ParkinsonPal

Testbook

Overview

This app is designed to support older adults with Parkinson's or related conditions, by providing easy-to-use tools for tracking symptoms, managing medications, performing therapeutic exercises, and engaging in cognitive games.

Key features include:

- Signup and login

- A central home screen that links to all major functions

- Simple symptom tracking with visual history

- A Medication Manager with intuitive scheduling and tracking

- Guided therapy routines grouped by physical and therapeutic goals

- Brain games to promote mental stimulation in a friendly way

- Support for English and Urdu, with accessibility features built in

The app emphasizes usability, clarity, and cultural appropriateness, with design decisions focused on minimizing effort, supporting common behaviors, and reducing cognitive load for elderly users.

Instructions:

- Pay careful attention to the usability of the app.
- Make sure to keep a note of what you find difficult or easy to use.
- Feel free to ask for help if stuck or just simply move on.
- Do explain what you see on the screen or anything that you are thinking or feeling while performing the tasks.
- Feel free to take as long as you need, and as many breaks as you would like during the testing.

Happy testing!!😀

Task 1:

- **Scenario:**

You have just installed ParkinsonPal for the first time after being diagnosed with Parkinson's. The app is there to help you track your symptoms, manage your medications, aid in physical and mental therapy and has some fun games for you as well.

- **Task 1.1:**

After landing on the main page of the app, we want you to skip the accessibility settings for now and register on the app. Assume that all the fields you can see (name, gender, phone number etc) have already been pre-filled for you.

Task 2:

- **Scenario:**

Now that you are on the homepage of the application, the top header shows you the next medication that is due for you and all the features are present right below it. ParkinsonPal is designed to make sure that the users can easily navigate to most of the features.

- **Task 2.1:**

Your second task is to navigate to the "whack-a-mole" game in our apps games and play the game until all moles disappear. Go back to where all the game options were showing.

  - **Task 2.2:**

From here we want you to navigate to any other game and just look around and then return to the home page.

Task 3:

  - **Scenario:**

Now you should be back on the homepage. The app offers you the opportunity to get exercise and therapy from the comfort of your home. The feature offers you with recommended exercises that have been tailored according to your symptom history and medications by the app automatically. It also allows you to find other exercises and therapies that you believe would help you. All the exercises and therapies are tailored so you do not need help from anyone else and are also lightweight so you won't hurt yourself.

  - **Task 3.1:**

Your next task is to navigate to one of the recommended exercise and therapy's video for tremors. The screen shows a buffering page but assume an actual video is playing on it. Just look around and watch the video in full screen mode. Then navigate back to the main page where all recommended and additional exercises were displayed.

- **Task 3.2:**

From here navigate to the "Flexibility & Strength" category and watch the video on shoulder rolls. Explore the page and then go back to the homepage.

Task 4:

- **Scenario:**

Medications can be hard to track and people often tend to forget their medications, specially the dosage and the timings. Parkinson medications might be even harder to track, making sure you are taking the right dosage and taking them after the prescribed period. You are a first time user on the app so you have no schedule set up as of now.

- **Task 4.1:**

Navigate to schedule your medications through our app's Medication Manager feature. As a first time user, create your schedule as follows. Assume that the 'Medicine Name', the days on which you have to take the medicine, 'Time', and 'Dose' have been pre-filled. We want you to increase the frequency to 2 and add another medicine. The second medicine 'Centrum' needs to only be taken once on Monday. Assume that the fields have been filled for you and finish creating your schedule. From here go back to your Medication Manager's main page.

- **Task 4.2:**

Now you have to view your created schedule.

Take a moment and explore this page. When you reach this page, you decide that you want to edit your schedule and delete Centrum from your schedule.

Next you want to change the dosage of your Levodopa. You can assume that the changes you made are pre filled. From here on finish editing your Levodopa.

Next you want to add another medicine, the details are pre filled just finish adding centrum again.

Navigate back to the main medication manager page.

- **Task 4.3:**

Now you need to view all your medication history for the month of april. Download the report and then navigate back to the home page.

Task 5:

- **Scenario:**

The app provides you the option to track your symptoms so you can see your progression. You can log your symptoms for everyday based on some metrics and can add additional details as well.

- **Task 5.1:**

Log your symptoms for today. Track your symptoms by selecting a rating for each day, assume that as you select, the ratings are being recorded. Finish logging your symptoms.

Now edit the symptoms for yesterday, similar to what you did before, assume that the ratings have been pre-filled but you can change your ratings by simply selecting a new rating. Return to the main 'Track Your Symptoms' page.

- **Task 5.2:**

View your symptom history for the month of april. Explore the page, look around, feel free to explain what you see or feel while looking at this page.

Now view the log for 12th april, look around and then go back.

View the charts for your symptom history of April, look around and then go back.

Download your monthly report for April and then go back to the homepage.

Task 6:

View your profile information and then edit it. All fields have been pre-filled so just save and go back home.

Explore the app further and then Sign Out of the application.