GreenMind User Research Summary

Survey Overview

A brief user survey was conducted with 5 college-aged participants to explore screen usage habits and attitudes around taking regular breaks. The goal was to understand how a digital break assistant tool could support healthier screen behavior.

Key Insights

1. Most participants spend 6–8 hours per day on screens.

- 3 out of 5 people said they average 6–8 hours daily.
- 2 reported 3–5 hours.

2. All participants struggle with taking breaks.

- Every person reported at least "sometimes" having difficulty stepping away from their screen.

3. Common barriers to taking breaks include:

- Feeling lazy or unmotivated
- Needing to finish tasks
- Boredom without a device
- Screen time becoming addictive

4. Most participants are open to using a break reminder tool.

- 4 out of 5 said **yes**, they'd use one.
- 1 person said **maybe**.

5. Preferred notification styles are subtle and non-intrusive.

- Most liked soft (silent) pop-up notifications
- Subtle sound alerts were also popular
- Some liked break activity suggestions
- One user liked full pop-up messages on screen

Notable Quotes & Observations

- *"It gets addicting."*
- *"I don't get up because I'm bored without my device."*
- *"I struggle with feeling lazy."*

These comments show that screen use is often emotional, not just practical.

Design Implications

From this research, the ideal break assistant tool should:

- Offer gentle, non-intrusive break reminders
- Include soft sound + visual cues
- Suggest quick, doable activities during breaks
- Avoid feeling like a disruption

This validates the need for a friendly, motivating tool that feels like a nudge — not a nag.