

P3. Collecting Data

Due 2/22

Team Name: GoldMoon

Problem Description: We look at excessive smartphone usage amongst students.

Website: <https://ivanok.github.io/goldmoon/>

Interview #1

Interviewer: Beatrice (B)

Interviewee: James (J)

- Intro -

B: Hi James, thanks for being willing to come in for an interview today. We're conducting these interviews for the sake of research which will help us in our project. Some of the questions might be a little personal since we're asking about your lifestyle, but if you feel uncomfortable with any of the questions at all, feel free to let me know and we can skip it. I can't tell you much about what our research is for now, because it might affect your answers. But I can tell you more after the interview is over if you're curious. Do you have any questions so far? If it's alright with you, I will be recording the audio for this interview - it will only be used internally - for the purposes of this research.

J: I don't have any questions so far.

- Warm Up -

B: What do you use your smartphone for?

J: Watching videos and browsing memes - that's about it.

B: What do you like the most about your smartphone?

J: I like how I can access the internet at virtually anywhere and anytime I please. My smartphone is so portable, so I like how convenient it is for me to use it at anytime. That's what I usually use my phone for.

B: And what do you like the least about your smartphone?

J: I spend too much time on it because... I don't know, it's a time waster for me. I feel like I'm getting too connected to it. I definitely feel like I'm spending too much on it, so I'm trying to break away from that.

B: That actually leads me to my next question - do you actually think you use your phone excessively?

J: Oh, yeah, definitely. Definitely. Way too much. Back then, I used to not be on my phone as much in high school. In high school, I had a flip phone, so I really only used it for texting or calling. But now since I can watch videos, I can spend every minute of every hour doing that.

B: Okay, so what kind of apps do you find yourself spending most of your time on?

J: YouTube is what I use the most for sure.

B: What kind of videos do you typically watch on there?

J: I guess what you call "news outlets", but they're not like CNN or an official news station. I mean like YouTubers who go over things that are going on and discuss news like Philip DeFranco. But yeah, mostly stuff like that. I also watch meme videos and game review videos - I do that, too.

- Main Body -

Topic 1: Productivity

B: You've mentioned a lot about YouTube, but are there any other apps where you spend the most of your time on?

J: I use it a lot for the internet in general, like if I want to look up something or if I want to need to find out something. Or if I'm on the bus, sometimes I use it to pass time.

B: What is the internet's utility in your work or school life?

J: What do you mean by that?

B: Like do you ever use the internet for work or school?

J: Uh, sometimes I guess... If I forget to bring my scientific calculator, I just use my phone, you know... Or if I don't know an equation I'd just Google it. I'd think it has a few impacts on my school life.

B: What about YouTube? Have you used that app for the purpose of school or work?

J: Oh yeah! Watching tutorials on how to do certain things like Khan Academy.... There's also a YouTuber called CSDojo that teaches you the basics of different programming languages. And he also teaches technical interviews that you may be asked when applying to a certain job, and that's really useful.

B: Do you think that you're able to get work done without checking your smartphone?

J: Yeah... It depends, I guess.

B: What does it depend on?

J: Hmm, I don't know... It depends on how I'm feeling. If I don't feel like talking to anybody, I'd probably wouldn't be on my phone at all and I would just do my work. However, if there's an interesting conversation I'm having with somebody then I'd probably checking like every 15 minutes to see if they responded or put my input into it.

B: So just to reiterate - you can keep off your phone if you wanted to, but if you want to keep up, you'd check your smartphone?

J: Yeah, exactly.

B: So tell me what went through your mind the last time that you felt like your smartphone usage was negatively affecting your productivity?

J: Last time that happened... I'm not really sure. I guess last time that happened I was laying in bed thinking, "Wow, like, I spend a little too much time on social media and stuff" and... it kind of bothered me because back then, I didn't have social media and what not. And I used to wonder, "Why does everyone spend so much time on Instagram or Snapchat?" And then I was laying in bed realizing that I was turning into one of those people... and I was trying to figure out why and was just taking in a lot.

B: Do you think that's a bad thing?

J: Not really, I kind of just accepted it. Because back then, I didn't really understand why people did it and now that I'm actually a part of the group that does it, I think, "Oh, this is probably the reason people do it".

B: So you feel like you understand it now?

J: Yes, I do understand it now.

B: Do you recall ever having to do something to stop using your smartphone and get back to doing your work? What steps did you take?

J: Honestly, I just logged out of everything, like logged out of my social media accounts so I didn't get any more notifications. I just 'cold-turkey'd' it. Which also is an app I use that shuts off your phone for a certain amount of time you want.

B: Do you mean it shuts off your whole phone?

J: Not shuts off your phone, but like apps - if you try to open the app, it will automatically exit out of it. Like if you put in 45 minutes into the app, it won't let you into any other apps for 45 minutes. Even if you exit out of the app itself, it will still work.

B: And what app is this called?

J: Cold Turkey.

B: I see. Have you ever used task management applications on your smartphone to help you stay productive?

J: I wouldn't really call it task management, but there is an app that plays "focus" music and I use that because it's really relaxing and it helps.

B: How about any apps for being organized?

J: Oh, well I do use Calendar for events and daily check-lists on my phone for tasks to complete. I guess, Google Mail, Google Sheets and everything. Google Drive in general.

B: Did the fact that the task management service was on your smartphone make it easier for you to get distracted?

J: No, I don't think so.

Topic 2: Relationships

B: Do you think that you're able to spend time with people, in person, without using your smartphone?

J: Yes. Definite yes. Depends on the person though. Like if you can hold a solid conversation, then... Like if you're actively trying to keep a conversation going, then I will also keep the conversation going. But if they just seem disinterested and just being disrespectful, then I don't

mind just being on my phone around them. I definitely enjoy face to face talking than on the phone. I just feel like there's something more... something more connective when you talk in person.

B: Do you have anything more to say about your connection with people when you spend time with them in person? Is it different from interacting with them via smartphone?

J: Yeah, it's a lot more intimate. Also, when you speak face to face, there is no ambiguity of like, your emotions and stuff. Because you know, when you text and what not, someone could mistake the way you're typing as an angry tone - but you're just making a joke. And then they'll say, "Oh, why are you so angry?" and then you'll question if they're joking or not... But like in person, you can see their facial expression and here the tone in their voice. There's no ambiguity of how they're feeling towards you. It's a lot easier.

B: Has a friend or family member ever confronted you about your smartphone usage?

J: Oh yeah, my parents confront me a lot about being on my phone too much, not paying attention, not going outside enough... People just spend too much time indoors, but then I do the same thing. My parents don't bother me anymore about my smartphone usage, but they have.

B: So how exactly did that make you feel?

