

Post-test Questionnaire

Thank you for volunteering your time for the sake of science!

* Required

1. You found the prototype to be a hindrance in getting your work done *

Mark only one oval.

| | 1 | 2 | 3 | 4 | 5 | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Not at all, I barely noticed it was there | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | I couldn't do a thing |

2. You found the prototype easy to use *

Mark only one oval.

| | 1 | 2 | 3 | 4 | 5 | |
|-------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------|
| It was convoluted | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Easy breezy |

3. Overall, you felt in control the entire time while the prototype was running *

Mark only one oval.

| | 1 | 2 | 3 | 4 | 5 | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------------------|
| I felt like it took control away from me | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | I felt like the master of my world |

4. You found the time-based notifications helpful for staying on track *

Mark only one oval.

| | 1 | 2 | 3 | 4 | 5 | |
|-------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|
| They were useless | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Very helpful |

5. The blocking pop-up was helpful for staying on track **Mark only one oval.*

1 2 3 4 5

It was useless ☐ ☐ ☐ ☐ ☐ It was very helpful

6. Overall, the prototype did not evoke any feelings of stress or guilt **Mark only one oval.*

1 2 3 4 5

It was super stressful ☐ ☐ ☐ ☐ ☐ None at all

7. You found the prototype useful in curbing unwanted/unnecessary tech usage **Mark only one oval.*

1 2 3 4 5

Not useful at all ☐ ☐ ☐ ☐ ☐ I stayed focused the whole time

8. All in all, this is something that you would use **Mark only one oval.*

1 2 3 4 5

Lol nope ☐ ☐ ☐ ☐ ☐ Definitely! When's the real thing coming?

9. What did you like the most about the prototype?

10. What do you think could be done better?

11. What are some features you'd like to see added?

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