COSC345 User Testing Questionnaire

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The goal of our app is to help users stay on top of their mental health and physical wellbeing by logging things such as water intake, sleep, exercise, daily thoughts etc. This questionnaire will be used to determine, through real life users and testers, if this goal has been or can be achieved with our app. We highly appreciate the feedback on the usability and usage of the app, as this will support us during our continuous app development. All of the feedback we receive will be taken into consideration and used to better tailor it to our target user demographic. Thank you very much for your time!

Part 1: Demographics - screening questions

- How old are you?
- What gender do you identify as?
- What is your employment status?
- What is your ethnicity?
- What is your highest level of completed education?
- What is your preferred device? Smartphone, laptop, PC, tablet etc
- How many hours a day do you spend looking at a screen?
- What apps and/or websites do you use on a regular basis?
- Have you used an app or website to support your mental health and physical wellbeing before?
- On a scale of 1-10, how would you rate your current mental health? (10 = very good, 1 = terrible)
- On a scale of 1-10, how would you rate your current physical health/wellbeing?

Assignment 2 notes: (will be removed when using questionnaire)
We need to have a good range of screening questions to screen out any users who are not a part of our target demographic, such as those below the age of 18. We also want to know what each of our users' technical habits are, such as how much time they spend online/on a device, and what device they primarily use as this will give us an indicator of how likely they would be to use an app like this. People with less screen time or preference of computers may be less likely. An even range of users with good

and bad mental health/wellbeing ratings will give us valuable data about whether users with bad mental health/wellbeing decide they would like to use this app in the future, as our goal is to boost users' mental health/wellbeing. It will also be interesting to see if users with good mental health/wellbeing ratings decide they would like to use the app anyway, as this is a good indicator of a practical, enjoyable, and diverse app.

Part 2: Using the app and feedback

- What are your favourite features of this app?
- What features of this app do you think are most beneficial to mental health and physical wellbeing, and why?
- What do you think about the design and layout?
- Is the app easy to navigate, and user friendly?
- Are there any aspects of the app that you think are too complicated or complex?
- Do you think any of the features are futile? Which ones?
- Do you know of any potential competitors of this app? Can you name them?

Part 2.1: Concept usability testing

If you were to become a frequent user of this app:
- How frequently would you use the water intake feature?
- How frequently would you use the daily journaling feature?
- How frequently would you view the analytics page?
- Would you be inclined to turn on notifications, to be alerted when it is time to drink water, go to sleep, exercise, and/or write down your thoughts for the day?
- Do you think the daily reminder notifications would be useful?
- Is there anything that would make you not want to use any of the above features? If so, what?

Part 3: Post test questions

- Could you see yourself incorporating this app into your everyday life?
- Would you be happy to continue using this app, even if not everyday?
- Are there any features you would like to see added?
- What would you change about this app?
- Were any aspects of the app difficult to use or difficult to understand how to use?
- How would you describe your overall experience using this app?
- Would you recommend this app to a friend struggling with mental health and/or physical wellbeing?