J: It didn't really make me feel anything honestly. I kind of just shrugged it off and was like, "This is the future!" *laughs* You know, this is where we're all heading, so whatever. I just accepted it.

B: Can you recount a time in the recent past, when you were annoyed by a friend about their smartphone usage?

J: I guess, it has annoyed me a little bit when I go out to dinner with friends sometimes. Like as soon as we get a table and everyone just whips out their phone and starts doing their own thing... and I'm just sitting there like, "How was your day? You know, anything interesting?" And then they say, "Oh yeah..." and only say one thing, and I'll be like "Alright, anyone else?" And if no one responds, then I just go on my phone, too, apparently. Yeah, that's pretty annoying, but it doesn't happen often anymore.

B: So how recent was that?

J: Maybe a year ago? It still happens every now and then, but honestly it doesn't happen much. They'll be on the phone to check an email real quick. So it doesn't really annoy me or anything.

B: So have you ever confronted them about that?

J: Oh no, not really. They don't really do it that much and I go out with them enough to know that they don't do it every time. It's only something that happens sometimes, so it doesn't really bother me. But if it would happen consistently like every single time, I would be like "Yo, you wanted to hang out, but you're always on your phone... so I don't really understand." B: So you've never actually said anything?

J: Oh no, never.

B: Do you feel like you could maintain your friendships with people if you didn't have a smartphone?

J: Depending on the person, probably not. Because a lot of my friends don't live in the same town and a lot of us don't live remotely close to one another. So it's hard to talk to them without using my smartphone. I could write mail, but that takes two weeks and what not. *laughs* Smartphones definitely make it easier. Over winter break, over summer break, or whenever there's long periods of time without seeing each other at school, smartphones make it really easy to communicate with them and check up on their daily life.

B: How do you check up on their daily life?

J: Social media, definitely. I can see their Snapchat or Instagram stories to see what they're up to. Being able to talk to them in general as well.

B: Do you think you could have the same effect on your relationships if it was a flip phone rather than smartphone?

J: With a flip phone, probably. All I would really need is texting and calling, of course Snapchat wouldn't be included. However, smartphone makes it easier. Sometimes you don't really have any good conversation starters, you can always send a funny video or photo, it's a lot easier. Like you can just send a photo of a funny dog and they'll think it's funny, then a conversation gets going.

B: How many times a day do you find yourself checking in on social media?

J: Hm... That's a hard question. Would checking Snapchat messages count?

B: Yes.

J: Probably a lot then.

B: If you had to give "a lot" a number, what would you say?

J: Probably 100.

B: 100? Does that mean every time you receive a notification or how many times you actually open up any social media app?

J: Oh, that would mean about how many notifications I get a day. If I had to give opening apps a number, I would say about 20.

B: Okay, so in your head, how do you justify your need for frequently checking your social media?

J: It keeps me in contact with people, that's how I justify checking social media 20 times a day. But honestly, it would probably be a lot better if I said, "Hey, if you're not doing anything, let's get something to eat." It's a lot more intimate, but... you know, sometimes it doesn't work that way because the other person or me has class. But social media is there for us to chat while we're both in class and we can still talk to each other.

B: What do you think your relationships would look like if you didn't use social media on your phone as much?

J: I don't know... Probably wouldn't be as close to people if I did not use social media, I guess. Because again, it makes it easier to talk to them. Overall interaction with them is a lot higher than them with social media than without because we're not always together. Sometimes we don't always have time to talk face to face, but we can still converse through social media.

Topic 3: Health

B: In the last year, what was the longest period when you didn't use your smartphone at all? What happened?

J: I don't know, it's been a while since I always use my phone as an alarm. If I'm taking a nap for 15 minutes, I will always use my phone to be the alarm. So probably... never. Not long at all.

B: Do you recall a time that your smartphone usage has gotten in the way of your sleep?

J: Oh yeah, definitely. Again, it goes back to watching videos. Sometimes I tell myself, "I'm gonna go to bed at 11:30 and just watch this video." Then, I finish the video and see a recommended video, and then it seems interesting. And then I end up going through all the recommended videos and next thing I know, it's 3 in the morning. I then realize that I spent too much time, and it's time to go to bed. So yeah, it definitely has impacted my sleeping habits sometimes.

B: How does it feel to know that it does impact you?

J: I mean, it doesn't really bother me. I take it as it is. I just accept the fact that it happens. The next time it happens, I just try to cut it off by only clicking on one more video. And you know, it works... but overall, it doesn't bother me. I just accept the fact that this is who I am.

B: Can you recount the last time your smartphone died on you right when you needed it?

J: I think two summers ago, I was in Upstate New York and I was helping my uncle be a delivery boy for his restaurant. I remember I had the GPS to some dude's house and I was like 4 or 5 turns away from his place... and then my GPS died! And I was like, on this road where there was no lights at all and it was pitch dark... and it was a terrifying experience. But I ended up remembering those final directions to the guy's house. I guess being in a state of panic made my mind a lot sharper and more clear, so I managed to get to the guy's house and ask for directions to the main road. And from the main road, I was able to get back to the restaurant.

B: That sounds terrifying!

J: Yeah, I really thought I was gonna die out there, it was really dark in a place I wasn't familiar with and my phone wasn't working right when I needed it! *Laughs*

B: Are there ways you use the smartphone to relieve yourself from any kind of mental stress?

J: Oh yeah, watching YouTube videos - once again! Finding funny meme videos or funny videos in general really lightens the mood. Sometimes I look up music stations on YouTube specifically made for relaxing just to chill out for an hour or half an hour. Then I can hop back to what I was doing.

B: Okay, but how about the opposite? Are there times when you felt distressed after using your smartphone?

J: When I'm having a conversation with somebody, and it's a really interesting conversation, and I want to keep it going, and we've been replying for like an hour, I'm just like, I really want to know what happened and know what their thoughts are on this. But then every time my screen goes on, I expect it to be that person and then it turns out to be something else. But yeah, that's about the extent of it... talking to somebody for a while and then they disappear out of nowhere.

B: Any more reasons for distress because of your smartphone?

J: Besides dying on me when I needed it as a GPS and people not replying anymore, not really.

B: Have you ever encountered any kind of health issues that caused you to purposefully abstain from using your smartphone?

J: Honestly, no, I don't think so.

B: Mentally or physically?

J: No, not that I can remember.

- Closing -

B: So do you think that you use your smartphone excessively?

J: Hm, yeah, probably. I guess... Well, it depends on who you compare me to. Honestly, I feel like you can compare me to the overall norm of smartphone users.

B: I mean, do you think that your smartphone is excessive at all then?

