This is how we might take -- therapy -- deeper source of anxiety -- you have osme kind of fear trauma behavior that leads you to thinking that this is danger. Anxiety is symptom of somehting unaddressed or lifestyle. Emotional trauma or somehting -- part of whole body experience -- interrupting the behavior does a lto to help reevaluate where else in your life you need help
 - A lot of my anxiety -- i am uncomfrtable, why -- rather than if i'm uncomfrtable, can't do this essay, if cant do essay, gonna drop out of school -- loop
 - List of 10-14 key terms for anxiety. Catastrophizing, webmd -- anxiety section.
 - Depth of game could be game changing
 - Not the fault of anyone -- s a disease that requires a lot of different approaches -- always bei
 - You're more than your anxiety but this is affecting your quality of life

