



# How does your Phone Usage Make you Feel?

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## Goal

People have been experiencing increased stress from their phone use. A lot of this is caused by Apple's ScreenTime feedback and how it only tells the user how much they are using the app. This app's objective is to allow users to set goals for their phone use throughout the day. Through this app we will be able to see if setting goals for screen time use is beneficial towards a person's emotions and stress levels.

## Study Completed

For this initial study, we found 5 participants to use the app over one week. We began by surveying the participants to learn more about their demographic, relationship with their phone use, and how frequently they use their phone for certain tasks. After the seven days of using the app, we met with the participants again and they completed a survey where they were asked if questions about if they thought the app was helpful.

## Results

To complete this study, we used 3 different scales: SUS, PUMP, and MTUAS. These three scales test the app's usability, problematic use of phones, and user addiction to phones, respectively. Since there was only data from five participants over the span of one week, we are unable to get an accurate representation of the usage and efficiency of the app. However, we will be able to reuse the same python code when completing a larger study in the future.

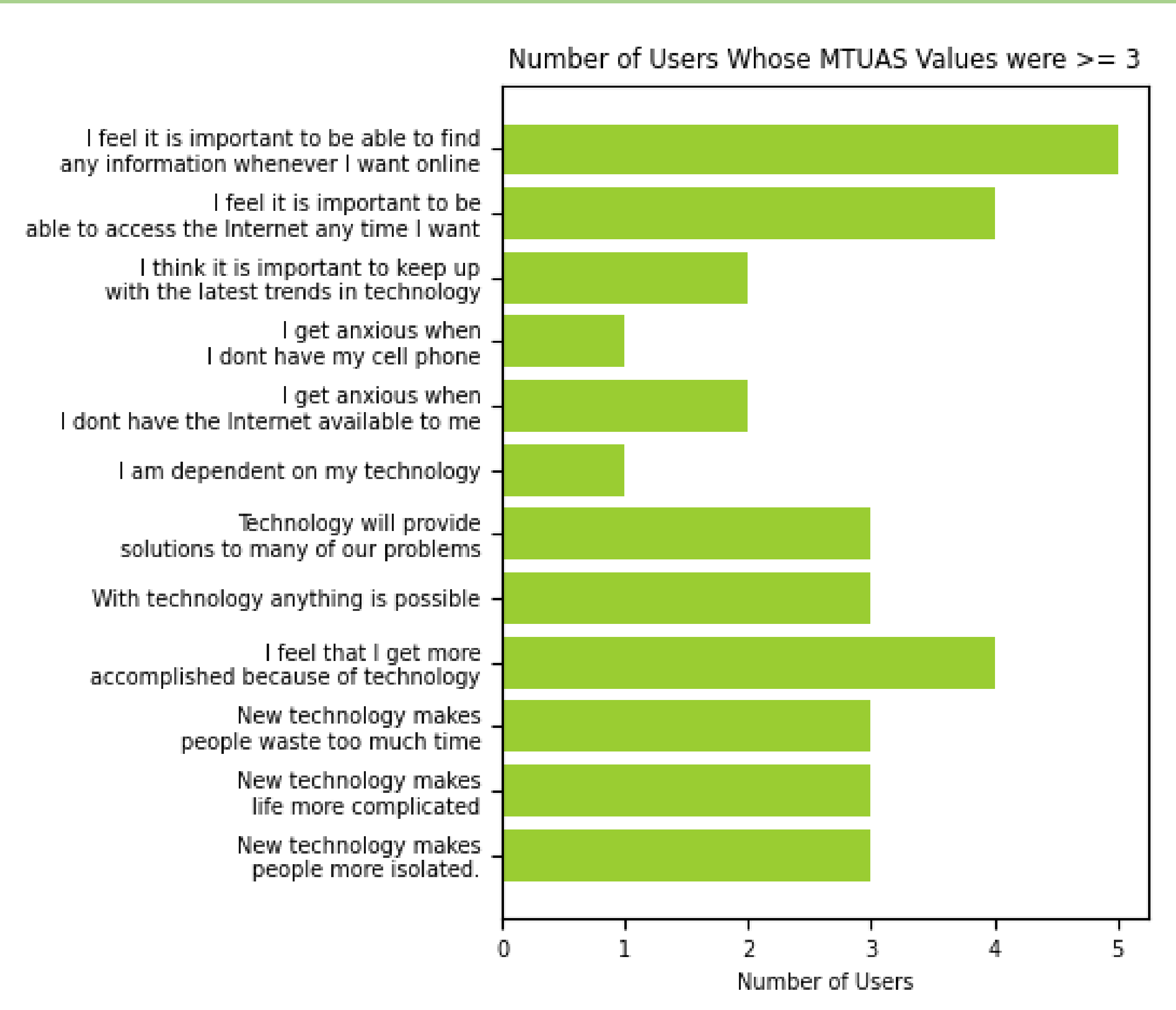
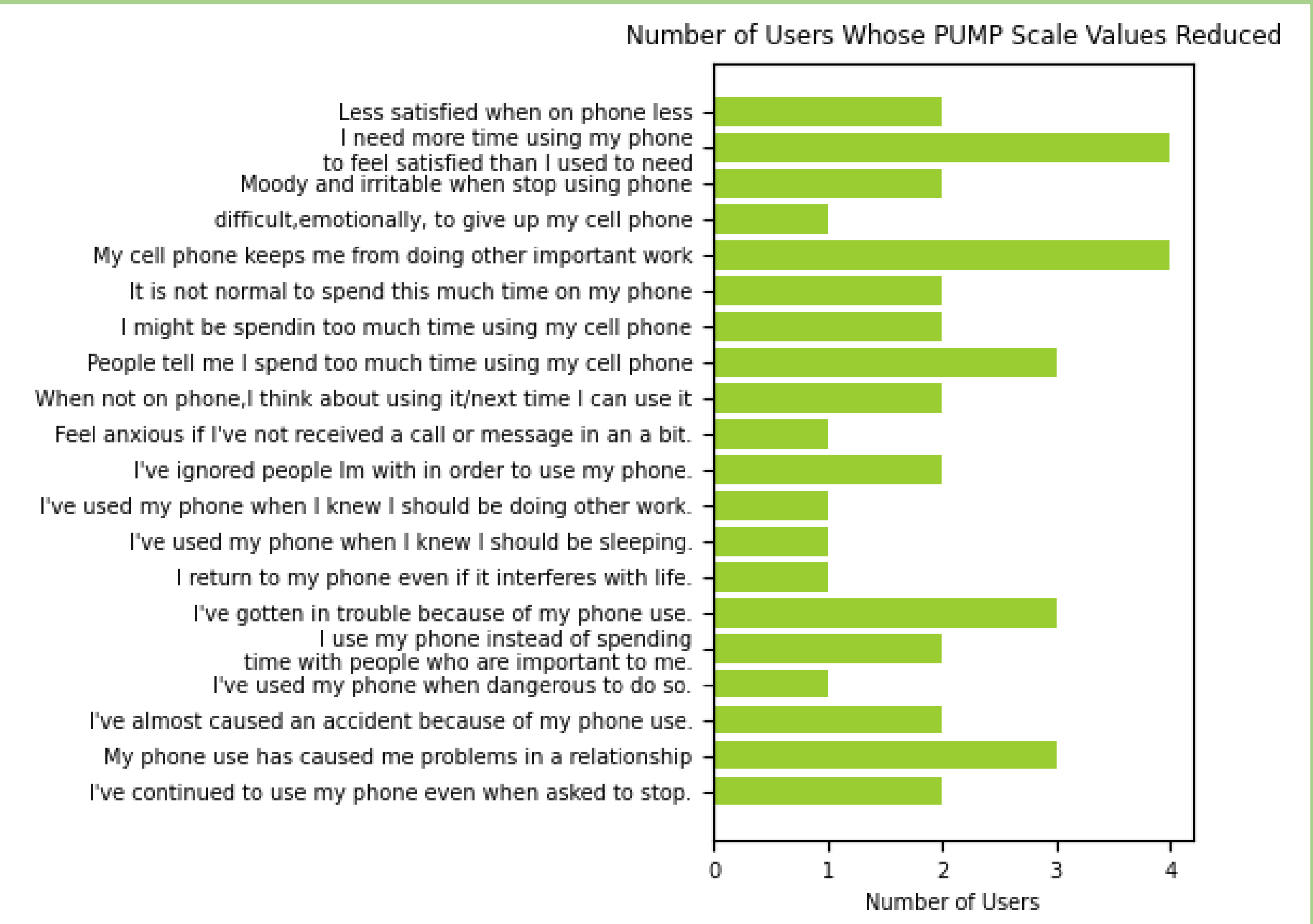
## Acknowledgments

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Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
o	o	o	o	o

Example survey question used in all 3 scales



## What I Learned

- How to design and implement a user study
- Create Qualtrics surveys
- Acquire CITI certificate to be able to do studies with human subjects
- Interview participants for a study
- Collect and analyze data from participants using python scripts
- How to use SUS, PUMP, and MTUAS scales to test effectiveness of an app

## Plans for the Future

For the future, my overall goal is to finalize the app. I plan to continue to develop the app to be able to run a study for a month. To accomplish this, I plan to incorporate a system within the app to collect users' data on their emotions when creating and checking off a task for easier access to data collection. I also plan to add more user-friendly options such as adding a notification option.