J: Actually no, probably not. It seems like it's excessive, but then when I step back and look around the Student Center, and I see how many people on their phone, then I go to class and come back and see the same people, I think that they probably use their smartphones just as much as me if not more. So no, I don't personally think I use my smartphone excessively because everyone else probably uses it the same amount as I do.

B: If you think excessive smartphone usage negatively affects your life, what are some remedies you've taken or have considered to fix it?

J: If I think I spend too much time on Instagram or Snapchat, I just log out of it so I don't see any more notifications at all, and that would take away my urge to check my phone every time the screen comes on. If there's nothing popping on the screen, then I don't have an urge.

B: Do you feel that that is the biggest reason you would check your phone? Notifications?

J: Yeah, definitely. Like I don't really check my phone just to check it, I check it because I see that I got notifications.

B: I see. If you were to design a solution for decreasing your smartphone usage, what are some of the first features you'd include?

J: Hmm... I mean, a way to do it would be to hardcode something into the phone where if you try to access social media like Instagram, the phone would block you from using the phone for like 15 minutes before turning on again. Kind of like the security lock that happens when you type the wrong password too many times. It should be an option though, not a mandatory thing.

B: How would you feel about a smartphone application that would help users use their devices less excessively?

J: They're good, I guess. As long as it's not forced on anybody. If you're actively trying to lessen your smartphone usage, then go for it, they're great. They're to help. You don't have to do it, but if you do feel like you do, then use it. I don't hate them - there's no negative impact about them. If you need it, then use it, but if you don't, then that's okay.

B: Do you think that you would personally use this service? Why or why not?

J: If I have a lot of assignments or projects due, I'm pretty honest with myself. If I know that I can't stay off my phone, then I will use the app and turn it off for an hour or however long I think I need. But if I know I don't need the app, then I'll just turn my phone upside down.

B: How strongly do you think you'd need the app?

J: Not really honestly. It would help, but I think I have enough self control to do my work.

B: What are your thoughts about smartphone usage and cell phones in general?

J: Honestly, I don't think smartphone usage with students is excessive. Everyone uses their phone for different things, like if someone's laptop died, they might need to be using their phone. Or if they need to use their phone to be in contact with someone, then that's why. You don't know everyone's reason as to why they're on their phone, so I guess it all comes down to smartphone usage not actually being excessive at all.

B: Do you have any last thoughts or questions regarding the interview?

J: Not really. This was a fun interview!

B: Thanks for your time, James!

Interview #2

Interviewer: Theresa (T)

Interviewee: Micaela (M)

- Intro -

T: Hi Micaela, thanks for being willing to come in for an interview today. My name is Theresa, and I'll be your interviewer. We're conducting these interviews for the sake of research which will help us in our project. Some of the questions might be a little personal since we're asking about your lifestyle, but if you feel uncomfortable with any of the questions at all, feel free to let me know and we can skip it. I can't tell you much about what our research is for now, because it might affect your answers. But I can tell you more after the interview is over if you're curious. Do you have any questions so far? If it's alright with you, I will be recording the audio for this interview - it will only be used internally - for the purposes of this research.

M: Nope, no questions.

- Warm-Up -

T: What do you use your smartphone for?

M: I use it for a lot of functions -- the most direct functions are the calling, texting, communication kind of functions, but I definitely use it for other things as well, things like social media, navigation, even just things like keeping my head straight and keeping track of life, kinda lists and notes and stuff like that

T: So for organizational purposes?

M: Yeah...

T: What do you like the most about your smartphone?

M: I guess I like that there's a lot that you can do on it at once - it keeps a lot of things together in one spot, in a way. Like there's an ease of texting someone, then there's this picture that you have to send this person, like everything's connected there, and there's an ease and accessibility to that.

T: What do you like the least about your smartphone?

M: I think it's like a connected-ness - it kinda grabs your attention a lot, and I think there kinda becomes this complex like *I need a notification, like I want one*, and I've tried to work with that by not showing notifications for certain apps and just trying to be okay with who I am and with my self-esteem without notifications -- but I think there's kind of this need to be attached to it, and because it can do so much, there's this look to it to do even more than it should, to fulfill needs that can't be righteously fulfilled through a cell phone.

T: Do you think that you use your smartphone excessively?

M: Yeah, I guess there can be times -- it goes in phases. It's something that I work on to try and not use as excessively. But yeah, there are definitely instances where I do.

- Main Body -

Topic 1: Productivity

T: What kind of apps do you find yourself spending most of your time on?

M: Messaging kind of apps, definitely spend time on those... When I have social media apps on my phone I do spend time on them although I do I kinda go through cycles of having them on my phone/having them off. And yeah, I guess that's the majority of it - I mean, lately I've been looking at the weather app a lot because the weather's been changing so much.

T: When You say social media - what social media apps?

M: I guess at this point, it's really just Facebook. I did at one point have Instagram and Snapchat on my phone but I have had those off I think like 3/4 months now.

T: Wow, how does that make you feel?

M: It's been a healthy thing - it's been a good thing. Like it's a difficult thing sometimes - definitely breaking that habit of having it... But it's good, and I think there can be a lot of negative thought processes bred through having some of those apps. And I know for me, there were just different features on them that were just not good for me. So it's been better to not have those.

T: For the apps you use, do they have any utility in your work/school life?

M: Yeah - definitely in using email, that sorta thing. For sure, I get my school email to my phone. Some of it's a pain because we just get a lot of random emails, but there are useful things

to get -- especially there was one time I was about to leave for a class and I got an email from my professor: *Class is canceled*. Okay, have that, see that, we can make an adjustment quickly because we saw that. And then actually for work purposes I do have notifications on for a group chat with my coworkers so I can see things there, and sometimes there are things that quickly need responding so I utilize that.

T: Do you think that you're able to get work done without checking your smartphone?

M: [some confusion]

T: If you could imagine a scenario without your smartphone, would you be able to do all the work you need to do?

M: [understanding] Yeah, I think so, and I think there are a lot of things on my phone that are accessible from other sources as well, there's just the convenience of having it on my phone and more accessible. I think there are certain things I've gotten used to having so I'd just have to think of a different way to keep myself organized, maybe, but yeah I could definitely make it work.

T: Tell me what went through your mind the last time that you felt like your smartphone usage was negatively affecting your productivity?

M: Wow, there probably was one like yesterday, maybe even today... I guess I'm gonna use an example of if I'm in a class and I try to check my phone for whatever purpose - and sometimes there is a reason and there's someone I'm in communication with and want to reply immediately or something like that - probably doesn't need to happen in that instance, but sometimes I do. And often it's when the lecture's a little quieter, like I don't need to be focusing in at that present moment. But sometimes it's just *Oh I don't understand so I'm checking out*. And I've definitely done that in a number of classes. I think when that happens it's kind of this though *Okay, I'm using my phone right now, and there's a purpose to what I'm doing but I'm supposed to be present to what's in front of me right now...* I can't multitask, so as I'm focusing on my phone, I'm not able to focus on what's happening in a lecture so I could be missing something, and obviously I try to keep both, but you really can't.

