CAB210 Interview Guide – Group 22

Initial Interview

INTRODUCTION

Welcome X, thank you for your time today...

Let me briefly tell you about the aim of this interview. We are researching the effects of disrupted sleep schedules among university students heavily engaged in extracurricular activities and exploring the potential of mood tracking technology as a supportive tool in this context.

Please read the consent form and let me know if you have any questions.

Is it ok if I start recording?

TOPIC 1: Interviewee Background

- Could you please give me some background on your university studies?
    - Are you a full-time student? How many classes do you take?
- Can you tell me a bit about your typical extracurricular commitments beyond academics?
    - Do you work? - how many hours do you do in a typical week?
    - Will you tell me a bit more about any of your usual social activities?
- How much of your time per week would you estimate these commitments take up?
- How much of your time per week would you estimate that you spend on university tasks?
- How much sleep do you regularly get each day?
- Have you ever skipped sleep entirely in favour of working on other commitments (university or otherwise)? If so, how often have you done this?
- Do you regularly take stimulants (such as coffee) to maintain your energy throughout your activities?
- Do you often take short naps during the day in replacement of a long period of sleep at night

TOPIC 2: Prior Experiences with Mood Tracking

- Have you had any prior experience with personal mood tracking?

    Yes: Could you walk me through the steps of how you tracked your mood?

    - Do you feel like it is/was effective?

- How did you start tracking your moods? Were there any particular motivations that prompted you?

    No: Have you ever thought about tracking your mood, either digitally or physically?

- Do you know anyone who utilizes mood tracking tools, and if so, have you observed notable improvements in their well-being as a result?
- Have you encountered any issues or challenges while tracking your moods?
    o How do you think this issue could have been prevented?

TOPIC 3: Perceived Impact of Disrupted Sleep Schedule

- Do you often feel tired throughout the day?
    o Do others often comment on their perception of your tiredness (circles under eyes, look tired, etc?)
- In your opinion, how do you think daily activities, such as university classes, social interactions, work, and extracurriculars, might affect your moods?
- Have you noticed any patterns between irregular daily activities and negative moods?
- Have you found yourself more irritable than normal during periods of high intensity (exam block, assignments due, etc)?

TOPIC 4: Views on Mood Tracking in an Organisational Context

- Do you think, as a whole, mood tracking can be a beneficial tool in self-assessment and personal management, and if so to what extent?
- Would you be personally comfortable having technology (such as a phone application) track your reported mood and sleep schedule and make health recommendations, such as suggesting appropriate bedtimes and setting reminders?
- Do you hold the perspective that the challenge lies not in your inherent inability to regulate your sleep schedule, but rather in the time constraints imposed by juggling university, work, and social commitments, which may leave insufficient room for adequate sleep?
- Do you believe that mood tracking tools could provide emotional support to you or others as a university student?
    o What sort of features would you find personally beneficial in this context?

Thank you for your answers thus far. Before we move onto the card sorting activity, is there anything additional you would like to add to the general topic raised during this interview that is pertinent to your experience but not explicitly covered by any of the questions?

Card Sorting Activity (Make Method)

- To conclude, I would like to get you to perform a short card-sorting activity to gauge your interest in some specific features you'd like to see in a digital mood tracker.
- I've laid out 8 cards in front of you that each denote a different potential feature in a mood tracking application and would like you to rank your interest in each feature from most interesting left to least interesting right.
- Take as much time as you need and let me know once you are happy with your decisions.
- Now I will place down 10 more cards below the current options, showing alternative user interface options for some of these features. Please indicate a preference of interface design by ranking them from the most appealing (top) to the least appealing (bottom).
- Once again, take as much time as you need and let me know once you are happy with your decisions.

Results:

- What makes you want to see X the *most* in a digital mood tracker?
- What makes you want to see X the *least* in a digital mood tracker?
- What stood out to you about this design over the other available options? (Repeat for each feature category where the subject chose one design over others)
- Thank you for input.

Conclusion:

- Thank you for your time and participation in this project, I will now stop the recording.

Follow Up Interview

Introduction:

Welcome back X, let me thank you once again for both your time today and participation thus far.

Let me briefly tell you about the aim of this follow up interview. Based on your previous interview and the mood tracking diary you have been keeping over the last 5 days, the goal of this interview is to determine any measurable change in your quality of sleep and overall mood that can be attributed to this project. Please do not feel as if you are required to answer in the positive or negative, we would greatly prefer objective answers to favourable outcomes. This interview will also be considerably shorter than the first, as we have less ground to cover regarding your background and are simply attempting to measure any change.

Is it ok if I start recording?

Questions:

- Since our last interview, have you been consistently tracking your mood and sleep patterns using the mood tracking tool we discussed?
- Did you use any specific strategies or reminders to help you stay consistent with mood tracking?
- Have you noticed any patterns or trends in your mood fluctuations over the past week that you might attribute to certain activities or sleep patterns?
- Did you encounter any surprising realizations about how your activities and sleep impact your mood?
- Were there any instances where reviewing your mood patterns prompted you to make specific changes in your routine or habits?
- Have you observed any correlation between the quality or quantity of your sleep and your overall mood throughout the week?
- Did you face any challenges or setbacks in maintaining consistent sleep patterns or tracking your mood? How did you overcome these challenges, if any?
- On a subjective level, do you feel that keeping a mood tracking diary has had any positive effects on your emotional well-being? If yes, could you elaborate on these effects?
- Looking ahead, do you plan to continue using the mood tracking tool to monitor your mood and sleep patterns? Why or why not?
- Are there any adjustments you would suggest to improve the effectiveness or user-friendliness of the mood tracking technology?
- Reflecting on your experience with mood tracking over the past week, do you think it offers any advantages over your previous methods of managing your schedule and emotions?

- Are there any external factors you might attribute to a perceived change in your mood / quality of sleep outside of the scope of this project that have occurred in the past week? An example might be the loss of a pet, a promotion at work, etc.
- Is there anything else you would like to share about your experience with mood tracking during the past week that we haven't covered in these questions?

Conclusion:

- Thank you for your time and participation in this project, I will now stop the recording.