## Description of the Problem:

Coordinating plans to see friends and loved ones is a messy, stressful process. In many, it triggers feelings of anxiety, being overwhelmed by information, and negative self-talk. This can be attributed to how unpleasant the process is, how difficult it is to get an idea of the likelihood people will actually attend, and the nature of how varied schedules are between people.

## Interview Questions

1. How do you typically coordinate plans with friends and loved ones?
2. Do you use group chats?
3. Describe your typical behavior in group chats?
4. Do you think group chats are effective for planning and coordinating time to see friends and loved ones?
5. Describe your most frequent struggles when coordinating plans.
6. Do you consider yourself more of a planner, or more of someone who goes with plans that are already in the works?
7. Is there a point in the process where you typically give-up on making plans?
8. Describe the emotional impact making plans has had on you. Are they primarily positive or negative?

## Demographic Information of Participants

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | Age | Occupation | Industry | Sex | Gender Codes | Gender |
| P1 | 25 | Guest Services | Educational Services | Female | 4 | female |
| P2 | 25 | Server/Cook | Food and Beverage | Female | 4 | female |
| P3 | 26 | Audio Engineer | Music | Male | 1 | male/nonbinary |
| P4 | 26 | Lien Agent | Realty | Male | 1 | male/nonbinary |
| P5 | 25 | Marketing | Nonprofit | Female | 3 | female/nonbinary |
| P6 | 26 | Administration | Higher Education | Male | 4 | female |
| P7 | 24 | Freelance | Arts | Female | 2 | nonbinary |

## Insightful Quotes

1. “I typically am more ‘activity’ oriented rather than time oriented. I will reach out to someone if I have something I really want to do, but I am more introverted, and need to be conscious of time for recovery.” – P4
2. “I tend to use groupchats in short bursts. I might go a day or two not responding, but when I respond I respond to everything I see at once. This is mainly prompted from wanted to add to the conversation, I think this has to do with object-permanence, I struggle with distraction because of ADHD. I also get anxious and overwhelmed from a sense of being out-of-the-loop if I am later to a conversation. It is an overload of info, especially if conversations are not explicitly open to the larger group.” – P6
3. “I am a lurker. I am up-to-date and know what is going on, but I have less responses. It is harder for me to participate in active conversation because I am afraid the people don’t care. I also experience information overload, and a fear of not adding value to the conversation.” – P7
4. “I hate throwing out times. It start up a “Merry Go Round” of coordination. I find myself thinking “Dear God please let something stick the first 2-3 times planning”.” – P2
5. “I am bad at making plans, it seems out of my element. Some people are more on the pulse, but with my introversion I feel that I don’t always know what is going on, and I am anxious about letting people down or forgetting someone.” – P4