T: Do you recall ever having to do something to stop using your smartphone and get back to doing your work? What steps did you take?

M: Yeah, I've had to do that. Sometimes it's just putting my phone in a completely different room. I even did that a day or two ago where I had my phone upstairs then I was doing my school work downstairs... So sometimes it's just getting it away from me. And there are also certain apps that I've just taken the notifications off my phone so that I can go into the app if anything has changed. So I think just doing that so there's not that constant 'drawing-of-attention' when something random pops up.

T: What apps have you turned the notifications off for?

M: My personal email, Facebook... I've muted some GroupMe messages, not all - so that's more a selective one, I guess. Sometimes it goes in phases.

T: Have you ever used task management applications on your smartphone to help you stay productive?

M: Task management is...?

T: Something to help you organize your schedule, your to-do list, or something that reminds you that you need to do something at a certain time...

M: I use the Google calendar that's on my phone and that does have notifications that pop up, so I guess that can help me stay on task like *Oh, my class is starting in half an hour so I should make sure everything is set...* I've used Google Keep, which is basically just sticky notes for random notes and to-do lists and stuff.

T Did the fact that your calendar or Google Keep was on your smartphone make it easier for you to get distracted?

M: I guess sometimes it could be that I'm putting something on my calendar, and as a process of habit I just check if there's notifications here, here, and here. Yeah, yes.

Topic 2: Relationships

T: Do you think that you're able to spend time with people, in person, without using your smartphone?

M: Yes. I do think there has to be an effort made to say *This is the time I'm spending with this person and I'm not going to use my smartphone*, and there are definitely times where I fail in that. I think there times where it's kind of a reading of the situation, and sometimes it's a more

important moment, more kind of intimate moment to build a relationship, or sometimes it's just a passing interaction and you are in the midst of addressing something... But yeah, I can handle...

T: ...You can sit still in a conversation without *needing* to check your smartphone.

M: Yeah.

T: How would you describe your level of connection with people when you spend time with them in person? Is it different from interacting with them via smartphone?

M: It is different from interacting via smartphone but I think there's more authenticity in relating person-to-person. In relating via smartphone, you end up relating more with your perception of that person than with the actual person. I have specifically done this where there's someone I've been communicating with over phone, and what I see of their personality over the phone is a little different than the way we interact person-to-person.

T: Has a friend or family member ever confronted you about your smartphone usage? How did that feel?

M: I don't think so...

T: Can you recount a time in the recent past, when you were annoyed by a friend about their smartphone usage? If yes, did you confront them?

M: [paraphrased for clarity] I guess the one example that popped into my head was someone on a Christian retreat where we were instructed to not have our smartphones, but they had theirs out more than was appropriate - she was a little too attached to her phone. The intentions of using it were good for the most part but the presence of the smartphone became this other *thing* that was distracting for the rest of us.

T: Do you feel like you could maintain your friendships with people if you didn't have a smartphone? Why or Why not?

M: Yes, I think I could. I think there would be a difference in the way that relationship looks a little bit - maybe actually a little more intentional effort to connect with a specific person at a specific time... I think we can actually delude ourselves into thinking that we have a deeper relationship with someone because we see interaction with them over social media or other messaging, but it's not to the same depth - there's just maybe quantity, but not that quality. I think that if there weren't these functionalities of a smartphone and you had to be more intentional and

specific in reaching out to people, I think that it might actually be able to enhance some friendships. But you wouldn't have that same breadth of who you're interacting with on a given basis, but I guess for some relationships it could actually help.

T: How many times a day do you find yourself checking in on social media?

M: *laughs* Um, good question... I'm not doing too well with that right now. It's not even *checks watch* noon right now today, and I've probably checked Facebook like 6 times, and that might be an underestimate, like that's a little scary - it's not good... So if we extrapolate the data, yeah, probably it's safe to say lately -- 10 to 15 times a day... I'm just really scared about the number... Oh my gosh... I'm addicted. *laughing*

T: In your head, how do you justify your need for frequently checking your social media?

M: I guess you kinda in your head *Oh it's just a moment, oh there's probably something new so I can always just click off of it...* But I can always find new things... Or *Oh there MIGHT be something important*. How often is there something important? Probably like one check a day where you get your two important things that happened, but for some reason I need to check 15 times in case that important thing came *now*.

T: What do you think your relationships would look like if you didn't use social media on your phone as much?

M: I think it's similar to what I was answering before in that it would be a more - or hopefully more - intentional connection with specific people, and it would probably be more of that face-to-face interaction...

Topic 3: Health

T: In the last year, what was the longest period when you didn't use your smartphone at all? Can you please recount that phase for us?

M: Like didn't use *at all*?

T: Or you can talk about a time where it was minimal use...

M: I definitely would say over retreat weekends I usually leave my phone in the cabin. And retreats run from Friday evening through Sunday afternoon, so I guess two days... I think

sometimes when I'm home with my family I'll leave it charging upstairs, and definitely go through a good portion of the day not looking at it.

T: Do you recall a time that your smartphone usage has gotten in the way of your sleep? How did that feel?

I guess it can kind of eat into my sleep-time a little bit, it's not like there's an instance where I literally don't sleep because I'm on my phone all night. But I probably could close my eyes and go to sleep sooner sometimes if I wasn't doing that one last check in case something important happened... Or just avoiding bedtime because when you go to sleep that means the next thing happens, you wake up and your new day starts so you avoid going to sleep.

T: Do you feel that screen-time affects your sleep?

M: It probably does... I know they say to not look at it like 2 hours before you go to sleep, but who does that?

T: Can you recount the last time your smartphone died on you right when you needed it? How did that feel?

M: Oh, that was just the other day... I didn't really need it, but it ran out of charge...

T: What sorts of feelings occurred when that happened?

M: It was just like *Okay wow, I can't do anything on that right now because I just literally can't access it - it's dead right now...* I think there's a little bit that's a good feeling about it, like 'that' is just out of my life, it's not even there right now, I can't even try... But there is this little fear like *But what happens? What if I can't check what time the bus is coming?* ...Which is fine.

T: Are there ways you use the smartphone to relieve yourself from any kind of mental stress?

M: I thought that question was going a different direction at first so I guess I'll answer what I thought it was... I think it's used more just to avoid the reality of life, so I don't know if that was kind of the question... Or just to avoid a moment when there's nothing going on, just to avoid boredom - like not wanting to feel bored... or feel empty... I'm getting deep.

