

User Studies

Scenarios:

1. You go to bed at 10:00 p.m. and want to be reminded to reflect then
2. You're feeling really stressed and you want to relax but don't have much time
3. You forgot how you're supposed to use each of the tabs
4. Something good just happened to you and you want to write it down
5. You notice self-talk patterns and want to read more about them
6. You wake up at different times every day so you don't want to be reminded to relax
7. You woke up in a good mood but you want to relax for just a little bit
 1. You want to look at something different

User 1

- Didn't set the first reminder in tutorial
- Tried swiping on relax tab
- Missed Done button in relaxation once or twice

User 2

- Asked if needed to push "Set Reminder" button
- Might've missed Reflect button
- Accidentally didn't pull up fast enough to go back
- Missed Done button in relaxation

User 3

- Didn't tap "Set Reminder" button
- Possibly add timer to breathing exercise, or at least prompt to continue as long as desired
- Wasn't sure how to get back after sliding down
- Tried swiping in reminder view to dismiss

User 4

- Missed Done button in relaxation
- Slight confusion about set reminder button in tutorial
- Tried tapping to dismiss readings

- Noted the order of readings

User 5

- Didn't tap set reminder button
- Tried flipping all the way to the right to dismiss
- Favorite tab is learn

User 6

- Didn't tap set reminder button

User 7

- Didn't tap set reminder button
- Flew through it
- Missed Done button a few times as well

User 8

- **Did** tap set reminder
- Also enjoyed readings