Part 1:
Jonathan Allen's research:

For my research I conducted three interviews over the last few days to try and get a sense of where we should be going with our app. These interviews were really helpful because I got a chance to sit down and have a conversation with people about a subject that's usually a little touchy. Also the interview format tends to make people feel more comfortable answering personal questions or technical ones pertaining to the app and it's research.

I interviewed 3 college age people, between the ages of 20 and 22. There was one guy and two girls. I did two interviews at my house and one on campus. I noticed that the interviews at my house felt very informal, and because of that I think the interviewees were a little more comfortable talking about mental health.

During my interviews I started by asking them some pretty basic questions like "What's your name?" and "What do you do for a living?", just to get a general sense of who they were. I then asked them about mental health in general, whether they thought it was a big issue in this country and around the world. All three people said that mental health was a big problem, and that it's not just here in the US, it's prevalent across the globe. Then I began to talk with them about their personal relationship with mental health. I asked them if they were comfortable talking about their own struggles or issues they may have and all three were willing to share. Two of the people said they had suffered from anxiety and depression on and off for some time, the third person said they had never really had depression but they did have anxiety and the occasional panic attack. I talked with them about strategies they used to deal with these feelings. Most of their responses dealt with ways of distracting yourself from the feelings until they went away. They also talked about making time for important things like eating right, exercising and getting enough sleep. They said talking with people helps a lot too. Next I asked them about the app itself; would this be an app you think people would download, or would they maybe feel weird about getting it? What features would be useful? All of them said they'd download the app and they don't think people would have a problem downloading it either. As far as features they'd like, they suggested a reminder system that would let you know when you might be at risk of suffering from some symptom of mental illness. For instance, one candidate said it should track the things that trigger your panic attacks in order to stay ahead of a potential panic attack and giving you reminders to do things that help you stay away from them.

In general the findings I found were:
● Mental illness is a very concerning and prevalent issue for people around the world.
● It affects people of all ages and ethnicities and everyone could use a little help.
● The app needs to have a feature that keeps up with the user and is able to track certain metrics which help identify times where action might be needed to help the user.
● General consensus that this app would be well received and needed for many different people
● Having an app is discreet and private making it more accessible for people

Batool Alghamdi's Research:

For my research I made a survey and asked my friends and some other people to answer it. I conducted the results by emails and text messages. I figured that most students don't have a serious issue with anxiety (long term illness) usually, they feel anxious before taking a midterm, quiz or when they have a lot of homework to do. And they beat these feelings by playing video games, going to the gym, reading or sleeping. One of the students who answered the survey was suffering from depression and anxiety, he said **"When I'm stressed out, I usually do either of the following things to keep my mind occupied: Sitting in front of my computer and play video games. Take a hot shower and meditate. Or take a stroll outside."**
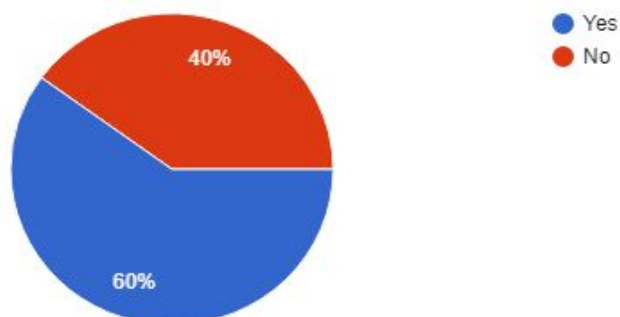
Results:
I found out that most of the students who did the survey agreed on the app idea, if it can help them mediate, listen to audiobooks or motivational talks!..

Nick Wentzel's Research:

For my research I polled 5 college students to determine what kind of app/wearable people would want to use, as well as if there is considerable demand for the app. The survey found that wearables were not favored, in fact none of the students polled had any desire for any kind of wearable integration whatsoever. It was also found that students all found themselves quite anxious before a significant life event. Another interesting discovery was that a majority of students polled felt that anxiety/stress is important for motivation. This is important because there are varying degrees of stress, and our app should only be working to help with stress management, or working to eliminate sources of *bad* stress. Below are charts of the data that I was able to draw con
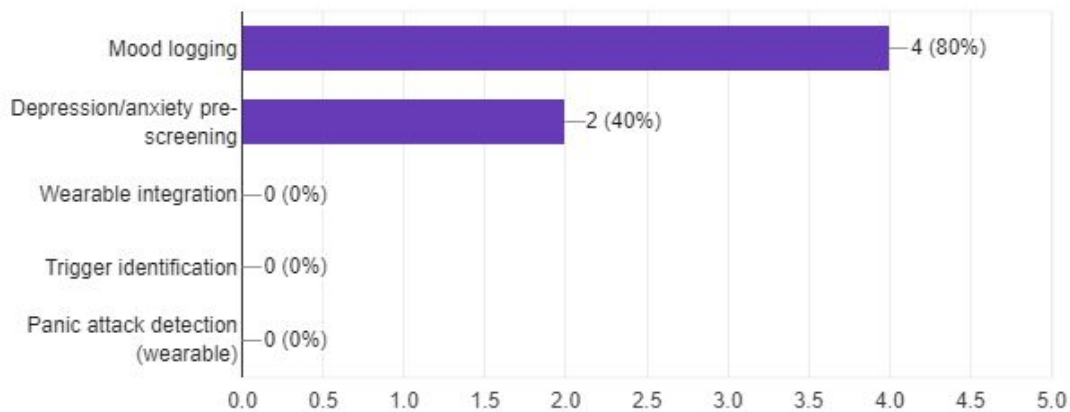
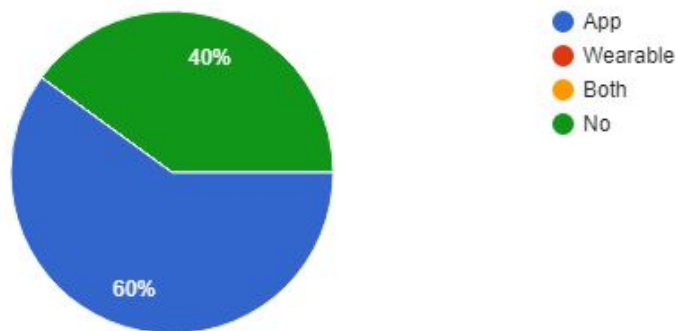## Does anxiety and/or stress help to motivate you?
5 responses