T: Are there times when you felt distressed after using your smartphone?

M: Yeah, sure. Yeah if there was maybe a time where I used it a lot in a given day. Or sometimes there's just so much information where you're like *Oh my gosh, oh my gosh, this is happening in*

the world and... this person just got a job... and oh my gosh, this person's having a baby?

Actually no, these six people are having babies - I can't keep their due dates straight... and how far along is this person? How big is the baby now? These people's lives are just going so fast and there are so many of them - so it can be a little stressful... Sometimes there's this physical stress and dissatisfaction after using social media a lot...

T: You mention 'overwhelmed', do you also feel like there's comparison to people's lives on social media?

M: Oh, obviously there's comparison - there's no doubt. That's one of the biggest issues definitely with Snapchat for me was comparison. Snapchat and Instagram were both just bad for me... I've come to that realization in the past couple weeks after not having them for a while... Facebook some, but those two even more so. Because you only put your perfect life on Instagram... And Snapchat you put your fun life.

T: Have you ever encountered any kind of health issues that caused you to purposefully abstain from using your smartphone?

M: I don't know, I guess I would say no...

- Closing -

T: Do you think that you use your smartphone excessively? [refer back to same question earlier]

M: Yeah, I think I could be deemed as using it excessively... I mean, maybe not as excessively as others, but excessively is still excessively...

T: More than you need -

M: Yes.

T: If you think excessive smartphone usage negatively affects your life, what are some remedies you've taken or have considered to fix it? (Name any specific apps if any)

T: You've already answered this... [skip]

T: If you were to design a solution for decreasing your smartphone usage, what are some of the first features you'd include?

M: A hammer. --- just smash it. *lots of laughter* ... But actually... I definitely think there is a value to things that restrict certain apps to certain times of the day - maybe even things that

would allow only a certain amount of times on 'x'-app on any given day. Definitely things that would not allow you to change those settings whenever you wanted... Because when you know that you were the one that set it and how you set it, you can easily change it... Definitely notification blocking is really important and big. And silencing your phone -- I basically have my phone always silenced now, unless I know that I'm expecting a call or something...

T: How would you feel about a smartphone application that would help users use their devices less excessively?

M: I think that would be beneficial, I think that would be a good thing. I think a lot of people struggle, they use their phone excessively and there are addictive tendencies to it so that it's sometimes hard to create a remedy or know exactly what the root issue is, or figure out how to get the benefits from what a smartphone can offer without going too far.

T: You mention 'root issue' -- do you think there's more to it than just *Oh I want to use my smartphone a lot...*

M: Yeah... I definitely think in regards to social media and things like that, even some messaging -- I'm gonna go real deep, thoughts popped... We are a society who is lonely - we are *very* lonely, and we're seeking connection, we're seeking to be known. And smartphones seem to offer that. I don't think they do in the way that we're looking for, in that way that we actually want to be known. They're not going to fix our loneliness. I think sometimes they can actually increase it by seeing that *this person is oh, with that person, and this person had this great adventure, this great thing... and I'm just... here*. So I think those are some of the underlying things - and just being dissatisfied with your own life, and wanting a different life and seeing someone else with a different life. And of course, it's your perception of that person too - there's no guarantee that their life is really like that... People's Instagram moments are such a little blip of their actual lives, but all you see is that moment, and you think that it's 100% that wonderful all the time... And often those things are staged, and even professionally done, and you think *Aw look at that, they're just on vacation in Cancun and they're just chillin, and they've got no cares in the world...*

T: And on the other side, do you think there's pressure on people to appear perfect on social media?

M: Yeah, I think so, I think there's this pressure to fit into that mold of what that perfect person looks like on social media, to kind of pattern what they do after that... Even just the patterns of captions or comments - there's distinct sort of phrases that are used, and some are totally fine. But I think there's this need to be like that...

T: And this could lead to *I need the likes, I need the affirmation* which could lead to more smartphone usage...

M: Of course...

T: Do you think that you would personally use a service that would help you use your device less excessively? Why or why not?

M: Yeah, I think it would be a worthwhile thing to at least try out. Obviously, different things are gonna work for different people, but I think that there's value in giving it a try and maybe committing to it.

T: Do you have any last thoughts or questions regarding the interview?

M: I shouldn't go on Facebook anymore today 'cause I've already gone on it like 6 times it appears *laughs*... I think that's it...

T: Okay, well thank you so much for your time and your responses!

Interview #3

Interviewer: Vishal (V)

Interviewee: Tazz (T)

- Intro -

V: Hi Tazz, thanks for being willing to come in for an interview today. My name is Vishal, and I'll be your interviewer. We're conducting these interviews for the sake of research which will help us in our project. Some of the questions might be a little personal since we're asking about your lifestyle, but if you feel uncomfortable with any of the questions at all, feel free to let me know and we can skip it. I can't tell you much about what our research is for now, because it might affect your answers. But I can tell you more after the interview is over if you're curious. Do you have any questions so far? If it's alright with you, I will be recording the audio for this interview - it will only be used internally - for the purposes of this research.

- Warm Up -

V: What do you use your smartphone for?

T: Communications, socializing i.e. social media, internet web browsing, text messages, that's it.

V: What do you like the least about your smartphone?

T: Travel apps like Uber.

V: Do you think that you use your smartphone excessively?

T: Yeah. Yeah I'd say so.

- Main Body -

Topic 1: Productivity

V: What kind of apps do you find yourself spending most of your time on?

T: Ok. Facebook and Messenger has to be the main ones. Just to find out what events are going on around me, to see what events my other friends are going to. Communicating directly with any of my peers about homework or anything class related. You can reach out directly through facebook. Any sort of club activities that go on, like extra curricular. Usually I see the event on

facebook, then I join it. I also use the Youtube app a lot. Mostly for leisure, but sometimes also for academic tutorials. Also, the leisure videos help me stay up to date with world events and pop culture. So I've more things to talk about with my friends.

V: Are there any other major apps do you use apart from Facebook and YouTube? What about any productivity tools?

T: Yeah, I feel like I use the gmail app almost always. And also, the calendar app, alarms and reminders.

V: Do you think that you're able to get work done without checking your smartphone?

T: Yeah, for sure.

V: Could you recount the last time you couldn't get your work done because you needed your smartphone to help you in your work?

T: I use the Chegg app sometimes to complete assignments. It's easier to scroll through Chegg on your phone than your computer. You can also post questions from your phone. Or let's say I want to find out something about my class, then I can only communicate with my peers through my phone. In such scenarios, it becomes essential. But would I've done all that work without my smartphone? Probably yes, because I could've found other means without using my phone directly. I could use a desktop computer, I'd message them through a desktop browser. I don't mandatorily need it, it's just add to the convenience of my everyday life.

