**Discussion Guide**

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| **Focus Statement**  **(include research context and target users)** | Understand how female UIC students deal with stress management and what resources can assist them with finding therapists that fits their personal preferences and needs. Identify constraints or barriers they face when reaching out to therapists. |
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| **Discussion Guide** |  |
| * **Introduction** | Hello, I’m Charlotte, and today we’re here to do a focus group for our in-class project. This focus group is to discuss how female UIC students deal with stress management and what resources can assist them with finding therapists.  I will lead the conversation about your experiences dealing with therapists and stress management, while other team members record your answers.  We will also be audio/video recording this focus group if that is fine with you so we can refer to it later. All the records will be kept confidential.  This focus group will be 50 minutes long. Feel free to share your experiences and thoughts. Do you have any questions for me before we get started? |
| * **Key demographic questions** | 1. Names  2. Gender  3. Age  4. Year/Major  5. What’s one way you like to handle stress? |
| * **Warm-up questions (factual answers)** * **(opening up the floor…)** | ~~1.What is a tactic you use to manage stress?~~  ~~2. What are ways you like to make sure you don’t burnout or get over worked?~~  ~~3. What’s one thing you’re looking forward to this week?~~ |
| * **Main questions (open-ended discussions)** | ~~-How much does your education contribute to your stress?~~  ~~-tell us about a time you felt the most stressed. How did you manage your stress? What’s your process? Who did you speak to?~~  ~~- When’s the last time you felt like you needed to reach out to someone because of how stressed you felt?~~  - How does your social circle impact your stress levels?  **For those who have a therapist:**  ~~- How do you go about looking for a therapist? What characteristics do you look for/consider?~~  ~~- When do you think it’s a good time to see your therapist about stress?~~  - Do you prefer group sessions over individual sessions? Why or why not?  ~~- What has worked for you better in the past, online or in-person sessions? If you don’t have experience maybe you can make this comparison using your in-person vs online classes experience.~~  **For those without a therapist:**  ~~- Have you ever thought about it?~~  ~~- Why have you decided to refrain from having a therapist?~~  ~~- Do you feel your needs are being met without a therapist?~~  - What other tactics do you use that help without a therapist? |
| **Design Probe(s)** | - different strategies for stress management(which ones do they think are more effective?) |