- Yes
- No

Which of the following features would you want in a mental health tracking app?

5 responses

Feature	Value
Mood logging	4 (80%)
Depression/anxiety pre-screening	2 (40%)
Wearable integration	0 (0%)
Trigger identification	0 (0%)
Panic attack detection (wearable)	0 (0%)

Would you use an app or wearable to track mental health?

5 responses

- App
- Wearable
- Both
- No

40%

60%

Part 2:
- Do your findings agree? Disagree?
  - Yes. For the most part, all the research we conducted seem to suggest that our users would prefer an app over a wearable device. Also the research indicated that stress management was a big part of the issue we want to solve.
- What decisions can you make based on this data?
  - We need to focus on building out an app that helps users manage stress and other symptoms of mental illness.
- Were some data collection methods more or less useful than the others? Why?

- I think both kinds of research were useful in their own ways. An interview is great because you can have a conversation and ask all types of questions in a personal setting. This can help understand the human side of the answers; why people are answering the questions the way they are. The online survey is very useful as well because we can reach a larger sample size and collect a lot of data without having to meet people physically. In addition, our survey focused more on the potential direction of the kind of technology we will be using, providing us with useful information about how we want to build the app itself.
  - If you think more data collection would help, what else would you want to know?
    - I think it would be useful to do some sort of observation to determine the activities of users without them knowing. Sometimes in interviews or surveys users tend to answer a little differently, but when they think no one is watching they are more inclined to act how they normally would.

Part 3:
 survey Questions (Batool Alghamdi):
  - Do you identify yourself as someone who suffers from some kind of mental illness? And if so, what?

  - Do you ever feel hopeless or overwhelmed? And if so, how long do you usually feel this way?

  - Would an app or device that helps you keep track of bad moods or signs of mental illness help you form better habits for the times in the future when you feel this way again?

  - What are some useful ways to distract yourself or keep yourself occupied if you're feeling down?

General line of Interview Questions (Jonathan Allen):
  - I asked them basic questions like: name, major, where do you live, what do you do for work. Just to get a general picture of the person
  - Do you think mental illness is a big problem in our country/world today?
  - Do you think there is any one people group or perhaps age group that suffers more than others?

- Do you identify yourself as someone who suffers from some kind of mental illness? And if so, what?
- Do you ever feel hopeless or overwhelmed? And if so, how long do you usually feel this way?
- Would an app or device that helps you keep track of bad moods or signs of mental illness help you form better habits for the times in the future when you feel this way again?
- What are some useful ways to distract yourself or keep yourself occupied if you're feeling down?
- Have you ever tried using an app to help with mindfulness, mental health, or general wellbeing?
- Do you think an app like this would be one people would want to download, or maybe they'd be too embarrassed?
- Can you think of any useful features you would like to see in an app like this. Or features that would help you specifically manage your mental health?

Survey Questions (Nick Wentzel):

How old are you?

- ○ 18-24
- ○ 25-30
- ○ 31-50
- ○ 51+

Gender

- ○ Male
- ○ Female
- ○ Prefer not to say
- ○ Other...

How anxious are you before a significant life event? *

	1	2	3	4	5	6	7	8	9	10	
Not anxious	○	○	○	○	○	○	○	○	○	○	Unbearably anxious

Does anxiety and/or stress help to motivate you?

○ Yes

○ No

Does your family have a history of mental health issues?

○ Yes

○ No

○ I don't know

Which of the following features would you want in a mental health tracking app?

☐ Mood logging

☐ Depression/anxiety pre-screening

☐ Wearable integration

☐ Trigger identification

☐ Panic attack detection (wearable)

Would you use an app or wearable to track mental health?

○ App

○ Wearable

○ Both

○ No