V: Tell me what went through your mind the last time that you felt like your smartphone usage was negatively affecting your productivity?

T: Ok, so when you watch through these videos, you go through this like spiral of like binging on so many information together and at a point all that information you can question it with do you actually need all that information. And most of it anyway you forget the next day. In that sense, I question whether all of this is helping me in the long run. Or am I just watching it to get information and drain it out later. I'm not getting anything valuable out of it.

V: How frequent would you say that thought comes to your mind?

T: Haha, I think that existential crisis is an everyday struggle. Everyday you're like I'm wasting so much time with this which could've been used for some other work. It's like you are doing this passively, and before you realize, it becomes actively. You start with thinking I'm watching

youtube on the side, and before you realize, watching the videos becomes your main activity. Then you're just not going anywhere.

V: Do you recall ever having to do something to stop using your smartphone and get back to doing your work? What steps did you take?

T: I feel like you just put your phone down. It takes a while but I think you just put it down. Probably fall asleep or try and focus on something else. And then you somehow come back to that same position. I'll be like, ok I've watched enough videos today and now I gotta do my work. I put my phone aside. Do a little work. As soon as I feel I accomplished a little something, I go back to my phone before the cycle repeats.

V: Are you usually aware of the amount of time you spend on your phone in every session or in general, for that day?

T: I don't think I calculate. I'm not super aware of much time I spend on that thing.

V: Have you ever used task management applications on your smartphone to help you stay productive?

T: Calendar, Organizer, Notepad, Reminders. I use reminders a lot. I use notes for what my goals are for this week. Reminders for homework and exams.

Topic 2: Relationships

V: Do you think that you're able to spend time with people, in person, without using your smartphone?

T: Yeah all the time. It's just like a means to start a conversation. Sometimes you run out of things to talk about and you're like let me scroll through that feed for more content. Again, it depends on how that conversation is going.

V: Can you imagine not having your phone at all in the last five group meetings you had?

T: Oh no, that's like weird to me. I can imagine myself doing that but what if they have their phone though? If everybody is using their phone, I'd be the outlier. Usually I use my phone to not be seen as someone who is uncool. If others are using it, I also want to show that I'm talking to other people to. I've own social life within my phone too.

V: How would you describe your level of connection with people when you spend time with them in person? Is it different from interacting with them via smartphone?

T: If it's via text, you don't have to immediately think of what you're gonna say versus when you're in front of them. You can be careful and filter your words. So that's like an advantage. But again, it depends on the situation, what I'd prefer. Sometimes I don't want to wait for a text to know what a person feels.

V: Has a friend or family member ever confronted you about your smartphone usage? How did that feel?

T: Not that I can recount.

V: Do you feel like you could maintain your friendships with people if you didn't have a smartphone? Why or Why not?

T: Yeah probably. It's just an inconvenience. For me it's different because I'm not actively putting myself out there on social media. I'm just a lurker of what other people are doing. So my main form of communication is still text messages. So even if I didn't have any of the social media apps, I should do fine in maintaining those relationships. Oh now that I think of it, one major inconvenience would be lack of GPS and navigation. I didn't emphasize earlier, but that's one of the important things. Everywhere I go, I need navigation or uber.

V: How many times a day do you find yourself checking in on social media?

T: I don't check in myself, but I do want to know what everyone else is doing. Well in that case, almost every half an hour.

V: In your head, how do you justify your need for frequently checking your social media?

T: Most of it is out of boredom, I guess. I don't have anything else to do, so I want to see what other people are doing. I want to engage my brain in some activity through knowing what other people are doing.

V: What do you think your relationships would look like if you didn't use social media on your phone as much?

T: Oh shit, that's interesting. I wouldn't know what they're up to so I guess I'll judge them less. Whenever I see their story, I basically have this preconceived notion of what this person actually is. I'm just judging this person is doing this so they're these kind of people. If I didn't have that, I

wouldn't know how that person is without meeting them in person. I wouldn't know what kind of qualities they have.

V: Is there a reason behind why you don't put out content as much as others?

T: I'm very critical of myself. I'd try to see it from every angle, whether its wrong or right. And when I do that, more often than not, it filters out to not putting out content at all. That's why I just choose not to do it.

Topic 3: Health

V: In the last year, what was the longest period when you didn't use your smartphone at all? Can you please recount that phase for us?

T: Haha, I can only do off-record for this one. The longest I didn't use my phone was 12 hours when I was on some very legal substances. And at that moment, I didn't feel like documenting my life or caring about what others are doing. I was just very curious of the world around me.

V: Do you recall a time that your smartphone usage has gotten in the way of your sleep? How did that feel?

T: Oh everyday. It's like a notification pops up right when you're about to sleep and then you can't help but think what it'd be about. You want to be the first person to check out the new video your friend put out. I think that's the biggest reason I can't sleep at the right time because I'm so invested in my phone all the time.

V: Can you recount the last time your smartphone died on you right when you needed it? How did that feel?

T: Oh my god, yes. I've like the worst battery. Every time I need it crucially it dies out. Sometime I call an uber, and it dies and I panic whether the driver will find me, what is his number, how do I get in touch and all that panic and inconvenience. Apart from uber, I remember once when I was on a call with my mom and she was trying to say something and my phone died out. I was worried what happened and couldn't find a way to get in touch and figure out whether she is ok.

V: Are there ways you use the smartphone to relieve yourself from any kind of mental stress?

T: You mean watching some adult content, then yeah all the time. Also, music. How did I forget music? It's one of the biggest things. I use my phone extensively for listening to all kinds of music to pump up my mood. And sometimes, I'd also go on dating apps to validate myself.

V: Are there times when you felt distressed after using your smartphone?

T: Yeah, sometime when you hear about some tragic world event. Of course that not direct me into not using my phone. Most likely, I'll just switch apps and start swiping again.

V: Have you ever encountered any kind of health issues that caused you to purposefully abstain from using your smartphone?

T: I feel like I gained weight because I was so addicted to watching videos all day long and not being motivated to do any physical activity at all. I also have a family history of migraine, so I've to put my phone away every two weeks when my head hurts too much.

- Closing -

V: Do you think that you use your smartphone excessively? [refer back to same question earlier]

T: Yeah, I definitely use my smartphone a lot.

V: If you think excessive smartphone usage negatively affects your life, what are some remedies you've taken or have considered to fix it? (Name any specific apps if any)

T: Momentarily doing work. That's it. And then going back to the same cycle. No long term concrete steps like taking out time everyday when I don't use my phone at all or something like that. I do see it as a problem but I don't know what's a solution. Mostly since it's out of boredom, I'll probably be watching videos on my laptop if not on my phone.

V: If you were to design a solution for decreasing your smartphone usage, what are some of the first features you'd include?

T: Maybe like something that restricts your smartphone usage to certain gigabytes. It'd be interesting if a law passed regarding something like that restriction. But if I were to be honest, I'd pay a premium to get out of that restriction. I wouldn't want to not have that freedom ever. If the resources are there, why would you want to limit yourself

V: Do you have any last thoughts or questions regarding the interview?

T: Well, I think it's definitely a problem worth looking into. However, I don't think any kind of restriction could be a solution.

V: Thank you for time and your responses!

Interview #4

Interviewer: Ivanok (I)

Interviewee: Roger (R)

- Intro -

I: "Hi Roger, thanks for being willing to come in for an interview today. My name is Ivanok, and I'll be your interviewer. We're conducting these interviews for the sake of research which will help us in our project. Some of the questions might be a little personal since we're asking about your lifestyle, but if you feel uncomfortable with any of the questions at all, feel free to let me know and we can skip it. I can't tell you much about what our research is for now, because it might affect your answers. But I can tell you more after the interview is over if you're curious. Do you have any questions so far? If it's alright with you, I will be recording the audio for this interview - it will only be used internally - for the purposes of this research."

R: No

- Warm Up -

I: What do you use your smartphone for?

R: Um.. So I use my smartphone-- my smartphone for like social media, like to text people, call people, um sometimes like I'll use it for GPS stuff, like for the news, really just to keep up with the world really, see how other people are doing and what's going on, cause I have my laptop but my phone is readily accessible most of the time for stuff that's really easy, like email and stuff.

I: What do you like the most about your smartphone?

R: Pretty much just how easy it is, like I could literally just pull it out my pocket, everything is there, everything i need, like the Internet is there. Any questions I have I can get answered in 2 seconds. If I need to talk to someone I can text someone I can email someone. All of my notifications are right there, even my Google calendar keeps me organized, everything. Well, almost everything that has to deal with where I have to be or what I have to do will be accessible from my smartphone.

I: What do you like the least about your smartphone?

R: Well I guess I hate that it dies! When the battery dies that can be very annoying. I mean, I have a portable charger and stuff, but it's just annoying. And then you have to charge the portable charger

and then you have to keep it connected, it's just annoying. But it's not that big of a deal. Yeah that would be the worst thing-- that I hate.

I: Do you think that you use your smartphone excessively?

R: I feel like, for me personally, I am a bio major so I have to be disciplined with how I use my phone. I know I can't use it too much. I don't think that it's excessively but sometimes I do wish I used my phone less when I'm going to sleep. Because instead of having 7 or 8 hours of sleep I could lost an hour of that just by being on my phone before going to bed. So I feel like in that aspect, yeah, but in terms of daily usage I don't feel like I use it too much.

- Main Body -

Topic 1: Productivity

I: What kind of apps do you find yourself spending most of your time on?

R: Most of the apps that I use are mainly for either entertainment, so stuff like Youtube, Reddit, Facebook, Snapchat, so that's mainly entertainment. Or other apps that keep me organized, like Gmail and Google Calendar. So either ones for entertainment or ones that structure what I'm going to be doing.

I: For each specific app, what is the app's utility in your work/school life?

R: So in terms of school life I don't use the social media apps for anything school related, GroupMe I do use. I have a couple of group chats with people from my classes, it helps me stay connected to meet up with them to study or do quizzes together. And GroupMe definitely helps because it works with Android and iPhones. Reddit I'll go on a couple of subreddits for like premed stuff, so if I'm on the bus and I'm curious about something about my MCAT or anything like that I can go on and connect to people using Reddit. My Google Calendar I have everything school related, all my appointments, my classes, when I'm going to study, so Google Calendar is huge for me. I use it everyday, notifications pop up and tend to them right away. Same with Gmail, if an email comes in from like my counselor or a meeting that I have to go to, I take it straight from Gmail and put it in my Google Calendar and then that's that. Those are the main apps that I use for school.

I: Do you think that you're able to get work done without checking your smartphone?

R: Yeah, I can get work done without checking my smartphone. When I really want to get a lot of work done I put my phone away or set up Do Not Disturb for like an hour. When I am in class I throw my phone in the bottom of my book bag so it's more of a hassle to get it and stuff.

I: Tell me what went through your mind the last time that you felt like your smartphone usage was negatively affecting your productivity?

R: Literally two days ago I had an exam in the morning at 9 AM and I get back to my room at 2 in the morning and I know I have to go to sleep and I'm just so anxious and what I do is channel all that anxiety to my phone and I stay up for an extra hour and a half. I could have used that extra time for sleeping, it definitely would have been more productive than an hour and a half on Facebook or Instagram and stuff so definitely at night it's the biggest time that I hate having my smartphone.

I: Do you recall ever having to do something to stop using your smartphone and get back to doing your work? What steps did you take?

R: So like in classes that are really boring and make me want to be on my phone I throw my phone to the bottom of my book bag, that way is more of a hassle for me to get the phone and I don't get distracted or distract my peers.

Outside of the classroom, when I'm studying I give my phone to my friend and they go study to another part of the library and like after an hour I go get it. And I only do that when I really really have to study. I don't worry about anyone hitting me up.

I: Have you ever used task management applications on your smartphone to help you stay productive?

R: I've used the notes app on my iPhone to say what I'll do but I really use Google Calendar to dictate where I'm gonna study and what I'm gonna be doing, Google Calendar really helps me. Notes is more for things that I need to know by the end of the day, but not specifically for managing tasks.

I: Did the fact that the task management service was on your smartphone make it easier for you to get distracted?

R: Yeah, it does make it a little bit more distracting. Like, for example if I'm adding something to the Google Calendar and I see that there's a Snapchat notification I'll go check that out and then I'll go see what's on this other app and I stay on the phone. So yeah, I do think it's more distracting than having something physical to write stuff down on.

Topic 2: Relationships

I: Do you think that you're able to spend time with people, in person, without using your smartphone?

R: It depends on the friend group. I know that with some of my friends our phones can be in other rooms and we won't care. But with acquaintances it's a little bit more awkward and stuff cause we have 1 or 2 things in common so I end up constantly relying on my phone to talk to other people.

I: How would you describe your level of connection with people when you spend time with them in person? Is it different from interacting with them via smartphone?

R: It's definitely different because it's richer and more interesting and on the phone it's difficult to get complete points across and like it can get confusing.

I: Has a friend or family member ever confronted you about your smartphone usage? How did that feel?

R: Yeah my family, like the older generation. I've been at family parties and just not in the mood so I stay on my phone and they start talking like "Oh why are you on your phone, come hang out" and it's not just me it's me, my brother, my cousin, and we're just on our phones and the grown ups come and start talking and we just tell them that we're chilling.

I: Can you recount a time in the recent past, when you were annoyed by a friend about their smartphone usage? If yes, did you confront them?

R: Oh yeah, so in December I was doing a secret santa with some friends and everyone wanted to Snapchat everything and it just felt so fake so I was just like "what are you guys doing? let's just live in the moment" like I know you want to share your gifts and stuff but come on yo, like just live what you're doing now this is supposed to be for us! But they didn't really care, they just took it as a comment. But I definitely called them out.

I: Do you feel like you could maintain your friendships with people if you didn't have a smartphone? Why or Why not?

R: I feel like it would definitely be way harder. I keep up with so many people, and being in my Junior year as a premed student I don't have time to meet up with people and hang out. So having my smartphone allows me to text my friends, close friends or friends I don't see as often, and I can just hit them up on social media and ask them how they have been, or if someone shares something

interesting I can respond to it. But definitely if it wasn't for my smartphone I wouldn't even know what so many of my friends would be up to.

I: How many times a day do you find yourself checking in on social media?

R: I check pretty much at least 10 times a day, 15 times a day. 10 to 15 times a day. It won't be everyday, like some days I'll check it like 5 times if I need to stay focused. But most days I'll check it when I wake up, before shower check it again, before getting dressed checked it again, on the way to class, getting on the bus, checked it again. Even in a 2 hour time span I can check my phone in like 5 times, sometimes.

I: In your head, how do you justify your need for frequently checking your social media?

R: For me, I'll check it but I won't stay on it for more than 10 minutes. I'll see what's going on and hit someone up and then I'll respond when I check it again. Sometimes I check even if I'm not expecting a response, but most of the time I feel like it's justifiable.

I: What do you think your relationships would look like if you didn't use social media on your phone as much?

R: I would definitely have way less friends. I wouldn't say that the friends that I have would become any closer because my very close friends don't rely on the technology to stay close, we meet up on a weekly basis. But in terms of acquaintances or resources, like people that you meet in class, I definitely would forget about them

Topic 3: Health

I: In the last year, what was the longest period when you didn't use your smartphone at all? Can you please recount that phase for us?

R: It was probably my finals last semester. So like I failed one of my exams so I really need to sit down and study, so one day I left my phone home and it was dead so I didn't check it for like 2 days. I literally checked it twice during my finals, really, like I would just listen to music on my laptop so I didn't need to check my smartphone.

I: Do you recall a time that your smartphone usage has gotten in the way of your sleep? How did that feel?

R: Like I said that's a big thing for me. During the day I'm very busy with school and my studies so at the end of the day I unwind on my smartphone and that one hour could easily turn into 2, 3 hours

and it's like 2 AM and I have to be up on 7. So I end up losing a lot of sleep. And that doesn't happen like once a month, it's at least 2 or 3 times a week. And it sucks, but I justify it in the morning because I at least enjoyed that extra time on my phone

I: Can you recount the last time your smartphone died on you right when you needed it? How did that feel?

R: So last year I had an old iPhone and it was two years old, so my charging port would stop working so it would take the most effort to find the right position for it to work, and it was just a struggle. I really needed my phone then to look at my Google Calendar and look at my email and I would be on the bus like "omg, I have nothing to do" and I can't be on the bus doing nothing, like it feels weird I'm always doing something when I'm on the bus.

I: Are there ways you use the smartphone to relieve yourself from any kind of mental stress?

R: Yeah so I watch YouTube videos or listen to music, or like before an exam I crank up the music on my phone to relax and feel good so I can do good. I listen to music before stressful times. Or when I see someone that I'm not trying to look at I can just look at my phone and advert eye contact.

I: Are there times when you felt distressed after using your smartphone?

R: When me and my girlfriend argue. Just arguing over text is never good cause you don't know the other person's tone or what they mean and you want to stop but your fingers just keep typing. And then after everything is over you just feel like "why did I even bother" you know, I could have just gone to take a shower and cooled off and respond after, but yeah when I'm having an arguing with someone. It's frustrating.

I: Have you ever encountered any kind of health issues that caused you to purposefully abstain from using your smartphone?

R: I wanna say no, I don't think it's ever gotten that bad. I know that when I use it before going to bed my eyes start hurting. And I know that's an issue that means that I'm really tired and should just go to bed. So that serves as an indication for me to put my phone down.

- Closing -

I: Do you think that you use your smartphone excessively? [refer back to same question earlier]

R: I don't, no.

I: If you think excessive smartphone usage negatively affects your life, what are some remedies you've taken or have considered to fix it? (Name any specific apps if any)

R: So like since this semester I started studying for the MCAT, and I am in a program with other people that are taking the MCAT, and I'm pretty self controlled unlike other people who have deleted their social media apps and that has helped them a-lot. I don't have to do that because I feel like that's too excessive for me. So I've never had to do that but I know that deleting apps that you use really really frequently and you don't need can help.

I: If you were to design a solution for decreasing your smartphone usage, what are some of the first features you'd include?

R: So I guess, since I'm a very structural person, I feel like if there was something that would tell you "You can use your phone from this time to this time, but then from this time to this time you don't use it" and I feel like that should be customizable because for example if someone needs to use their phone and that message pops up they would be pissed. So you should have the freedom of deciding when those times are created or bypassing the message if the app asks "do you really need to be on your phone right now" so it's kind of a psychological thing. An app like that on the lock screen with that warning would be cool. Definitely stuff that can be customizable because not everybody is the same and it also can't be super strict because what if it locks the phone based on class time and you get out of class early? so definitely something like that.

I: How would you feel about a smartphone application that would help users use their devices less excessively?

R: I feel like it would be good. So many of my friends are not studying effectively because they're on their phones or on the internet so if there is an app that can help them focus then it would be a step in the right direction.

I: Do you think that you would personally use this service? Why or why not?

R: I would, because I need something like that for when I'm going to bed. that's a huge thing for me and I know I justify it in the morning, but it really does affect your health. and I would like to work on that. It would be nice to have a feature that says "Go to sleep, now."

I: Do you have any last thoughts or questions regarding the interview?

R: No.

I: Thank you for time and your responses!

Contributions to each section:

Interview Scripts: Everyone

Website: Ivanok

Data Collection Planning:

- Intro - Theresa
- Main Body
 - Topic 1 - Ivanok, Vishal
 - Topic 2 - Beatrice, Theresa
 - Topic 3 - Vishal
- Closing - Theresa

Survey - Beatrice, Vishal

Editing and Review - Everyone